



NEWSLETTER



April 26, 2024

SHS Families and Students,

Students have been working hard over the past two weeks to complete the Smarter Balanced Assessment (SBA) exams. All 10th grade students take the exams in both English Language Arts (ELA) and Math. If students do not earn a proficient score, they are given the opportunity to retest in 11th and 12th grade. SBA exams have many benefits for students and staff.

- If a student earns a Level 3 or 4, some colleges and universities will accept the score for placement into college-level English and/or Math (without needing to take an additional placement exam)
- The results provide valuable data to track student progress and compare results to those across the state
- Students can meet their graduation pathway through SBA testing, which is a graduation requirement
- Students can, if needed, earn competency credit for certain scores in ELA, Math, or Elective

If you have any questions about these benefits, please do not hesitate to reach out to me or our counseling team.

We will soon be giving Advanced Placement exams (AP exams). These exams are for students currently enrolled in AP classes who have signed up to take the exam. By earning specific scores on the exams, students can earn college credits. Please see below for the exam schedule:

MAY 2024 AP Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
6 8:00 am 12 th US Government and Politics	7 12:00pm Seminar 12:00pm Statistics	8 8:00 am 12 th English Lit and Comp 12:00pm Comp Sci A	9 NO TESTING	10 8:00 am US History 3:00pm Studio Art Submission
13 8:00 am Calculus AB Calculus BC	14 8:00 am 11 th English Lang and Comp	15 8:00 am World History 12:00 pm Comp Sci Principles	16 8:00 am Spanish Language 12:00 pm Biology	17 8:00 am Physics

Please contact me if you have any questions or concerns.

Go Wolves!
Erin Fox
SHS Principal

A LOOK AHEAD:

4/29 & 30	2024-2025 Registration
4/29	Senior graduation required HIV/AIDS Homeroom
4/29 - 5/10	CTE Plant sale 9am-5pm, Mon-Sat
5/3	SHS Art Show, 5-7pm Auxiliary Gym
5/2, 3,4 & 5 5/9/10/11	Operetta - The Addams Family - New Musical
5/10	Will be a make-up snow day. There <u>will be</u> school this day.
5/21	Blood Drive



SAVE THE DATE

Sequim High School CTE Plant Sale
Sequim High School Greenhouse
April 29 - May 10
Monday-Saturday, 9am - 5pm



Stay tuned to the SCHOLARSHIP WATCH list in the Daily Bulletin and on the SHS Career webpage. Apply for any/all scholarship opportunities you qualify for.

STAY ON TOP OF THIS! CHECK OFTEN! PAY ATTENTION TO DUE DATES!

SCHOLARSHIP WATCH

- **Search engines to check out for more scholarships:** www.goingmerry.com www.fastweb.com www.washboard.org www.bigfuture.collegeboard.org <https://thumbs.dreamstime.com/b/monopoly-get-out-jail-free-famous-game-logo-cards-player-can-use-to-146236717.jpg>
- **WAVE Scholarship** ~ Scholarship amounts vary depending on the recipient's education costs, including college attended, number of credits taken, and other financial aid received. Recipients will be awarded up to approximately \$3,800 per year for up to two years. Must be planning to attend a community or technical college in WA. Awards cannot exceed the cost of tuition. <https://wtb.wa.gov/wave/>
- **Olympic Peninsula International Footprint Association** - Scholarship for students pursuing an education in public safety (specifically law enforcement or firefighting) graduating from any Clallam County high school. Additional application in the counseling office. Required to have submitted scholarship notebook. Due Date: April 19, 2024.
- **Sunrise Rotary Scholarship** - Applicants should embody service above self. Applications in the counseling office. Due April 22, 2024
- **Student Insights Scholarship** - Student View and Washington Senior Scholarships. Apply at www.student-view.com. Due April 23rd, 2024.
- **Sequim Realtors Association Scholarship** - Award scholarships to students who are 2024 graduates from the Sequim School District and have an intent to stay and contribute to the Olympic Peninsula community. Eligible students are students who are pursuing technical, trades or traditional 2-year Associates Degree or 4-year bachelor's Degree. Pick up application in counseling office. Due April 29, 2024.
- **Olympic Driftwood Sculptors Scholarship** - This applies to current 12th grade Visual Art students at any public, private, or homeschool on the North Olympic Peninsula. To be eligible, the student must major or minor in visual arts which can include Studio Art (2D or 3D), Photography, Graphic Design, Computer Graphics, Animation, Multimedia, Art Education, Game Design, Architecture, Interior Design, and Fashion Design. Submit the application and examples of their art. Pick up an application in the counseling office. \$1,000 scholarship Due Date: May 12, 2024.
- **Larry Jensen Memorial Scholarship** - Graduating Seniors who are immigrants or whose parents are immigrants. Students must reside in Jefferson or Clallam county. Come to the counseling office for application requirements. Due - June 1, 2024

