

## Principal's Message

Happy New Year,

I hope that you were able to spend quality time with family and friends to celebrate the end of an amazing year and welcome in 2018. Winter break is especially important for me as it provides quality time for my family and me to reflect, connect, and set goals for the new year.

This year, we have been focused on the impact that technology has had on our lives. For many of us, technology has increased our opportunity to stay connected, be informed, and stay engaged in the most current trends and events. For others, technology has created more stress, tension, and anxiety.

As we start planning for our implementation to 1:1 devices (Fall 2018), we have been taking a closer look at the impact that cell phones have had on our students here at Sehome. Although the research is relatively new, our work with students has indicated that the increased use of cell phones has resulted in an increase in anxiety and mood disorders, sleep disturbances, and relationship issues (see attached links).

<https://www.webmd.com/depression/news/20160315/could-too-much-cellphone-time-signal-anxiety-depression#1>

<http://abcnews.go.com/Lifestyle/excessive-cellphone-anxiety-experts-warn/story?id=48842476>

<http://time.com/4974863/kids-smartphones-depression/>

As we gear up for the Fall 2018 roll-out of individual laptops for our students, our staff are planning for the instructional and emotional effects. As a result, we will be shifting into cell phone free classrooms starting in the Fall of 2018. This does not preclude students from being able to check their phones during lunch and break, but our work during instructional time will be engaging students while eliminating the anxiety and cognitive disengagement that cell phones tend to promote.

We look forward to continuing our work with you, the families, as well as the students, on developing healthy technology habits that promote confident, healthy-minded individuals.

On behalf of the Sehome Staff, we wish all of you a healthy New Year,

Michelle Kuss-Cybula

Principal

## Upcoming Events

1/9  
1/15  
1/17  
1/24  
2/9  
2/9  
2/14  
  
2/14  
  
2/19  
2/23  
2/26  
3/5  
  
3/6  
3/9  
3/27  
3/28

Tuesdays: Science Lab Make-up, see description below  
Winter Orchestra Concert  
No School-M L King  
Winter Choir Concert  
No School-teacher work day  
No School-teacher work day  
Black Light Dance  
"Spirit of Love" evening, choir event, see description below  
Spring Sports Meeting-Athletes only, Start Spring  
No School-President's Day  
Spring Sports Clearance starts  
Last day to clear for sports  
First day of spring sports  
High School Parent Info Night  
Spring Sports Parent Night  
No School-teacher work day  
Spring Orchestra Concert  
Spring Choir Concert

Athletics schedules:  
<http://www.nwcatletics.com/>

7 pm, SHS cafeteria

7 pm, SHS cafeteria

9 pm

7 pm, TBD

3:20 pm, gym

6:30 pm, gym

6 pm, Little Theatre

7 pm, cafeteria

7 pm, cafeteria

## Graduation Academic Achievement Practices for Class of 2018 and Beyond

Starting with the class of 2018, Bellingham Public Schools will be shifting its graduation designations to the Latin Honors system (cum laude, magna cum laude and summa cum laude) used at colleges and universities. The system provides recognition for an unlimited number of students who obtain high levels of academic achievement and provides a shift from a culture of competition to one of inclusivity.

All high schools will honor graduates of distinction in three categories:

Cum laude (with honors 3.5 to 3.74)

Magna cum laude (with great honors 3.75 to 3.89)

Summa cum laude (the highest honor 3.9 to 4.0)

Each school will develop their own guidelines for selecting student speakers.

Currently, valedictorian designation rules and protocols vary among our high schools, and in some cases, the number of Advanced Placement (AP) courses taken becomes the determining factor for class valedictorian. Our new eight-period schedule allows greater flexibility and more course opportunities for students to develop and pursue passion or interest areas. We encourage students to take rigorous classes and explore and broaden horizons over their four years of high school. We believe changing our graduation recognition practices will remove some pressure for students to take an excessive number of AP classes for the purpose of class rank.

We are fortunate to offer such a vast array of classes in all subject areas to develop students and graduates who are readers and writers, artists and performers, historians and global thinkers and innovators and creators – and all the outcomes articulated in The Bellingham Promise.

## Career Center News

### A Scholarship Opportunity for Juniors!

The Masonic Educational Council annually recognizes outstanding members of the Junior Class of each Whatcom County public high school. Any junior may enter the competition by submitting an application. Applications are available from the Career Center. The top five boys and top five girls from each high school will be chosen to attend the awards program, along with their families, in April. Scholarships of \$600 will be awarded to the top student at each high school and \$1,500 to the top boy and top girl in Whatcom County. Deadline for the application is early in March and must be turned in to Martha Zender in the Career Center. The link to the application will be in the Scholarship Bulletin as soon as we have the deadline confirmed.

