

## E Newsletter #2

### TABLE OF CONTENTS:

[Events](#)  
[Racial and Educational Justice](#)  
[New Staff Spotlight](#)  
[News from the District](#)  
[Student Resources](#)  
[Counselors](#)  
[International Baccalaureate](#)  
[Drama and Improv](#)  
[ASB](#)  
[PTSA](#)  
[Celebrations](#)

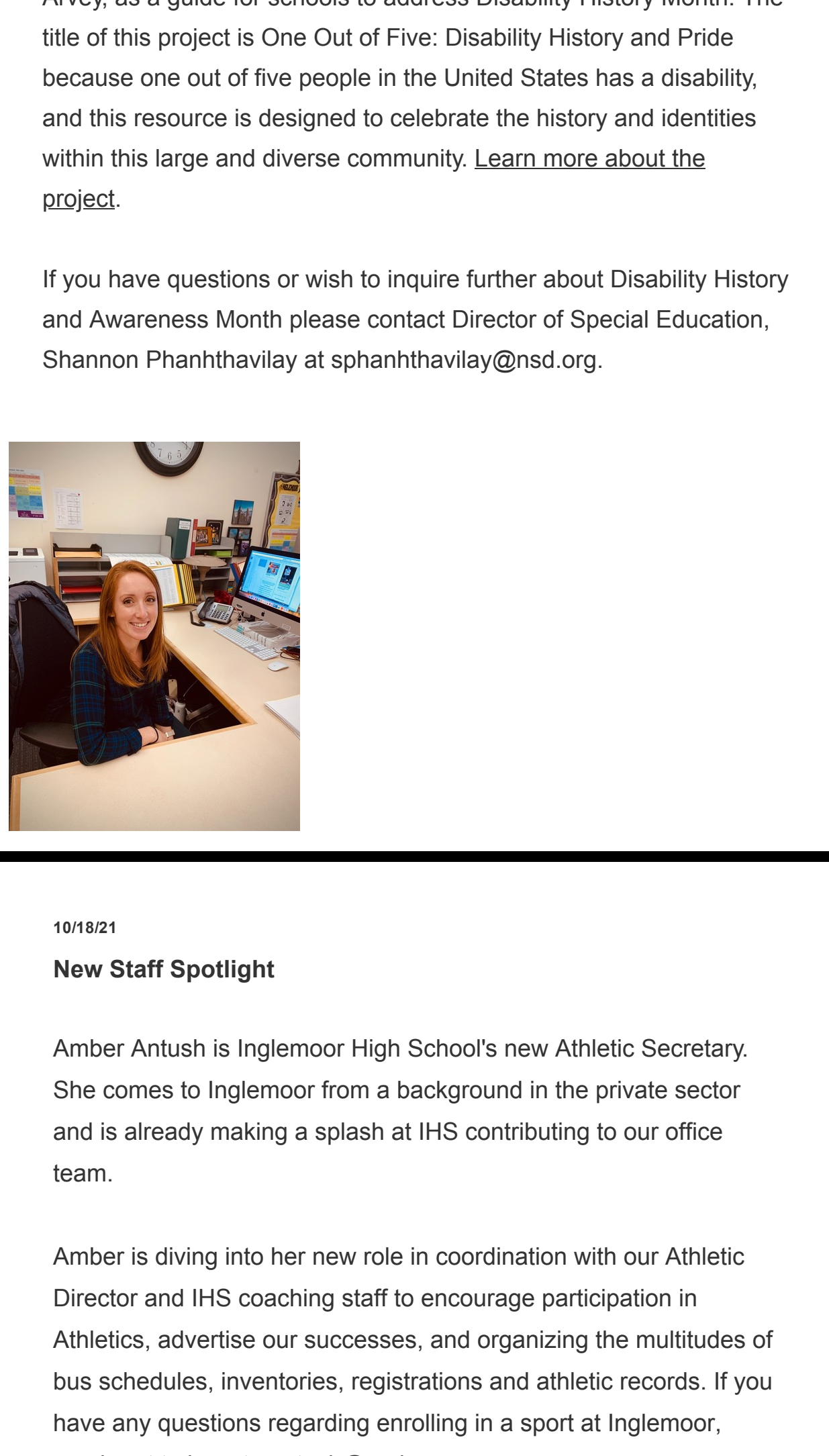


10/18/21

### Events:

**October 23:** Homecoming Dance, 6-9pm

**October 29/30 & November 5/6:** student-written and student-directed plays taking place in various locations throughout the school. Our dates are Oct. 29, Oct. 30, Nov. 5 and Nov. 6, all at 7:00pm.