SEQUIM WRITING CONTEST



**LACE UP YOUR WRITING
SKILLS AND HAVE FUN!**

GRADES 6-12

**Entries accepted
April 15 – May 15**

2024 Theme: SHOES

Selected by the Sequim Library's
Teen Advisory Board

Kick It Around...

Drop in to the Write-in
and Workshop!

• PRIZES AWARDED •

APRIL 11: Write-In

Have snacks and get writing ideas.

Thursday, April 11, 3:30-5pm
Sequim Library Temporary Location
609 W. Washington

APRIL 25: Workshop

Improve your writing with Peninsula
College instructor Elijah Sussman!

Thursday, April 25, 3:30-5pm
Sequim Middle School
301 W. Hendrickson Rd.

Bring a laptop to these events if
possible. Pencil and paper is provided.



Get all the details at:
NOLS.org/writing-contest



First Thursday of every month!

FREE

STUDENT FINANCIAL AID HELP

Get FREE support with student financial aid from helping with paperwork like the FAFSA or WASFA to getting started!

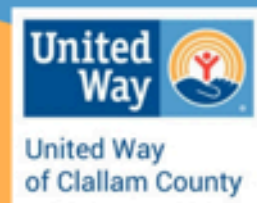
From 5 pm to 6 pm!

**Feb 1st
March 7th
April 4th
May 2nd**

First Thursday each month!



Scan to register!
Questions? Email
collegeaccess@unitedwayclallam.org



Sequim School District Families,

As part of the state's effort to protect the health of all children, the Washington State Legislature passed the Engrossed Second Substitute House Bill 1139 in 2021. This bill addresses concerns about lead in school drinking water as part of a broader effort to reduce children's overall exposure to lead in the environment. Under the bill, the drinking water must be tested every 5 years in all public schools built, or had all plumbing replaced, before 2016.

The Sequim School District, in alignment with this legislation, is having water tested across all buildings.



Lead in School Drinking Water Program

The Washington State Legislature passed laws in 2021 that require lead testing of all drinking water outlets in public schools that were built, or had all plumbing replaced, before 2016. Initial testing is required by June 2026, and retesting is required every five years thereafter.

We partner with schools to sample and test drinking water, provide guidance on remediation, and assist with communicating the health effects of lead exposure. We test for lead to reduce exposure from school drinking water.



SCHOOL REQUIREMENTS



TEST

Partner with Department of Health or a contractor to sample and test drinking water.



ACT

Develop an action plan for remediating outlets with elevated lead levels.



COMMUNICATE

Communicate with students' families and staff about lead contamination in drinking water as required.

get in TOUCH

DOH provides:

- Sampling and testing to meet the legal requirements
- Action plan template
- Annual communication template
- Technical support

Visit doh.wa.gov/leadinschooldrinkingwater or reach out to leadfreekids@doh.wa.gov for more information.

360-280-7274 | www.doh.wa.gov

DOH 334-499 April 2023

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.

SENIOR VOLUNTEER OPPORTUNITIES

SENIORS WHO VOLUNTEER TO HELP WITH THESE FUNDRAISING EVENTS EARN EXTRA PRIZE TICKETS

IMPORTANT DATES:

- April 17th Grad Night Party Tickets go on Sale—\$35
- May 1st Grad Night Planning Meeting 6:30pm SHS Library.
- May 4th—5th Irrigation Festival We need Seniors to volunteer to bus tables and empty trash cans.
- May 31st Golf for Grads Fundraising Event. We need Volunteers, please contact Art Green!
- June 10-June 14 Volunteers Needed for Décor Set Up at Venue, All Evening Activities during the event, Venue Security Team..please sign up!
- June 14th Graduation & Grad Night Party!!

