



EASTSIDE  
PREPARATORY  
SCHOOL

# *An Introduction*



*Think* | *Act* | *Lead* | *Innovate*

# EPS: An Introduction

**THINK CRITICALLY.  
ACT RESPONSIBLY.  
LEAD COMPASSIONATELY.  
INNOVATE WISELY.**

Through our “TALI” Mission above, we inspire students to create a better world.

A come-as-you-are community of over 530 students and 120 employees, Eastside Prep balances well-being and academic exploration. We celebrate each other’s strengths and areas of growth, focusing on the power of relationship, mentoring, and support. Learning through “doing” in discussions and activities, students support each other’s ideas and expand one another’s thinking in classes of eighteen students or fewer.

Eastside Prep encourages academic exploration through disciplines such as Fine and Performing Arts, Humanities, Spanish language, and Sciences. Students try new experiences in a safe environment, celebrating and learning from both successes and failures. We prepare our students not only for college, but for many personal and professional horizons beyond EPS.

## Transportation Options

### EPS Bus Routes

EPS provides three private transportation routes:



### Public Transportation

Convenient access to public transportation (via a two-minute walk to the South Kirkland Park & Ride)

### EPS Family Carpools

All EPS families are included in a Carpool Map for help with coordinating shared rides to and from campus and other school activities.

[↪ eastsideprep.org/prospective-families/transportation](https://eastsideprep.org/prospective-families/transportation)

## Community Size

- ▶ The Middle School currently has a total of 198 students.
- ▶ The Upper School currently has a total of 332 students.
- ▶ Each class session has a maximum of 18 students.

Grade	Target Enrollment	Typical Number Admitted
12	85	—
11	85	0-3
10	85	0-3
9	85	35-40
8	54	0-3
7	54	0-3
6	54	18
5	36	36
	<b>538</b>	

## Tuition (2022-2023): \$40,400

### Required costs beyond tuition:

- ▶ **Laptop:** \$1870
- ▶ **Books and Supplies:** \$200 - \$750
- ▶ **Education Beyond the Classroom (EBC):** \$150-\$4500

## Financial Aid

### Our goal: make EPS affordable for every enrolled family.

- ▶ We admit students to Eastside Prep because of who they are, not because of their family’s ability to pay tuition.
- ▶ We are committed to meeting the demonstrated financial need of all enrolled EPS families for both tuition and other costs of attending school.

[↪ eastsideprep.org/admissions/tuition-financial-aid](https://eastsideprep.org/admissions/tuition-financial-aid)

## Key Admissions Dates

**Dec. 5** Financial aid application deadline for returning EPS families

**Jan. 12** Application deadline

**Feb. 2** Financial aid application deadline for newly enrolling families

**Feb. 24** Upper School admissions decisions communicated at noon

**Mar. 3** Responses from Upper School families due at noon

**Mar. 17** Middle School admissions decisions communicated at noon

**Mar. 24** Responses from Middle School families due at noon

[↪ eastsideprep.org/admissions](https://eastsideprep.org/admissions)

# Middle School Curriculum Map



Trimester Course



Yearlong Course



(#) Grade Level

Courses by Grade Level

## Literary Thinking (5-8) **YL**

Introduction to Literary Thinking (5)      Literary Thinking 1 (6)      Literary Thinking 2 (7)      Literary Thinking 3 (8)

## Historical Thinking (5-8) **YL**

Introduction to Historical Thinking (5)      Historical Thinking 1 (6)      Historical Thinking 2 (7)      Historical Thinking 3 (8)

## Scientific Thinking (5-8) **YL**

Introduction to Scientific Thinking (5)      Scientific Thinking 1 (6)      Scientific Thinking 2 (7)      Scientific Thinking 3 (8)

Differentiated Instruction

## Mathematical Thinking **YL**

Fifth and sixth grade students learn math with their grade level classmates through differentiated instruction. Diagnostic tools are used, along with prior school information, to identify areas of strength and potential growth in math. Middle School math is not simply about achievement and we do not prioritize acceleration for acceleration's sake. Our program encompasses math fluency, habits of mind, and application of concepts.

Mathematical Foundations 5      Mathematical Foundations 6      Pre-Algebra      Algebra 1      Geometry      Algebra 2

## Spanish **YL**

Speaking Spanish (5)      Speaking Spanish (6)      Speaking Spanish (7)      Spanish 1, 2, or 3 (8)

Core Options

## Fine & Performing Arts **TRI**

Three Trimesters (5)      Three Trimesters (6)      Two Trimesters (7)      Two Trimesters (8)

### Visual Art

The Magic of Art | Mixed Media | Art Meets Tech      Drawing and Painting | Digital Storytelling | Mixed Media

### Music

Middle School Choir | Introduction to Instrumental Music: Band | Introduction to Instrumental Music: Orchestra  
Instrumental Music Ensemble | Chamber Music Ensemble

### Theatre

Introduction to Theatre | Playing Shakespeare | Introduction to Improv      Acting: One Acts | Stagecraft | Improv

## Physical Education **TRI**

Three Trimesters (5)      Two Trimesters (6)      Two Trimesters (7)      Two Trimesters (8)

**Middle School PE:** Emphasizes life-long training and overall health. Units cover three aspects of physical awareness: 1) strength and agility, 2) cardio-fitness and endurance training, and 3) team sports and games. Students become proficient in spatial understanding, teamwork, and leadership skills while becoming increasingly fit and healthy in body and mind. In addition to group PE, students in seventh and eighth grades have class options for yoga and customized training to maximize performance.

Core Literacies

## Technology **TRI**

Students in fifth grade work on developing their competencies and that learning will continue in sixth grade as students begin taking trimester-based technology courses      BOTZ (6)      MAKE (7)      WEB (8)

## Environmental Practices **TRI**

Environmental Practices Local Studies (7)      Environmental Practices Global Solutions (8)

# Upper School Curriculum Map

**TRI** Trimester Course    **YL** Yearlong Course    (#) Grade Level

## Humanities (9-10) **TRI**

All Global Humanities offerings pair Literature and Social Science perspectives through two linked courses each trimester.

