

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

**Remember Upcoming No-School Days:** Friday, 3/16, and Monday, 3/19, are non-student days at Newport and all other Bellevue Schools. No classes on those two days.

### Take a Role in Protecting Students

Join us over the next two weeks for two opportunities for you to take an active role in protecting students here at school.

Next week, join the PTSA and school staff in our library for **community conversations on school safety**—how we teach students to respond in an emergency through safety procedures, drills, and protocols. Use this opportunity to ask questions and understand our school environment. Learn when students should come and go from campus.

On Tuesday, 3/13 at 4 PM and again on Thursday, 3/15 at 8:45 AM our campus resource officer Greg Mills and staff from our school and the district will describe their work and answer your questions. Light refreshments provided by PTSA will be available for each session.

### **Angst Screening and Panel Discussion**

Newport will host another screening of *Angst*—the IndieFlix film about anxiety in teens. A panel discussion afterward will feature representatives of our school community and how their work builds Resilience and reduces anxiety among our teens. Understand your role in making those efforts effective for your teen.

Attending this engaging film with your teen can help your family understand the difference between stress and anxiety. Your awareness of trouble signs can help guard your teen from too much stress.

Stress can play a healthy role in increasing our performance and keeping us safe. Productive stress heightens awareness and performance:

- It guards us in dangerous situations like heavy traffic, and
- It increases performance on tests and in competitions.

The panel discussion afterward can help you understand the resources available to your family. We will describe how students, staff, and families are taking the lead to build a more supportive school culture that encourages Resilience. You can learn how you can partner with them to support your student.

This **work cannot succeed without our partners at home** helping students to practice new skills and viewpoints. **Please join us.**

The movie on Tuesday, 3/20 starts at 7 PM and is free to parents and students. Please donate at the door to support our work at Newport to protect our students' well-being.

We will send an RSVP link for the movie by Tuesday, 3/13. Watch for a notice in your email. Registration will be required for the evening show.

### **Resilience Work All Week**

The movie license purchased by PTSA also will allow students and staff to view *Angst* in a variety of classes that week. We also plan a special screening and conversation for students and staff on Wednesday, 3/21, at 2 PM in the PAC.

Thank you to the PTSA for bringing *Angst* back to Newport and supporting our ongoing Knight Allies Workshops for Parents. Email Lisa M Shank at [newporthighptsa@gmail.com](mailto:newporthighptsa@gmail.com) with questions.

Instead of March membership meeting, the PTSA is hosting these events. Join us in April on the 18th at 7 PM in the library for the next regular membership meeting.

### **Can you help? Treat a Teacher?**

Volunteers needed to help support the PTSA's hospitality at our monthly staff meeting on Wednesday, 3/14. [Sign up at this link](#) to donate food to support our teachers.

### **Pancakes & Baseball**

Breaking from the tradition of baseball and hotdogs, Newport Baseball will host a pancake breakfast on Saturday, 3/10. See details in the [attached flier](#). A Baseball Jamboree will follow with teams from Skyline, Issaquah, and Eastside Catholic participating.

Varsity games are at Newport; JV games are at Eastside Catholic High School in Sammamish; and C-team games are at Issaquah High School in Issaquah. First pitch is at 11:30 AM.

### **Squad Debates at Sweepstakes**

Congratulations! Our debate squad achieved the all-team award at the Puget Sound District Congress Sweepstakes. Newport participates in the National Speech & Debate Association's National Forensics League.

### **Visit Career Open Houses**

The WANIC/Skill Center programs offered through the Bellevue School District will host open houses this month. Students can come alone or with parents. They can visit the classrooms, meet the teachers, and explore options before registering for a class.

If you have questions, have your student contact their College and Career Advisor, Ms. López-Kopp in the library or email her at: [LopezK@bsd405.org](mailto:LopezK@bsd405.org).

The following schools will host the events:

- March 15, from 5:30 – 7 PM @ Interlake – Construction Trades, Welding Technology, Design and Fabrication, and Nursery and Greenhouse Operations.
- March 20, from 5:30 – 7 PM @ Sammamish High – Graphic Design and Production Studio and Health Science Careers (two and three-hour program)
- March 20, from 4:30 – 7 PM @ Bellevue High – TV/Radio Broadcasting and Automotive Technology 1 and 2 (two and three-hour program)

### **Knights Learning Everyday Survival**

Newport English teacher Kimberly Driscoll has assigned “survivor” interviews to her students again this year.