Sequim Grad Night Party

Senior News

IMPORTANT INFO FOR SENIORS

CLASS OF 2024

Grad Night Party!

The Planning Committee for the Safe & Sober Grad Night Party is working hard to raise funds and plan this event for all Graduating Seniors!

The raffle fundraiser was a success and we just ended the Flamingo Flocking!

Golf for Grads is our next big fundraiser! Held Friday, May 31st at Cedars at Dungeness Golf Course. This will be a fun—all day event!

11 AM Registration | 1-7PM Shotgun Start | Closed to the Pub | Drink to the Coast
Largest Shot Contest | Cash Bar & Beverage Bar

PLATINUM LEVEL - \$1,000 <ul style="list-style-type: none">• One of the most prestigious sponsorships• Promotional signage at event• Complimentary golf club for two• All other amenities included	<ul style="list-style-type: none">• Meet us at the event or send us a message• Signage at the practice putting green and score registration• Signage at the beverage bar• Placement on the post-event "thank you" advertisement
GOLD LEVEL - \$750 <ul style="list-style-type: none">• Exclusive table sponsorship• Exclusive golf event chair• Placement on the post-event "thank you" advertisement	<ul style="list-style-type: none">• Shuttle transportation to take you or your company out• Placement on the post-event "thank you" advertisement
SILVER LEVEL - \$500 <ul style="list-style-type: none">• Exclusive table sponsorship• Limited on-site golf event chair• Placement on the post-event "thank you" advertisement	
BRONZE - \$250 <ul style="list-style-type: none">• Exclusive table sponsorship• Placement on the post-event "thank you" advertisement	<p>Please make checks payable to: Sequim Grad Party</p> <p>Mail or Deliver To: 3000 Art Green 1400 Woodlark Rd. Sequim, WA 98281 Tel: 364-66-6222</p>

The Cedars at Dungeness Golf Course | 1000 Woodlark Rd. | Sequim, WA 98281 | www.sequimgolf.com

Get Tickets!

Tickets for the Grad Night Party are on Sale NOW! Seniors purchase your ticket to reserve your spot at the party!

PURCHASE GRAD

NIGHT PARTY TICKETS WITH LINK: [https://](https://gradparty.eventsmart.com/events/sequim-grad-party-ticket-2024/)

gradparty.eventsmart.com/events/sequim-grad-party-ticket-2024/

*Seniors needing sponsorship for tickets to this event can see their SHS Counselor.

We Need Senior Parent Volunteers

The Senior Grad Night Party Planning Committee is still in need of Senior Parent / Guardian Volunteers for the fundraising and Grad Night Party (GNP) events. The Planning Meetings are the 1st Wednesday of every month in the SHS Library at 6:30PM.

PLEASE COME to the next meeting: **May 1st!**

We have needs for volunteers in the following areas:

- ♦ Golf for Grads Volunteers
- ♦ Poker Dealers for GNP—
SIGN UP FOR POKER DEALER TRAINING
- ♦ Event Volunteers GNP

2024 Sequim Senior Party

Facebook: @SequimSeniorParty2024

Instagram: @SequimGradNight2024

Venmo: @sequimgradparty2024

Email Senior Slide Show Photos to:

sequimseniorphotos2024@gmail.com

Sign Up for Poker Dealer Training on May 6th or May 16th at 6pm held at 7 Cedars Casino

Sign Up Link:

<https://www.signupgenius.com/go/10COB4AACAE28A5F5C43-49137060-poker>

Ticket Purchase Link

<https://gradparty.eventsmart.com/events/sequim-grad-party-ticket-2024/>

The Sequim Senior Party is a non-profit organization that every year works to put on a Safe and Sober Graduation Party for the graduating class of Sequim High School. We are not affiliated with the Sequim School District and all of the donations we receive go toward sponsoring the Safe & Sober Grad Night Event. Every year, this organization is run entirely by parents and guardians of graduating seniors. The entire Party is planned and made possible by the generous donations of money and time from local businesses, community members and parent volunteers. The venue, music, entertainment, food & prizes are voted on in hopes of curating a safe, fun and memorable Grad Night experience for all. We need your support, your expertise and your ideas so please join us for our next meeting and see what



Sequim Senior Party

Planning Committee Board

Jennifer Barnes, President

Rebecca Robert, Vice President

Michelle Ripley, Treasurer

Nikki Stevenson, Secretary

Senior Slide Show!!