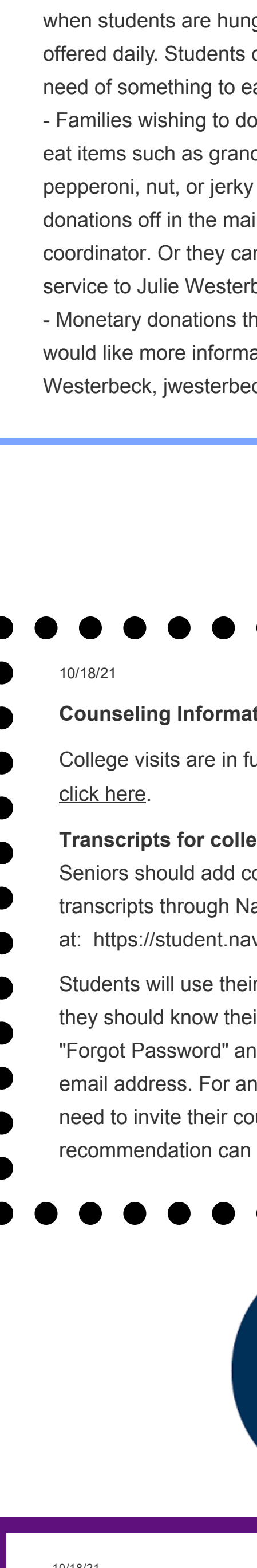
### News from the Racial and Educational Justice Team:

October is Disability History and Awareness Month

In 2008, the Washington state legislature passed a law declaring October as Disability History Month. The purpose of this recognition is to increase awareness for people with disabilities, and to bring a greater sense of pride to people with disabilities. Shining a spotlight on this one aspect of identity – for our students, staff, and community members who identify as neuro-diverse, disabled, differently-abled or with diverse abilities – is important to acknowledge, learn into and learn in October and all year as we engage with students and families to accomplish their social and academic goals together.

Until now, schools across the state have created their own approaches to honor the month. A project was designed by the Washington State Governor's Office of the Education Ombuds (OEO) in partnership with two local educators, Adina Rosenberg and Sarah Arvey, as a guide for schools to address Disability History Month. The title of this project is One Out of Five: Disability History and Pride because one out of five people in the United States has a disability, and this resource is designed to celebrate the history and identities within this large and diverse community. [Learn more about the project.](#)

If you have questions or wish to inquire further about Disability History and Awareness Month please contact Director of Special Education, Shannon Phanhtavilay at [spanhtavilay@nsd.org](mailto:spanhtavilay@nsd.org).



10/18/21

### New Staff Spotlight

Amber Antush is Inglesmoor High School's new Athletic Secretary. She comes to Inglesmoor from a background in the private sector and is already making a splash at IHS contributing to our office team.

Amber is diving into her new role in coordination with our Athletic Director and IHS coaching staff to encourage participation in Athletics, advertise our successes, and organizing the records of bus schedules, inventories, registrations and athletic recitals. If you have any questions regarding enrolling in a sport at Inglesmoor, reach out to her at [aantush@nsd.org](mailto:aantush@nsd.org).

