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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, January 29.

## Tricks to Prep for Exams Next Week

With first semester exams on the horizon, I think a little refresher on student supports might be useful to families. Please share those you feel would support your student in the coming weeks-

- **Take care of themselves**--Sacrificing sleep, exercise, and proper meals will not improve your teen's memory or performance. Help them take quick breaks to see to their physical needs and then return to their studies fresh and ready. Make sure they eat breakfast. Hot breakfast is available every day at school using their District lunch account.
- **What Went Well**--Building confidence can help teens manage their stress. Asking "What Went Well" can help send them into tests feeling confident. It focuses them on their abilities and successes. Try these topics:
  - "What went well in this class all semester?"
  - "What went well in previous tests?"
  - "What went well when you have juggled various classes earlier this semester (or even before that)?"
  - "What went well when you were able to relax ...(fill in a time when they did a good job with stress)?"
- **Hit Pause**--Students can choose to stop and decide how they want to respond in stressful situations. It will take practice, but help them learn to take a moment to decide how they want to feel. Having a plan and remembering that they can choose is the first step toward gaining control.
- **Help with Perspective**--Young, stressed minds can get stuck on an imaginary path toward the worst-possible scenarios. Help them remember that this is one set of exams among many. Doing well can matter for college admission, but **so do a lot of other things**. Help them remember that there are many doors in their future. Encourage them to do their best through the exams, and then later, they can assess the many options that remain regardless of the test score. While it is possible that they will not end up exactly where they planned, it is highly likely that they will find their way.
- **Hugs Help**--The science is in: physical contact with someone who cares about you actually changes body chemistry. Hugs and pats on the back make a difference in how students feel and their stress levels. Some of our teens think they have outgrown hugs. See if you can get them to remember how good hugs feel. Even a squeeze of the shoulders or an arm can help.

Good luck to everyone. Our students have worked hard and prepared. History here at Newport tells us we can expect good outcomes next week.

## 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)

### **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. [Click here to purchase tickets on the Orchestra booster website](#) or buy them 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.

### **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](#).

## 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](#)

## 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 for a Community Cafe on Wednesday, 1/31/18, 3:30-5 PM, Tyee Middle School.

[Click here to RSVP.](#) Your RSVP is not required but is appreciated as it will help planning for childcare and catering. You may also RSVP by emailing [pubinfo@bsd405.org](mailto:pubinfo@bsd405.org) or by calling [\(425\) 456-4000](tel:425-456-4000).

### **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.

### **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)