### 9th grade

Fall	Winter	Spring
Boundaries	Migration	Origins
Connections	Exchange	Authority

### 10th grade

Fall	Winter	Spring
Medieval History	Modern Perspectives: European Ideologies in Practice	Modern Middle East
European Revolutions in Thought: Renaissance to Enlightenment	Reason to Romance: 19th Century Europe	Modern Asia Modern Africa Latin America

## American Studies (11) **YL**

American Literature *with* US History: The American Question

## Science

Yearlong	Trimester (10-12)
Biology (9)	Astronomy    Geoscience
Organic Chemistry	Chemistry (11-12)    Data Science 1   2    Marine Biology
Chemistry (10)	Ecology
Physics (11)	Advanced Physics (12)
Advanced Biology (10-12)	

## Math **YL**

Algebra 1	Pre-Calculus	Advanced Topics in Mathematics
Geometry	Calculus	Statistics
Algebra 2	Advanced Calculus	

## Fine & Performing Arts **TRI**

### Visual Art

Arts Portfolio Development	Paper Engineering	Digital Filmmaking 1   2
Mixed Media	Printmaking	Drawing and Painting 1   2
	Digital Photography	Graphic Design 1   2

### Theatre

Acting 1   2	Directing	Stagecraft
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### Music

Vocal Rock Studio	Introduction to Instrumental Music: Band
Chamber Choir	Introduction to Instrumental Music: Orchestra
Understanding Music	Rock Orchestra
Digital Music Studio	Chamber Music Ensemble

## Literature (12) **TRI**

Modernist Literature, Film, and Music	Renaissance Drama
Critical Studies in Practice: Literature and the Natural Environment	Emotion and Motive in Literature: Western Fiction and Drama
Postmodern Theory and Literature	The Early Modern and Modern Novel

## Political Science (12) **TRI**

Democratic Theories and Civic Practices	Public Policy: Race, Class, Gender, and the Environment
Comparative Government	International Relations
Law, Justice, and the American Legal System	The Economics of Development

## Spanish

### Yearlong

Spanish 1	Spanish 2	Spanish 3	Spanish 4
Adv. Language (11-12)		Adv. Literature (11-12)	

### Trimester (10-12)

Advanced Conversation Through: Cinema (10-12)	Music (10-12)	Current Events (10-12)
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## Physical Education **TRI**

PE	Yoga	Wellness	Customized Training to Maximize Performance
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## Technology and Computer Science **TRI**

Programming	Design
Programming 1   2	Web Design 1   2
Advanced Programming: Topics in Computer Science	Advanced Programming: Algorithms & Data Structure Physical Meets Digital
	Topics in Computer Science

## Interdisciplinary **TRI**

*Understanding & Navigating the Modern World*

Expression	Place-based
Introduction to Public Speaking	Experience: Seattle (10-12)
Creative Writing	Experience: Arches National Park (12)
Adv. Creative Writing: Genre Study	Topics in Urban Planning and Community Design
Media	Thinking
Truth in Film: The Crafting of Reality	Undercover Economics: Thinking at the Margin
Modern Mythology in American Film	Evolution of Society: Economics & Technology (10-12)
Media Literacy: Navigating the Digital Age	Philosophy: Ethics (10-12)

# Independent Curriculum

## Seminars (10-12)

### Faculty-designed, student-fueled

- ▶ Facilitated by a faculty member or faculty pair, with guest presenters invited based on particular knowledge/experience.
- ▶ Six fifty-minute sessions (meeting once per week).
- ▶ Work done outside of sessions is preparation for collaboration and independent work at the collegiate level.
- ▶ Takes place in the middle of each trimester. Seminars are optional, student-driven, collaborative learning experiences with three to six students and one or two faculty members.

**Advanced Filmmaking:**  
A Deep Dive

**Advanced Web Design**

**Adventure in the  
Marvelous Outdoors**

**Behind the Scenes:**  
Technology Internships

**Bhagavad Gita:** A Guide to Living

**Creamos: Creative**  
Expression in Spanish

**Deliberate Design:**  
College, Career, Life

**Experiencing Nature  
Through Literature**

**Gender Studies**

**Global Trends 2040**

**Indigenous Issues in  
Contemporary Latin America**

**Introduction to Functional  
Programming**

**Introduction to Queer Theatre**

**Language Change**

**Literary Translation:** Global Art

**Methods, Innovation, and  
Entrepreneurship**

**Nutrition and Fitness:**  
How to Feel Better

**Patterns in the Mind:** Language  
and Human Nature

**Periodic Dining Table:**  
Topics in Food Science

**Race in the United States**

**Relational Databases**

**Resilience and Mindfulness**

**Resilience and Well-Being  
Through a DBT Lens**

**Siege Warfare**

**Systems Thinking:**  
An Introduction to  
Ecological Modeling

**The Ethics of Indigenous Rights**

**The Millennium Problems:**  
Million Dollar Math Puzzles

**The Signal and the Noise**

**Understanding Baseball  
Through Statistics**

**Understanding Computers  
from the Transistor Up**

**Understanding  
Gravitational Wave**

**Sources and Detection**

**Well-Being:** The Five  
Essential Elements

**Worldviews, Truths,  
and Consequences**

**You Mad, Bro?:**  
Rethinking Masculinity

## Independent Study (11-12)

### Student-designed and fueled

- ▶ Students design, propose, and pursue an independent course of study with the support of a faculty mentor.
- ▶ Ten fifty-minute sessions with faculty mentor, once a week.
- ▶ Work outside of sessions is preparation for independent research at the collegiate level.
- ▶ Starts in eleventh grade spring trimester.

## Senior Thesis (12)

### Student-designed and fueled

- ▶ Students expand the scope of research from a previous independent study, engage in new, original research, or combine both previous and new research.
- ▶ Five sixty-minute sessions with faculty mentor, once a week.
- ▶ Work outside of sessions is preparation for independent research and production at the collegiate level.
- ▶ Two Independent Studies of exceptional quality are a prerequisite to a Senior Thesis.

Students can begin experiencing the Upper School independent curriculum in tenth grade, with options for independent study starting at the end of eleventh grade.