10/18/21

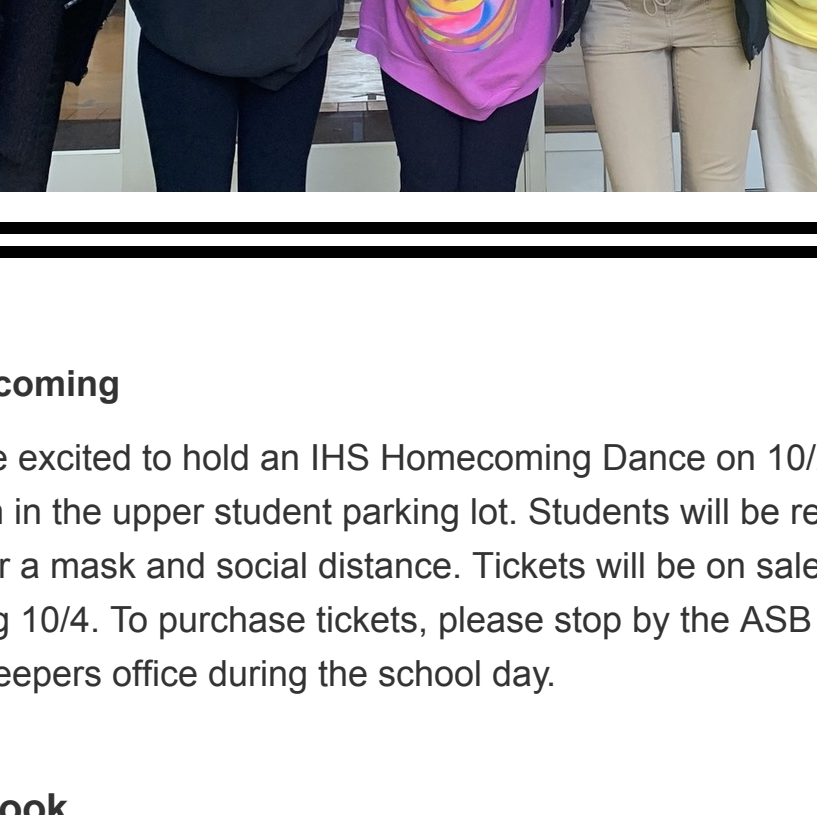
### News From the District:

#### Learning Support When Quarantining

Northshore provides opportunities for continuous learning while students have to quarantine due to COVID. Please use [this link](#) to access a schedule of drop-in Office Hours support hosted by Northshore educators while your student is quarantining or waiting for COVID testing results. Educators hosting drop-in support for secondary students may include classified paraeducators. Secondary students are able to receive support from educators to complete assignments posted in Schoology by their teachers. This support is in addition to the ability of students to access their teachers before school, after school, or at other mutually agreed upon times if necessary.

Please note: to access these materials, students will need to login with their Northshore account (studentid#@apps.nsd.org and account password). If you need technical support accessing these materials, please submit a help request at <http://go.nsd.org/studenttechhelp>.

TOC



10/18/21

### Student & Family Resources

#### Kenmore Cares

Please visit [this link](#) for Kenmore Cares- a source for financial help for Kenmore residents.

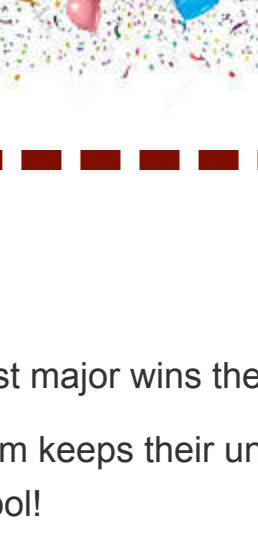
#### Viking Food Cupboard - DONATIONS NEEDED

A huge thank you to those who donated to get the cupboard started this year - through the Music Boosters and several individual parents!! The students say a big THANK YOU! But the cupboard is EMPTY now, so if you can help, please read below:

FYI- Inglesmoor's Viking Food Cupboard, a joint IHS and PTSA project, provides nourishment if a student is in need. Teachers can pick up some snacks from the library work room to have on hand when students are hungry between the free breakfast and lunch offered daily. Students can approach any staff member if they are in need of something to eat.

- Families wishing to donate to help stock the cupboards with easy to eat items such as granola/protein bars, trail mix packs, fruit bars, pepperoni, nut, or jerky bags, applesauce pouches, etc. can drop donations off in the main office anytime for Julie Westerbeck, the coordinator. Or they can be shipped from Amazon or another online service to Julie Westerbeck at Inglesmoor.

- Monetary donations through PTSA are welcome anytime. If you would like more information, please contact IHS staff member Julie Westerbeck, [jwesterbeck@nsd.org](mailto:jwesterbeck@nsd.org).



10/18/21

### Counseling Information

College visits are in full swing! For a complete schedule, please [click here](#).

#### Transcripts for college applications:

Seniors should add colleges they are applying to and request transcripts through Naviance at: <https://student.naviance.com/inglesmoorhs>

Students will use their student number (only) as their username, they should know their password but if not, they can select "Forgot Password" and one will be sent to their school apps email address. For any Common Application colleges, students need to invite their counselor so that transcripts and letters of recommendation can be uploaded.