### College Bound Student Support

The College Bound Scholarship was established in 2007 to provide state funded financial aid to low-income students who may not consider college due to the cost. Students completed the application during 7th or 8th grade. For more information regarding the scholarship: <http://www.wsac.wa.gov/college-bound>. We are collaborating with Futures NW again this year to give our Sehome College Bound Students extra support. Meetings are held Wednesdays during Harbor in the Student Lounge. This January the focus will be on Seniors and making sure they have all completed the FAFSA but students in any grade are welcome to stop by if they have questions about their scholarship. Contact Martha Zender in the Career Center for more information.

Parents of Seniors! Please encourage your student to check out the Scholarship webpage. The Scholarship Bulletin link is at the top. There are nearly 200 scholarships listed throughout the year. Scholarships can lower the out-of-pocket expense and the amount of loans students and parents take out each year for education. There are some specific to schools and degrees, but many are generic. This is the time of year when the local scholarships become available. If there is no website provided your student can pick up a hardcopy from the Career Center.

### "Spirit of Love"

The choirs are happy to present the second annual "Spirit of Love" dessert and music evening filled with music relating to the holiday of hearts. Tuesday, Feb 13th will be the special evening at 7:00pm with the location TBD. Look for posters or contact your friendly choir student for more information

### Sehome Orchestra

If you would like to have the Sehome Chamber Orchestra play at an event, please contact Kirstin Doud at 676-6470 (ext. 5273) or by e-mail at [kirstin.doud@bellingshamschools.org](mailto:kirstin.doud@bellingshamschools.org)

### Science Lab Make-up

Science Lab Make-ups will be offered on Tuesdays, from 3:15-4:45 p.m. in room 112. Please contact your science teacher for more information.

### Harvest of the Month is Apples on Jan. 31

The January Harvest of the Month will be apples and will be served on Jan. 31 in school cafeterias. School lunch will include French Toast Sticks and Sausage served with Cinnamon Apples. It's a great time to try school lunch!

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**Mark Your Calendar**

Feb 14 **Spring Sports Pre-Season Meetings for Athletes Only**  
3:20pm in the Gymnasium  
Start of Spring Sports Athletic Clearance

Feb 26 **First day of Spring Sports Practice**

Mar 6 **Spring Sports Parent Night** --See Information below

**Spring Sport Athletic Clearance Starting Feb 14th**

To be eligible for the first day of practice - **Mon, Feb 26**  
athletes **MUST GET A CLEARANCE SLIP**  
from the Athletic & ASB Office  
**By 2:30 Friday, Feb 23rd**

**Spring Sports Parent Night Tuesday, March 6th 6:00 pm**

A required meeting for parents of students participating in a spring sport  
Covering Athletic Code, athletic eligibility, grades and transportation.  
The meeting will begin at 6:00 pm in the The Little Theater  
The individual coaches meetings will follow

**SHS STUDENT LEARNING/TUTORING CENTERS**  
**WINTER 2018 THEME**  
**"THE POWER OF GOAL SETTING"**

**CHOOSE SMART GOALS THAT WORK FOR YOU!**

**SPECIFIC:** DEFINE THE GOAL AS MUCH AS POSSIBLE...THE 5 W'S

**MEASURABLE:** I CAN TRACK MY PROGRESS

**ATTAINABLE:** IS MY GOAL REALISTIC?

**RELEVANT:** IT FITS INTO MY LONG AND SHORT TERM PLANS

**TIMELY:** ESTABLISH TIME LIMITS

**SHS TUTORING CENTER INFORMATION**

**How do I sign up for a tutor?**

1. Sehome Home Page
2. Students Tab
3. Learning Center
4. Tutor Sign Up
5. Select tutoring subject...NEXT
6. Choose day and time...NEXT
7. Provide personal information...NEXT

You are done!  
A personal email will be sent to you!

**LEARNING/TUTORING CENTER HOURS**  
**CENTERS-THURSDAYS**  
**3:45 TO 5:30**  
**BRENDA APT, COORDINATOR**  
[brenda.ap@bellingshamschools.org](mailto:brenda.ap@bellingshamschools.org)

## Bellingham Technical College Child & Family Studies

# Raising Teens



The teen years are full of changes for both the adolescent and the parents. This class will explore the brain changes that are occurring that explain some teen behaviors and give strategies to create and maintain a mutually respectful, loving relationship between parents and their teen. Topics discussed will be decided by the group but may include communication, respectful listening, sexuality, drug use, suicide prevention, bullying, rebellious behaviors, and positive relationships with peers.

**REGISTER NOW!**  
Call **360.752.8350** or email [registration@btc.edu](mailto:registration@btc.edu)

**Item # 8186** CHFM 143 Raising Teens  
**Instructor:** Ann Marie Read  
**Date:** Wednesdays, 1/24 – 2/7  
**Time:** 6-8 p.m.  
**Location:** BTC's Campus Center, Room 233 (CC 233)  
**Cost:** \$62.47

 **6<sup>th</sup>** 1957 2017

*Bellingham Technical College is an equal opportunity institution.*