

EAST HIGH SCHOOL
LEOPARD NEWS

We are  *ast!*

October 2019

The Leopard News is a cooperative publication of the East High Administration and PTSA

PRINCIPAL'S MESSAGE

Psychologists, physicians, and health professionals agree: we live in a dangerously stressful culture. But I'm sure it doesn't take a health professional to tell you that—your own experience and Google calendar would suggest as much. What might surprise you, however, is that teens experience stress above and beyond what adults report experiencing. A recent American Psychological Association study found that 31 percent of teens reported feeling overwhelmed, depressed, or sad as a result of stress. A 2019 Pew Research Survey of kids aged 13 to 17 found that 7 in 10 teens think anxiety and depression are major problems for their peers. Our children are feeling the pressures of our stressful society with the added responsibility of establishing their future adult lives. Add to these forces the physiological developments happening in the adolescent brain and body, both rapidly changing and evolving, and your child is likely facing challenges more complex than what any of us faced in our youths. While we adults feel the pressures of day to day life, it is likely your child is feeling it more so without the perspective or skills to always process the demands of teenage life in 2019.

We at East and the Salt Lake City School District recognize this and are doing something about it! In our continued efforts to educate the whole child, Social Emotional Learning (SEL), is a district-wide focus, spotlighted by the school board. What is SEL? The process of developing the self-awareness, self-control, and interpersonal skills that are vital for school, work, and life success. The goal of education is to provide young people with the skills necessary to live healthy, productive lives—both academically and personally.

At professional development sessions held the last Friday in September, teachers attended sessions focused specifically on SEL. East's three-year plan and goals align with these objectives. Not only did all district teachers attend a training the morning of the 27th, East's teachers reconvened that afternoon to be educated further—by our students. Advice, reports, and suggestions from student government representatives expressing issues of social and emotional well-being were shared with an audience of willing adult learners, thrilled to be taught by their students.

Before this professional development training, East had already started the year with a weekly mindfulness session open to teachers and students, held every Thursday afternoon with Rose Renaud from the counseling department. We are in our second year of requiring all freshmen to take a semester of Techniques for Tough Times, which helps establish not only greater academic success (the data doesn't lie—we're seeing incredible impacts from this course), but strategies for dealing with the inevitable stressors and challenges in students' lives. We will be holding an invitational assembly with a panel of mental health professionals and champions several times throughout the year to bring both awareness and critical information, the first of which takes place October 9th. And our energies and resources have long been spent on greater involvement of students. Including students in extra-curricular activities is a proven method for giving students heightened sense of safety and belonging in the school and classroom.

continued

We know you entrust your child with us each weekday morning, hoping they will not only thrive academically, but in every aspect of their adolescent experience. School and the social interactions that happen here are so integral to this time in your child's development. We understand the responsibility placed on us to make East safe, fun, and academically rigorous for each student. We want to assure parents that we, the staff and administration of East High School, are just as focused on being BEAST (Brave, Engaged, Accountable, Safe, and Thoughtful) for our students as we expect them to be for one another and for us.

For further information on Social Emotional Learning and the studies mentioned in this message, check out these resources:

- <https://infograph.venngage.com/p/79044/sel>
- <https://www.cfchildren.org/what-is-social-emotional-learning/>
- <https://www.edsurge.com/news/2019-05-07-why-social-emotional-learning-is-suddenly-in-the-spotlight>
- <https://www.apa.org/monitor/2014/04/teen-stress>
- <https://www.edsurge.com/news/2018-06-04-the-future-of-education-depends-on-social-emotional-learning-here-s-why>

Greg Maughan
Principal



2019-20 EHS Student Government



SCHOLARSHIPS

Semifinalists in the 2020 National Merit® Scholarship Program (Evanston, Illinois)

