



## **Transcript of 2020 New to IHS Night Video.**

Sponsored by the PTSA (Parent-Teacher-Student Association [www.issaquahhighptsa.org](http://www.issaquahhighptsa.org))

Drone overview (used with permission from Olga Andreeva). Music performed by IHS Band.

### **Video of Kim Wilkinson and Birgit Aarrestad (PTSA Co-presidents)**

Birgit: Welcome new students and families to the PTSA New to IHS video presentation 2020. We're excited that you can join us to learn more of what it's like to be a student at Issaquah High. I'm Birgit Aarrestad

Kim: and I'm Kim Wilkinson. Together we're the presidents of the PTSA. Issaquah High PTSA supports our students, staff, and school through programs such as the Angel Closet, College and Career Preparation and Staff Appreciation. Last year, we gave out \$10,000 in academic grants, \$5000 in senior scholarships, and \$100 to each teacher in material reimbursement. You can learn even more at [issaquahhighptsa.org](http://issaquahhighptsa.org).

Birgit: We'd love all of our families to be more involved with the PTSA. Follow us on social media, join us at one of our many events, or even join a committee. No matter how you decide to participate, we'd love to have you.

Kim: We've taken the best part from previous years' presentations and are bringing them to you now.

You'll hear from Principal Andrea McCormick, our new Activities Director, and student panel. First up, Principal Andrea McCormick.

### **Video of Principal Andrea McCormick**

Principal Andrea McCormick: Hello and welcome, new IHS Eagles. We're so excited to have you joining us at IHS. I'm Andrea McCormick, the principal of Issaquah High School, and I just wanted to share with you that we are here for you in this weird, remote time, and we're going to do our best as a school to make sure that you still have an amazing freshmen year, and we plan on providing all kinds of resources to support learning at home, and just know that we're all going to be in this evolving situation that keeps changing on us, minute to minute, but we're here with a growth mindset and we're committed to serving you in the best way possible even in this crazy time. And the best thing that you can do is to stay connected to the school in all of this changes that we're encountering. So, be on your email and check our website regularly because we'll be pushing out all kinds of cool resources for you, support, and exciting community building events as well. So, looking forward to meeting you all face-to-face sometime soon as well.

## **Video of Jordan Frost (ASB Director)**

Jordan Frost (ASB Director): Hi, Issaquah High families, my name is Jordan Frost and I'm the new Activities Director here at Issaquah High. We're so excited to have your students join our Eagle family. Although this year's a little bit different, we still want to encourage you to get involved with clubs and activities at Issaquah High School. On the Issaquah High website (ed. note: <https://www.issaquah.wednet.edu/issaquahhs>) , if you go to Activities under /Student Life, you will find an exhaustive of all the clubs that we offer. They're still meeting, they're still engaging, and your students will still get great opportunities to be involved and to meet new people. So we really encourage you to jump in and go out there and see what we have to offer. If you have questions, feel free to reach out to me (editor's note: [frostj@issaquah.wednet.edu](mailto:frostj@issaquah.wednet.edu)) or anyone linked on the website and we hope to welcome you to our family soon. Go Eagles!

Jordan Frost (ASB Director): And now you're going to hear from awesome current Eagles who are part of ASB. They're going to give you some tips and advice for the coming school year.

## **Videos of Students**

### **Rama:**

Hi, my name is Rama, and I'm going to be a sophomore here at Issaquah High School, and how I stayed organized during COVID and this whole thing going on, I had a planner and I wrote everything in it. If I did not write anything in it, I would forget everything. I had to check stuff off, and that's how I kept track of my assignments, what I had to do for that day, everything like that.

"What advice would you give a 9<sup>th</sup> grader to help them be successful in their high school career?" I would probably say to like, just be yourself, and like not be, like get to know everybody, get to explore, go to clubs, do all assemblies, go to football games, like just go out and have fun, cause high school, it goes by quickly. I noticed that my freshman year, so especially with COVID going on, you want to get out there, so you don't lose connections to everybody and you just wanna explore.