Please email your slide show photos to: Sequimseniorphotos2024@gmail.com

Golf for Grads Tournament Fundraiser

The Golf for Grads Tournament will take place on Friday, May 31, 2024 at The Cedars at Dungeness Golf Course. Registration begins at 11am and there will be a shotgun start at 1PM for all golfers.

There are several volunteer opportunities for Senior Parents during the Tournament. There will be activities and contests going on at each hole such as: Closest to the Pin, Hole-In-One and Longest Drive Contest. It should be a really fun day for all.

There are additional opportunities for your business to be a Tournament Sponsor. Sponsoring a hole includes advertising at multiple levels.

Information and volunteer sign-ups are available by contacting:

Art Green 360-808-3320.



SEQUIM HIGH SCHOOL WOLF WELLNESS RESOURCES

Helplines, licensed counselors & local resources available on the Peninsula!

HELP & CRISIS LINES

Peninsula Behavioral Health Crisis Line

Connect with a crisis counselor anytime, 24/7.
Phone: 360-457-0431

Salish Regional Crisis Line

Talk to a crisis clinician anytime, 24/7.
Phone: 1-888-910-0416
Online Chat at: www.imhurting.org.

National Suicide Prevention Lifeline

Connect with a counselor for emotional support anytime, 24/7.
Phone: 1-800-273-TALK (8255)
Online Chat at: suicidepreventionlifeline.org/chat/

Crisis Text Line

Text 'CONNECT' to 741741. A Crisis Counselor receives the text & is there to listen 24/7.

RAINN National Sexual Assault Hotline

Available 24/7. Receive support, information, advice, or a referral from a trained support specialist.
Phone: 1-800-656-HOPE (4673)
Online Chat at: www.rainn.org

National Domestic Violence Hotline

Connect with an advocate 24/7.
Phone: 1-800-799-SAFE (7233)
Online Chat at: www.thehotline.org.
Text 'START' to 88788.

Healthy Families of Clallam County

Receive domestic violence, sexual assault, child abuse & neglect support. Connect with an advocate 24/7.
Phone: 1-360-452-HELP (4357)
Online Chat at: www.healthyfam.org/

Report Child Abuse or Neglect

WA State Department of Children, Youth & Families
Phone: 1-866-764-2233
Website: www.dcyf.wa.gov/safety/report-abuse

Trevor Project LGBTQ Lifeline

Connect with a Trevor counselor anytime, 24/7.
Phone: 1-866-488-7386
Online Chat at: www.TrevorChat.org.

Love is Respect

Receive relationship help anytime, 24/7.
Text 'LOVEIS' to 22522.
Phone: 1-866-331-9474
Online Chat at: www.loveisrespect.org

National Eating Disorder Association

Receive support & information about eating disorders. Available Monday-Thursday, 8AM-6PM & Fridays, 8AM-2PM.
Phone: 1-800-931-2237
Online chat at: nationaleatingdisorders.org

SAMHSA National Helpline - Treatment Referral Service

Receive substance abuse & mental health information & locate treatment services in your area. Available 24/7.
Phone: 1-800-662-HELP (4357)

Alcoholics Anonymous Hotline

Receive education & support 24/7.
Phone: 360-452-4212

Narcotics Anonymous Hotline

Receive education & support 24/7.
Phone: 360-477-9367

**REACHING OUT IS NOT A SIGN OF
WEAKNESS, BUT A SIGN OF
STRENGTH. YOU AREN'T ALONE.**

EMERGENCY? CALL 911.