Today officials of National Merit Scholarship Corporation (NMSC) announced the names of approximately 16,000 Semifinalists in the 65th annual National Merit Scholarship Program. These academically talented high school seniors have an opportunity to continue in the competition for some 7,600 National Merit Scholarships worth more than \$31 million that will be offered next spring. To be considered for a Merit Scholarship® award, Semifinalists must fulfill several requirements to advance to the Finalist level of the competition. Over 90 percent of the Semifinalists are expected to attain Finalist

standing, and about half of the Finalists will win a National Merit Scholarship, earning the Merit Scholar® title. NMSC, a not-for-profit organization that operates without government assistance, was established in 1955 specifically to conduct the annual National Merit Scholarship Program. Scholarships are underwritten by NMSC with its own funds and by approximately 400 business organizations and higher education institutions that share NMSC's goals of honoring the nation's scholastic champions and encouraging the pursuit of academic excellence.

East High School is pleased to present our National Merit Semifinalists.

Isaac Bates really enjoys science, especially Biology. He plans to study Biology Secondary Education in college. Isaac also enjoys participating in musical theater and Madrigals at East and studies vocal performance. One of Isaac's talents is his ability to understand subject matter and then explain it to others in ways that they understand.

Sumner Bell represents East High well in all that he does. While he is an exceptional student in his own right, he is also an extremely valuable team player. Whether it is on the lacrosse and wrestling teams as both player and captain, or as the captain of East High's first Greenpower electric car team, Sumner has a wonderful way of bringing out the best in those around him. Sumner loves to learn and is excited to continue on to college where he can continue to unravel the 'why' and apply it to the 'how' of scientific innovation

Joy Bergstrom Joy has the dream of attending Stanford or Duke University, majoring in biomedical engineering and minoring in French. She has the career goal of becoming a biomedical engineer or a doctor. When speaking about her goals, she is the embodiment of her name, "I want to help people be happier, and I believe either making engineering improvements or treating others will help me achieve such a goal." Outside of school, Joy is involved with Youthlinc as a student volunteer; she has served in the role of Student Alum leader and this year Assistant Team Leader. She has traveled with Youthlinc to Cambodia, Peru, and this summer to Vietnam.



COUNSELING CENTER

ACT

The next ACT exam will be held on Saturday, October 26, 2019. 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 are as follows:

Sat., Dec. 14, 2019 — Registration Deadline of November 8, 2019

Sat., February 8, 2020 — Registration Deadline of January 10, 2020

Sat., April 4, 2020 — Registration Deadline of February 28, 2020

Sat., June 13, 2020 — Registration Deadline of May 8, 2020

Sat., July 18, 2020 — Registration Deadline of June 19, 2020

Important PSAT information (for Juniors and Sophomores)

The PSAT/NMSQT test will be administered October 30th for registered students. Students taking the test should meet promptly at 7:45am on the day of the test in the Ballroom (C402) with two No.2 pencils, a school or government-issued ID, an approved calculator, and plan on being there until about 11:45am. Students desiring to take the test who have not yet registered, may check with the Treasurer to see if there are any remaining tests available.



REFLECTIONS

National PTA Reflections welcomes, free of charge, students from all grades and abilities to be involved in the arts. Annually, thousands of students across the country will reflect on a common theme and create original works of art in the categories of Dance Choreography, Film Production, Literature, Music Composition, Photography and Visual Arts (2D & 3D). Winning entries from our school can go on to region, state or even national levels of competition.

The Reflections theme for 2019-20 is

Look Within

All entries are due by 2:30 pm to the main office
on Friday, October 25, 2019

Each student may submit one entry per art category. Every entry must include a one-page completed Student Entry Form. Forms are available in the school office or go to <http://www.utahpta.org/reflections>.

Good luck!
Reflections Committee

NATIONAL PTA
REFLECTIONS®

LOOK WITHIN



2019–2020
Call for Entries!

