

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

### **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](mailto: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, 2/17, 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.

### **AP Exam Registration Closes Feb. 16**

Students have one week left to register for AP exams. [Click here to register online](#). Students must register online before making payments to the school accountant.

- Registration and scholarship deadline is Friday, 2/16. Payment deadline is Thursday, 3/1.
- The price is \$94 per exam, except Capstone Research, which is \$142. [Pay online through BSD](#) or submit payment to the accountant at Newport.
- If you have any questions, contact Julie Rooney ([rooneyj@bsd405.org](mailto:rooneyj@bsd405.org)) in the Counseling Center.

### **Newport Football Auctioning Hamilton Tickets**

Remember that you have an incredible opportunity to win two seats (selling for about \$2,000) to the hit musical Hamilton. Newport Football is raffling two sets of two tickets to the March 6th show. Only 100 of the \$50 raffle tickets will be sold. Purchasers will have two chances out of 100 to win two seats to this smash hit.

The seats, generously donated by Ricardo Frazer, are on the Main Floor section 3, row F. The entire Seattle run of this show sold out. Comparable seats are selling for over \$1000 per ticket through ticket resellers.

Don't wait; buy your raffle tickets now. Winning tickets will be drawn February 15. To purchase raffle tickets click [HERE!!](#)

Please share this opportunity with your friends and family.

### **Academy Invites Future Teachers**

If your student has shown interest in becoming a teacher, encourage him or her to attend the Teaching Academy Breakfast next week. This event is for 9th through 11th grade students interested in learning about the Teaching Academy Program offered at Newport High.

The event is Tuesday, 2/13, at 7:40 – 8:20 AM in Portable 5. For more information and to RSVP contact Mr. Kilcup at 425.351.2575 or via email at [kilcupr@bsd405.org](mailto:kilcupr@bsd405.org)

### **Support Robotics**

Just Poké and Newport Robotics Group 948 have collaborated. Shop at the new Factoria Just Poké store by Target and a portion of the proceeds will go to the Newport Robotics Group.

### **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](mailto:rbrown@bgcbellevue.org) OR stop by the library on Fridays and ask for Rachel. [Click here for the website.](#)

### Girls Tennis Team Forming

There is a mandatory meeting Wednesday, 2/14, for any student interested or already signed up for Girls Tennis. The team will meet in the Lecture Hall at 1:30 PM.

### 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

### Levy Ballots Due Tuesday—Please Vote!

Special Election ballots were mailed to all Washington residents. For Bellevue residents, these ballots will include **three funding levies for the Bellevue School District (BSD)**: an Educational & Operations Levy, a Technology & Capital Projects Levy, and a School Bus Levy. More information on each of these levies can be found at <http://www.bsd405.org/2017/12/levies>.

### 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)