

# WELCOME TO LYNNWOOD HIGH SCHOOL



# Your LHS Counseling Team

## *Who is your counselor?*

Your counselor is determined by your last name. Each counselor has 350-380 students.



**Ms. Kate Anderson**

Last names A-E

andersonk785@edmonds.wednet.edu  
425.431.5207



**Ms. Nicole Shlomo**

Last names F-Lo

shlomon544@edmonds.wednet.edu  
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**Mr. Bobby Hinnenkamp**

Last names Lp-Rh

hinnenkampb@edmonds.wednet.edu  
425.431.5209



**Ms. Angelia Nivens**

Last names Ri-Z

nivensa@edmonds.wednet.edu  
425.431.5204

Visit our Counseling website via the LHS website:

[https://lhs.edmonds.wednet.edu/academics/counseling\\_career](https://lhs.edmonds.wednet.edu/academics/counseling_career)

# You are in control of your success!

## 5 Basic Guidelines

1. Go to class everyday and arrive on time, ready to work.
2. Do all assigned homework.
3. When in doubt, ask questions.
4. Build relationships with your teachers. Email them.
5. Make sure you are keeping track of your graduation requirements.

You can do this!



# LHS Normal Bell Schedule

## REGULAR SCHEDULE

PERIOD	TIME BEGIN	TIME END	PERIOD LENGTH
TUTORIAL	7:05 AM	7:20 AM	15 MINUTES
PERIOD 1	7:20 AM	8:10 AM	50 MINUTES
PERIOD 2	8:15 AM	9:05 AM	50 MINUTES
ADVISORY	9:10 AM	9:35 AM	25 MINUTES
PERIOD 3	9:40 AM	10:30 AM	50 MINUTES
FIRST LUNCH	10:30 AM	11:05 AM	35 MINUTES
PERIOD 4 – 1L	11:10 AM	12:00 PM	50 MINUTES
PERIOD 4 – 2L	10:35 AM	11:25 AM	50 MINUTES
SECOND LUNCH	11:25 AM	12:00 PM	35 MINUTES
PERIOD 5	12:05 PM	12:55 PM	50 MINUTES
PERIOD 6	1:00 PM	1:50 PM	50 MINUTES

# It all starts in 9th Grade

## Here's what a transcript looks like...

LEGAL NAME (LAST FIRST MIDDLE) (And Other/Former Names Used)		REPORT DATE
[REDACTED]		08/28/2011
DISTRICT IDENTIFICATION NUMBER BIRTH DATE		Grade Point Table
[REDACTED]		A = 4.0
PARENT(S)/GUARDIAN(S)		A- = 3.7
[REDACTED]		B+ = 3.3
		B = 3.0
		B- = 2.7
		C+ = 2.3
		C = 2.0
		C- = 1.7
		D+ = 1.3
		D = 1.0
		E OR F = 0.0

Entry	Exit	School
09/2010		LYNNWOOD HIGH SCHOOL

\*\*\*\*\* COURSE DESIGNATION KEY \*\*\*\*\*

I = Intl Baccalaureate	A = Advanced Placement
C = College in the HS	R = Running Start
T = Tech Prep	B = CADR/HECB Core
H = Honors	K = Cambridge Program

\*\*\*\*\* ACADEMIC RECORD \*\*\*\*\*

Course Code	Description	Ltr Grd	Cred Earn	Cred Crs Attp	Dsg
MO/YR: 01/2011 GRD LVL: 09					
COM119	DIGITAL COMM	C+	0.500	0.500	
ENG101	ENGLISH 9 S1	B+	0.500	0.500	B
HEC450	CHEF SCHOOL 1	B	0.500	0.500	
MAT201	ALGEBRA 1 S1	A-	0.500	0.500	B
MIS094	ADVISORY S1	P	0.125	0.125	
SCI201	BIOLOGY S1	A	0.500	0.500	B
SOC101	WORLD HIST 9	A	0.500	0.500	B
MO/YR: 06/2011 GRD LVL: 09					
ART461	DRAW & PAINT 1A	A	0.500	0.500	B
ENG102	ENGLISH 9 S2	A-	0.500	0.500	B
MAT202	ALGEBRA 1 S2	A	0.500	0.500	B
MIS095	ADVISORY S2	P	0.125	0.125	
PHE301	HEALTH VOC	A-	0.500	0.500	
PHE445	WEIGHT TRAIN	A	0.500	0.500	
SCI202	BIOLOGY S2	A	0.500	0.500	B

