

EAST HIGH SCHOOL **LEOPARD NEWS**



September 2018

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

PRINCIPAL'S MESSAGE

Welcome back, Leopards! It is with excitement that we, the East High faculty, staff, and administrators, welcome our students and families for the 2018-2019 school year! We are eager to make this school year your child's best year yet. We have many new and returning academic opportunities, extracurricular events and programs, and other supports and chances for student involvement and engagement in order to make East a second home for our students, where each of us can be "All In" while reaching for our futures' biggest dreams.

"All In" is the theme for East High School during the 2018-2019 school year. For us, "All In" means that we are "All In" as educators, willing to give our all to this profession, this school, and, last but not least, our incredible students. "All In" means that we extend an invitation to every member of East's student body to get involved. We want to support students in finding their club, their activity, their sport, their niche that makes East more than just a school: we believe this is an all-inclusive family.

According to the U.S. Census Bureau, 57% of students nationally participate in at least one extracurricular activity at their schools. At East, we want to move beyond that national average: we want 100% involvement of at least one extracurricular activity or connection to the school for every single EHS student. All educational research on extracurricular involvement demonstrates a direct correlation between student involvement and higher grades, more positive attitudes towards school, higher self-esteem, and more positive socialization and social relationships. The data don't lie: we have a chance to help our students become their best selves both inside and outside of the classroom! Being "All In" means helping every student find their place at East, where we believe there is room for every student!

Finally, on September 4th, teachers and students covered important policy information in the Student Handbook (found at the front of students' East High Planners) with each of their A day teachers. This explicit instruction was split into all four class periods and was intended to help students understand the importance of following these procedures. Information covered included: Dress Code, Academic Integrity, Personal Electronic Devices, and Attendance policy. Please discuss these rules and policies with your child and feel free to visit <https://www.slcschools.org/board-of-education/policies/under-Student-Policies> for specific information and/or questions regarding these policies.

It's a great YEAR to be a Leopard! We're happy to have your child at East!

Greg Maughan
Principal





EHS 411

information parents need

Do you need to check your student out of school? This is what to do:

Do you know about it in advance? Write a note with the date, time and reason that you need your student and send the note to Student Services before school starts or during their lunch period. We will then give your student a street pass and they can leave class and be ready at the time you requested.

Do you need to get your student during the day but can't make it in to the office? Give Student Services a call. We will verify we are talking to a parent/guardian and write up and deliver a street pass to your student.

You are always welcome to come in to Student Services and pick up your student in person. Once you sign your student out we will send a note to their class to excuse them. Please be aware if your student has a PE class this can take a few extra minutes because they will then need to go back to the locker room and change their clothes and get their belongings.

FYI... Fridays and the last period of the day are high volume times. Please plan ahead if possible.

SCHOLARSHIPS

ATTENTION JUNIORS AND SENIORS,

Representatives from the following colleges are coming to East High School to meet with prospective students. To meet with any of these representatives please sign up with Alisa Kearn in the Counseling Center. Colleges will be added as requested from the individual college recruiters. Check her office regularly for updates.

Princeton University – Friday, Sept 7, B Day 1:15pm

St Mary's College – Monday, Sept 24, A Day 11:00 am

University of San Francisco – Monday, Sept 24, A Day 1:00 pm

University of Oregon – Tuesday, Sept 25, B Day 8:30 am

University of San Diego – Tuesday, Sept 25, B Day 11:00 am

Whitman College – Wednesday, Sept 26, A Day 11:15 am

Tufts University – Wednesday, Sept 26, A Day 12:00 pm

Trinity College – Wednesday, Sept 26, A Day 1:30 pm

Northwestern University – Monday, Oct 1, A Day 10:00 am

Columbia University – Tuesday, Oct 16, B Day 9:00 am

St. Lawrence University – Monday, Oct 29, A Day 11:50 am

COLLEGE AND SCHOLARSHIP NIGHT

Mark your calendars for **College and Scholarship Night** Wednesday, October 10, 6:00-8:00. This event is for all grades. More information will be in the October Leopard News.

SCHOLARSHIP NEWSLETTER

The **September Scholarship Newsletter** is now available. Students, stop by the Counseling Center to pick one up today.