COURSE	TENTH GRADE			ELEVENTH GRADE			TWELFTH GRADE		
	FALL	WINTER	SPRING	FALL	WINTER	SPRING	FALL	WINTER	SPRING
<b>Seminars (10-12)</b> 6 Weeks / Mid-trimester	●	●	●	●	●	●	●	●	●
<b>Independent Study (11-12)</b> One Trimester						●	●	●	●
<b>Senior Thesis (12)</b> Two Trimesters						● Ind Study #1 Exceptional Quality	● Ind Study #2 Exceptional Quality	● Ind Study #3 Senior Thesis 1 Research & Methods	● Senior Thesis 2 Construction & Publication

# What does a day in the life of a EPS student look like?



The EPS schedule is designed for depth of experience, ample time to make transitions, and opportunities to connect with peers and teachers. Four class periods meet each day from a total of eight class periods, one or more of which is a study hall or free period. Class period order reverses on days three and four of our four-day rotation, which helps ensure that natural cognitive differences for teenagers between the morning and afternoon are balanced.

Classes are seventy minutes long with fifteen minute passing periods between them. An optional “Zero (0)” Period for Upper School students takes place Tuesday through Friday from 7:30-8:15 a.m. for Chamber Music Ensemble and Chamber Choir.

		Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:40 (70 minutes)	<b>6th Grade</b>	<b>A Period</b> Literary Thinking 1	<b>E Period</b> Scientific Thinking 1	<b>D Period</b> Intro to Instrumental Music	<b>H Period</b> Pre-Algebra	<b>A Period</b> Literary Thinking 1
	<b>9th Grade</b>	Algebra 2	Intro to Public Speaking	Boundaries: Literature	Spanish 2	Algebra 2
----- 15 min. passing period -----						
9:55-11:05 (70 minutes)		<b>B Period</b>	<b>F Period</b>	<b>C Period</b>	<b>G Period</b>	<b>B Period</b>
	<b>6th Grade</b>	Study Hall	Historical Thinking 1	5-6 Soccer	Speaking Spanish	Study Hall
<b>9th Grade</b>	Biology	PE: Wellness	Boundaries: Social Science	Free Period	Biology	
----- 5 min. passing period -----						
Middle Band 11:10-11:45 (35 minutes)	<b>6th Grade</b>	Lunch	Lunch	Lunch	Lunch	Lunch
	<b>9th Grade</b>	Class Meeting/ Upper School Assembly	Advisory	Office Hours for 9th graders (Optional Seminar time for 10th-12th graders)	Club Time	Flex Time, Student Leadership Council Meeting, Affinity Group Meetings
----- 5 min. passing period -----						
Middle Band 11:50-12:20 (30 minutes)	<b>6th Grade</b>	Advisory	Class Meeting, Middle School Assembly, or Affinity Group Meetings	Clubs Time	Advisory	Open Activity Time (Sport Court/Maker Space, etc.)
	<b>9th Grade</b>	Lunch	Lunch	Lunch	Lunch	Lunch
----- 5 min. passing period -----						
12:25-1:35 (70 minutes)		<b>C Period</b>	<b>G Period</b>	<b>B Period</b>	<b>F Period</b>	<b>C Period</b>
	<b>6th Grade</b>	5-6 Soccer	Speaking Spanish	Study Hall	Historical Thinking 1	5-6 Soccer
<b>9th Grade</b>	Boundaries: Social Science	Free Period	Biology	PE: Wellness	Boundaries: Social Science	
----- 15 min. passing period -----						
1:50-3:00 (70 minutes)		<b>D Period</b>	<b>H Period</b>	<b>A Period</b>	<b>E Period</b>	<b>D Period</b>
	<b>6th Grade</b>	Intro to Instrumental Music	Pre-Algebra	Literary Thinking 1	Scientific Thinking 1	Intro to Instrumental Music
<b>9th Grade</b>	Boundaries: Literature	Spanish 2	Algebra 2	Intro to Public Speaking	Boundaries: Literature	
3:00-3:30	Office Hours/Flex Time					
3:30-5:30	Sports, Academic Teams, Theatre (Play Rehearsal) or After School Study Hall (until 6:00)					

# Student Experience & Well-being: Life Beyond the Classroom

Well-being at EPS is about bringing all aspects of the student experience together to create a safe, supportive, and healthy environment for students to learn and grow as members of a caring community.

Eastside Preparatory School fosters student well-being through direct instruction and programming, wellness resources, and, most importantly, the promotion of genuine human connections. Built on a foundation of physical, emotional, and social health, the well-being

program promotes self-awareness, purpose, and community, which lead to resilience and overall well-being.

EPS works to ensure that students feel safe and supported, which allows them to take healthy risks both academically and socially. Whether accessing our school counselors or nurse, engaging in a team-building activity in Advisory, or building authentic connections with teachers and classmates, well-being is woven into the very fabric of the EPS community.

## Supporting All Learners

Well-being can look very different from student to student. Like our individualized approach to academic learning, we recognize that each student needs to be supported in their own way. We have created many avenues for student support, including:

### SCHOOL-WIDE LEARNING SUPPORT

- ▶ Designed to help students with a wide variety of learning profiles successfully navigate the rigorous and challenging academic curriculum at EPS.
- ▶ The program does not stand alone but is woven into the fabric of the overall school.
- ▶ Learning Support helps teachers learn best practices for all learners, not just those with diagnosed learning needs.
- ▶ Services can range from assistance with general organizational and study skills to help with a specific project, paper, or test. They can consist of a single meeting or regularly scheduled sessions.

### GUIDED STUDY HALL (GSH)

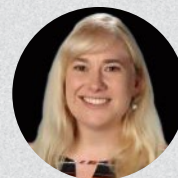
- ▶ Guided Study Hall is a fee-based service available to all students, not just those with diagnosed learning needs.
- ▶ GSH varies from a traditional study hall in that each student receives tailored, individualized instruction from Learning Support Specialists.
- ▶ GSH Specialists work with students to identify areas of strength and devise strategies to address areas of struggle.

