

June 26, 2018

ICS Student Summit 2018

Dear Students,

Welcome to the Annual ICS Student Summit for high school students at the International Community School. This Summit has been designed to focus on your social and emotional learning to better prepare you for the new school year. We have invited professionals in their fields to deliver knowledge, impart wisdom, inspire, and give you tools to use throughout the year. Enclosed you will find pertinent information for the Summit spanning the three days of September 5-7.

What to Bring: Every day of the Summit you will be physically active in some way. You will need to dress for a variety of weather conditions and activities including community service and ropes course. The organizations working with us have asked that you bring:

A Water Bottle, Sunscreen, Bag Lunch, Closed Toe Shoes, and Active Gear. Please no tank tops or loose jewelry like necklaces, bracelets, or dangly earrings. Please be respectful of this policy.

**THE FOLLOWING MUST BE SIGNED BY A PARENT/GUARDIAN AND RETURNED ON
REGISTRATION DAY, AUGUST 29th OR AT THE LATEST DURING HOMEROOM ON SEPTEMBER 5TH**

1. LWSD Field Trip Consent Form – Volunteer Work

Grade 9 and 10: Rose Hill Meadows Park

Grade 11 and 12: Finn Hill Park

2. Organization Consent Form – Volunteer Work

Grade 9 and 10: Rose Hill Park

Grade 11 and 12: Finn Hill Park

3. Grade 9 and 10- ROPES:

- LWSD Field Trip Consent Form – Low Ropes Course
- Waterhouse Center Release Form – Low Ropes Course (Student will not be able to participate if not signed. No exceptions.)
- Waterhouse Center Medical Form – Low Ropes Course (Student will not be able to participate if not signed. No exceptions.)

4. LWSD Medical Release Form – required for September 5th field trips- All students

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Summit 2018 Speakers & Workshops

Community Service

To kick off the Summit you will be out in the community with mixed age groups learning about and volunteering with organizations to actively improve the lives of people in the Greater Seattle Area.

Ropes Course

Conducted by Waterhouse Center specialized in adventure-based learning. Bernie Waterhouse, executive director, and his team of educators will bring to our school grounds various safe and low risk props to facilitate adventure-based learning through group team-building activities.

Youth Suicide Prevention

Staff from the Crisis Clinic has partnered with ICS to answer questions, provide resources and counsel students on how to cope, how to help, and how to prevent youth suicide.

College Essay Tips

Grace Wang, a college representative from PLU will lead 12th grade students in a workshop focused on writing, specifically for the college essay.

Self-Defense 101

Our very own security guard Mr. Zac will partner with a local police officer to demonstrate some basic self-defense moves to 11th and 12th graders.

Career and Life Direction

Deanna Carlisle from Youth Career Compass will work with students to help identify the path and direction for college or life after high school that appeals to each student as an individual.

Social Media and Design

Collette Keogh is a WA College Representative and will be talking to students about using social media in college in order to be successful.

Finances 101:

Stacy Black from BECU will come and present on the skills needed to create a basic budget in order to gain financial independence after high school.

Mindfulness:

Jeeta Sahota will present a workshop on Mindfulness. This interactive class will introduce the concept and teach students how to be mindful in their daily lives which can lead to a reduction in stress and anxiety.

SEL Workshop:

Ms., Haley our Special Education Teacher will hold a workshop that focuses on Social and Emotional Learning. This workshop will introduce concepts and ways of looking at learning that students most likely have not thought of.

Wednesday Sept 5th Volunteer Service Project

1. What to Bring

- Lunch
- Snacks
- Full Water Bottle
- Closed –toed shoes are essential. Sturdy sneakers, rain boots or hiking boots are ideal
- Layers of warm clothing that can get dirty
- Jeans or thick pants are ideal, stretchy leggings, shorts or capris are not recommended
- Rain jacket and rain pants/sun hat and sunblock

2. Where to go

- Grade 9 and 10: Rose Hill Meadows Park (***please only fill out forms indicating Rose Hill Meadows Park- City of Kirkland Green Kirkland Partnership.***)
- Grade 11 and 12: Finn Hill Park (**please only fill out forms indicating Finn Hill with King County Parks**)

All grades will find the assigned busses in the morning of September 5 in front of the school. The assigned teachers will be able to assist you in the morning.