Deadline for Entries: **October 25, 2019**

For Details: jody@glende.com

Learn more and get involved! PTA.org/Reflections

TESTING

NEW Important AP Exam information

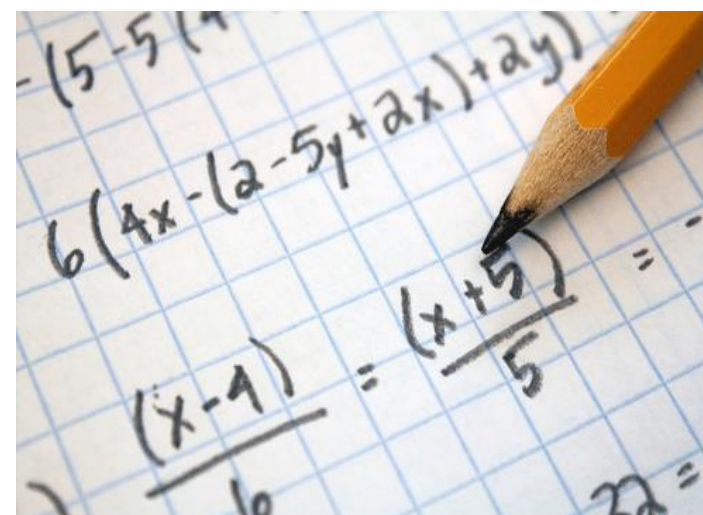
Non-refundable deposit DUE Friday, November 1, 2019. ALL Students must register through their teachers' JOIN CODE online

Registering for AP Exams:

Please follow the steps listed below to sign up for the AP exams. Exams will cost \$94.00 per exam:

- A non-refundable exam fee of \$40 per exam is due by Friday, November 1, 2019. Final payment(s) due by Friday, February 28, 2020. Please pay our treasurer, Kim Schneider, or myschoolfees.com, to avoid a late fee (\$40.00). When paying, identify which exam(s) the student will be taking. If paying by check, please make check payable to East High School.
- Students must be registered online via their teachers' JOIN CODE by Friday, November 1, 2019.
- Exams ordered after February 28, 2020 will incur a late fee of \$40.00. ALL Exams must be ordered by Friday, March 13, 2020. No Exams will be ordered after this date.
- Students requesting accommodations (with supporting documentation) must do so with Laura Cheney (in library) before January 10, 2020 – No date extension!
- Students on a fee reduction must contact Whitney Watchman prior to registering for their exam.

See next page for dates and times tests will be given. If you have any questions, please contact your AP teacher(s) or Laura Cheney at laura.cheney@slcschools.org or (801) 583-1661 ext. 1171.



FREE MATH TUTORING

Get help with your math!

Do you have a hard time with math? Would you like to get some extra help with your homework? Did you miss a class and need to get caught up?

Come to room **C204** from **2:30 – 4:00 pm Monday through Thursday** for free tutoring! You can get some extra help or just use the time to stay up on your work. It's easy, free, and everyone is welcome!

Starting:

Tuesday, September 3rd!

All Courses

All Levels

All abilities

WHEN

Monday – Thursday

2:30 – 4:00

WHERE

Room C204

WHY

Catch up or get ahead

WHO

Anyone!

TESTING

Listed below are the AP exam dates and times. Please review the dates and times that correspond with the AP exam(s) your student will be taking. Those student's involved with spring athletics or other school competitions, must check with their

coach or sponsor on dates for Region and State competitions. Late exams will not be administered for any non-school related reasons (e.g. family travel, appointments, etc.).

AP Testing Week 1 (May 2020)

Test Date	Morning (7:30 AM)	Afternoon (11:30 PM)
Monday, May 4	AP United States Government and Politics	
Tuesday, May 5	AP Calculus AB, AP Calculus BC	AP Human Geography, AP German Language and Culture
Wednesday, May 6	AP English Literature and Composition	AP European History, AP French Language and Culture
Thursday, May 7	AP Chemistry	AP Physics 1: Algebra-based
Friday, May 8	AP United States History	

Studio Art: May 8, 2020 is the last day for your school to submit digital portfolios (by 3pm) and to gather 2-D Design and Drawing students for the physical portfolio assembly. Students should have forwarded their completed digital portfolios to their teachers well before this date.