### **Alex:**

Hey guys, my name is Alex Benis, and I'm gonna be a senior next year at Issaquah High School, and the first question that I have is "Did you have any habits that were negative in an online school setting that you would change this year?" That's a great question because last year we were all kind of thrown into it at the last minute and next year, luckily we have more time to plan and hopefully figure stuff out. So, my thing was I really procrastinated. When I was getting my work done, I would basically screw around the whole day and then like, the last, like, you know, 9 o'clock, I'd start doing my work. That was a terribly idea, and I don't recommend it. Since we have a more structured setting, and we have, you know, an actual schedule, you're gonna have time to plan out your day, and sort of treat it like a normal school day, treat it like you were just in the building. It's just the only difference is that you are at home at the computer.

So my second question is “Do you have any suggestions on how to connect to other students in our virtual environment?” And I totally understand that a lot of you guys don’t wanna do any, like, contact stuff, don’t wanna do anything face-to-face. You kinda wanna stay in your house and stay safe. Totally understand that. Something that I did, I oftentimes would have Zoom meetings with my friends, or relatives, I would always, even though I wasn’t face-to-face with them, I always made sure to keep in touch. I always made sure to talk to them on a daily basis. The worst thing you could do is to isolate yourself. It’s the worst thing you could do for your mental health. So you just want to make sure you stay active with your friends, and even if you’re not meeting with them in person, you want, you want to somehow talk to them. And if you’re a 9<sup>th</sup> grader coming in, nervous for high school, I totally understand that as well. My advice to you would be meet who you can, like through relatives, through friends. Even if you don’t know a lot of people in high school, try to make as many connections as possible, because once this whole thing is over, and we’re back at school, you’re gonna value the connections you made online, doing what you can now. Everyone’s kind of in the same boat here, and you know, the best thing you can do is try to make friends online, try and meet people from our school, and make sure to carry those relationships when we’re back in person.

**Grace:**

Hi, my name is Grace, and I’m gonna be a senior this year, and the question is, “What are some habits or study skills that helped you be successful in online class?” I know for me, I had to have all my things planned out in front of me, so I used a giant white board, and I had it organized by day and by color. Now that works for me, but just seeing that – what I had to do laid out – helped me so much, especially when I was doing school, to look up and see what I had to do. That can also work in the form of a smaller planner, if that works for you. But not seeing classes face-to-face makes projects super hard to remember, so making sure that they’re all out in front of you helped me so much.

My second question is “How is high school different from middle school?” High school is different from middle school because you get to specialize in what you like to do. In middle school there are usually two options, the honors version of the class and the regular version of the class. In high school it’s totally different. For a history class for example, there are so many options that you can pick, that you think best suit your learning style and what you’re interested in, and that way you get to learn a lot about what you really like to do.

**Devon:**

My name is Devon and I’m going to be a senior at Issaquah this coming school year. So my first question here is “Describe an extracurricular experience that has been positive at IHS. How do you think you can connect to this group now?” So, a month or two into my freshmen year, I actually joined the Issaquah Robotics Society, which is our high school’s robotics team and I’ve been on it for what would be now my 4<sup>th</sup> year. I absolutely love it there. It’s a really wonderful kind of family, everyone’s super connected, you can find so many friends, everyone’s super welcoming, and we’re super excited to hopefully try and get some new students this year, even with all of the COVID complications. Right now, most of how we’re kind of contacting

outside people is through our website which is team1318.org. That's how all of our emails and contact information is up there and you can kind of shoot someone your information if you're interested in joining. And we're doing a lot of virtual meetings, so it will be kind of hard and rough and a little bit of an awkward transition but we really hope that you guys stick around with us because it's tons of fun when we're actually in person.