10/18/21

### IB Testing

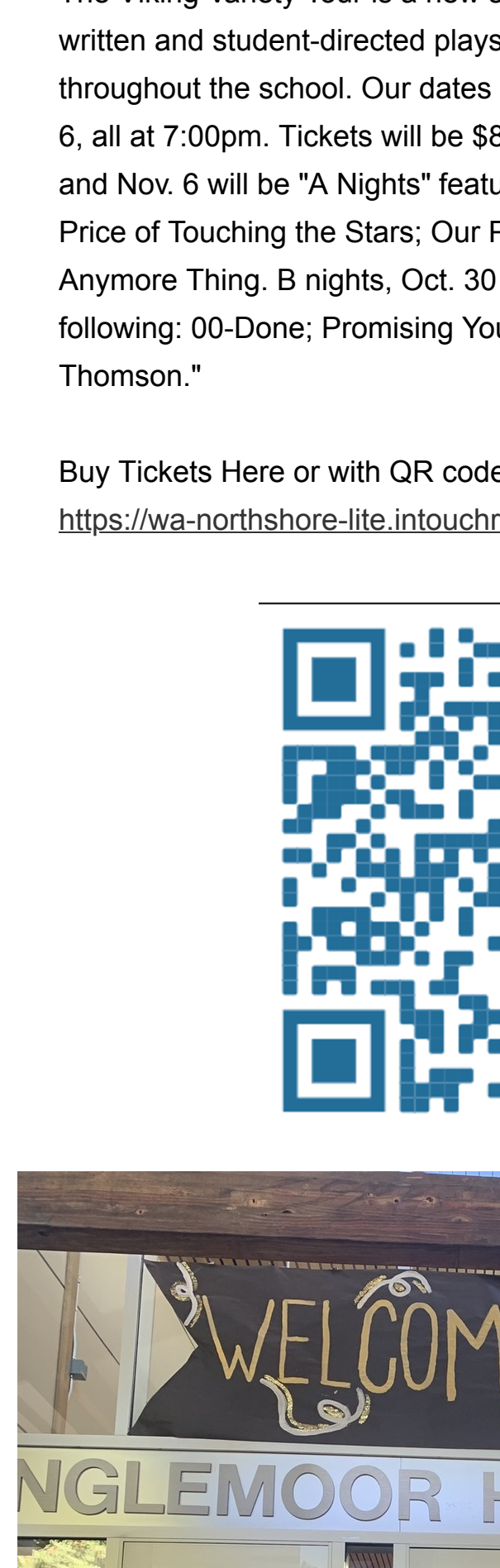
**IB Test Registration:** For current juniors and seniors in IB classes, registration for IB testing in May 2022 will close on October 22nd.

There are three categories of registration and a form for each category: 1. The form for seniors pursuing the full IB diploma. 2. The form for juniors pursuing the full IB diploma. 3. The form for all junior and senior course students, students who are taking one or more IB classes but not pursuing the full IB diploma.

Watch the appropriate video presentation and complete the relevant digital form. Payment is due to ASB Bookkeeper Lesley Clawson by check made out to Inglesmoor High School or by paying online by October 22nd. See the videos for more specific instructions and information. Registration instructions are [linked here](#).

Juniors in TOK Year 1 will begin learning about Theory of Knowledge (TOK) in their second session. Theory of Knowledge provides an opportunity for students to reflect on the nature of knowledge, and on how we know what we claim to know. TOK is central to the educational philosophy of the Diploma Program. Students have access to a session calendar in the IB DP Class of 2023 Schoology Course.

IB Diploma seniors have a first draft of their Extended Essay due by October 31st to the EE Coordinator's turnitin.com