AP Testing Week 2 (May 2020)

Test Date	Morning (7:30 AM)	Afternoon (11:30 PM)
Monday, May 11	AP Biology	AP Chinese Language and Culture AP Environmental Science
Tuesday, May 12	AP Spanish Language and Culture	AP Psychology
Wednesday, May 13	AP English Language and Composition	
Thursday, May 14	AP World History	
Friday, May 15		AP Statistics

STUDENT SERVICES

Welcome, to our new Student Services Team at East!

Our new Student Services team consists of Rebecca Anderson, Elda Chaparro and Jessica Guynn. Their email is studentfamilysupport@slcschools.org and their office phone is 801-583-1661 ext. 1325. You can find them in room A-325 in the basement by the Stash, Boutique and Washrooms. They're happy to be working at East and look forward to being able to help as many families in need as they can. They're grateful for the great support they get from families at East and beyond!



EAST HIGH SCHOOL STUDENT & FAMILY SUPPORT SERVICES

HOURS OF OPERATION

Students:

SMITH'S EAST HIGH LEOPARD STASH

BEFORE SCHOOL 7:15 - 7:45 AM

AFTER SCHOOL 2:25 - 3:00 PM

Anytime with staff assistance via
Student Services

LEOPARD BOUTIQUE

TUES•WED•THURS BOTH LUNCHES

ALL SERVICES

Food, clothing, hygiene supplies & washrooms

Anyone, anytime with
staff assistance
via Student Services

Parents/Families:

MONDAY - FRIDAY 7:30 - 3:00PM

with staff assistance
via Student Services

eastfamilysupport@slcschools.org

(801)583.1661 ext 1325

Rebecca Anderson • Jessica Guynn • Elda F. Chaparro

EAST HIGH THEATER

PUFFS

Perhaps you've heard of the play "Rosencrantz and Guildenstern Are Dead." The play, by Tom Stoppard, follows the action that happens to the characters off stage. BUT, we're not doing that play.

Perhaps you've heard of a movie and film franchise about a certain boy wizard, a boy who lived, with a scar on his forehead... BUT, we're not doing that play either.

We ARE doing Puffs, a story about the characters known as the Puffs (not the Braves, Smarts or Snakes) at that certain school of magic and magic who are mentioned in books and films, but we don't know a lot about – until now. The result is a play that is both familiar and new that both spoofs and celebrates one of the most beloved stories of modern times.

Puffs, by Matt Cox, closed Off Broadway on August 18th of this year. East High will once again be the first company in Utah to perform this new work. Audiences will be treated to over 50 characters, some of whom they know, some who are brand new

to them. The audience will sit on the auditorium stage with the actors for a small theater feeling with big theater effects.

In addition to being hilarious, the play also has something to say. According to director and theater teacher Kevin McClellan, "When you get to know a character it's easy to see their struggles. When you don't know someone it's easy to think they've got it easy. Audiences have seen the struggles of the main characters and ignored the side characters, but the side characters who were there probably only saw privilege luck and natural talent that they longed to possess. Nobody's got it easy and nobody's unimportant."

Puffs will play in the auditorium October 24-26 and November 1, 2 and 4. All performances at 7pm except October 26 will play at 5pm so students who are attending East High's Masquerade Ball can purchase a combo ticket and make a date of it.



Tickets are available at easthightheatre.org

EAST HIGH ATHLETICS

Cross Country

We celebrate these great achievements by our East High Cross Country team:

- **Camille Jensen** won the All-City Meet held at Roots Disc Golf Course on 9/18. Teams competing were East, Highland, Rowland Hall, Judge, and West.
- The Cross Country team took 6th place at the Timpview Invite in Provo last Wednesday. 22 teams competed. Leading athletes were **Camille Jensen** who took 6th place overall in the Varsity Girl's race and **Bryson Harris** who took 27th in the Boy's Varsity Race.