Next we have at "What are some healthy behaviors that you have that are helping you to cope during the time away from campus?" So, when school was in session, the biggest, most important thing was having a schedule. So, kind of waking up at the same time, and then doing homework for the same amount of time, because if I didn't kind of maintain that, there was really no structure in my life and in what I was doing. I kept two planners at the time. I had a school planner, and I had another, like, events calendar to keep up with what my clubs were doing virtually and what my sports were doing virtually. Another thing is just contact with people. The first month of so of quarantine, I didn't talk with anyone and it was kind of miserable. So, just Facetime, calls, I set up Zoom calls with friends, we played, like, video games over it, stuff like that. It's tons of fun and it's super-duper important because you don't really notice that you're missing it until it, kind of, really starts tolling on you.

**Bez:**

Hello, everyone, I'm Bez. I'm a rising senior at Issaquah High School and my first question is, "What do you specifically like about Issaquah High School?" So, what I would say, these four years, I feel like what mainly made me want to go to Issaquah high school is all my classmates and friends here. It has a really nice, friend community here, and I was just saying you can always find new people to hang out with and talk to. And I also think a lot of my teachers are really outgoing, really helpful for any problems I would have in class or like, any questions I had. They always had extra office hours and especially, like, AP classes --- take your office hours, come after school, because your teachers are really out there to help you. I remember especially during the quarantine, I had a lot of my teachers email me because I, kind of, procrastinated a lot, too, and so they always wanted to check up on me to see how everything was going and they were always, like --- they really do care about you even if they don't show it, they will. So, the teachers and a lot of the classmates are what I like about Issaquah High.

What my advice for 9th graders would be is --- It is, like, a new area, a new community going into high school. However, you are going to be with a lot of people that you already know from middle school, so you should always have that, kind of like, idea in mind -- that it's like --- high school is just your middle school but you know, there are little bit more things about responsibility. So you should stick close to the people you know, not be afraid to hang out with other people. (editor's note: if you are new-to-the-area, the PTSA's New Family Ambassadors can be extra support for guardians to help students plug in - Contact IHSNewFamilyConnect@gmail.com). Always get close with your teachers, 'cause you're going to learn a lot of new material that you're not really sure of. A lot of teachers are here to help you, so that is a really good thing. And if you're also a 9th grader, be open to going to games, be open to going to concerts, be open to going to musicals. There are so many things you can do

at Issaquah High School. And then joining clubs --- there's just a lot of new ways that you can meet people which would really enlighten your entire high school experience.

**Vanessa:**

Hi, I'm Vanessa and I'm in 12th grade, and my question is "What are you most looking forward to when you can return to campus?" I'm looking most forward to seeing my teachers and my friends and being able to interact with people, and kind of maintain those face-to-face connections,

My second question is "What do you specifically like about Issaquah High School?" I like the school because it's surrounded by a pretty environment, And also, all the teachers are very friendly and helpful and there is a lot of clubs that are great for anyone to fit into.

**Doris:**

Hi, my name is Doris, and I'm going to be an upcoming junior. So the question is "What advice would you give an incoming 9th grader to help them be successful in their high school career?" I would definitely say don't be afraid to ask for help from your teachers. That's definitely very, very important. Your teachers don't know where you are in the course, necessarily, so you definitely have to go to them to ask for help. They don't know just looking at you if you need help or not, so that's definitely very important. And also, staying organized is very important because you have so many assignments from different classes and it's really hard to keep track of them sometimes. So it's really important to stay organized using a planner or like, a calendar.

So "describe how you can engage with teachers virtually." In terms of engaging with them virtually I would say definitely go into their office hours. Many teachers will have maybe like, Zoom calls for office hours or Microsoft meetings for office hours. And if you need to reach out to them outside of office hours, definitely email them. Don't be afraid to go in and ask. They are not scary, and don't be scared to go ask them for help!