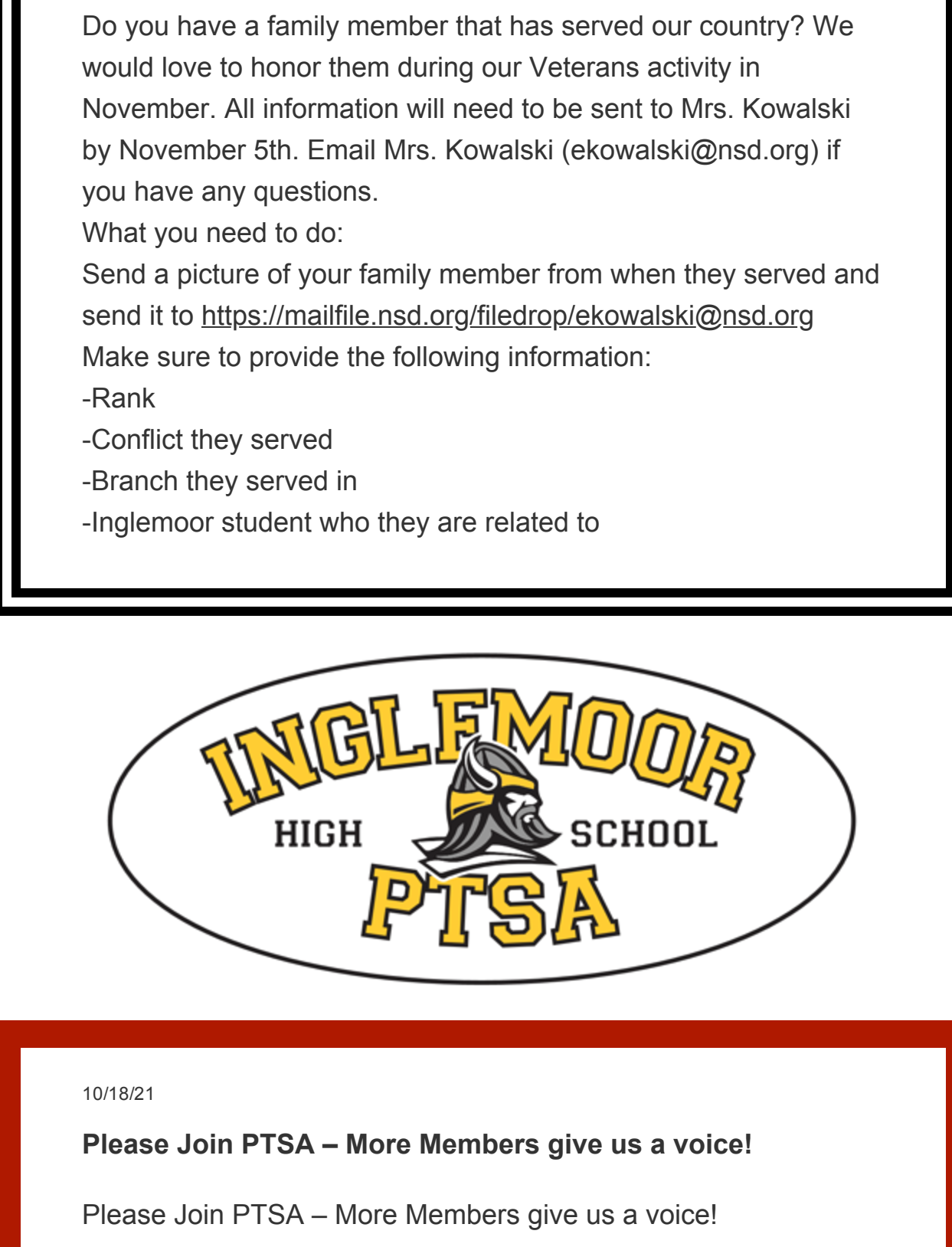
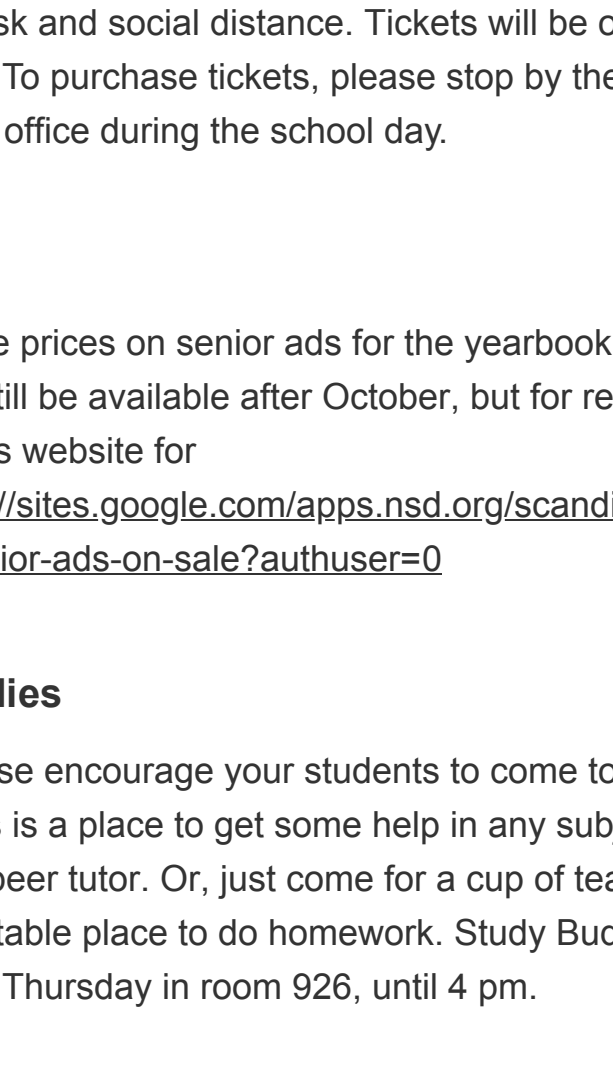