- ▶ Students attend GSH during Study Hall or a free period, with a maximum of four students to one teacher per session.
- ▶ Students are not pulled out of any classes or activities to attend GSH, so they fully experience the EPS program while receiving the support they need.
- ▶ GSH sessions focus on various skills, including self-advocacy, assignment tracking, organization, and study skills.

### ACCOMMODATIONS

- ▶ Any student with a diagnosed learning challenge is eligible for an EPS learning plan and reasonable accommodations supporting their educational needs.
- ▶ The plan and accommodations are provided to all teachers supporting a given student.
- ▶ Enrolled families connect with the Learning Support Team after enrollment and before the start of school to create the learning plan.
- ▶ Students and families do not need to disclose any diagnosed learning challenges in the admissions process, but can ask about reasonable accommodations at any time.

### LEARNING SUPPORT



Jamie Andrus



Mike Anderson



Ian Corey-Boulet



Natalie Abel



Monica Cowdery

## Social-Emotional Well-Being

The Well-Being program includes social-emotional lessons in advisories, wellness resources, and promotion of diversity, equity, and inclusion. Education at EPS is fundamentally about relationships and connections.

### STUDENT WELL-BEING



**Paul Hagen**

Director of Student Well-Being



**Kim Richards**

Administrative Assistant to the Office of Student Well-Being

### COUNSELING SUPPORT

- ▶ Counselors, seen below, are available to meet with students across all grade levels.
- ▶ Students can choose which counselor they feel most comfortable meeting and can establish a relationship spanning from Middle to Upper School.
- ▶ Counselors can be accessed by dropping in, scheduling a time to meet via email, and teacher or parent requests. Students are assured that the Counselors' role is to advocate for and support them, not to discipline.

### SCHOOL COUNSELORS



**Michelle Lorne**



**Sam Foote**



**Amy Sanchez**



### ADVISORY PROGRAM

- ▶ An advisor's role includes culture building, support, and advocacy.
- ▶ Advisors get to know their group of students well and track how they are doing academically, socially, and behaviorally through weekly meetings.
- ▶ They help students set goals and work towards them.
- ▶ They are sounding boards and the go-to person for questions about how things work for both students and their parents/guardians.
- ▶ They are cheerleaders and coaches for students as they move through their EPS experience.

### EQUITY, INCLUSION & COMPASSIONATE LEADERSHIP (EICL)

EPS is dedicated to advancing equity, inclusion, and compassionate leadership throughout all aspects of the school—in the classroom, the hallways, faculty and administrative meetings, and beyond. Building such a community is a constantly evolving process that requires flexibility, trust, and commitment to the idea that all people share a common humanity. EICL is woven into the daily life and lessons at EPS, including programs such as:

- ▶ Affinity Groups
- ▶ Clubs
- ▶ DEI Lecture Series with fellow independent schools
- ▶ Professional development for faculty and staff, including culturally responsive teaching practices
- ▶ Culture Night
- ▶ Guest Speakers

### EICL CO-COORDINATORS



**Bess McKinney**  
Social Science Faculty & EICL Co-Coordinator



**Ed Castro**  
Music Faculty & EICL Co-Coordinator



➔ [Learn more: eastsideprep.org/student-life](https://eastsideprep.org/student-life)

➔ [eastsideprep.org/student-life/equity-and-inclusion](https://eastsideprep.org/student-life/equity-and-inclusion)



## Student-Centered Experiences

With a diverse set of clubs and social experiences available, there are ample opportunities for students to pursue passions and discover new interests. Additionally, resources are available to support students' health and wellness and build strong relationships and lasting community.

### LEARNING THROUGH EXPERIENCE

- ▶ **Fall Orientations** A two-day experience that helps students connect and get to know each other. Experiences like overnights at local camps, ropes challenge courses, cultural immersions, and guided tours of area attractions.
- ▶ **Service learning** Service projects such as Green Kirkland and Sound Salmon Solutions.
- ▶ **Outdoor Education** Day trips like hiking, snowshoeing, rock climbing, and squid fishing.

### EDUCATION BEYOND THE CLASSROOM (EBC)

- ▶ **EBC Week** Week-long experiences focused on arts, sciences, history, culture, and service. Experiences such as the Nashville Music History trip, cultural and environmental trips to Hawaii, and Behind the Scenes of Broadway.
- ▶ **Field Trips** Courses and grade level teams engage in occasional off-campus programs to enhance student learning, including trips like the Seattle Aquarium, King County Court House, and Seattle Asian Art Museum.



### STUDENT-LED AND DESIGNED CLUBS, ACADEMIC TEAMS, AND SOCIALS

To encourage students to explore clubs and academic teams, clubs are student-led and based on student interest. This means that the offerings may change yearly.



**David Kelly-Hedrick**  
Literary Thinking Faculty &  
Experiential Education  
Coordinator

#### Clubs

##### Middle School Clubs

Allies for Equity (A4E)	Eighth Grade Leadership Lab	Homework Club
Breaking the Binary	Fantasy Football	Magic the Gathering
Chess Club	Film Making	Reading for Fun
Conversation Club	Green Club	
Debate		

##### Upper School Clubs

Allies for Equity (A4E)	Chess Club	Gender & Sexuality Alliance (GLAM)
APIDA (Asian, Pacific-Islander, Desi American)	Civic Engagement	Girls Empowerment Hack Club
AQUILA (Literary Magazine)	Composition Mag Club	La Mesa de Español
Board Game Club	Electric Vehicle (EV) Car Conversion	Music Production & Broadcast
Business Club	Environmental Club	Ping Pong
	Fantasy Football	Weightlifting
	Fiber Arts	

#### Academic Teams

##### Middle School Teams

Chess Team  
Debate Team  
First Lego League Robotics  
Math Team

##### Upper School Teams

Debate Team  
EPS Research & Development (R&D)  
First Tech Challenge Robotics  
Math Team



## OUT-OF-THE-CLASSROOM EVENTS AND OPPORTUNITIES

While students stay connected throughout the day, EPS also provides social opportunities outside the classroom!



