When I talk to parents about what matters most to them as their students navigate the hallways and classrooms of East High each year, I hear a lot of answers: a top-notch education that prepares them for college and/or career readiness, engagement in their academic growth, involvement in school activities, stellar teachers who care, safety, a sense of belonging at school. I support each of these as critical to student development and a positive high school experience. But we as a faculty have been thinking more and more about some of the “soft skills” we’d like to instill in our students—skills that translate beyond the curriculum, beyond the classroom, and beyond the content into the real world. The soft skills we have discussed as a faculty include intangibles like character, honor, growth mindset, and grit. Researchers like Angela Duckworth and Carol Dweck have influenced what we at East hope to give our students more than anything else: a can-do attitude.

In her TED Talk discussing the connection between grit and school success, Angela Duckworth shares that “[g]rit is living life like it’s a marathon, not a sprint . . . [W]e have to be willing to fail, to be wrong, to start over again with lessons learned.” As we bring more rigorous and challenging curriculum into the classroom, it is important to remember that most students aren’t going to be proficient at their assignments the first time around.

Recently, East received a grade from the State Office of Education that was less than hoped for. We are reminded that as we push and encourage our students, we too need to model growth mindset. Failure isn’t a bad word, it is an opportunity. Setbacks allow us to learn and to grow. When bad things happen, we Leopards don’t give up. We don’t quit. We try harder. As an East High Community, I hope we can embrace the ideas of growth mindset and developing grittier students.

ACT

The next ACT exam will be held on Saturday, October 28, 2017. Bring your admittance paper, picture ID, pencils, and approved calculator. No cell phones or pagers are allowed. See www.actstudent.org for more information.

Other ACT test dates and registration deadlines are as follows:

Saturday, December 9, 2017
Registration deadline of November 3, 2017

Saturday, February 10, 2018
Registration deadline of January 12, 2018

Saturday, April 14, 2018
Registration deadline of March 9, 2018

Saturday, June 9, 2018
Registration deadline of May 4, 2018

Important PSAT information (for Juniors and Sophomores)

The PSAT is an excellent practice test for college-bound students. Students will have the opportunity to experience the format, directions and questions types of a college entrance test. After the tests have been scored, each student will receive a copy of the test, his/her own answers, as well as the correct answers. This is an excellent chance to identify academic strengths and weaknesses.

The PSAT will be offered to Juniors and Sophomores on Wednesday October 11, 2017 at East HS. This is the practice test for the SAT College Admission Test and the NATIONAL MERIT SCHOLARSHIP QUALIFYING TEST (NMSQT.) JUNIORS hoping to qualify as National Merit Scholars MUST take this exam on this date. SOPHOMORES can take the test as a practice, but will not be eligible as a National Merit Scholar. Only Juniors can qualify for National Merit Scholarships by taking this PSAT.

The cost to take the PSAT/NMSQT is $15.00 to be paid in advance at the Treasurer's Office. Registration begins on September 6, 2017. Juniors will have first priority, but Sophomores can take this as a practice if there is room. Register early as it is first come, first served. For questions or more information, please contact Rose Evans at rose.evans@slcschools.org.
Dear Wonderful EHS Community,

Thank you for your generous support. In the wake of our flood, you have showered EHS with clothing donations beyond what we could imagine, or even manage. For that reason, we will need to ask everyone to please take clothing donations to your next favorite charity/group. The one clothing exception is **new underwear and socks**, they are always needed. We still appreciate donations of food staples and hygiene items (especially cooking oil, sugar, masa, flour and deodorant). You can check the EHS web site for changes in items most needed. The PTA will be organizing some wonderful holiday help for families/students in need soon, so please look for ways to help in the coming months. If you and your family need support, please contact Kris Barta (kris.barta@slcschools.org) or visit her at East High School.

Suicide Prevention Walk
Saturday, September 16th at Liberty Park
Welcome to the new school year!

We hope everyone has had a wonderful summer. East High School is in full swing with AVID school wide strategies. AVID School-wide means administration, faculty and staff are dedicated to creating a college and career readiness culture that supports high expectations and levels of achievement for ALL of our LEOPARDS, and that all means all!

With over 265 students in 11 sections of the AVID Elective, this year's AVID Elective teachers are

AVID 9 - Mrs. Dovale
AVID 10 - Mr. Puifisi
AVID 10, 11, & 12 - Mrs. Praggastis

Our 46 seniors are hard at work preparing to apply for college and scholarships, AVID juniors are tuning up for the ACT test in March, Sophomores are working on the critical thinking skills, and Freshman are learning to navigate the requirements and expectations of high school.