September Gates Scholarship

Note: this is NOT the Gates Millennium Scholarship that was discontinued in 2016. It is a new scholarship starting this year.

CRITERIA: • A high school senior • African-American, American Indian/Alaska Native*, Asian & Pacific Islander American, and/or Hispanic American • Pell-eligible (FAFSA) • A US citizen, national or permanent resident • A minimum GPA of 3.3

AMOUNT: Full tuition after Pell Grant for 4 year degree

DEADLINE: Sept 18

WEBSITE: www.thegatesscholarship.org

How I Decide Non-profit Fantasy Football Scholarship

CRITERIA: Do you play fantasy football? Earn prizes and/or a scholarship playing while developing decision making skills. Participants must be 13 years or older.

AMOUNT: \$1000 - \$10,000

DEADLINE: Register after beginning of NFL season. Must play 12 of the 16 weeks during football season.

WEBSITE: www.howidecide.org

Make Your Mark Bookmark Contest

CRITERIA: Grades K-12. Design a bookmark in any art medium. 9-12 grade entries judged separately from younger age groups.

AMOUNT: \$1000 UESP College Savings Certificate

DEADLINE: Sept 30

WEBSITE: www.uesp.org

COUNSELING CENTER

Please feel free to have your student stop by and visit with their counselor if they are having any concerns feeling successful at East High.

ACT

The next ACT exam will be held on **Saturday, September 8, 2018**. Bring your admittance paper, picture ID, pencils, and approved calculator. No cell phones are allowed. See www.actstudent.org for more information.

Other ACT test dates are as follows:

Sat., October 27, 2018 (Registration Deadline of Sept. 28, 2018)

Sat., December 8, 2018 (Registration Deadline of November 2, 2018)

Sat., February 9, 2019 (Registration Deadline of January 11, 2019)

Sat., April 13, 2019 (Registration Deadline of March 8, 2019)

Sat., June 8, 2019 (Registration Deadline of May 3, 2019)

SENIOR CCRS

We will begin senior CCRs (College and Career Ready – formally known as SEOPs) during the week of September 5, 2018. A letter will be sent home with information regarding your student's appointment.

Susana Amezcua	A-Corr
Mark Unruh	Cors-G
Lauren Fredericks	H-Lop
Kevin Waite	Loq-O
Rose Evans	P-Si
Will Harcourt	Sj-Z

COUNSELING CENTER HOURS (Tuesday - Friday)

BY APPOINTMENT:

8:00 – 10:54 a.m. and 1:00 – 2:30 p.m.

WALK-IN HOURS:

Before School: 7:30 – 7:45 a.m.

First Lunch: 10:54 – 11:24 a.m.

Second Lunch: 12:27 – 12:57 p.m.

After School: 2:30 – 2:45 p.m.

COUNSELING CENTER HOURS (Late Start Mondays)

BY APPOINTMENT:

9:30 am – 11:48 a.m. and 1:30 – 2:30 p.m.

WALK-IN HOURS:

Before School: 9:15 am – 9:30 am

First Lunch: 11:48 am – 12:18 pm

Second Lunch: 12:54 pm – 1:24 pm

After School: 2:30 pm – 2:45 pm

(In case of emergency, go to the main office 7am – 3pm)

COUNSELING CENTER

EAST HIGH SCHOOL COUNSELOR REMINDERS

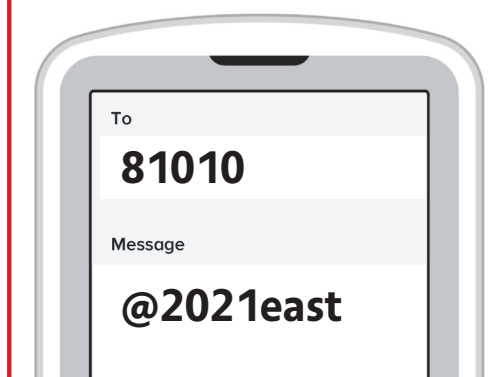
Attention parents and students, do you want to get quick and easy information about college and career readiness from the counseling center sent directly to your cell phone? You will receive information such as: ACT dates, college fairs, EHS Scholarship night, etc. Sign up for Remind notifications on your phone with you or your student's corresponding graduating class!!