10/18/21

The Viking Variety Tour is a new style of show with seven student-written and student-directed plays taking place in various locations throughout the school. Our dates are Oct. 29, Oct. 30, Nov. 5 and Nov. 6, all at 7:00pm. Tickets will be \$8 with ASB and \$10 without. Oct. 29 and Nov. 6 will be "A Nights" featuring the shows: The Re-Write, The Price of Touching the Stars, Our Primary Problem and The Not Talking Anymore Thing. B nights, Oct. 30 and Nov. 5 will feature the following: 00-Don't; Promising Young Writer and The Case of Peter Thomson."

Buy Tickets Here or with QR code below!

<https://wa-northshore-lite.intouchrecepting.com/INGLEMOORDrama>



10/18/21

### Homecoming

We are excited to hold an IHS Homecoming Dance on 10/23 from 6-9 pm in the upper student parking lot. Students will be required to wear a mask and social distance. Tickets will be on sale starting 10/4. To purchase tickets, please stop by the ASB Bookkeepers office during the school day.

### Yearbook

**Seniors!** Sale prices on senior ads for the yearbook end October 29. Ads will still be available after October, but for regular price. See Scandia's website for details: <https://sites.google.com/apps.nsd.org/scandia-yearbook/senior-ads-on-sale?authuser=0>

### Study Buddies

Parents, please encourage your students to come to Study Buddies. This is a place to get some help in any subject from a teacher or a peer tutor. Or, just come for a cup of tea, a snack, and a comfortable place to do homework. Study Buddies is every Tuesday and Thursday in room 926, until 4 pm.

### Veterans Day Activity

Do you have a family member that has served our country? We would love to honor them during our Veterans activity in November. All information will need to be sent to Mrs. Kowalski by November 5th. Email Mrs. Kowalski ([ekowalski@nsd.org](mailto:ekowalski@nsd.org)) if you have any questions. What you need to do:

Send a picture of your family member from when they served and send it to [mailfile.nsd.org/filedrop/ekowalski@nsd.org](mailto:mailfile.nsd.org/filedrop/ekowalski@nsd.org)  
Make sure to provide the following information:

- Rank
- Conflict they served
- Branch they served in
- Inglesmoor student who they are related to



10/18/21

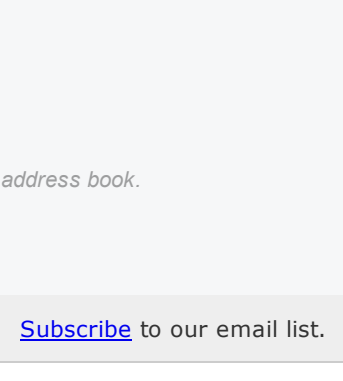
### Please Join PTSA – More Members give us a voice!

Please Join PTSA – More Members give us a voice!

If you have not had a chance to join yet – the process is easy.

Check out our online form on the [IHS PTSA](#) membership page

Our annual [Pass the Hat](#) Fundraiser has begun – PTSA supports all students and staff throughout the year with grants, staff appreciation and much more. Please consider donating to help support ALL Inglesmoor Vikings!



10/18/21

### Celebrations

Several of our teams boost major wins the last two weeks alone:

The freshman football team keeps their undefeated status by beating Bothell High School!

