Statistics say that 80% of New Year’s resolutions fail before February comes along. One of the biggest reasons for this is that we never put a plan in place for success. It’s great to have a vision, however planning launches us forward towards successfully meeting our goals.

- Remind your student to eat, exercise and sleep
- Help them get organized
- Teach them to be open with emotions and struggles
- Tell them it’s good to learn from mistakes, those are stepping stones for success
- Help establish a work ethic
- Remind them it’s ok to ask questions
- Teach them the importance of not comparing yourself to others
- Remind them to have fun

Semester 1 report cards will be posted today, Friday, February 1st and mailed home next week. Take time reflecting with your student on what went well and what didn’t, create a goal or vision and prepare to move towards it for Semester 2.
December-Creative
SYING MEIGS
MARINA SAWYER
EMMA SCHULMEISTER
SHAELEIGH WHITTINGTON
BREA RYDEN
LOIS MEO
GRACE ANDERSON
KYLA SIMMONDS
CLAERE CODY
MCKAYLA BURGESS
JORDAN HENSLER
JACK MACHOVINA
KRYSTLE RAYMOND
CARSON CASTILLO
ALEXA MARROQUIN GRCIA
DOVE RINGEN
GABRIEL STEPHEN
KENYA WARREN
VIRGINIA DIAZ MARROQUIN
HARJOT KAUR
LEONARDO SANDOVAL
JACK BUSTAD
YUTAKA TSUTAE
ANGEL PAAG
COLLIN FARR
NAKIYA SCOTT
COLE SIRUD
TATUM BALLOU

Have you purchased your yearbook?

Yearbooks are on sale now! Yearbooks go fast during May and June and have sold out the last two years. Yearbooks are $30.00 and can be purchased in the office. Typically yearbooks will be handed out a few days before school is released for summer vacation. Don't delay, it's never to early.

LMS Sport Center
2018-19 LMS Girls Basketball Schedule

2/5 AWAY at Northshore, 3:30PM
2/7 HOME with Coupeville, 3:00PM
2/12 HOME with Sultan, 3:00PM
2/13 AWAY at Granite Falls, 3:00PM
2/19 AWAY at Langley, 3:00PM
2/21 HOME with Kings, 3:00PM
2/26 AWAY with Sultan, 3:00PM
2/28 HOME with Granite Falls, 3:00PM

*Please be aware of possible revisions to this schedule after the season begins. Sport schedules are also available on the LMS website.

LMS BASKETBALL
NOW HAS ITS OWN APP

Download our awesome new app now and stay up to date with all the latest information!

Install the LMS Basketball App on your smartphone or tablet now!

Follow these steps:
1. Download Team App from the Apple or Google Play app store.
2. Sign up to Team App. You will be sent an email to confirm your registration.
3. Log into the App and search for “LMS Basketball”.
4. Choose your applicable access group(s).
5. If you don’t have a smartphone go to lmsbasketballunitedstates.teamapp.com to sign up and view this App online.

Need help?
Contact: Coach DePew
Email: mdepew@lwsd.wednet.edu

__________________________
teamapp.com
**2018-19 LMS Wrestling Schedule**

- **2/6** Away at Granite Falls - Varsity, 4:00PM
- **2/7** Away at Stanwood - JV, 4:00PM
- **2/13** Away at Centennial - Varsity, 4:00PM
- **2/14** Away at Haller - JV, 4:00PM
- **2/20** Away at Totem - Varsity, 4:00PM
- **2/21** Home at LHS - JV, 4:00PM
- **2/27** Away at Cavelero - Varsity, 4:00PM
- **2/28** Away at Valley View - JV, 4:00PM

*Please be aware of possible revisions to this schedule after the season begins. Sport schedules are also available on the LMS website.*

---

**Health Room News**

**PROACTIVE MEASLES NOTIFICATION**

**Dear Parent/Guardian and Staff:**

As of January 24, 2019, there has been a total of 26 confirmed and probable cases of the measles in Washington State. Of these 26 cases, 1 is in King County and 25 are in Clark County. Student and staff exclusions have now been implemented in impacted schools. At this point in time, there have been **NO** confirmed or probable cases of the measles in Lakewood School District. However, in light of the growing measles outbreak across Washington State, we wanted to notify you of our District policies regarding a vaccine-preventable communicable disease outbreak.

**The Potential for Exclusions**

Measles is a highly infectious disease that can cause serious complications. The best protection against the measles is the MMR vaccine, which protects against measles, mumps, and rubella viruses. Although the majority of students in Snohomish County have been vaccinated against measles, some students and staff have not been vaccinated. These students and staff are at high risk to contract and spread measles, placing others at risk.

