



**BELLINGHAM HIGH SCHOOL**

# **RED RAIDER ALERT**

**April 13, 2018**

## Important Links

Keep up to date on everything "**Red Raider**" with these helpful links.

[Bellingham High School](#)

[Bellingham School District](#)

[Transportation](#)

[Counseling Office](#)

[Career Center](#)

[Scholarship Information](#)

[Sports Schedules NWC Athletics](#)

[Teachers](#)

[Red Raider PTSA](#)

[Facebook - Bellingham High School](#)

Good Afternoon Raider Families,

Smart phones have changed our world. Access to virtually an unlimited amount of information lies in our fingertips. As important as these devices are to all of us, new studies are also warning us of some of the dangers our technological advances are causing; **anxiety, stress, and insomnia** are just a few of the consequences people, and **especially teens**, are having to navigate.

Attached is a recent article describing the impact smart technology can have on test anxiety.

<https://thejournal.com/Articles/2018/04/09/Even-the-Mere-Presence-of-a-Smartphone-Makes-You-Dumber.aspx?p=1>

We recognize appropriate use of technology is a skill that must be taught. The Bellingham Promise calls out developing students who will be *skilled users of technology and information*. We would encourage you to continue having conversations with your child on the responsible use of technology.

Have a wonderful weekend!

Tell your friends how they can receive a copy of the **Red Raider Alert!**  
Send a request to:  
[raideralert@bellingshamschools.org](mailto:raideralert@bellingshamschools.org)



Please like us! Your **Red Raider** PTSA has a Facebook group - join today @ [Bellingham High School Red Raiders PTSA](#).

[March 2018 - Top Titles @ the BHS Library](#)

Happy [National Poetry Month!](#)

The Community Boating Center is excited to offer a **free kayak workshop** to high school students this May and June. Students will learn about kayaking, water safety and the marine environment of Bellingham Bay! **Lunches and all equipment is provided, graduates of this program will be given free boat rentals for the summer season of 2018!** Please email or call us for more information at [programs@boatingcenter.org](mailto:programs@boatingcenter.org) or (360) 714-8891



## BHS Fundraising Brainstorm

All are invited to a brainstorming session about how to raise funds to support BHS activities and build community during the 2018-2019 school year. **A key question is whether we should continue having an annual PTSA Auction as our main fundraiser.** Do BHS families have other ideas that would serve the dual purpose of raising funds for all students and building a stronger Red Raider community? All ideas welcome and no commitment necessary.

**When:** Thursday, April 19 at 7:00 p.m.

**Where:** Wander Brewery (across from the high school). The Big Trouble food truck is onsite on Thursday for those who would like to eat while brainstorming.



### 2018 Red Raider PTSA Scholarships

The **Red Raider PTSA** has scholarships to give—don't miss your chance for college money!

Ask your counselor for an application, find the link on the BHS PTSA web page, or e-mail [redraiders.ptsa@gmail.com](mailto:redraiders.ptsa@gmail.com) and we'll send you a pdf to print.

**Deadline is Thursday, April 26th at 4 pm!**