COUNSELING SERVICES NEARBY

SEQUIM

Maxwell Counseling
Contact Nate Maxwell
Phone: 360-797-4307

Sequim Counseling
Phone: 360-207-4345

Lisa McSweeney
Phone: 360-207-2312

Bradi Bergesen
Phone: 360-858-8177

Anne Kanters
Phone: 360-683-9881
EMDR & assessments for learning disabilities, ADHD, Autism & developmental delay available.

Jamestown Family Health Clinic (JFHC)
Behavioral health services are available for JFHC primary care patients.
Phone: 360-683-5900

Resources for Humans Counseling
Contact Bayley Johnson
Phone: 360-912-8670

Ramsdell Counseling
Contact Cathlene Ramsdell
Phone: 360-808-9620
EMDR available

New Step Counseling
Contact Ed Fitzpatrick
Phone: 360-808-4000

Peninsula Behavioral Health
Phone: 360-681-0585
Counseling & crisis counselors available

Apple Counseling
Contact Mary Jane Apple
Phone: 360-460-5297
Located in Sequim & Poulsbo

Teresa Shiraishi Counseling
Phone: 360-299-5720

Olympic Psychiatric Care
Phone: 360-683-2344

PORT ANGELES

New Growth Counseling Services
Phone: 360-457-1610

Kate Thorpe
Services available for ages 16+.
Phone: 360-565-6028

Shelley Huntington
Offers gender identity counseling for ages 13+.
Phone: 360-207-6847

Lower Elwha Health Clinic
Phone: 360-452-6252
Counseling & Addiction Therapy

Blue Mountain Counseling
Phone: 360-417-0224

Laura Havens
Services available for ages 13+
Phone: 360-460-0217

Rachel Clark Counseling
Services available for ages 16+
Phone: 360-460-4071

Peninsula Behavioral Health
Counseling & crisis counselors available.
Phone: 360-457-0431

Olympic Medical Physicians (OMP)
Behavioral health services are available for OMP patients.
Phone: 360-565-0999

Healthy Transitions Program - Lower Elwha Klallam Tribe
Counseling & advocates to support youth with transitions into adulthood. Available for ages 16-25.
Contact Taylor Jones.
Phone: 360-565-7257 Ext. 7668

PORT TOWNSEND & PORT HADLOCK

Mindful Counseling
Contact Deborah Gellert
Phone: 360-379-4857

MCS Counseling Group
Phone: 360-698-5883
Located in Port Townsend & Silverdale.
In-person & telehealth available.

Peninsula Psychological Center
Phone: 360-698-4860
Located in Port Hadlock, Silverdale, Poulsbo & Port Orchard

Newport Academy (Treatment)
Mental health & SUD 90-day treatment services are available for males ages 14 to 20 at the Port Townsend location, and for females ages 14 to 19 at the Kirkland location.
Phone: 714-942-4522

SILVERDALE

NW Family Psychology
Phone: 844-701-1080

Peninsula Psychological Center
Phone: 360-698-4860
Located in Port Hadlock, Silverdale, Poulsbo & Port Orchard

LOCAL RESOURCES

FAMILY ASSISTANCE

First Step Family Support Center (Port Angeles)
Services available from a family support social worker, nurse, nutritionist & case manager during pregnancy & after.
Phone: 360-457-8355
Website: firststepfamilysupportcenter.org

WIC Program (Women/Infant/Child)
Phone: 360-417-2275

Department of Social & Health Services
Phone: 1-877-501-2233 or 360-565-2180

Sequim Police Department (non-emergent)
Phone: 360-683-7227

Clallam County Sheriff's (non-emergent)
Phone: 360-417-2262

American Red Cross (Sequim)
Phone: 360-457-7933

GYM & ACTIVITIES

YMCA (Sequim)
Pool, basketball court & more!
Contact Amanda Hazard for available programs & training.
Phone: 360-477-4381
Website: www.olympicpeninsulaymca.org
Email: amanda@olympicpeninsulaymca.org

Boys & Girls Club (Sequim) 
Free school program for SHS students!
Program opportunities include money management, career exploration, cooking, sewing, design & community service.
Homework help is available upon request.
Meals & snacks are provided.