Girls varsity soccer beat Bothell and North Creek this week! The freshman team came away with a W too!

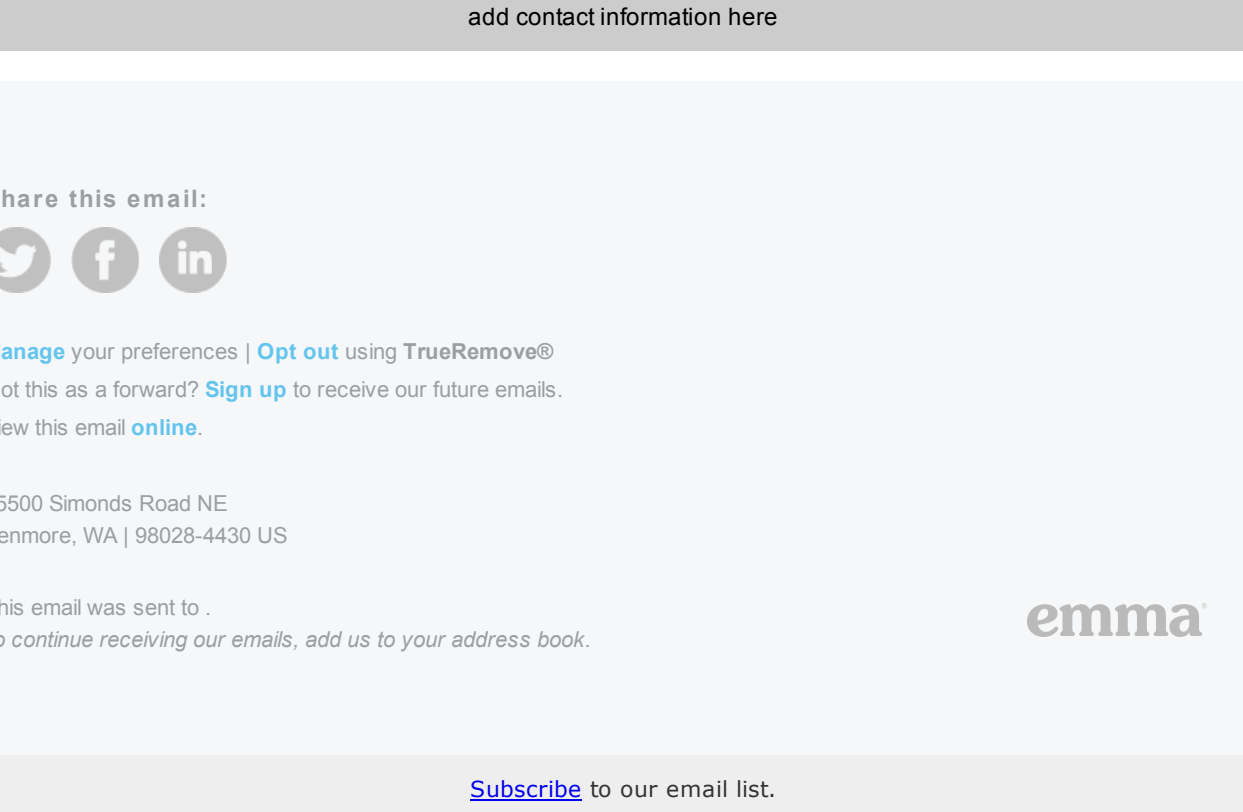
Boys varsity tennis beat Issaquah!

Girls JV Volleyball beat Issaquah!

Cross Country placed second in their last meet of the season!

The girls swim team is 5-1 after beating Eastlake last night!

### Congratulations and GO VIKINGS!!!

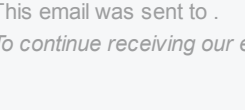


If you are an Inglesmoor related group and want information to go out to the parent community, please email [rfaheen@nsd.org](mailto:rfaheen@nsd.org).

Nondiscrimination Statement:  
<https://www1.nsd.org/nondiscrimination>

add contact information here

Share this email:



Manage your preferences | Opt out using TrueRemove®  
Got this as a forward? Sign up to receive our future emails.  
View this email online

15500 Simonds Road NE  
Kenmore, WA | 98025-4430 US

This email was sent to:  
To continue receiving our emails, add us to your address book.

emma

Subscribe to our email list.