**Principal Andrea McCormick:**

Alright, my question is "What is one thing that is my favorite about IHS that you all can look forward to when we're back face-to-face?" I don't have one, exact favorite thing, but what my favorite thing is watching students in the events that they personally feel connected to. So whether that's me attending one of our amazing plays or musicals and watching the student performances there and how excited those students are to just be a part of that program or whether that's watching our robotics students hold an event here on campus and which is what really gets them excited, whether that's attending a sporting event, one of our great music performances, choir, orchestra or band --- all those things --- watching students find something they are passionate about and that they're connected to at IHS and watching them flourish in whatever program it is they love the most.

**Video of Booster Club:**

Welcome back, Issaquah Eagles from the Issaquah High School Booster Club. The Booster Club is the only non-profit that supports extracurricular activities at Issaquah High. It's also the only place where you'll find all that fabulous, Issaquah High logo wear. We do this in collaboration with ASB (editor's note: ASB is the school-run student council, Associated Student Body) and the athletic department.

This year, even in the temporary remote climate we find ourselves in, the Booster Club is relevant and an important resource for our students and their extracurricular activities. We are there to motivate, inspire, bond. Sports, clubs, and activities are being planned, grants are being requested, logowear is being sold, both old and new styles, sports fee and club scholarships will be needed and senior scholarships are being planned for.

So on behalf of all the teams, clubs, and activities, I hope that you'll support the Booster Club by becoming a member. Check out the classic and new IHS logowear on our website, volunteer when you see that call for help, and you're welcome to attend our meetings, the first meeting being September 1st. All this information and more can be found on our website, [IHSBoosters.org](http://IHSBoosters.org). Thank you, and GO EAGLES!

### **Closing Video of Kim and Birgit:**

Kim: Thank you for viewing our first ever virtual New to IHS presentation. To conclude, here is a look at many of the clubs and activities that your student can get involved with.

Birgit: Hopefully, in no time, our kids can be back cheering at football games, gossiping in the halls, and back to their old, normal teenage self. Enjoy!

### **Drone video and fight song being played by Issaquah High Band.**

### **Slides of organizations:**

Girls Who Code (not in original video)  
American Sign Language Honor Society  
DECA Club  
Issaquah High School Marching Band  
FCCLA (Family, Career, and Community Leaders of America)  
Feminism Club  
Model United Nations Club  
IHS Spirit Squad & IHS Cheer  
Issaquah Robotics Society  
Issaquah Dance Team  
Drama Club  
Science Bowl Club

Influence the Choice

PTSA Angel Program  
PTSA FACE (Family and Community Engagement)

PTSA New Family Ambassadors (for new-to-the-area families and those who want to meet them)

PTSA - Parent Teacher Student Association

IHS ASB (Associated Student Body) and other IHS Clubs

**Full slides below:**

## Girls Who Code @ IHS



Website:

<https://www.sites.google.com/view/girlswhocodeissaquah>

Gmail: [girlswhocodeissaquah@gmail.com](mailto:girlswhocodeissaquah@gmail.com)

Our club's aim is to create a welcoming environment for girls, or anyone, interested in computer science. We want to make a difference in our community through sisterhood, bravery, and passion - while having fun!

Learn more about the Girls Who Code movement at <https://girlswhocode.com/about-us/>.





<https://issyasclub.wixsite.com/issaquahhs-aslhs>



<https://www.aslhonorsociety.org/>

Advisor: Mrs. Friedli

[Friedlip@issaquah.wednet.edu](mailto:Friedlip@issaquah.wednet.edu)

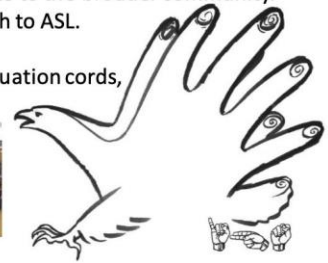
Meet once a week: Zoom day and time to be determined.