\*\*\*\*\* REPORT PERIOD AND CUMULATIVE SUMMARY \*\*\*\*\*

# It's so important to get a good start to your high school experience!

## GRADUATION REQUIREMENT WORKSHEET – CLASS OF 2021 and Beyond

Graduation Requirement	Credits	Notes and Details <i>Use this space to check off semesters completed. 1 semester = 0.5 credits</i>
Art (See note below)	2.0	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 1.0 credits of Art may be substituted with other courses based on students High School and Beyond Plan (See note below)*
English	4.0	English 9 <input type="checkbox"/> <input type="checkbox"/> English 10 <input type="checkbox"/> <input type="checkbox"/> English 11 <input type="checkbox"/> <input type="checkbox"/> English 12 <input type="checkbox"/> <input type="checkbox"/>
Social Studies	3.5	World History 9 <input type="checkbox"/> World History 10 <input type="checkbox"/> <input type="checkbox"/> US/WA State History <input type="checkbox"/> <input type="checkbox"/> Civics/Econ/Current World Problems <input type="checkbox"/> <input type="checkbox"/>
Mathematics (See note below)	3.0	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Science (See note below)	3.0	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Career and Technical	1.5	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Personal Finance	.5	<input type="checkbox"/>
Physical Education	1.5	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Health	.5	<input type="checkbox"/>
World Language* (See note below)	2.0	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 2.0 credits of World Language may be substituted with other courses based on students High School and Beyond Plan*
Electives	2.5	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
High School and Beyond Plan		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> (check one box for each year of required Naviance Tasks completed)
Total Credits Required:	24.0	_____ Total credits remaining for graduation

# What else do you need to do?

- Earn 24 credits
- Meet State testing requirements
  - Attempt NGSS WCAS Science Test
  - Pass Smarter Balanced ELA, Math Tests (or alternatives listed below)
    - or -
    - Pass AP, College in High School classes in English and Math
      - or -
      - Pass 2.0 credits in a CTE Pathway
- Develop a High School and Beyond Plan

# Your High School Beyond Plan

The High School and Beyond Plan is a personal pathway developed by the student to reach their post-high school goals. It includes all the courses they plan to take throughout high school which support their interests and prepare them for their goals after high school. For examples of career focused pathways and plans, see the CTE website at: [CTE Pathways](#)

Science (See note below)	3.0	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Career and Technical	1.5	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Personal Finance	.5	<input type="checkbox"/>
Physical Education	1.5	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Health	.5	<input type="checkbox"/>
World Language* (See note below)	2.0	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 2.0 credits of World Language may be substituted with other courses based on students High School and Beyond Plan*
Electives	2.5	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
High School and Beyond Plan		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> (check one box for each year of required Naviance Tasks completed)
Total Credits Required:	24.0	_____ Total credits remaining for graduation



# CTE Pathways

## PATHWAYS AT LHS

ASL/Sign Language Interpreter

Business and Marketing

Comp. Science and Engineering

Culinary Arts

Education and Human Services

Healthcare Professions (1.0)

Horticulture

Sports Medicine

Visual Communications

## PATHWAYS AVAILABLE THROUGH INTRADISTRICT CLASSES (Grades 10-12)

Aerospace Manufacturing

Architectural Design/CAD

Automotive Technology

Carpentry and Construction

Healthcare Professions (1.0)

## ALL SNO-ISLE PROGRAMS (Grades 11-12)

# Requirements for 4 year universities/colleges



- Minimally 2 years/credits of one world language, or ASL
- World Language test credits also accepted
- Take math or math based science class in senior year