The AVID Elective is a college readiness, 4-year course, teaching students strategies in WICOR, writing, inquiry, collaboration, organization and reading. AVID, Advancement Via Individual Determination, is a global nonprofit organization dedicated to closing the achievement gap by preparing all students for college and other postsecondary opportunities. Established more than 35 years ago with one teacher in a classroom, AVID today impacts nearly 1.5 million students in 46 states and 16 other countries/territories. Why AVID? Simply, AVID trains educators to use proven practices in order to prepare students for success in high school, college, and a career; especially students traditionally underrepresented in higher education.

AVID:

➤ Teaches skills and behaviors for academic success
➤ Provides intensive support with tutorials and strong student/teacher relationships
➤ Creates a positive peer group for students
➤ Develops a sense of hope for personal achievement gained through hard work and determination

Continued…
Here are some things to keep in mind:

**FAFSA opens October 1, 2017:**
The FAFSA (Free Application for Federal Student Aid) for the 2018-19 school year will open beginning October 1, 2017. Seniors are encouraged to complete their FAFSA form (https://fafsa.gov) ASAP after October 1 to obtain maximum aid from the Federal Government and the State of Washington. Disbursement of financial aid is first come/first served and colleges disburse aid based on the date the FAFSA was submitted. Because the FAFSA form is being offered this early, you will be putting your income tax information from 2016 into the form with no need to update later. Many colleges will begin to disburse financial aid packages starting in the first couple weeks of December.

**Early Applications Deadlines** for many colleges is Oct. 31, 2017 (this puts students at an advantage for some scholarship awards).
SCHOLARSHIPS

Come pick up an October Scholarship Newsletter in the Counseling Center. An updated newsletter will be available the first of every month.

College and Scholarship Night is Tuesday, October 17, at 6:00 PM for students of all grades and their parents. Meet in the auditorium then choose three break-out sessions to attend. Presentations will be given on the following topics:

➤ Writing Effective College and Scholarship Essays
➤ Honors College, Why and How
➤ Preparing for College and Scholarships for Grades 9 and 10
➤ Preparing for and Applying to Out of State Colleges for all Grades
➤ Searching for Scholarships
➤ Searching for Scholarships (in Spanish)
➤ Paying for College after the First Year
➤ Finding the Right Career for You
➤ College for First Generation Students

NATIONAL HONOR SOCIETY

The extended time for students to join the National Honor Society this year will only run until Friday, October 13, 2017. The fee is $20. After October 13, students may no longer join this school year.
IMPORTANT INFO FOR YOU TO USE!

We have two amazing resources for you and your students to use, any-time and anywhere — Utah’s Online Library and OverDrive eBooks.

Utah’s Online Library contains vetted databases, encyclopedias and Noodle Tools citation generator that can be used for high school research projects plus test-prep resources in Learning Express Library. Utah’s Online Library has educational resources for all ages from preschool to adults. Utah’s Online Library may be accessed without a password at any school, university and public library in Utah. For the home access password, please have your student ask us in the EHS Library.

OverDrive is now available for students to download books (audio and eBooks) to read either on their computers or through the app by using the SLC School District Library Catalogue (slcschools.lib.overdrive.com). Students may check-out books using their school computer user id and pass-word. Books are returned automatically. For detailed instructions, please look at our Library webpage.
October is a big month for the Music Department here at East and to help navigate all the different groups, we have one calendar that you can subscribe to on your smart phones or visit online: www.calendarwiz.com/EastHighMusic. Here's a few of the highlights in the music department for the month of October.

The Utah Opera is coming October 4th for a master class for vocal students. Those who are not currently taking Madrigals, please see Cip Petersen before the October 4 in the band room (C211) for details.

The Orchestra will be hosting The Harvest Moon Festival on October 12th in the Commons. The Harvest Moon Festival is a celebration of music from the old west and pioneer days of old. Dress is country best, with music provided by the orchestra and other groups. Candle dipping, sack races, and other country events are planned. This is a required event for all music students, but others are welcome to come join in the festival if they are willing to help. Please see Cip Petersen in the band room (C211) for the signup sheets.

Singer/Songwriter auditions will be held October 17 and 18 right after school in the band room, C211. Sign up for a time soon! The Singer/Songwriter evening, held November 16th at 7:00 p.m. in the auditorium at East, is a celebration of East's home-grown composers, singers, and songwriters who are willing to showcase their own works or to perform quality covers of other artists. Audition is required, but is open to all students at East. We hope to bring in listeners from local studios and the nearby universities. Are you the next best thing?