**We pride ourselves in being a club that provides students of all levels with a place to relax and study while learning about ASL and Deaf culture, and you don't even have to talk!**

**We are a Chapter of the National American Honor Society: we partake in two virtual competitions a year.**

1. The Chuck Baird memorial art competition in the Fall. The mission of the competition is to expose students to the artists, genres, and visual expressions of deaf culture as expressed through art.
2. Eric "Malz" Malzkahn ASL Literature Competition in the Spring. This competition encourages students to apply what they learn in class to the broader community. The competition focuses on translations from English to ASL.

ASLHS members can earn competitions certificate, graduation cords, the Laurent Clarc Medal, cash prizes and scholarships.



## DECA CLUB

"DECA prepares emerging leaders and entrepreneurs in marketing, finance, hospitality and management in high schools and colleges around the globe"



### WHAT DO WE DO?

- Work with real-world businesses to solve problems
- Compete in business project competitions with people around the world
- Travel across the US for competition
- Become a part of a FAMILY

INTERESTED/QUESTIONS? EMAIL [OFFICERSIHSDECA@GMAIL.COM](mailto:OFFICERSIHSDECA@GMAIL.COM)



# Issaquah Highschool Marching band

"The band always wins"

## What is Band?

- "band is a family that is welcoming to anyone" - Kees H. C/O 21
- "Band to me is a community of people coming together to listen to each other, whether they're playing instruments or not" - Amita P. C/O 22
- "Band is a support group, it's much more than a bunch of people playing music" - Anna P.N C/O 22



## Questions?

Any questions can be sent to [Issaquahhsband@gmail.com](mailto:Issaquahhsband@gmail.com)

# FCCLA

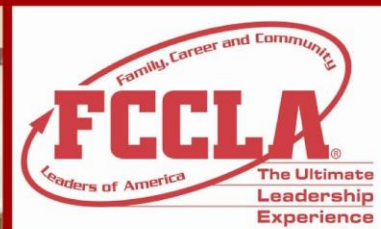
Family, Career, and Community  
Leaders of America

## CONTACT US!

INSTAGRAM: [@issaquahfccla](https://www.instagram.com/issaquahfccla)

WEBSITE: <https://fcclainc.org/>

- Develop leadership skills!
- Compete in STAR Events!
- Travel around the US!
- Learn more about Family and Consumer Sciences!
- Community service!
- Find your passion!
- Make new friends and memories!



# FEMINISM CLUB



## WHAT WE DO!

- Presentations on people/events/issues
- Important discussions
- Activism opportunities
- Current events
- Open conversation about values, opinions, experiences, etc.
- Make an impact
- Have fun and connect on a deeper level!

everyone is welcome!!!



## WHY WE DO IT!

This club's purpose is to encourage + normalize civil conversations about important issues like feminism while exploring different viewpoints to further our understanding. We provide a forum for people to talk about the important things that impact us all, yet aren't discussed often enough.

**CONTACT INFO!** (we have a GroupMe, but need your phone number!)

INSTAGRAM: [@ihsfeminism](https://www.instagram.com/ihsfeminism)

FURTHER QUESTIONS? text/email:

[425-698-9787](tel:425-698-9787) / [ghn02@outlook.com](mailto:ghn02@outlook.com)

# Model United Nations Club

Model UN is a simulation of the United Nations where students play the role of delegates from different countries and attempt to solve real world issues. This club is the perfect place to gain public speaking skills, learn more about politics, and make new friends!