# AVID Program

Advancement Via Individual Determination

*Want to attend a 4 year college or university and not sure how to get there?*

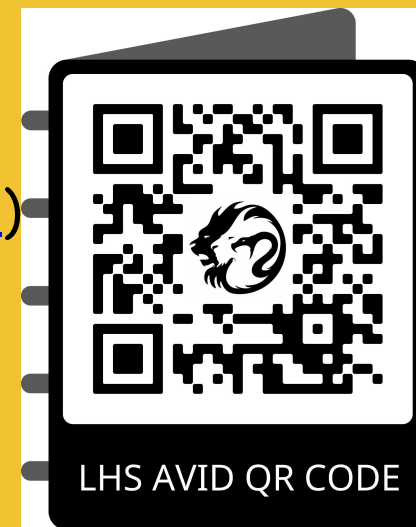
- Year-long elective course
- College-preparatory curriculum
- Tutor-facilitated study groups
- Motivational activities
- Academic success skills



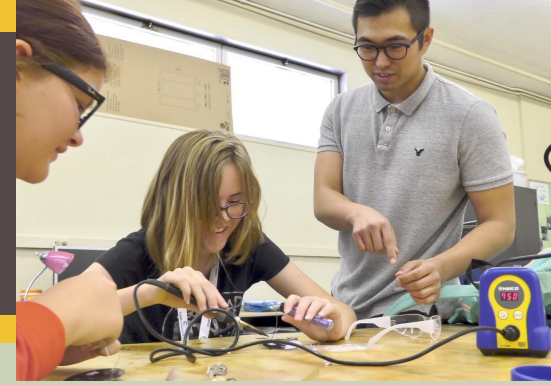
**\*\*Contact Ms. Lowes ([lowess@edmonds.wednet.edu](mailto:lowess@edmonds.wednet.edu))**

**Mr. Ammentorp ([ammentorpd226@edmonds.wednet.edu](mailto:ammentorpd226@edmonds.wednet.edu))**

**\*\*Application due March 3rd [AVID application](#)**



# LHS STEAM Program



*STEAM integrates traditional STEM (Science, Technology, Engineering and Math) skills with the arts.*

*Learn to: Solve novel problems of the future.*

*Design, investigate, reason, think and collaborate.*

*Pathways in (links provided below):*

*Advanced Manufacturing*

*Health Sciences*

*Computer Science and Engineering*

*Environmental Sciences*



# REGISTRATION - THE FIRST STEP INTO HIGH SCHOOL

## ❖ Course Registration Form

- ❖ Fill out your 4 Year Course Planning Tool completely in Naviance.
- ❖ Required courses are listed.
- ❖ Talk to your current teachers about your choices, particularly for Honors and math.
- ❖ Student and parent should sign where needed.
- ❖ Questions? Ask your middle school counselors- they know a lot!

# ELECTIVE OPTIONS

- ❖ All 9<sup>th</sup> grade classes are listed on the 4 Year Course Planning Tool. The tool is in your Naviance tasks to complete.
- ❖ Pick your core and elective choices and provide alternates.
- ❖ [Electives Fair Video](#)
- ❖ More information in the LHS Course Catalog.

**My Initial High School Plan - Grade 8**

Translation: English

Student Name:  Select High School (Next Year):

What best describes your goal for after high school?

What career fields are you most interested in?

Are you interested in any of the following programs as part of our plan? If yes, select program and planning guide from menu below:

☐ [CTE Pathway](#)

**Identify your Grade 9 Courses (First select High School above)**

Grade 9	
English 9:	<span></span>
Mathematics:	<span></span>
Science:	<span></span>
Soc. Studies:	<span></span>
Elective:	<span></span>
Elective:	<span></span>
Grade 9 Alternate Courses**	
Alternate 1:	Alternate 2:
Alternate 3:	Alternate 4:

\*\*\* Alternate selections are needed for instances where requests conflict, or space does not allow for all students to be placed in the course. This is primarily a concern for electives, not core subject areas of English, math, science, and history. If you do not select alternate classes they will be selected for you. Students are promised a schedule, not their first choice schedule. Alternates help us identify classes you are willing to take when top choices are not available.