**Karla Harris**  
Student Life  
Coordinator

### Middle School Socials

Spanish Movie Night  
Grade Level Excursions  
Outdoor Outings  
Spirit Weeks  
Ski Bus  
Game Corner  
Gym & Sport Court  
Grade Level Evening Socials

### Uppers School Socials

Ski Bus  
Winter Wars  
Spirit Weeks  
Homecoming  
Prom  
Outdoor Outings  
Sports Festivals (aka Tailgates)  
Rock Climbing

[eastsideprep.org/clubs](http://eastsideprep.org/clubs)

## CREATIVE WELL-BEING / FINE & PERFORMING ARTS (F&PA)

Across the stages and studios of the Fine & Performing Arts at EPS, students create a trusted community of friends and learn lifelong lessons of expression, resilience, and collaboration. At EPS, all students are art students!



**Ginger Ellingson**  
Director of Fine & Performing Arts

### Middle School

Middle School Play  
All-School Musical  
MS Tea House (visual art showcase)  
MS Maker Space (3D printer, sewing machines, wood laser cutter, vinyl cutter, etc.)

### Upper School

Art Studio  
Graphic Design  
Green Screen Room  
Upper School Play  
All-School Musical  
US Design Lab (3D printer, wood laser cutter, Virtual Reality, CNC cutting, coding)  
US Coffee House (visual art showcase)

[eastsideprep.org/arts](http://eastsideprep.org/arts)

## Physical Health & Well-Being

Along with our Physical Education (PE) program, our no-cut, everyone-can-play athletics program encourages kids to reach outside their comfort zone and move around. They provide great opportunities to connect socially and build an ethic of teamwork.



**Kim Eng**  
Director of Athletics



**Angie Sharp**  
Assistant Director of Athletic Operations

	MS Girls	MS Boys	US Girls	US Boys
<b>Basketball</b>	W	W	W	W
<b>Crew</b>	F & S	F & S	F & S	F & S
<b>Cross Country</b>	F	F	F	F
<b>Golf</b>	n/a	n/a	S	F
<b>Soccer</b>	F	F	F	S
<b>Tennis</b>	S	S	F	S
<b>Track &amp; Field</b>	S	S	S	S
<b>Ultimate Frisbee</b>	S	S	S	F
<b>Volleyball</b>	S	n/a	F	n/a

W = Winter F = Fall S = Spring

[eastsideprep.org/athletics](http://eastsideprep.org/athletics)

## PHYSICAL EDUCATION (PE) PROGRAMS

The mission of the Eastside Prep PE Program is to inspire, prepare, and encourage students to develop a positive attitude toward participation in physical activity and healthy living. Through PE courses like:

- ▶ PE Wellness, where students learn how the body works to keep it healthy.
- ▶ Customized Training to maximize performance to help students development of athletic skills and knowledge and encourage participation in lifetime sports and activities.
- ▶ Fifth and sixth graders can choose to play a sport in place of their PE class and/or participate on an after-school athletics team.

## Family Engagement

We partner with parents and guardians every step of the way. At EPS:

- ▶ We meet with parents and guardians face-to-face starting with the admissions interview, and continuing with advisor-led conferences, grade-level coffees, and college counseling meetings.
- ▶ We empower parents and guardians with ongoing education about their students' development and how to best support them.
- ▶ We provide parents and guardians opportunities to connect with one another through family picnics, adult social gatherings, and campus events.
- ▶ Parents and guardians receive weekly updates from the school and timely responses to individual communication via phone and email.



# College Counseling

## Overview

At EPS, students drive their college process with the support and empowerment of a team of professionals dedicated to their success. Members of the College Counseling team all work with students in other roles at the school: they have coached, traveled with, taught and advised students before guiding them through their college finding journey. They have firsthand insights into each student's character and interests. In our unique model, students are assigned both a college process coach and writing coach. The Associate Head of School for College Counseling and Alumni Relations supports all families in the college process.



**Bart Gummere**  
Associate Head of  
School for College  
Counseling and  
Alumni Relations



**Katie Yost**  
Administrative  
Assistant for College  
Counseling and  
Alumni Relations

## Process

Over the course of three years, students are guided by their Process Coach to complete each of these steps:

- ▶ Engage in extensive self-reflection with the goal of developing and continually refining a list of criteria important to the student's college search.
- ▶ Gain awareness of colleges and universities beyond the student's own experience.
- ▶ Learn effective strategies for researching schools in order to build, refine, and finalize the college list.
- ▶ Plan for campus visits, conduct mock interviews, and prepare for interactions with college admissions representatives.
- ▶ Develop a standardized testing plan.
- ▶ Maintain strong communication through regular family meetings and frequent one-on-one meetings throughout the process.
- ▶ Build, refine, and finalize the college list.
- ▶ Compile, complete, and submit applications.
- ▶ Evaluate options and make final decisions about matriculation.

## PROCESS COACHES



**Elizabeth Andersen**



**Michael Anderson**



**Kelly Violette**



**Adam Waltzer**

## Writing

Over the course of three years, students are guided by their Writing Coach to complete each of these steps:

- ▶ Understand the purpose of the college admissions essay using mock admissions examples.
- ▶ Reflect on their own unique characteristics and story with the help of brainstorming activities and personal conversations.
- ▶ Generate potential writing topics.
- ▶ Draft and edit personal statements and supplements.
- ▶ Refine and complete college application writing that demonstrates their writing ability and more importantly, who they are and what they care about.

### WRITING COACHES



Allison Luhrs



Elena Olsen



Stephen Keedy

## Test Prep

To help students prepare for the ACT and SAT, students have the opportunity to take a practice PSAT and ACT in tenth grade. In the fall of their junior year, students take the PSAT on campus, which also serves as the qualifying test for the National Merit Scholarship Program. The table below shows the middle 50% of scores from the EPS Class of 2020, 2021 and 2022 for both the ACT and the SAT.

