

## **Hello Eagle Families,**

Please be sure to bookmark our website and like us on Facebook for the most current and up to date school information. You can find the AHS Website at <http://ahs.asd.wednet.edu> and the AHS Facebook at [www.Facebook.com/ ArlingtonHighSchoolEagles](http://www.Facebook.com/ArlingtonHighSchoolEagles). A log of this communication and other Eagle Family Communications can be found on our website under AHS Information>Eagle Family Communication tab.

### **A Message from Our Principal**

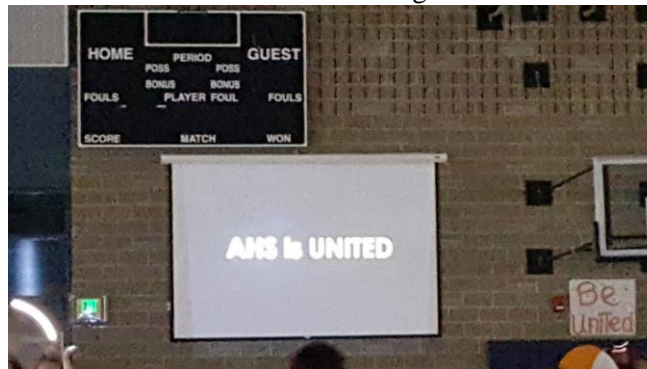
Hello families, and thank you for taking the time to read this newsletter. As we move closer to the end of the year the schedule gets busier and more jam-packed with activities. We are wrapping up winter sports and it has been a successful season all around, especially for our boys and girls wrestling teams.

January was a great month for our arts, too, as we celebrated visual, culinary, and performing arts by decorating the district office. Our advanced culinary class cooked dinner for school board appreciation and our actors performed numbers from the upcoming musical, "Guys and Dolls."



Arlington High School artwork on display at the District Office in January.

We also celebrated inclusion of students with special needs at our Unity Assembly in December. Students participated in competitions and "lit up" the gym with flashlights to show the impact we can have when we all work together as one.



For Martin Luther King, Jr. Day we held an assembly where students auditioned to speak about the relevance of Martin Luther King, Jr. in their lives. Students spoke of the support they have felt in our community and reinforced the idea of getting to know

people rather than judging by appearance. We are looking forward to hosting a guest speaker for our next assembly. His name is Kevin Laue, and he was a division one basketball player who did not let his disability define him or limit his dreams. AHS Leadership is excited about the opportunity to welcome Kevin to Arlington High School. Look to the AHS webpage soon for details about how you can join us in this assembly.

Assemblies are not the only excitement at AHS. Believe it or not, we are already gearing up for the transition to the 2017-18 school year. Soon students will peruse our course catalog and make selections that support their future plans and career pathways. We have many exciting new courses that will soon go to the school board for approval: Animal Science, AP Human Geography, Graphic Art III, and Intro to Computer Science, Earth Science, and AP Computer Science Principles. These courses will provide opportunities for students to learn skills for a variety of post-secondary pathways.

Every week brings new events and celebrations at Arlington High School. In recognition of this, I encourage you to find multiple ways to connect with us. In addition to this newsletter you can find regular updates on the school website, Twitter, AHS Facebook, and you can even sign up for reminders with our Career Center. Don't miss out on these opportunities to learn more about what is happening at AHS!

### **First Semester Book Returns**

As the semester comes to a close, students should return all first semester books to the library. Any books due at the end of first semester, that are not returned, will be placed on a fine list. Book fees can be viewed in Family Access under the Fee Management button. If you have any questions, please contact Connie Vezzani in the Attendance Office at 360 618 6300 ext 3016 or by e-mail at [cvezzani@asd.wednet.edu](mailto:cvezzani@asd.wednet.edu).

### **Scholarship Night**

Seniors and their families are invited to Scholarship Night on Thursday, February 9<sup>th</sup> at 6:00 p.m. in the AHS Library. The goal of this event is to share information about the Arlington Dollars for Scholars scholarship program as well as other scholarship resources with students and families. Representatives from Dollars for Scholars will be present to answer questions and work with attendees on an individual basis. Help will also be available for families that need assistance with the FAFSA, or the Free Application for Federal Student Aid.

### **Turnitin.com**

This year, Arlington High School is using turnitin.com. It is a service which checks papers for plagiarism but also provides students with some revision tools and some great opportunities for feedback from peers and instructors. It is something all students might ultimately use school wide.

Your student likely created their account in a class this last fall. Students upload their own assignments to the website as a component of submission. If you are uncomfortable with your student uploading his/ her own work to the website, please let us know. Your student's teacher would then upload the assignment for him/ her. Students will upload their assignments from the classroom, most of the time, but they are able to log in and upload assignments from anywhere they have an Internet connection.

We encourage you to have your student give you a “tour” of [turnitin.com](https://turnitin.com) if you have any questions.

### **Career Center**

VC Try-A-Trade is Thursday, February 23<sup>rd</sup> at Skagit Valley College. We will be taking a group of students to SVC to experience several professional programs (welding, machining, health care fields, environmental conservation, automotive industry, and culinary.) Interested students should see Jade Roberts in the Career Center. Spots are very limited. All sign ups must be processed by Friday, February 10<sup>th</sup>.

ASVAB Testing is Saturday, March 4, at 9 a.m. in AHS Career Center. If your student is interested in going into the military after high school have them see Mrs. Roberts in the Career Center to sign up for the test.

Boeing Job Shadow Day is Thursday, March 23<sup>rd</sup>. at Boeing. Students will gain exposure to career options in aerospace, including a tour of Boeing. This experience also counts as a job shadow! Send students to the Career Center to receive registration instructions. All registration must be completed by Wednesday, March 1.