Available:
Monday 2:45PM-6PM
Tuesday-Friday 2:45PM-8PM
Most Saturdays 3PM-9PM

Phone: 360-683-8095
Website: www.bgc-op.org

HEALTH CARE SERVICES

Jamestown Family Health Clinic (Sequim)
Phone: 360-683-5900

Jamestown Family Dental Clinic (Sequim)
Phone: 360-681-3400

OMP Primary Care
Phone: 360-565-0999

OMP Walk-In Clinic (Sequim & Port Angeles)
Phone: 360-565-0550

Jefferson Healthcare Express Clinic (Port Townsend)
Phone: 360-385-2204

Planned Parenthood (Port Angeles & Bremerton)
Phone: 800-769-0045

SUBSTANCE USE SUPPORT

Olympic Personal Growth
Counseling services, DUI assessment, intensive outpatient, outpatient, alcohol & drug information & youth program.
Phone: 360-681-8463

Reflections Counseling Services
Phone: 360-452-4062

Cedar Grove Counseling
DUI assessment, intensive outpatient, outpatient, alcohol & drug information
Phone: 360-452-2443

Klallam Counseling Services
DUI Assessment, intensive outpatient, outpatient, SUD Group, co-occurring disorders & outpatient treatment.
Phone: 360-452-4432

Peninsula Behavioral Health
Co-occurring disorders & outpatient treatment
Phone: 360-457-0431

Specialty Services II
Inpatient & detox services.
Phone: 360-477-4790

HOUSING SUPPORT


Ages 18+ Emergency Shelter
Address: 2321 W. 18th Street, Port Angeles
Phone: 360-452-7221

Housing Resource Center
Provides a rental assistance program & offers support to families or individuals experiencing homelessness.
Website: www.serenityhouseclallam.org/hrc
Phone: 360-452-7224 Ext. 1

Peninsula Housing Authority
Website: peninsulapha.org
Phone: 360-452-7631

OlyCAP Housing Assistance
Website: olycap.org/housing-services-2/
Phone: 360-452-4726 Ext. 4

FOOD

The Drop (Port Angeles) 
Serves ages 12 to 24 who are experiencing homelessness or need to access resources such as showers, laundry, internet & computer access & food. Contact Jennifer Smith.
Phone: 360-565-6697

The Answer for Youth (TAFY) 
Assistance for youth & young families (up to age 35). Small food bank & free clothes closet. Blankets, tents, lockers, hygiene & other survival products available & other resources available.
Contact Susan Hillgren.
Phone: 360-670-4363

Food Bank 
144 W. Alder St, Sequim
Phone: 360-683-1205

632 N Oakridge, Port Angeles
Phone: 360-452-8568

Salvation Army (Port Angeles) 
Phone: 360-452-7679

SCHOOL HELP AT SHS

Melee VanderVelde
Counselor (Last Names A-K)
Phone: 360-582-3664
Email: mvandervelde@sequimschools.org

Sarah Thorson
Counselor (Last Names L-Z)
Phone: 360-582-3663
Email: sthorson@sequimschools.org

Sarah Brooks
College & Career Counselor
Phone: 360-582-3611
Email: sbrooks@sequimschools.org

David Updike & Cheryl Pillon
Sequim School District Psychologists
Phone: 360-582-3684 & 360-582-3241
Email: dupdike@sequimschools.org & cpillon@sequimschools.org

Kaidence Cary
Youth Services Resource Navigator
Email: kcary@sequimschools.org

Gina Lepisto
Registrar
Phone: 360-582-3613
Email: glepisto@sequimschools.org

Tarynn Kettel
Mental Wellness Programs Manager
Phone: 360-582-3673
Email: tkettel@sequimschools.org

Luke Kisena
Student Assistant Professional
Phone: 360-582-3670
Email: lkisena@sequimschools.org

Cathy Bourm
McKinney-Vento & Attendance Liaison
Phone: 360-582-3674 Cell: 360-460-3457
Email: cbourm@sequimschools.org

Renee Alcafaras
Educational Support/Foster Care Liaison
Phone: 360-582-3400
Email: ralcafaras@sequimschools.org

Erin Fox
Principal
Phone: 360-582-3601
Email: efox@sequimschools.org

Robertson Fox
Assistant Principal
Phone: 360-582-3681
Email: rfox@sequimschools.org