SAT Examination	Middle 50%	Mean
R/W	640 - 740	687
Math	620 - 750	683
<b>Total</b>	<b>1250 - 1470</b>	<b>1369</b>
<b>National Percentiles</b>	<b>86th-99th</b>	<b>96th</b>

ACT Examination	Middle 50%	Mean
English	28 - 35	31
Math	26 - 31	28
Reading	31 - 35	33
Science	26 - 34	30
STEM	27 - 33	29
Composite	28 - 33	31
<b>National Percentiles</b>	<b>88th-98th</b>	<b>93</b>

## Events

Over the course of four years, students participate in these college counseling events:

- ▶ Visit two local universities with all tenth-grade students.
- ▶ Take the PSAT and practice ACT.
- ▶ Attend a mock admissions night for families.
- ▶ Attend four college counseling nights for families.
- ▶ Attend workshops to receive support from college counselors on the college process and application work.
- ▶ Meet with college admission officers who visit EPS (we host more than 100 of them each fall).
- ▶ Attend the college fair co-organized by EPS with Seattle Area Independent Schools (SAIS).
- ▶ Travel on optional college tours through Education Beyond the Classroom (EBC) trips.

## By the numbers

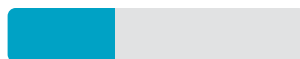
524 students have graduated in the classes of 2009-2022. Of those:



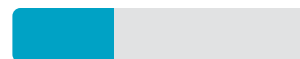
77% attend a university outside Washington State



40% attend a university of 10,000 or more undergraduate students



36% attend east of the Mississippi River

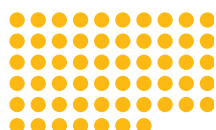


34% attend a public university

8 college applications submitted per graduate (average)



57 National Merit Scholar commended students



30 Merit Scholar semifinalists



12 Merit Scholar winners and 7 additional finalists\*



\*pending 2022

# EPS Alumni: Creating a Better World

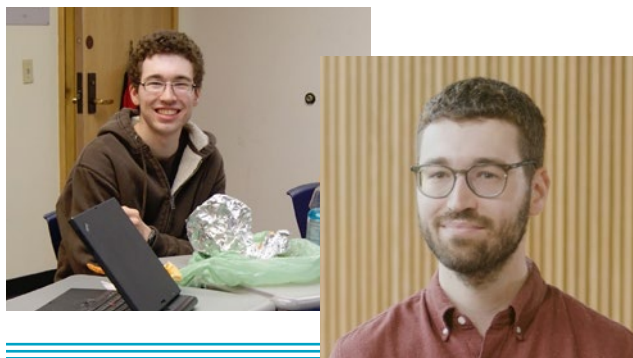
Here are two profiles from members of the EPS alumni community—524 graduates strong and counting!



## CAMERON GREENBERG, CLASS OF 2012

*“Having more adults showing interest concretely and genuinely in students is really enriching. Combined with the resources the school puts behind student interests, and the support the teachers offer, it tells them that their interests matter.”*

Cameron Greenberg’s advice for those considering EPS? If you want a place that’s safe and comfortable for exploring identities, interests, and smaller social interactions, you’ll feel at home here. “Eastside Prep was really a great place to figure out what I was really interested in, and it gave me a lot of opportunities to explore those interests.” Cameron fondly recounts his love of creative writing, along with experiential learning opportunities like annual spring trips, and independent projects with mentors. Dr. Elena Olsen, Cameron’s advisor, read the over 100-page novel he wrote for his senior project. “It was a very supportive environment to explore those kinds of things...I embarked on trying to write a novel that year. It may not have gone anywhere, but it was a really cool experience and I’m still writing to this day.”



Cameron joined EPS for Middle School in 2005 and graduated in 2012. He majored in English and minored in Political Science at Oberlin College. Cameron first worked at a boutique staffing consulting firm for about a year, and then joined We Communications. As a Senior Account Executive, he supports both public relations and communications. Cameron helps shape media strategy and messaging for corporate sustainability and industry policy at Microsoft.

➔ **Learn more:** [eastsideprep.org/eps-alumni](https://eastsideprep.org/eps-alumni)

## MAX SHEFFIELD, CLASS OF 2014

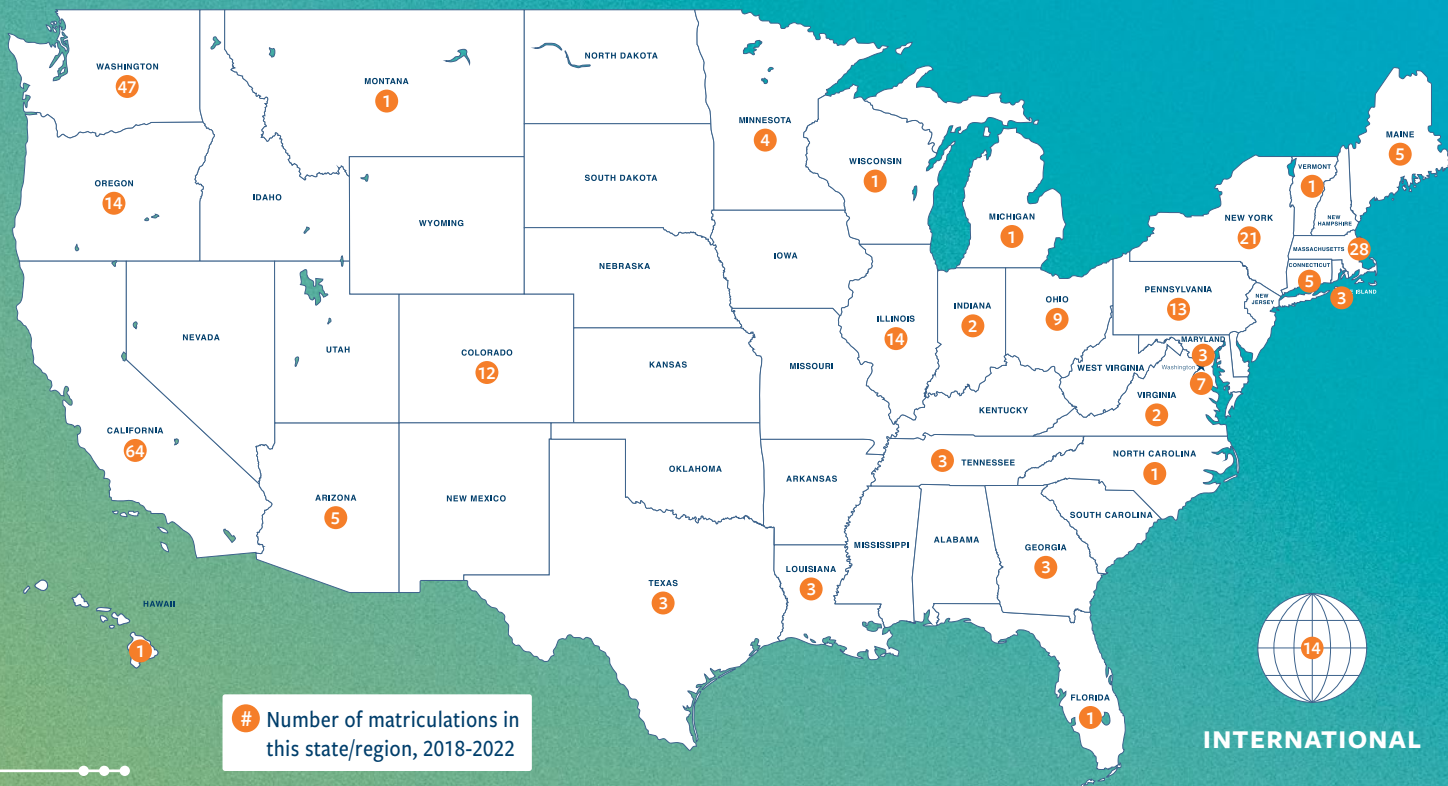
*“I wanted to stay connected to Eastside Prep because it was such a huge part in making me who I am today. I want to make sure that all those positive aspects that I remember from my time of going to Eastside Prep are still thriving here.”*