Remind: [@issymun](https://www.remind.com/join/@issymun) | Instagram: [@munissaquah](https://www.instagram.com/munissaquah) | Email: [issaquahmodelun@gmail.com](mailto:issaquahmodelun@gmail.com)





## IHS Spirit Squad & IHS Cheer



### Who we are...

**We are a team that is committed to building lasting friendships and lifelong skills while supporting the IHS community.**

**We show excellent sportsmanship in & out of uniform.**

**All skill levels are welcome to try out!\***

### What we do...

**We promote and uphold school spirit, unity and pride by showing our support for our peers and community!**

- Attend sporting events
- Participate in community events throughout Issaquah
- Show support for other school activities and events
- Be a role model for youth & peers

### Contact Info

**Laura Meserole**

*Head Coach*

**Amanda Rogel**

*Assistant Coach*

**Email:**

[issycheercoach@gmail.com](mailto:issycheercoach@gmail.com)

**Website:**

<https://www.issaquahhighcheer.com/>

\*Tryouts will be held in Spring. Until then, the IHS Spirit Squad will be supporting IHS students and staff virtually! Contact the coaches if interested in participating!



- We teach engineering skills with real-life applications as we build a fully functional robot in six weeks!

- There's something here for everyone, no experience needed

- Learn engineering and mechanical skills, programming, design and business management in a setting that promotes independence

- We will continue to develop these skills virtually during the online first semester

## Issaquah Robotics Society



Interested in joining? Sign-up [here](https://www.team1318.org/)

Website: <https://www.team1318.org/>

Advisor: Mr. Blaskie

[blaskiej@issaquah.wednet.edu](mailto:blaskiej@issaquah.wednet.edu)

Contact the team captains for questions  
[irs1318captains@gmail.com](mailto:irs1318captains@gmail.com)

More about us:

[Chairman's 2020 Awards Video](#)



## ISSAQUAH DANCE TEAM

### Who are we?

The Issaquah High School Dance Team is a performance team comprised of dancers interested in multiple dance styles, who love being part of a TEAM.

### Contact Us!

Email:

[issydanceteam@gmail.com](mailto:issydanceteam@gmail.com)

Website:

<https://www.issaquahdanceteam.com/>

### What do we do?

The Dance Team exists to support our school community, promote school spirit, and work towards achieving competitive goals in the WIAA Dance Competition season.

We are starting our training virtually now.

Email us if you want to join!

JOIN OUR FAMILY



## Drama Club

### What do we do?

- Learn about Theatre
- Play games
- Build lifelong friendships
- Sing Musical Numbers



Join the Remind for meeting updates and announcements

Text @ihs8397 to 81010

Go to our website to see testimonials from students, highlights from last year and the meeting calendar.

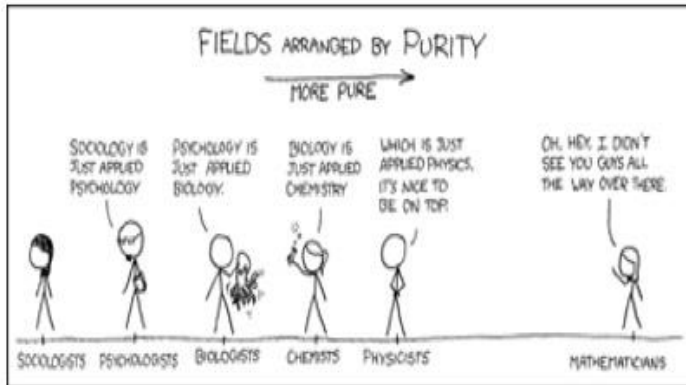
[www.ihs-theatre.weebly.com](http://www.ihs-theatre.weebly.com)

### More questions?

Email Miss Dubs  
[woffindenlueym@issaquah.wednet.edu](mailto:woffindenlueym@issaquah.wednet.edu)

# SCIENCE BOWL CLUB

We do science trivia and learn about cool facts!  
Tuesdays Afterschool.



Comic from xkcd

Topics include:

BIOLOGY  
CHEMISTRY  
EARTH & SPACE  
ENERGY  
MATHS  
PHYSICS

We plan to compete in the National Science Bowl  
Competition (hosted by the U.S. Department of  
Energy): <https://tinyurl.com/y57vva6m>

If interested, please contact [gledaho@yahoo.com](mailto:gledaho@yahoo.com)



Who we are:

A nonprofit, community-based, grassroots organization dedicated to preventing substance use and promoting the mental, physical, and social wellness of our youth.