October 26th is the night of the Murder Ballads. Murder ballads are a musical genre that developed during the pioneer days and are quite fitting for the Halloween season. Music is provided by the Madrigals and other such groups. Dress is best goth or zombie; however, please leave all pitch forks and Tiki torches at home! Signup sheets are in the band room, C211, for those interested in attending.
East Mountain Bike Team

On the heels of their best-ever team score at the recent Utah High School Cycling League race at Snowbasin Resort, the East High Mountain Bike team is preparing for their next North Region race at Round Valley, in Park City, Saturday, October 7th.

In its sixth year, the Utah High School Cycling League is a state-wide league, the largest in the nation, with over 3000 racers from 71 schools. East High races as part of the North Region and Round Valley will be their third race of the season, followed by a race in Moab over UEA weekend and the state championships in Cedar City at the beginning of November. Racers in Freshman, Sophomore, JV and Varsity groups compete in heats of up to 100 racers. Races consist of two to three laps on a 5-mile course that covers a variety of terrain. Individual racers receive points according to their finishing place in each heat, and top scores from each team are compiled for a team score.

Under the leadership of head coach Bob Mayer, 2017 has been a year of important growth for The East High team, with 12 new racers joining 9 returning riders.

2017 East High Mountain Bike Team:
Ben Slawson (captain)
Henry Zakowski (captain)
Carlos Crouse
Dylan Vorwaller
Cameron Kaihatu
Jacksen Skinlo
Abby Swanson
Nathaniel Green
Michael Mayer
Sara Cochella
Taylor Wall
David Williams
Isaac Florence
Jonah Tuft
Ben Taylor
Oliver Lindsay
Chiana Rossiter
Ellie Jenson
Rachel Jenson
Evelyn Henriod
Kate Fagergren

The team also has a Jr. Development team with 7th & 8th grade riders out of Clayton Middle School.

continued…
East Mountain Bike Team, continued

Leopards are invited to come out and cheer the racers on at Round Valley. Be sure to stop in at the East High tent in the Pit Zone. The race schedule is as follows:

**JV Boys 9:10 am**

**Sophomore Boys 10:35 am**

**Freshman Boys 12:05 pm**

**JV Girls 3:00 pm**

**Sophomore Girls 3:05 pm**

**Freshman Girls 3:10 pm**

Races last about 1 hour and racers from multiple heats are on the course at any given time. Fans are welcome to hike around the course to watch the race from various vantage points, or congregate along the Start and Finish lines. For more information on the race and the team, visit easthighmtb.org. And check out the Instagram account @easthighmtb.
EAST HIGH ATHLETICS

East Girls Lacrosse

The East Girls’ Lacrosse Team is starting up again this year! It is anticipated that lacrosse will be a sanctioned sport in 2019 and we want to get our girls ready to represent the school on the lacrosse field. No experience is necessary. Playing on the team will be a lot of fun and a great experience for all the girls who want to play. Watch for an announcement for a team meeting that will take place in November. For more information, go to the team’s website eastgirls lax.com.

Go East Lacrosse Girls!

East Boys Lacrosse
On behalf of the entire PTSA Board, we want to thank everyone that came out to the Homecoming Carnival and Pep Rally. Thank you to all the volunteers that helped make the carnival a huge community success, but the carnival would not have been possible if it was not for two amazing ladies, Janet Randall and Tiffany Reed. Our hats go off to you!

The Pantry/Stash and Boutique are open. Volunteers are still needed in both.

Stash: Janet Randall/Tiffany Reed
Boutique: Lisa Lloyd/Deena Rutter

For parents, Scholarship Night is Tuesday, October 3 at 6pm. It is never too early to learn about scholarships available to your student.

We are in gratitude for your continued support and dedication. If you haven’t yet made the commitment, we invite you to become involved in the East PTSA. Answer the call to play a key role in preparing our Leopards for the rapidly changing world in which they will learn and lead. We look forward to seeing you! We are pleased to welcome our new PTSA board and committee members, and have included a contact list for the board in this newsletter. As you know, we’re always looking for volunteers! Some of our activities, such as the Pantry and Boutique Volunteers, Day of Service, Faculty/Staff Appreciation Luncheon the Student Government and Senior Activities, give parents an opportunity to come in and see our school in action, and usually do not require a major commitment of time. There are many, many ways to volunteer in the PTSA. Maybe you can make some phone calls, do some baking, or help out at an event. Maybe you can drive someone to a PTA meeting. You can do a little, a lot, or something in between! We’re always looking for ways to draw more parents in. If you have a special area of interest, please don’t be shy --- give a call to one of us or to a familiar name from our list of board members. We are in real need of a Reflections chair and in need of a PTSA President-Elect for next year.