Max Sheffield joined the EPS community as a sixth grader and remarks that “I pretty much instantly was in love with science, and so I found myself always loving the science classes all the way through graduation.” Max headed to Whitman College after graduating from EPS in 2014. After graduating with a major in biology and minor in computer science, Max returned to the area for his work with Adaptive Biotechnologies, first joining the production lab and then heading to the software team where he now serves as a Senior Software Development Engineer in Test. Max then rejoined the roster of EPS Ultimate—but this time, as an assistant coach.

As an EPS coach, Max hopes to create a strong community that can support each other through hard games, help push each other at practices, and achieve their goals. The Eastside Prep ethos of no-cut sports, and emphasis on participation, are key for Max. “Coaching for me means being a leader and being someone who can help students and players be the best that they can be—helping find their superpowers on and off the field, too.”

To hear more from these EPS alumni and others, [visit our Alumni News page.](#)



# Number of matriculations in this state/region, 2018-2022

INTERNATIONAL

# College Attendance

- Aalto University
- American University (2)
- Amherst College
- Arizona State University (3)
- Bard College
- Bates College (2)
- Berklee College of Music
- Boston College
- Boston University (2)
- Bowdoin College (2)
- Bradley University
- Brandeis University (3)
- Brown University (3)
- Bryn Mawr College
- California College of the Arts
- California Institute of Technology
- California Polytechnic State University, San Luis Obispo (2)
- Carleton University
- Carnegie Mellon University (3)
- Cascadia College
- Case Western Reserve University (2)
- Charles University
- Champlain College
- Chapman University (6)
- Claremont McKenna College
- Colby College
- College of William & Mary
- Colorado College (2)

- Colorado School of Mines
- Columbia College Chicago (3)
- Columbia University
- Cornell University (5)
- Dallas Baptist University
- Denison University
- DePaul University
- Dickinson College
- Duke University
- Edmonds Community College
- Embry-Riddle Aeronautical University, Prescott
- Emerson College (3)
- Emory University (2)
- Fashion Institute of Design and Merchandising, Los Angeles
- Fordham University (2)
- Franklin University Switzerland
- George Fox University
- Gonzaga University (2)
- Harvard University
- Harvey Mudd College (4)
- Haverford College
- Hult International Business School - London
- Illinois Wesleyan University
- Indiana University, Bloomington (5)
- Johns Hopkins University
- Kenyon College (2)

- Lafayette College
- Lewis & Clark College (2)
- Loyola Marymount University (2)
- Macalester College
- Maryland Institute College of Art
- Massachusetts Institute of Technology (2)
- McDaniel College
- Montana State University, Bozeman
- New York University (3)
- Northeastern University (3)
- Northwestern University
- Oberlin College (2)
- Occidental College (3)
- Oregon State University (4)
- Pacific University
- Pepperdine University
- Pitzer College
- Pomona College (2)
- Queen's University
- Reed College (3)
- Rensselaer Polytechnic Institute
- Rice University
- Rochester Institute of Technology (3)
- San Diego State University
- Santa Clara University (12)
- Sarah Lawrence College
- Savannah College of Art and Design
- School of Drama at The New School

- Scripps College
- Seattle University (2)
- Sewanee: The University of the South
- Skidmore College
- Smith College (2)
- St. Olaf College (2)
- Stanford University (6)
- Swarthmore College (2)
- Syracuse University (2)
- Temple University, Japan
- Texas A&M University
- The George Washington University (5)
- The Ohio State University (2)
- The University of Tampa
- Trinity College Dublin
- Tufts University (5)
- Tulane University (3)
- University of Arizona
- University of British Columbia (3)
- University of California, Berkeley (7)
- University of California, Irvine
- University of California, Los Angeles (3)
- University of California, San Diego (2)
- University of California, Santa Barbara (2)
- University of California, Santa Cruz (2)
- University of Chicago (6)
- University of Colorado, Boulder (5)
- University of Denver (4)

- University of Hawaii at Manoa
- University of Illinois at Urbana-Champaign
- University of Michigan
- University of Minnesota
- University of Pennsylvania (3)
- University of Portland (2)
- University of Redlands
- University of Richmond
- University of Southern California
- University of Toronto (4)
- University of Victoria
- University of Washington, Seattle (22)
- University of Washington, Bothell
- University of Waterloo (2)
- University of Wisconsin, Madison
- Vanderbilt University (2)
- Villanova University
- Washington State University
- Wesleyan University (2)
- Western Washington University (8)
- Whitman College (8)
- Whittier College
- Willamette University
- Worcester Polytechnic Institute (4)
- Yale University (3)

# Apply to Eastside Prep

We use the online application system **Ravenna Hub**, accessible through our website. Here are the components of an Eastside Prep application:

## PRELIMINARY APPLICATION

(completed online with **Ravenna Hub**)

- Complete Student and Household Profile
- Application Fee - \$75.00

## FAMILY FORMS

(completed online with **Ravenna Hub**)

- Parent/Guardian Statement\*

**Why:** This statement allows us to better understand, in your own words, who your student is, who you are as a family, and what you're looking for in a school.