FRESHMAN CLASS OF 2022



Text: 81010 with @2022east

SOPHOMORE CLASS OF 2021



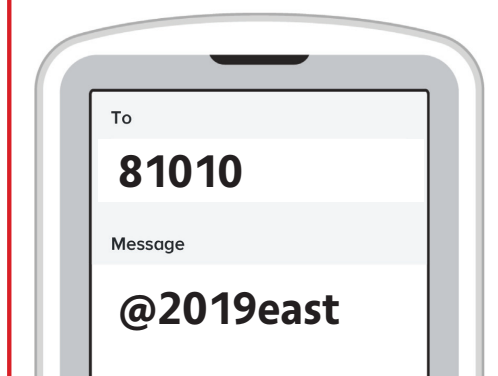
Text: 81010 with @2021east

JUNIOR CLASS OF 2020



Text: 81010 with @2020east

SENIOR CLASS OF 2019



Text: 81010 with @2019east

NATIONAL SUICIDE PREVENTION WEEK

In light of National Suicide Prevention Week, September 9th to 15th, East High school counselors would like to share some relevant information. **Saturday, September 15th will be the Out of the Darkness suicide awareness walk at Liberty Park.** Students can attend the walk to get a NG removed. Tuesday, September 18th in the afternoon there will be a parent seminar on suicide prevention. Students can get a NG removed if their parent attends the seminar. **Tuesday, September 25th teachers will be giving classroom presentations** relating to the topics of anti-harassment and suicide prevention. In the following article from "Signs of Suicide" you will find information regarding bullying and the difference between moodiness and depression, as depression can be a risk factor for suicidal thoughts. Also, you will find skills that we will be teaching students on how to respond appropriately to a student in need of help, as well as skills that you may use with your child.

COUNSELING CENTER

MOODY vs DEPRESSED

It's easy for parents to assume that most adolescent outbursts are the result of hormones, stress, and a changing brain. How can you tell if your child's moodiness is actually depression, anxiety or something else?

There are **three** things to consider when you're assessing your adolescent's moods.

- 1 SEVERITY:** Keep an eye on your child's emotions, whether it's a down mood, outbursts, crying, or other symptoms. The more severe these signs are, the more likely it is that he or she may be depressed or troubled in some way.
- 2 DURATION:** How long is the distressed mood lasting? If it lasts for more than a couple of weeks, it could mean your child is struggling and needs help.
- 3 DIFFERENT AREAS OF LIFE:** Is your child acting out at home and struggling at school? Noticing changes in multiple venues may signify a mood disorder instead of just moodiness.

It's important to remember that the things we call "protective factors" when it comes to depression and anxiety, such as social interaction, sports, and good rest, are often not enough. A child who is suffering from depression needs medical care.

More information: <http://bit.ly/2Hlc88P>

Is My Child Being BULLIED?

SOMETIMES, KIDS WILL NOT SEEK HELP when they are being bullied, so it's important for parents to recognize the signs:

- **Unexplainable injuries**
- **Lost or destroyed** clothing, books, electronics, or jewelry
- **Changes in eating habits**
- **Difficulty sleeping** or frequent nightmares
- **Frequent headaches or stomach aches**, feeling sick or faking illness

PARENTS CAN TAKE STEPS TO ADDRESS BULLYING by talking to their child, documenting what's happening, and talking to the school. But what about the kids who are bullying others? Some signs include:

- **Getting into physical or verbal fights**
- **Becoming increasingly aggressive**
- **Getting sent to the principal's office** or to detention frequently
- **Having friends who bully others**
- **Blaming others** for their problems
- **Having unexplained extra money** or new belongings

Media reports often link bullying with suicide, but most youth who are bullied do not have thoughts of suicide. However, we do know that bullying can be linked to mental illness (such as depression) for everyone – those who are bullied, those who bully, and those who witness bullying.