“Over the next couple of months, my students will be looking for people to interview on survival,” she says. “If you’re like most, you’ve experienced a certain degree of pain and hardship in your life.

“In such times of challenge and darkness did you employ strategies or habits of mind to help you survive and remap your life? Did your difficult experience provide you new insights?”

Those are the questions students will pose in interviews with volunteers—such as you. After reading *Deep Survival*, the students are now exploring similar concepts in personal interviews.

Your hardship need not meet the level of tragic or near tragic for you to offer a meaningful interview to our students. Students will explore how particular survivor-characteristics may help us handle all hardships more effectively.

Survival experiences may include: divorce, addiction, illness, the death of a loved one, abuse, unemployment, depression, etc.

In *Deep Survival*, author Laurence Gonzalez combines hard science and storytelling to illustrate the mysteries of survival, whether in the wilderness or in meeting any of life's great challenges. This engaging narrative, the first book to describe the art and science of survival, can change the way our students see the world.

The author says, “Everyone has a mountain to climb. Everyone has a wilderness inside.”

As many of these interviews may be personal in nature, students will be counseled on respecting the privacy of their subjects and you can decline to answer any question with which you are uncomfortable.

If you'd like more information or if you are interested in becoming a potential interviewee, please contact Ms. Driscoll at [driscollk@bsd405.org](mailto:driscollk@bsd405.org).

### **Help Shape After-School Experiences**

District Athletic and Activities Director Jeff Lowell offers the following invitation to help our district learn how to better support students in after school programs.

Please share your ideas for improvements for all students.

[Click here](#) to complete the Online Survey.

#### Attend an Advisory Session\*:

- March 14 from 2-4 PM at BSD Central Office (ESC)
- March 21 from 6:30-8:30 PM at Highland Middle School
- March 29 from 6:30-8:30 PM at Newport High School
- \*Interpreters and childcare available. RVSP recommended; [click here](#).

#### Come to an Athletics and Activities Community Forum:

- Monday, 4/16, from 6-7:30 PM at Odle Middle School Library
- Thursday, 5/17, from 6-7:30 PM at Interlake High School Library

[Click this link](#) for dates, locations, and times for upcoming conversations, to RSVP for a conversation, and complete the survey.

### **Chess fans and Newport colleagues:**

The two-day long chess extravaganza known as the 2018 Washington State High School Chess Team Championships reached its incredible conclusion Saturday, and it was one for the record books!

The air thickened with tension as the last few final-round games concluded. Coaches and players huddled as game outcomes continued to tighten the championship round. After five rounds of play, five teams stood tied for first, each scoring 18.0 points out of a possible 25.0.

The chess association has extensive tie-breaker rules, including a mandatory speed-chess playoff if two teams are tied for first (it's happened at least twice). Yet the rules have nothing addressing how

to break a five-way tie for first. After a coach's conference, it was decided to declare all five schools co-champions. The Ollie Cup gets to travel around this year.

Our 2018 State Champs include Newport, Lakeside, Garfield, Interlake, and Bellevue. Congratulations one and all!



Five teams, including Newport, share this year's chess championship.

### **More Exciting Honors for Newport**

Our Drill team performed well at the KingCo District Competition. They placed first in Military and second place for Kick. The team qualified for State in both of their routines – Military and Kick. They also performed their kick routine to a Spiderman theme on Friday during the spirit assembly.

Three drillers placed in the top three of each division of Drill Downs among more than 100 participants:

- Novice Drill Down (1st year) – Second place was Lisa Benjamin and third place was Elisa Ma.

- Advanced Drill Down (2nd-4th year) – Third place was Nicole Sheiman.

### 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.](#)

### Dates to Remember:

- Follies Performance at Newport High School on Friday, 3/2, and Saturday, 3/3, at 2 PM and 7 PM.
- Parent Information Night for 8th Grade Parents (in the 2018-2019 School Year your student will be in 9th Grade) on Monday, 3/5, at 6:30 PM at Newport High School.
- Athletics & Activities Community Advisory Group on Monday, 3/5, Chinook MS at 6:30 PM.
- School Board Meeting: Tuesday, 3/6, WISC-Rainier Room at 4 PM.
- Racial Equity Speaker Series: Pacific Islanders: Monday, 3/12, WISC-Rainier Room at 4 PM.
- No School, All Levels: Friday, 3/16, and Monday, 3/19.

### 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 [newporthighpts@gmail.com](mailto:newporthighpts@gmail.com)