Our Region Championship Meet is being held this **Friday, October 11th** at Big Cottonwood Softball Complex at 2:30.

The State Championship Meet is being held on **Wednesday, October 23rd** at Sugarhouse Park. East will have athletes competing!

The Cross Country team has doubled in size from last year. We are getting better and better each week. It is a fun group of athletes and an amazing team to be a part of!

You can follow us on the team website at <https://easthighleopards.com/teams/2726699/cross-country/varsityjv!>

Andy Gorder
Head XC and Track & Field Coach



STUDENT GOVERNMENT

It's **college application** month! Every Wednesday there will be a college scholarship workshop after school in the library for those of you that want to learn more about college applications and scholarships. Be sure to take advantage of this awesome opportunity to be as prepared as possible for life after high school!

On Friday, October 4 there was a performance by our **Little Leopards** during half-time of the football game against Herriman!

The cast of "**Puffs**" have been working so hard to give you all an amazing performance the October 25 and 26, followed by **Madrigals** on October 29.

If you haven't heard, there's a **Zumba club** at East High! They meet one day a week so make sure you check the school calendar to know what days they are and not miss out. It will be lead by Ms. Lopez; if you have any questions, don't hesitate to ask her.

Get ready for **Masquerade** this month! The Masquerade dance will take place October 26 from 8-10pm in the Commons. Masks are not allowed into the dance, but you are welcome to dress up in a costume!

Janet Ramirez
SBO Secretary



PTSA (Parent Teacher Student Association)

Dear East High Family,

We are off to a great start of the year! We had a wonderful **Homecoming Tailgate Carnival**. So many people attended and had a great time. I especially loved watching everyone ride the mechanical bull - it was hilarious! Thanks to student government for that amazing suggestion. Thank you to our PTSA volunteers who made the event possible, especially setting up in the pouring rain. I am SO grateful!

There are a lot of things going on in October; we have a **PTSA meeting** on October 10th at 11:00am. The school play, **Puffs**, is sure to be a lot of fun. Our **sports** teams are dominating, as usual, and the **Masquerade Dance** is October 26th. We have a chance to help at the **Glendale Scare Fair** on October 25th. I believe in supporting our feeder schools at every chance we can get.

There are opportunities for charitable giving in November and December, so contact me if you are interested in either giving or receiving help this holiday season.

Please follow us on Instagram, [easthighptsa](#) for up-to-date information!

I love my East family!

Angela McKellar
PTSA President
angelahmckellar@gmail.com



Final Deadline for Senior Salutes

(Baby Ads)

Final Deadline November 4th !

Parents can celebrate their seniors in high school by buying a Ad! These ads are found in the back of the book and is a great way to praise our senior student!

1/16 of a page: **\$30** 1/8 of a page: **\$50**

1/4 of a page: **\$90** 1/2 of a page: **\$170**

Visit "eastonia.ehsgraphics.org" to create your Yearbook Ad

DON'T MISS OUT ON HONORING YOUR SENIOR!

Ben!!

Wow! You wanted to
be in charge even as a
baby. We can't wait to
see what your future
holds. Go get 'em.
Love you!



EMMA



EMMA-
We can't believe our little boy is
already graduating high school.
We are so proud of you.
Love,
Mom, Dad, & Jackie

Johnnv!!

We can't
believe
our lit-
tle boy is
already
gradu-
ating high
school. We are so
proud of you.
Love,
Mom, & Dadie



Our Baby Jessica

Wow! You wanted to be
in charge
even as a
baby. We
can't wait
to see
what your
future
holds. Go get 'em.
Love you! The Fam



Pre-Order Your 2020 Yearbook!

Yearbooks can be
Pre-Order through

Nov. 4th

for the pre-order price

\$50

Yearbook price increase
to \$60 Nov. 5th
until they run out

eastonia.ehsgraphics.org