KIDS WHO WITNESS BULLYING OFTEN SUFFER TOO:

- **Vulnerability** to becoming victimized
- **Pressure** to participate in the bullying
- **Worry** that the adults are not in control
- **Guilt** for not having defended the victim
- **Powerlessness** to stop bullying
- **Anxiety** about speaking to anyone about the bullying

More information: <http://bit.ly/2Fo8q1l> • <http://bit.ly/2oXfWGx> • <http://bit.ly/2Fo8kHq>

SOS PARENT NEWSLETTER

School is a SAFETY ZONE

Adolescence is a time of many changes and challenges. Some are wonderful and some are extremely difficult. Each child handles it differently, but most parents and adolescents wonder: How do I know if someone is really struggling and needs help, or is just going through a "rough patch?" The Signs of Suicide® prevention program teaches students what to do when they are worried about a friend by employing the ACT® message.

ACKNOWLEDGE | CARE | TELL

ACKNOWLEDGE

that you are seeing signs of depression or suicide in yourself or a friend and that it is serious.

CARE

Let your friend know that you care about them, and that you are concerned that they need help you cannot provide.

TELL

a trusted adult -- take your friend with you or go alone if you need to.

TALKING TO YOUR CHILD

Adolescence is a time when kids often do not open up as much with their parents. Some tips to get the conversation flowing:

- » **Ask open-ended questions** such as "What was fun at school today?"
- » **Don't rush to solve their problems.** Instead, ask your child what he or she thinks would help a situation.
- » **Be available and make sure your child knows it.** A simple "I'll be at my desk if you decide you want to talk later" may help.
- » **Try talking in the car.** The relaxed atmosphere makes it easier for some kids to open up.

If you are concerned that your child is having suicidal thoughts, call the National Suicide Prevention Lifeline, available 24/7 at:

1-800-273-TALK (8255)

MEDIA CENTER/LIBRARY

MATH TUTORING

Math tutoring is available in the Library Monday - Thursday from 2:30 - 4:00pm.



MATH CIRCLE

Thursdays 4:00-5:30pm, Leroy Cowles Building (LCB), room 323

The University of Utah Math Circle is a meeting of high school students and University of Utah mathematicians. In these meetings students are guided through mathematical concepts through problem solving and discussion. Topics will vary from week to week and will typically diverge from high school math curriculum.

For more information and to fill out an application please scan the QR code below or visit

[HTTPS://WWW.MATH.UTAH.EDU/HIGHSCHOOL/MATHCIRCLE.PHP](https://www.math.utah.edu/highschool/mathcircle.php)



EHS GRAPHICS

YEARBOOKS ON SALE PURCHASE EARLY AND SAVE!

Yearbooks may be purchased through September 30 for

\$40

Yearbook prices increase to \$60 October 1

EAST NOT FOR
US BUT
EVERYONE FOR
#EASTIS4EVERYONE

EASTONIA.EHSGRAPHICS.ORG

THEATRE DEPARTMENT

EAST HIGH THEATRE STUDENTS ARE HAVING AN AMAZING OPPORTUNITY!

In Fall of 2018, EHS will collaborate with the original authors to stage the world premiere of a new updated version of the musical "Changing Minds."

Changing Minds is a musical written in 2011 by David Howard (author of Galaxy Quest) and composer Bret Simmons (music director for countless film and television projects) to be a pop musical just for high schools.

Bret and David recognize that as a pop musical, it needs constant updating, and I have arranged for East High School to be the collaborating school to help these professional authors to create the newest update.

Based on suggestions we have already sent to them and their own ideas of what is current and fresh and what is outdated, they have already written a new draft which East High will be the first school to perform.

East High actors had the awesome experience of reading through the script with the author and composer this summer which inspired new

edits. They will be involved throughout the rehearsal process. East High actors may actually see their suggestions, improvisations, even their in-rehearsal bloopers become part of the new script. This will be very much like what professional actors do when they originate roles in a new work of theater.

When Natalie (school brainiac) and Kyle (surfer dude) make some spiteful wishes at a magical well, they discover they have exchanged brains. How will Kyle inside Natalie's body keep her from losing her scholarship? How will Natalie keep from losing Kyle's beautiful but demanding girlfriend? A large ensemble cast and pop music enhance this fun teen comedy.

The musical will be presented November 8-13 in the auditorium. There may still be ensemble roles available. Students may contact Mr. McClellan as soon as possible if they are interested in participating at kevin.mcclellan@slcschools.org or in Room A-103.

