

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

Remember: No school next week—Monday, 2/19, through Friday, 2/23

Girls Robotics Team Wins Top Awards

One of our Knights walked away from the [FIRST Tech robotics challenge](#) with one of three big awards. Victoria Zhang won the INSPIRE award of Excellence. She follows in the footsteps of her classmates Anna Mori and Sylina Lam who won a similar award at last year's event.

This year the Knight team, coached by Steve Hamada, brought along Coach Tania Shelton from Odle Middle School and her students. The team members won several prizes for games played at the event. The team was a finalist in multiple award categories, including Innovate, Motivate and Control systems. They now advance to the FTC West Super Regionals in Spokane, March 9th to 11th. They will compete against with 75 teams from 11 Western States.

Team members include Alex Qiu, Hannah Wang, Diana Ouyang, Anushka Varma, Allyson Graylin, and Ameraie Jacinto. The team's sponsors included Entomo, UroViu, Expedia, T-Mobile, Microsoft, and Northwest Chinese School.

Gymnastics, Wrestling and Swim Knights Reach State Competitions

Knight Gymnastics finished third in the district championships and qualified five athletes for state competitions. Carleigh Rendon will compete in the all-around and Maddy Thompson, Keerthi Sevugan, Lauren Styer, and Natalie Gu won berths in individual events. They will compete at the Tacoma Dome Exhibition Hall on Friday and Saturday, 2/16 and 2/17. You can find further details on the [KingCo website](#).

Knight Wrestling qualified Charlie Baumann to the Mat Classic and Matthew Dalton as an alternate. They also will compete on Friday and Saturday, 2/16 and 2/17, at the Tacoma Dome. [Find KingCo wrestling details here](#).

Boys Swim finished third at the district meet, and as usual, qualified a ton of swimmers through to state. They swim at Federal Way Aquatic Center on Friday and Saturday, 2/16 and 2/17, in the State Championships. [Learn more here](#).

Register Now for Spring Sports

Registration for spring sports is open on [FamilyID.com](#). The first day of all spring sports will be February 26, 2018, immediately after the Mid-Winter Break. Check the [Newport High Athletics](#)

webpage to see what sports are offered during the spring season. You will also find links to websites maintained by the individual teams and their booster clubs.

Graduation Plans Taking Shape

Families of graduating seniors can find [details on our website for our June celebration](#) of this year's graduating Knights.

You will find everything from caps and gowns to tickets and Grad Knight celebration plans. As further details resolve for purchase of extra tickets and scheduling for the final days leading up to graduation, you will find those on the same web page. Bookmark it for reference.

Inside Information for Families—Registration

Last week we offered a list of **resources that your student should use** for registration. Many of those activities are ongoing. Please **ensure that your student participates**.

Your student's careful planning for next year's courses should include these goals:

- Achieve your unique student's individual academic potential (challenge, rigor, and stretch without overload and anxiety),
- Progress toward graduation requirements,
- Build the skills, experiences, and transcript that will gain admittance to college and career training that suits your teen, and
- A balanced life that includes friendships, healthy living, and personal growth.

Today, we offer **family resources and guidance**—information and activities that will give you the insight to **be your Knight's Ally in planning for next year**. Your goals would include those above, but families might think about these goals as well:

- **Develop long-range planning skills:** The physical development of the adolescent brain limits your teen's capacity for thinking long-term. Asking questions helps them peer into the future, build the physical capacity for this reasoning, and plan for next year.
- **Learn to advocate with confidence:** Asking for help effectively takes both skill and confidence. Help your student prepare for conversations with teachers and counselors so that they make the most of the time allotted for them. Help your student with these advocacy skills:
 - Rehearse what they will say,
 - Time their requests appropriately,
 - Show consideration and gratitude,
 - State their needs and questions clearly, and
 - Gather available information in advance.
- **Build up the confidence to go their own way:** Attention to peer perception helps teens through a critical psychological development stage, but gradually, your student will learn to

prioritize their own needs and preferences. Your patience and understanding about social pressures helps temper your accompanying insistence that they find ways to practice independence. Teens have hundreds of choices for volunteer work, clubs, athletics, arts, courses, and more. Help them practice finding their own way. After dipping their toes in the water, they will seek more independence.

- **Lean into Challenge:** Resilience protects our teens from anxiety. Unfortunately, Resilience builds only in challenging circumstances. Keep these things in mind:
 - Help your student plan reasonable stretches into uncertain territory;
 - Schedule the time and plan the support they will need;
 - Help them persevere and learn to manage stress;
 - From each challenge, they will take away greater Resilience, especially when we help them view disappointing results like data from an experiment—a chance to learn, grow, adjust, and try again.

Your role varies depending on the development of your student, but **families absolutely should work with students throughout registration**. You can find information to support your teen through the following resources:

- **Synergy StudentVUE**—Our [online student data system](#) details your student’s credit accumulation and grades. Parents have a separate [log-on ID and password](#). If you don’t have yours, contact parenthelp@bsd405.org or Office Manager Shelley Anderson during school hours.
- **Naviance**—Bellevue Schools Foundation provides this [college-information system](#) to each student. Use the powerful search database to explore beyond high-profile schools. Find details about admittance and graduation rates, degrees offered, extra-curricular activities, job placement support, and more. Parents can [use their student’s log-on information](#). If your student doesn’t know it, they can recover it by asking in the counseling center. Parents can request through the Counseling Center a [family log-on ID](#), but parent IDs are read-only. The [College Board](#) offers another powerful search tool.
- **Bellevue’s High-School-Course Catalog** can be found by [clicking here](#).
- **WANIC** ([Washington Network for Innovative Careers](#)) The WANIC website describes the career-development opportunities available to high-school students in Washington. Many of the courses are offered at Newport, but students can also take some courses at other high schools while they are enrolled here. [Look for classes in the course catalog](#).
- **Career Technical Education** courses allow students to explore interests and often earn college credit with high school courses. [Click here to learn more](#).
- **Counseling Office and Teachers**—While families can email Newport staff for information (click here for the [staff directory](#) or [counseling assignments](#)), we strongly encourage you to work with your students to get your questions answered. Help your student prepare to ask questions themselves.
- **Parent Information Night, Tuesday, 2/27**, 6 PM at Newport includes detailed presentation by our counselors. Attend the session for the grade your student will start in September.

- **Newport High School Website**—[Explore our website](#) for information about extra-curricular opportunities for growth and learning.

Learn to Make Music

The music department will offer a new class next year for students not currently in band or orchestra who are interested in learning how to play an instrument. No musical experience is necessary for this “Introductory Band and Orchestra” course.

Free Tutoring

The Boys and Girls Club offers a free academic support program for students struggling with grades. Students check in with a mentor once a week at Newport during the school day. They plan for how to bring their grades up with a mentor. Each week the mentor conducts grade checks and works with students to set goals. If you are interested, please contact Rachel Brown at rbrown@bgcbellevue.org OR stop by the library on Fridays and ask for Rachel. [Click here for the website.](#)

Dates to Remember:

- No School – Mid-Winter Break: Monday, 2/19 – Friday, 2/23
- Parent Information Night – for CURRENT NHS Students-Grades 9, 10 & 11: Tuesday, 2/27 at 6 PM
- Follies Performance at Newport High School: Friday, 3/2, and Saturday, 3/3 at 7 PM

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

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.

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).

Sign Up to Receive Class-Specific Information

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

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

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

We still need a Freshman Class Liaison. Contact newporthighptsa@gmail.com