EvCC Students of Color Conference is Thursday, March 30<sup>th</sup> at Everett Community College. The mission of the conference is to educate and inform students of color about various career options and to encourage students to think and dream big and believe that success through education is possible. Target audience is students of color, but all Snohomish County students are invited. Registration instructions are available in the Career Center. There is a scholarship for seniors - separate application required. All registration must be completed by Friday, March 3<sup>rd</sup>.

### **Report Cards**

Do you need a copy of your student's report card with GPA for your auto insurance good student discount? If so, this can be found in Family Access on the Portfolio tab. Also, Semester 1 report cards will be posted mid-February and will include the term and cumulative GPA.

Just a reminder to students applying to colleges and for scholarships: Transcript request forms are available at the Registrar's window, or on the AHS website under quick links. Make sure you check your application requirements to see if you need unofficial or official copies. Transcripts are sent out quickly, but sometimes it takes a few weeks for them to get matched with applications at the colleges; so get them done early.

### **School Lunches**

We have many healthy food choices available for lunch here at AHS. We use brown rice, wheat pasta, and whole grain breads and pizza crusts. We also serve a variety of beans such as: garbanzo beans, black and fat free refried beans on a regular basis. Students may stop by the kitchen before school starts and special order vegetarian salads or sandwiches.

The health benefits of beans include high in fiber and protein. Each 1/2 cup serving of beans contains between 6-9 grams of fiber, and between 6-8 grams of protein at just over 100 calories per serving. There is no cholesterol in beans as cholesterol is only found in animal products. Beans are definitely a great addition to any meal!

Parents can "subscribe" and receive an email that will alert them when their child's lunch account has a low balance. The notification is set to send when the balance falls below \$6.00. In Family Access, go to the Food Service tab and check the Email Notifications box to receive the low balance alerts.

### **Options Night**

AHS will be hosting an informational session on Thursday, February 25<sup>th</sup> at 6 p.m in the BPAC. We will be covering the options available for earning college credit while in high school during a student's junior and senior year. Topics include: Advanced Placement, College in the High School, Running Start, and Tech Prep opportunities at Sno-Isle Tech Skills Center and at AHS. Online applications for Sno-Isle also open on February 4<sup>th</sup>. For more information, see your counselor or visit [snoisletech.com](http://snoisletech.com) for more information.

### **Ecology Club**

Is your student interested in hiking? Do you want to meet some new people and learn how to be a part of the solution? If so, they can join the Ecology Club. Club meetings are Wednesdays after school in room D102. Contact Mrs. Iversen for more details.

### **Social Networking Resources for Parents**

These are links to documents and sites designed to help adults better understand what social networking is and how to use it safely. They can also help adults to more easily talk with youth about appropriate behaviors and safety issues, and to be better prepared to help when necessary.

- [A Parents' Guide to Cyberbullying \(PDF\)](#)
- [A Parents' Guide to Cybersecurity \(PDF\)](#)
- [A Parents' Guide to Facebook \(PDF\)](#)
- [A Parents' Guide to Instagram \(PDF\)](#)
- [A Parents' Guide to Snapchat \(PDF\)](#)
- [Family Online Safety Guide \(PDF\)](#)

Other Family-Focused Links:

- [Connect Safely](#)
- [Cyberbullying Resource Center](#)
- [Facebook Family Safety Center](#)
- [Net Family News](#)
- [OSPI School Safety Center—Cyberbullying & Digital/Internet Safety](#)

### **Booster Club**

The heart of the AHS Booster Club is our volunteers. If you are interested in volunteering, visit our website at [ahsboosterclub.com](http://ahsboosterclub.com) and sign up to volunteer there.

Simply go to the current events section and look under the volunteer tab.

### **Special Valentine's Day Deliveries**

There's a very sweet Valentine's Day tradition that happens at AHS! Surprise your Valentine with a flower, chocolate, a stuffed toy, or surprises equally sweet. On Tuesday, February 14<sup>th</sup>, AHS Booster Club volunteers will collect these surprises between 8 a.m. and 2 p.m. in the B-wing foyer through the door by the Byrnes Performing Arts Center. Notes will be sent to students to retrieve their special delivery. **Please note that balloons are not allowed and are not on the "sweet list" since they pose a hazard to the school's fire alarm equipment!**

### **Additional Links**

[AHS Website](#)

[Booster Club Website](#)

[Student Handbook](#)

[The AHS Eagle \(student news\)](#)

Thank you Eagle Families for reading this email and staying informed!

Charity Conley

Arlington Public Schools provides equal educational opportunity and treatment for all students in all aspects of the academic and activities program without discrimination based on race, religion, creed, color, ancestry, national origin, age, marital status, honorably discharged veteran or military status, gender, gender expression or identity, sexual orientation, the presence of any sensory, mental, or physical disability, or the use of a trained dog guide or service animal by a person with a disability. The District will provide equal access to school facilities to the Boy Scouts of America and all other designated youth groups listed in Title 36 of the United States Code as a patriotic society.

The following employees have been designated to handle questions and complaints of alleged discrimination.

**TITLE IX AND COMPLIANCE OFFICER**

Mr. Mike Johnson  
Executive Director, Human Resources  
315 N French Ave.  
Arlington, WA 98223  
(360) 618-6212  
mike\_johnson@asd.wednet.edu

**COMPLIANCE OFFICER (SECTION 504/ADA)**

Ms. Diane Kirchner-Scott  
Assistant Superintendent  
315 N French Ave.  
Arlington, WA 98223  
(360) 618-6217  
dkirchner-scott@asd.wednet.edu