To protect all students and staff, and to prevent the spread of measles to the rest of the community, the Snohomish Health District would require student and staff exclusions should a student or staff member in our district contract the disease. As a reminder, the Health Officer for Snohomish County has the authority to require such exclusion in order to protect the public (RCW 70.24.070, WAC 246-101-505, WAC 246-100-036). Staff born after 1957 who have not had the MMR vaccine would be excluded from the impacted school until they have been vaccinated, or until the 22nd day following the onset of rash from the last case of measles in a school.

**Recommendations from the Snohomish Health District**

- It is recommended to receive the first dose of MMR vaccine between ages 12 and 15 months, and the second dose between ages 4 and 6 years.
- If you are not sure if you or your child have had both doses of the MMR vaccine, you can check at [https://wa.myir.net](https://wa.myir.net).
- If you don’t think you or your child have received all recommended doses of MMR vaccine, contact your healthcare provider for immunizations or a blood test.
If you think you or your child have been exposed to measles, contact your healthcare provider as soon as possible. Stay home from work, school, child care, and any public outings (e.g., church, grocery store) until further recommendation by your provider.

About Measles
The first symptoms of measles are like a bad cold—a high fever, runny nose, and cough, followed by a rash that usually lasts 5 to 6 days. It can also cause red, watery eyes that are sensitive to light and the patient to be very tired. Measles can cause ear infections, pneumonia, hearing loss, seizures (jerking or staring), brain damage, and even death. There is no treatment for measles.

People with measles can spread the disease before they know they’re sick. It can spread from four days before to four days after the rash appears. Measles spreads when an infected person coughs, sneezes, or shares food or drinks. The measles virus can remain in the air of a room for up to two hours. If a person is not protected by vaccination or immune, they may get measles if they are in the same place as someone who has the virus even if that person doesn’t cough or sneeze directly on them. For more information, please visit the Washington State Department of Health website at https://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/Measles.

Thank you for your help in keeping our Lakewood Community safe and healthy.

Kelsey Mitchell MSN, RN
Lakewood School District Nurse
(360) 654-2098
kemitchell@lwsd.wednet.edu

Stay Connected-LWSD Mobile App and Social Media

The app gives students, staff, families and the community a new and more convenient way to stay informed about what’s happening in our schools. The free app gives you access to news, district and school calendars, notifications, staff contact information and more. You can customize the app so you receive information specific to your student’s school.

Download the mobile app today!
Our mobile app is available free for Android, iPhone, and iPad. Download it now by searching LWSD in the Apple App Store or Google Play Store.
Class of 2032

KINDERGARTEN REGISTRATION BEGINS FEBRUARY 20

Enrollment Packets are available at each school or online

Kindergarten Parent Information Night is Wednesday, May 8 at 5 p.m. at each elementary school

<table>
<thead>
<tr>
<th>English Crossing Elementary</th>
<th>Lakewood Elementary</th>
<th>Cougar Creek Elementary</th>
</tr>
</thead>
<tbody>
<tr>
<td>16728 16th DR NE</td>
<td>17000 16th DR NE</td>
<td>16216 11th AVE NE</td>
</tr>
<tr>
<td>Marysville, WA 98271</td>
<td>Marysville, WA 98271</td>
<td>Arlington, WA 98233</td>
</tr>
<tr>
<td>360-652-4515</td>
<td>360-652-4520</td>
<td>360-652-4517</td>
</tr>
</tbody>
</table>

If you are unsure which school your incoming kindergartner will attend, please call the district office at 360-652-4530
### 2018-2019 School Calendar - Revised 2-6-19

#### 2018

<table>
<thead>
<tr>
<th>JULY</th>
<th>2019</th>
<th>JANUARY</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td>M</td>
<td>T</td>
</tr>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

#### 2016-2019 Calendar Dates:

- **Aug. 29**: TBI Opening Activities
- **Aug. 30**: TBI
- **Sept. 1**: Labor Day (No School)
- **Sept. 3**: First Day of School, Grades 1-12
- **Nov. 6**: 1st Quarter Ends
- **Nov. 11**: Veteran's Day
- **Nov. 12**: Veteran's Day Observed - No School
- **Nov. 13-14**: K-5 Conferences - 1st Day
- **Nov. 15-16**: K-5 Conferences - 2nd Day
- **Nov. 22-23**: Thanksgiving - No School
- **Dec. 17-18**: 1st Trimester Ends
- **Dec. 21-31**: Winter Break
- **Dec. 25**: Christmas Day
- **Jan. 1**: New Years' Day - No School
- **Jan. 2**: Winter Break - No School
- **Jan. 3**: School Recess
- **Jan. 31**: Martin Luther King Jr. Day - No School
- **Jan. 31**: 1st Semester 2nd Quarter Begins
- **Feb. 13**: President's Day - No School
- **March 14**: 2nd Semester Ends
- **March 25-29**: K-5 Conferences - 1st Day
- **April 1-5**: Spring Break - No School
- **April 11**: 2nd Quarter Ends
- **May 16**: Grades 9-12 - 1st Day (Senior Presentations)
- **May 21**: Summer Break - No School
- **May 27**: Memorial Day - No School
- **June 14**: Grades 9-12 - 2nd Day (Last Day of School)