**Design Your Plan for Electives in Grades 10-12**

Grade 10
English
Math

**INSTRUCTIONS**

**STEP 1: IDENTIFY GRADE 9 COURSES**  
Select a course in each core subject area and electives. Here are some helpful hints to get you started:

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-- Be aware some electives are a single semester and some are yearlong

-- Students selecting honors courses will be held to those commitments.

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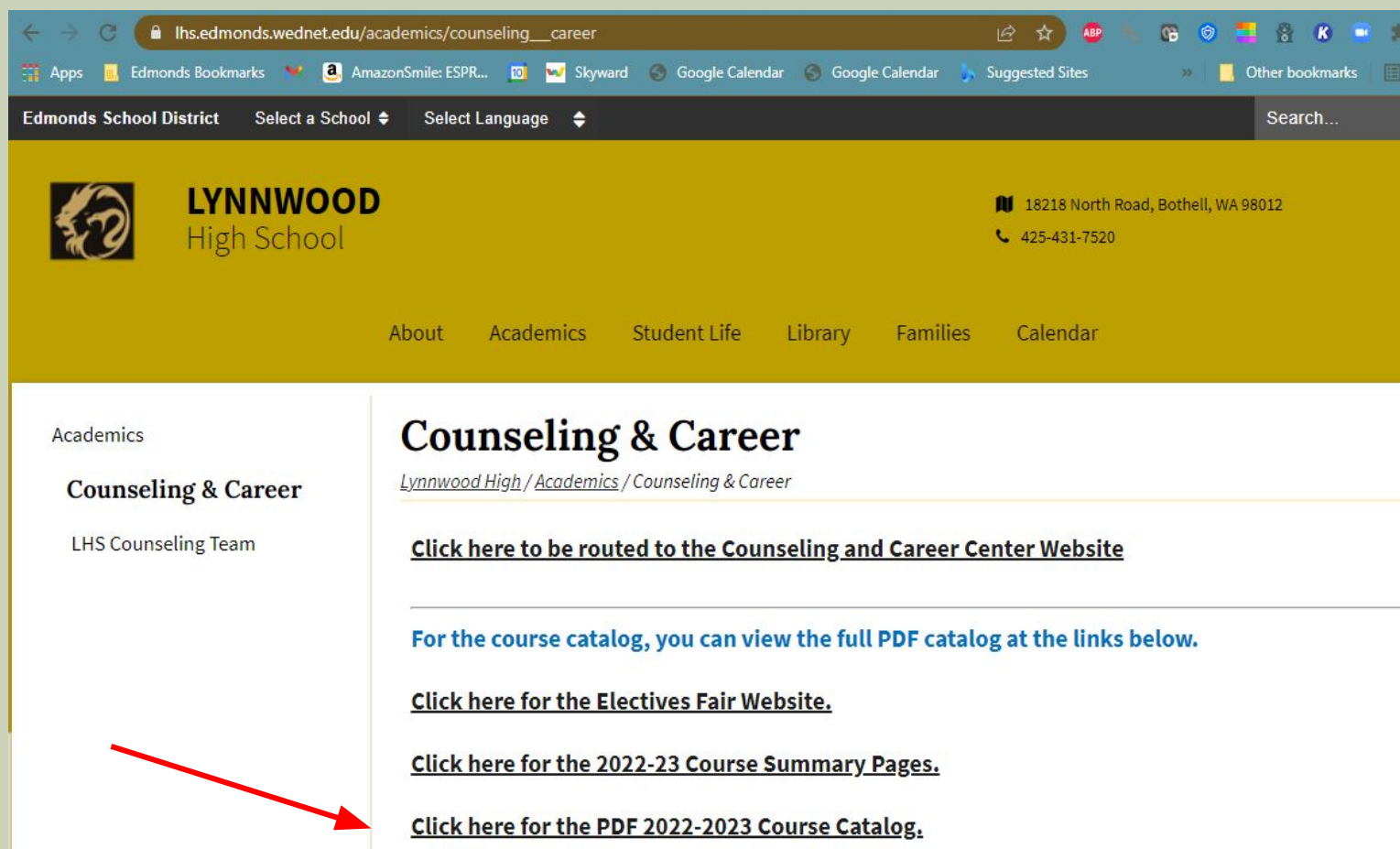
**STEP 2: IDENTIFY ELECTIVES IN YOUR PLAN FOR GRADES 10-12**  
Electives are courses in your plan where you have a choice based on your particular goals. Here are some helpful hints to get you started.