What we do:

- Promote the Positive
- Parent Education
- Youth Voice
- Community Engagement
- 7 Strategies for Community Change

How to get involved  
and contact us

[www.influencethechoice.org](http://www.influencethechoice.org)

Jerry Blackburn  
[jerry@influencethechoice.org](mailto:jerry@influencethechoice.org)

Katie Moeller  
[katie@influencethechoice.org](mailto:katie@influencethechoice.org)

Coalition meetings 1st Monday  
of the month on Zoom





## Angel Program



### Who we are...

A program that strives to assist families in the IHS community that need a little help making ends meet.

The program is confidential and behind the scenes made possible through donations by IHS parents and the greater Issaquah community.

### How you can help...

We would encourage your help by becoming:

- Angel Donors
- Angel Shoppers
- Angel Closet Helpers
- Angel Program Supporters

### Contact Info

**Karissa Mobilia**  
*Program Co-Chair*  
**Julie Gamble**  
*Program Co-Chair*

**Email:**

[ihsangelprogram@gmail.com](mailto:ihsangelprogram@gmail.com)

**Website:** Found under programs on the PTSA website.

<http://issaquahhighptsa.org/Home>

## Family And Community ENGAGEMENT Committee



Helping families navigate IHS

- Cultural and language diverse ones (Español, 中文, 한국어)
- New Issaquah School District families
- Under-represented groups

Contact: Marisa Garcia Struck & Wendy Maruchek: [ihptsaface@gmail.com](mailto:ihptsaface@gmail.com)





## New Family Ambassador Program

Sponsored by the IH PTSA

### New to IH School District?

We offer the following to new families

1. Monthly adult social gatherings
2. Educational school events, coffee with the Principal
3. Coffees, local tours, and hikes
4. We connect new families with established families



### INTERESTED IN LEARNING MORE?

Contact Cathy Habib and Lisa Hill at

[ihnewfamilyconnect@gmail.com](mailto:ihnewfamilyconnect@gmail.com)

Facebook: IHS New Family Ambassador Program

<http://issaquahhighptsa.org>

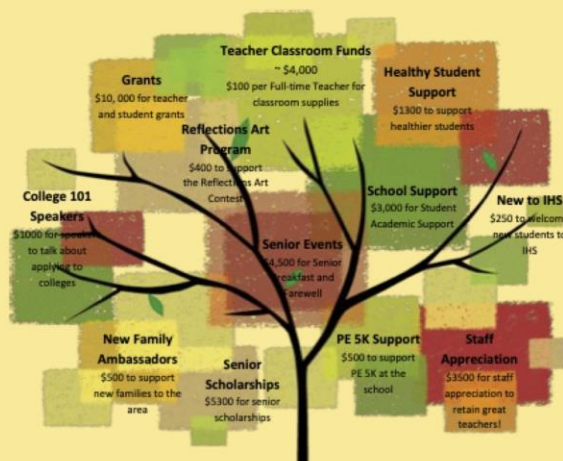
IH PTSA  
ISSAQUAHHIGHPTSA.ORG

# Join Today!

First General Meeting  
September 11, 9:30AM  
via Zoom



Grants-Staff Appreciation-College & Career Prep-Reflections-Healthy Student Support-Senior Events-New Family Ambassadors-School Event Support-Family & Community Engagement-Angel Closet and more!



## What does the IH PTSA Support?

A donation to Issaquah High PTSA goes a long way!  
Want to learn more? Visit [issaquahhighptsa.org](http://issaquahhighptsa.org) and help us help our school!



## VISIT (on IHS website):

Student Activities

<https://www.issaquah.wednet.edu/issaquahhs/student-life>

Current Student Groups:

<http://ihsactivities.weebly.com/student-groups.html>



# GET INVOLVED

----- End of Video -----