#### Key:
- **First and Last Day of School**
- **Important Dates (See Above)**
- **Student Non-attendance/School Holiday**
- **Early Release - 0.5 Day**
- **Late Start (Collaboration Wednesday)**
- **Snow Day (Kindergarten)**

### Lakewood High School: 360-692-4905
- **Lakewood Middle School:** 360-692-4910
- **Lakewood Elementary School:** 360-692-4920
- **English Crossing Elementary:** 360-692-4915
- **Cougar Creek Elementary:** 360-692-4917
Thank you!!

January was School Board Appreciation Month. LMS would like to thank the Lakewood School District School Board for their hard work! They have an important role in our community and schools.

Jahna Smith, Board President
Sandy Gotts, Board Vice President
Larry Bean, Board Member
Jeremy Toponce, Board Member
Greg Jensen, Board Member
Rayne Rader, Student Representative

Board Member Applicants Sought for Open Position-Director District #4

The Lakewood School District Board of Directors is seeking qualified applicants for the Director District #4 School Board Member position that is currently open. Individuals interested in representing Director District #4 on the Lakewood School Board may complete and submit the Director District 4 Application. To request a paper copy, please contact Shelly Patterson, Executive Administrative Assistant, Lakewood School District.

Candidates must be U.S. citizens, registered voters in the State of Washington, and residents of Director District #4. Applications will be accepted through February 26, 2019. Following that date, interviews with the Board for all qualified applicants will be on March 6, 2019.
The individual selected and appointed by the Board to fill this open position will serve through the remainder of that term, November 2019. Prior to the expiration of that term, if the individual appointed (or any other interested individual) wishes to run for election, that individual would need to file for candidacy with Snohomish County during filing week, May of the election year. If no one files to run for this open position during the May filing week, another filing period would be available in August. See boundary description below and a map is available on the district website at www.lwsd.wednet.edu. For more information on the Director District #4 vacancy, please contact Dr. Michael Mack, Lakewood School District Superintendent, at (360) 652-4500.

**Director District #4**
Starting at the intersection of Bateman St and 56th Ave.
North on 56th Ave to 156th St.
East on 156th St to 52nd Ave.
North on 52nd Ave to 164th St.
East on extension of 164th St to Lake Goodwin.
Southeast through Lake Goodwin to Peninsula Rd.
Southeast on Peninsula Rd to Rose Rd.
Southeast on Rose Rd to 156th St.
East on 156th St to 158th St.
East on 158th St and extension to 16th Ave.
North on 16th Ave to McRae Rd.
North on McRae Rd to Lakewood Rd.
Westerly on Lakewood Rd to Lake Ki outlet creek.
Northerly on creek to School District boundary.
Counterclockwise following School District boundary to Bateman St.
Easterly on Bateman St to the point of the beginning.

**STAFF & PUBLICATION NOTICE**
Non-Discrimination and Affirmative Action Notice
The Lakewood School District is an Affirmative Action Equal Opportunity Employer. Applications from all groups are encouraged. Lakewood School District complies with all federal and state rules and regulations and does not discriminate on the basis of race, religion, creed, color, national origin, age, honorably-discharged veteran or military status, sex, sexual orientation including gender expression or identity, marital status, the presence of any sensory, mental or physical disability or the use of a trained dog guide or service animal by a person with a disability. Board Policy #5010 provides the steps that shall be taken in the grievance process. Inquiries regarding compliance and/or grievance procedures may be directed to:

**TITLE IX/RCW 28A.640 COMPLIANCE OFFICER &**
**DISTRICT COMPLIANCE OFFICER**
Daniel Lee, Director of HR & Administrative Services
17110 16th Drive NE
Marysville, WA 98271
360-652-4500

**SECTION 504/ADA COORDINATOR**
Amie Verellen-Grubbs
Assistant Director of Teaching and Learning
17110 16th Drive NE
Marysville, WA 98271
360-652-4500