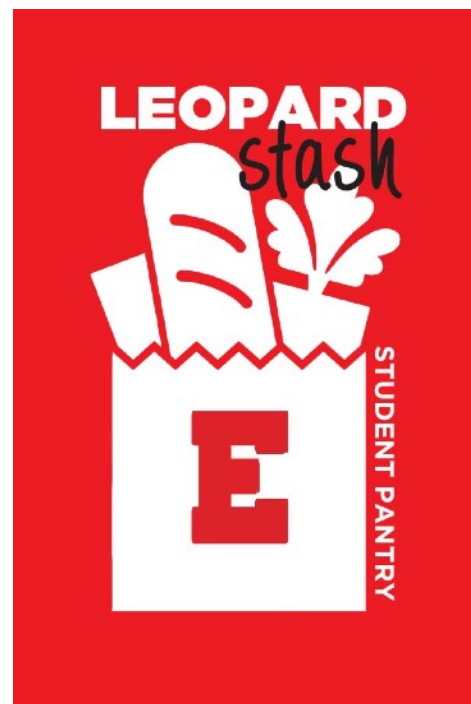


STUDENT SERVICES

EAST HIGH VOLUNTEERS

Anyone who works with students at East must sign up and complete the document linked below, and be fingerprinted - student government, the Leopard Stash, the Leopard Boutique, chaperones, Student-of-the-Month, etc... all volunteers will need to be fingerprinted. The cost is \$38 and it is a one time charge (background check lasts indefinitely). If anyone would like to volunteer and the fee is problematic, please see Kris Barta in Student Services.

[Follow this link to sign up to be a volunteer at East High.](#)



STUDENT AND FAMILY SUPPORT

To those new to East, we offer these services to those that need them:

Leopard Stash – Food and hygiene pantry, open daily before school and after school.

Leopard Boutique – Clothing pantry, open before school and during both lunches, every Tuesday and Thursday.

Leopard Washrooms – Shower/laundry facilities and supplies, available every day, access granted through Kris Barta in Student Services or an East Administrator.

COMMUNITY DROP-OFF:

Bring donations to the front of the school every Wednesday from 2:45pm-3:15pm and look for students with a red cart. Donations can also be made at the front office, Monday-Friday from 8am-2pm. We also gladly accept in-kind and cash donations.

If you would like to donate [click here for a list of needed items.](#)

EAST HIGH ATHLETICS



Little Leopards Cheer Clinic

LITTLE LEOPARDS CHEER CLINIC FUNDRAISER

Date: Oct 15 – Oct 17 and game performance on Friday, Oct 18

Time: 4:30pm – 6:00 pm on October 15 - 17
7:00pm on October 18

Place: East High School Commons, Monday - Wednesday
East High Football Stadium, Friday

Cost: \$25.00 (includes registration fee, t-shirt, daily treats,
and game admission for participant and one adult)

Registration: Monday, Oct 15, 3:30-4:30 in the EHS Commons.
Make checks payable to East High School.

This clinic is a great opportunity to learn, make friends, perform, and have fun! Participants will learn cheers and a dance routine to perform during halftime of the East High School football game on Friday, Oct 18th

EAST GIRLS LACROSSE

The East Girls Lacrosse team is looking to build on last year's success with another great season this year. The team plays games in the spring, but the girls are already starting to practice this fall to work on their skills for next year. Next year, Lacrosse will be an official school sport and we want to get our girls ready to play!

Being on the Lacrosse team has been a great experience for the girls and they want to get more girls involved to help build a successful team. Players from all grades are invited to play and no experience is necessary. Equipment is available too. Any girl interested in joining the team should contact Ms. McCleary in Room A311.

Go East Girls Lacrosse!!



STUDENT GOVERNMENT



Hey, East High Leopards! This is your 2018-2019 Student Government! We are beyond excited to represent and lead our student body this year at East. Our theme this year is “All In!” We want to challenge all of you students to be “All In” at school and be the best you can be this year! Feel free to come talk to anyone wearing a red sweater with any questions or concerns you have during the school year! We are happy to help and we want to make East the best place possible for each of you!