# SAMPLE FRESHMAN SCHEDULE

	SEMESTER	SEMESTER
1	ENGLISH 9 Honors	ENGLISH 9 Honors
2	BIOLOGY	BIOLOGY
3	MATH	MATH
4	WORLD HISTORY 9	HEALTH
5	PE (YOU CHOOSE)	CTE PATHWAY (YOU CHOOSE)
6	ELECTIVE (YOU CHOOSE)	ELECTIVE (YOU CHOOSE)

# Using the LHS Course Catalog

From the [LHS website](#) go to Counseling & Career to find other helpful links such as the [LHS Course Catalog](#)



The screenshot shows a web browser window with the URL [lhs.edmonds.wednet.edu/academics/counseling\\_\\_career](https://lhs.edmonds.wednet.edu/academics/counseling__career). The browser's address bar and tabs are visible at the top. Below the browser window is the website's header, which includes the Edmonds School District logo, a search bar, and navigation links for About, Academics, Student Life, Library, Families, and Calendar. The main content area is titled "Counseling & Career" and includes a breadcrumb trail: [Lynnwood High](#) / [Academics](#) / [Counseling & Career](#). A red arrow points to the link "Click here for the PDF 2022-2023 Course Catalog." in the left sidebar.

Edmonds School District   Select a School   Select Language   Search...

**LYNNWOOD**  
High School

18218 North Road, Bothell, WA 98012  
425-431-7520

About   Academics   Student Life   Library   Families   Calendar

Academics

**Counseling & Career**

LHS Counseling Team

**Counseling & Career**

[Lynnwood High / Academics / Counseling & Career](#)

[Click here to be routed to the Counseling and Career Center Website](#)

For the course catalog, you can view the full PDF catalog at the links below.

[Click here for the Electives Fair Website.](#)

[Click here for the 2022-23 Course Summary Pages.](#)

[Click here for the PDF 2022-2023 Course Catalog.](#)



# LHS COURSE CATALOG

What can I find in the LHS Course Catalog?

- Information on planning your high school experience.
- Graduation requirements.
- Options for after high school.
- Course descriptions, pre-requisite information, fees, and grade levels appropriate to a course.

# How to read a course description

Course Title

Grade level that  
may take

**PREREQUISITE:**  
Course or other  
requirement you  
must have met to  
take this course!

**Fees required**

Semester or  
year course

Details about  
the course

Course Code

## **CLAY DESIGN 1**

ART320 (Semester)

Credits: .5 Credit

Grade Level: 9 - 12

Fee: \$20 for materials

### Course Description:

This hands on class offers a broad range of clay techniques that includes slab and coil construction, pinch pots, glazing, and sculpture. Students will create functional pieces such as a bowl, mug, and vase, as well as decorative pieces. Projects are based on the elements and principles of art. Students will be graded on daily participation, following directions, and written reflections showing knowledge of clay skills and vocabulary. Counselors are available to assist students with concerns around course fees.

## **CLAY DESIGN 2**

ART325 (Semester)

Credits: .5 Credit

Grade Level: 9 - 12

Prerequisite: Successful completion of Clay Design 1

Fee: \$25

### Course Description:

This course provides students with an opportunity to build upon skills gained in previous pottery and sculpture classes. Clay construction techniques will include slab, coil, pinch pots,

# Using the Course Summary Page for 9th Graders

- Quick reference to course offerings
- A list of courses-read the full course descriptions in the catalog before you choose!