We take great pride in our school’s strong tradition of excellence, while envisioning a future rich in knowledge, achievement and fulfillment for our students.

Donations for PTSA can be made at East and on the website under "Love East, Give East.”

We look forward to seeing you at our meetings and events this year and encourage you to join the PTSA! Our next meeting is Thursday, November 9 at 9:00am in room B402!

School Directories are available in the office for $5.

“Alone we can do so little; together we can do so much.”
-Helen Keller
EAST HIGH SCHOOL
PARENT TEACHER STUDENT ASSOCIATION

Why join PTSA? The number one reason to join the Parent Teacher Student Association (PTSA) is to benefit your child. In doing so, you also help your school. But there are other advantages:

• **Tap into a Network.** PTSA functions are opportunities to meet other parents and teachers, build rapport, and discuss issues that are on your mind. You can share ideas, concerns, and experiences.

• **Speak Up.** PTSA can be a way for you to more effectively suggest change at your child’s school.

• **Witness Improvement.** By getting involved at your child’s school you’ll be part of the solution, helping make positive changes. Local PTSAs play an important role in fundraising to provide building improvements, curriculum-based programs, and social events.

• **Be a Role Model.** By becoming a PTSA member, you’ll be demonstrating to your child the importance you place on education.

The following are some of the programs and activities sponsored by the East High PTSA:

• Leopard News
• Freshman Fair
• Student of the Month
• Teacher Appreciation
• NAMI Brown Bag Series
• Student Government Advisor
• Student Support Assistance, including staffing of the Leopard Stash and the Leopard Boutique
• Carnival
• Reflections
• Day of Service
• Grad Night

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2017-2018 EAST HIGH PTSA EXECUTIVE BOARD:
President: Lexie Dubell
President-Elect: Melanie Robbins
Co-Vice-Presidents: Marianne Lloyd Hulbert & Beckie Winston
Secretary: Chris DeMordaunt
Treasurer: Kellee Knight

PTSA EMAIL ADDRESS: easthighslcpts@gmail.com

2017-2018 TENTATIVE PTSA MEETING DATES, ALL ARE WELCOME, ROOM B402, 9 A.M. (Please refer to the school calendar for any scheduling changes.)
September 14
November 9
January 11
March 8
May 10 (Incoming Board)

CONNECT WITH US ON SOCIAL MEDIA!
East High School PTSA can now be found on Instagram @easthighptsaim, on Facebook at https://www.facebook.com/easthighschoolptsa, or visit our website: https://sites.google.com/site/easthighptsaim.
October 2017

It has been a crazy beginning of the school year for student government. We started off on August 21 with our Hello Day Assembly which was held on the football field. We presented the student government officers and had some activities to earn Spirit points. The highlight of the assembly was a once in a lifetime Solar Eclipse!

The next couple of weeks the student government worked hard to secure advertisements for our “MESS” shirts. We would like to send a big THANK YOU to all those who purchased an ad for the back of the shirt. You made it possible for every East student to have their own MESS shirt. If you have not received your MESS shirt and would like one, please email kelleebc@aol.com with your name, grade, and size. Thank you to James and Kellee Knight for all their hard work and to all the volunteers who helped distribute the shirts to our students by Homecoming Week.

Homecoming Week started off on a Monday with a wonderful and very windy “Homecoming Carnival.” Our PTA worked tirelessly to make sure to invite everyone in our community and to involve everyone in our school. There were games, bouncy houses, drinks, snacks, photo ops, food trucks, and a Pep Rally. Thanks to all the clubs, sports, and individuals for helping to make this a stellar community building event!

During the rest of the week there were some crazy dress days and lunch activities including a Nutella Lick and a Pong Cup Toss. The week ended with a great assembly on Friday and a “Midnight in Paris” Homecoming Dance on Saturday evening. A big thank you to the parents, faculty, administration, chaperones, and the dance committee who made this a memorable night for all. Congratulations to our East 2017 Homecoming King and Queen: Seni Tuiaki and Finau Afeaki and also to our runner's up: Jack Hindley and Olivia Johnson.

Student Government October activities:

Student of the Month Brunch: October 26

Masquerade Ball: Saturday, October 28 at 8 pm. Remember to get your tickets from the Treasurer’s office. Tickets are $20 in advance and $25 at the door. It has been the tradition for this to be a girl’s choice dance with the sophomore girls asking junior boys, junior girls asking senior boys, senior girls asking sophomore boys...but please know that ALL are welcome, however you get there!

Kodiak Pereira
SBO Publicity Chair