East High has such a phenomenal range of diversity and this year we want to take advantage of it! Nearly 38 languages are spoken at our school and our own MESS shirts feature them this year. We have eight newly elected Student Diversity Representatives part of our Student Government staff. Their purpose is to stay connected with students in the LGBTQ community, illegal immigrant status, homelessness, refugees and all the many ethnicities represented in our school. We are so excited for this new role and we want to use their skills in the halls of East High!

This fall is filled with so many extra curricular activities and sports. We would love student attendance and support at all the football, women’s soccer, volleyball, women’s tennis and men’s golf games, matches and tournaments! School spirit is very important to us this year and participation in the MESS will make this school year amazing.

- Coming up on **September 10-14 is Hello Week!** We are welcoming our students back with style that week and are concluding the festivities with a **White Out Stomp on Saturday, September 15 at 8:30 PM.**
- The **first week of October is Homecoming Week!** Going on during October 1-5, we will have the halls decorated in our week’s theme and hold lunchtime activities. **The Homecoming Dance will be at East on Saturday, October 6th.**

We are so excited to be your Student Government Officers this year. Let’s make this year great, East High! **#ALLIN**

Kate Christensen
SBO Publicity

PTSA (Parent Teacher Student Association)

School is off to a great start!

I am so excited to be the PTA President this year! I love our school, and I absolutely love our students! Thank you for the warm welcome, and I really look forward to getting to know everyone better. I am here to serve our community, and I hope that each of you will feel comfortable contacting me for any reason.

Upcoming events:

- PTA meetings this year will be held every **other** month on the **second Thursday at 9:00 am**. The first meeting is September 13th. We will be voting on the budget, and talking about a few upcoming events. Everyone is invited to attend, there will be treats!
- October 1st is the **Homecoming Carnival**! It is the Monday night of Homecoming week and will be a lot of fun! Invite your families and neighbors.

If anyone would like to be included on our PTA email list, please email me at angelahmckellar@gmail.com. We will use the list to inform our members about upcoming events, current issues or concerns, and to request volunteers for school activities.

Go Leopards!

Angela Hatch McKellar
2018-19 PTSA President

EAST HIGH SCHOOL
E
HOMECOMING
Carnival

M O N D A Y
O C T O B E R 1st
5-7PM
EAST HIGH SOFTBALL FIELD
FOOD TRUCKS, GAMES & CONCESSIONS
\$5 UNLIMITED ACCESS TO INFLATABLES
live music, treats & games
FUN FOR THE WHOLE FAMILY!

PTSA (Parent Teacher Student Association)

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, Two dozen cookies or bars, 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 2018-19 is

Heroes Around Me

All entries are due by 2:30 pm to the office on **Friday, October 26th, 2018**

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>.

...

[Reflections | UtahPTA.org](http://www.utahpta.org)

www.utahpta.org

Reflections is a program offered to students who are enrolled in a PTA school. For Secondary Schools (Middle/Jr and High Schools) you need to be enrolled in a class that offers credits to participate.



The poster features a vibrant geometric background with shades of orange, yellow, and purple. At the top, it displays the '50th NATIONAL PTA REFLECTIONS 2018-2019' logo. The main title 'HEROES AROUND ME' is prominently displayed in large, bold, 3D-style letters. Below the title, the text 'Call for Entries!' is written in a large, white font. To the right, a white box contains the 'Deadline for Entries: October 26'. Below this, another white box provides the contact email 'jodyglende@gmail.com'. At the bottom right, a white box encourages participation with 'Learn more and get involved! utahpta.org/reflections'. The bottom of the poster includes the National PTA logo with the tagline 'everychild.onevoice.' and the website 'PTA.ORG/REFLECTIONS'. A cluster of six circular icons representing various art forms (dance, film, literature, music, photography, and visual arts) is positioned near the bottom center.

50th NATIONAL PTA REFLECTIONS® 2018-2019

HEROES AROUND ME

Call for Entries!

Deadline for Entries:
October 26

For Details:
jodyglende@gmail.com

Learn more and get involved!
utahpta.org/reflections

Learn more and get involved! PTA.ORG/REFLECTIONS

National PTA
everychild.onevoice.®