## Course Summary Page for 9th Graders

### **LYNNWOOD HIGH SCHOOL 2022-23 COURSE OFFERINGS**

**9<sup>th</sup> grade - Class of 2026**

S = Semester length class  
Y = Yearlong class

#### **REQUIRED SUBJECT CLASSES**

<b>SOC 101</b> World History 9 (S) -Or- <b>SOC 108</b> World History 9 Honors (S)	<b>PHE 301</b> Health (S)
<b>ENG 161/162</b> English 9 Honors (Y)	<b>SCI 201/202</b> Biology (Y) -Or- <b>SCI 221/222</b> Biology Honors (Y)* (*you must also be enrolled in Geometry or higher math)
Check with your current math teacher for placement <b>MAT 201/202</b> Algebra 1 (Y) <b>MAT 301/302</b> Geometry (Y) <b>MAT 321/322</b> Geometry Honors (Y) <b>MAT 253/254</b> Algebra 2 Honors (Y)	Choose one: <b>PHE 420</b> Aerobic Cond. (S) <b>PHE 445</b> Weight Training (S) <b>PHE 424</b> Dance Aero. (S) <b>PHE 245</b> Yogilates (S) <b>PHE 251</b> Team Sports (S) <b>PHE 257</b> Lifetime Sports (S) <b>PHE 480</b> Walk/Cond. (S) <b>PHE 240</b> Everyday Fit. (S)

#### **CAREER TECH CLASSES**

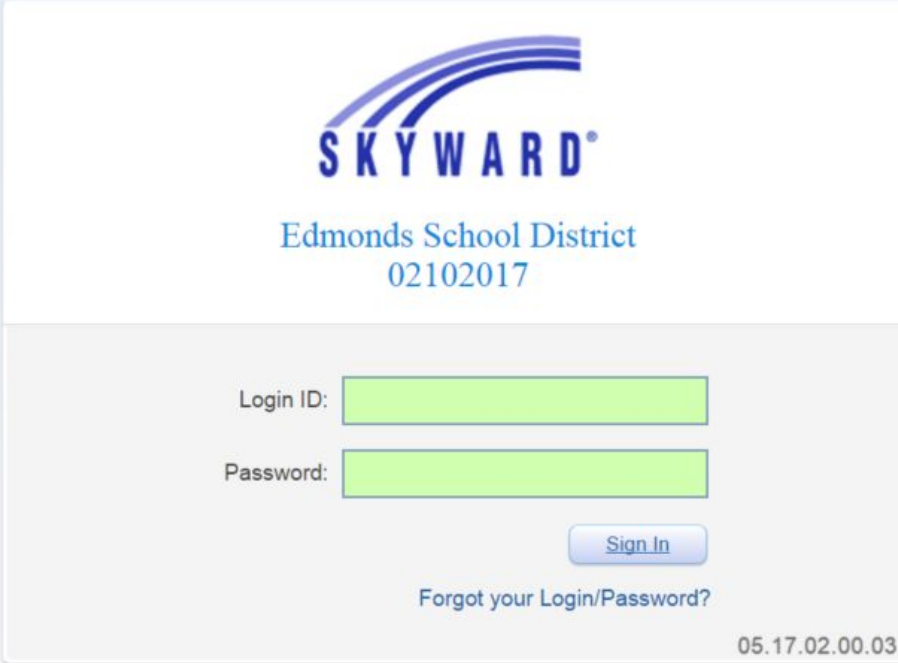
Choose at least one: <b>COM 100</b> Microsoft IT Academy (S) <b>MAR 410</b> Marketing Essentials (S) <b>MAR 420</b> Sales and Advertising (S) <b>MAR 430</b> Entrepreneurship (S) <b>ART 430</b> Photo 1 (S) <b>ART 427</b> Graphic Arts 1 (S) <b>ART 428</b> Graphic Arts 2 <b>HEC 450</b> Chef School 1 (S)	<b>FLA 101/102</b> American Sign Language (Y) <b>IAR 265</b> Robotics (S) <b>IAR 115/116</b> Intro to Engineering Design (Y) <b>COM 191</b> Computer Science Principles (S) <b>HEC 356</b> Relationships (S) <b>HEC 470</b> Child Development (S) <b>VOC 433/434</b> Environmental Horticulture (Y)
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#### **ELECTIVE CLASSES**

<b>FLF 101/102</b> French 1 (Y) <b>FLF 201/202</b> French 2 (Y) <b>COM 116</b> Digital Tools (S) <b>ART 461</b> Drawing and Painting 1 (S) <b>ART 465</b> Drawing and Painting 2 (S) <b>ART 320</b> Clay Design 1 (S) <b>ART 325</b> Clay Design 2 (S) <b>ART 350</b> Mixed Media (S) <b>ART 455</b> Glass Experience (S) <b>ENG 503</b> Technical Theater (S) <b>ENG 502</b> Acting and Performance (S)	<b>ENG 526/527</b> Journalism (Y) <b>FLS 101/102</b> Spanish 1 (Y) <b>FLS 201/202</b> Spanish 2 (Y) <b>VOC 437</b> Flower Shop (S) <b>MUS 351/352</b> Concert Choir (Y) <b>MUS 211/212</b> Concert Orchestra (Y) <b>MUS 111/112</b> Concert Band (Y) <b>MUS 136</b> World Music (S) <b>MUS 530</b> Guitar (S) <b>MUS 168/169 Jazz Ensemble (Y) – Zero Period</b> <b>MIS 206/207</b> AVID (Y)
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# ONLINE REGISTRATION IN SKYWARD

- On March 3rd, you will input your course requests for 9<sup>th</sup> grade on your Chromebook. Have your fully-charged computer and your 4 Year Plan ready that day.



The image shows a screenshot of the Skyward login interface. At the top, there is a logo consisting of three blue curved lines above the word "SKYWARD" in blue capital letters. Below the logo, the text "Edmonds School District" and "02102017" are displayed in blue. The login area has a light gray background. It contains two input fields: "Login ID:" and "Password:", both with green rectangular boxes. Below the password field is a blue button with the text "Sign In". Underneath the button is a link that says "Forgot your Login/Password?". In the bottom right corner of the login area, the version number "05.17.02.00.03" is displayed. At the very bottom of the page, there is a "Login Area:" label followed by a dropdown menu showing "Family/Student Access" with a downward arrow.

SKYWARD®

Edmonds School District  
02102017

Login ID:

Password:

[Sign In](#)

[Forgot your Login/Password?](#)

05.17.02.00.03

Login Area: Family/Student Access ▼



# GET INVOLVED!

Anime Club	Drama	I – 6:8	NHS	Sports Medicine
Band	Environmental Club	Interact	Orchestra	Hi-Q
Black Student Union	FBLA	Key Club	Photo Club	Tri-M
Choir	FCCLA	Lettering Club	Robotics	Breakdancing Club
Colores Unidos	FFA	Liberty in North Korea	Royals Chess Club	GSA
DECA	Hangout Club	Link Crew	Technology Student Assoc.	

# GET INVOLVED!

FALL SPORTS	WINTER SPORTS	SPRING SPORTS
Cross Country	Basketball – Boys	Baseball
Football	Basketball – Girls	Golf- Boys
Soccer – Girls	Swim – Boys	Golf – Girls
Swim – Girls	Wrestling	Soccer – Boys
Tennis – Boys		Softball - Girls
Volleyball – Girls		Tennis - Girls
		Track and Field

YEAR ROUND	
Cheerleading	Dance Team

# REMEMBER....

- ❖ Make class choices carefully and thoughtfully. Read the materials provided. We build classes based on what you request and are unable to make most changes if you change your mind.
- ❖ Fill out your form 4 Year Course Planning Tool completely and be ready to upload it in Naviance .
- ❖ Have fully-charged Chromebook and course planning form ready on Thursday March 3rd so you can enter your 9th Grade requests in Skyward.

# 8th Grade Family Night

Welcome to  
Lynnwood High School!

We are excited to share  
with you the many  
opportunities that LHS  
has to offer, and to  
introduce you to some  
of our key support staff.

Please bring your  
questions and join us  
for this virtual event  
created just for you!



**Tuesday, March 1**

**6:00-7:00 pm**

**[JOIN THE ZOOM HERE](#)**

We will have simultaneous  
interpretation in Vietnamese  
and Spanish.



# GO ROYALS!