- Student Interests & Activities\*

**Why:** This gives us further insight into who your student is and what they like to do. Through this information, we can imagine how your student might connect with and participate in our school community.

\*Puget Sound Independent Schools (PSIS) Common Form

## SCHOOL RECORDS

(completed online with **Ravenna Hub**)

- Grades/Transcripts for the last three years, including 2022-2023, 2021-2022, and 2020-2021

**Why:** Students' school records can help us see how they've grown and progressed over their last three years of schooling, including areas of strength and areas where they can continue to grow. This helps us to understand where a student is academically and whether they're prepared to enter their application grade at EPS.

## TEACHER EVALUATION FORMS

(completed online with **Ravenna Hub**)

- Delegate Teacher Evaluations in Ravenna

You need two teacher evaluations. These evaluations should come from educators who know your student best, and with whom they have had the most contact in-person or remotely, who taught your student during one of the following school years: 2022-2023, 2021-2022, and 2020-2021.

### Fifth and Sixth Grade Applicants

We prefer to hear from homeroom/primary teachers who know students best. Ideally, the teachers would be from two different school years.

### Seventh through Twelfth Grade Applicants

We prefer to hear from teachers in core subjects such as English, history, math, and science. Ideally, the teachers would be from two different disciplines.

**Why:** Teacher's evaluations give us an in-the-classroom view of how a student interacts with peers and teachers. We hear teachers' firsthand experiences with the student. This allows us to visualize how your student will engage with the EPS community.



## STANDARDIZED ADMISSION TEST SCORES

(one of the following tests, with no preference between testing types)

- SSAT (Secondary School Admission Test)

- At-home testing available for students applying to sixth-grade or higher.
- Paper test available
- EPS school code: 2949
- Register at [www.ssat.org](http://www.ssat.org)

- ISEE (Independent School Entrance Exam)

- At-home testing available for students applying to fifth-grade or higher.
- In-person testing available at testing sites
- EPS school code is 481417
- Register at [erblearn.org/parents/admissions-testing-isee](http://erblearn.org/parents/admissions-testing-isee)

**Why:** Standardized test results are only one measure of a student's academic performance or ability, but they are a more consistent measure as all students are tested on similar material and scored in the same manner.

We particularly value the writing sample from these standardized tests, as it shows us how students approach a question and think through their answer without any advance preparation.

## ONLINE STUDENT ASSESSMENT: INTERVIEW AND WRITING SAMPLE

(completed online with **Kira Talent**, by invitation)

- Complete the Online Student Interview and Writing Sample

**Why:** Our priority in our admissions process is that we get to know each student as an individual—their personalities, interests, and the unique way that they think about questions. Through recorded interview responses, students can express this in their own words, providing authentic insight for our Admissions Committee into each student's identity and personality.

## PARENT/GUARDIAN INTERVIEW

(register online with **Ravenna Hub**)

- Complete Parent/Guardian Interview

A thirty-minute virtual session designed to help us learn about applying students and families through the parent/guardian lens while also providing you with an opportunity to ask questions about EPS.

**Why:** Parents are an important part of the EPS community. That's why we want to get to know you as well through a parent/guardian interview, where you'll have an opportunity to share more about your student and your family, as well as to ask any questions about EPS.

## TALI Hall

LOWER	Scene Shop	002
	O'Hara Art Studios:	
	Visual Art Studio	003
	Green Screen Room	005
	Digital Arts Lab	006
Electric Car Program	007	
FLR 1	Carnevali Gallery	
	Theatre	101
	Dressing Rooms	102
	Choral Studio	103
Admissions, College Counseling	108-114	
FLR 2	Harkness Room	206
	<i>Humanities, seminars</i>	
Theatre Balcony	210	
FLR 3	Reingold Music Studio	301
	<i>Instrumental music</i>	
Physics Lab	305	
Biology Lab	306	
Friel Learning Center	314-320	
<i>Counseling, Learning Support, Guided Study Hall</i>		
Alumni Relations Office		
Equity & Inclusion Coordinators	114	
Music practice rooms	321-323	
FLR 4	Boardroom	405
	Bishop Administrative Offices	407-415
<i>Business, Academics, Head of School, Institutional Advancement</i>		
ALL	Classrooms	multiple purpose

## Middle School (MS)

FLR 1	MS Head Office	106
	Executive Assistant Office	104
Science Lab	101	
Maker Space	107, 108	
Counselors Office	105	
FLR 2	Science Lab	206
	MS Teacher Offices	
ALL	Classrooms - Multipurpose	
Common Areas		
Lockers		

## Levinger-Poole Commons (LPC)

FLR 1	Dining Services	
	Meeting Rooms	101, 102
FLR 2	Yoga Studio	202
	School Nurse	203, 204
Student Well-Being Offices	208, 209	
Library	201-A	
ALL	Classrooms	multiple purpose

## The Macaluso Academic Collaborative (TMAC)

LOWER	Sanders Design Lab	
	<i>featuring CNC (material cutter), five 3D printers, two laser cutter/etchers, electronics, VR station</i>	
Scanning Electron Microscope Lab		
Technology Office	<i>technology support and resources</i>	
Michael and Mary Kay Hallman Amphitheater	<i>performance, presentations, robotics competitions</i>	
FLR 1	Upper School Commons	100
	US Head Office	101
Short Family Science Lab: Chemistry	103	
FLR 2	Short Family Science Lab: Biology	201
	Athletics Offices	209-211
FLR 3	Gym	300
	Locker Rooms	302, 303
FLR 4	Physical Education Office	401
	Athletic Trainer	403
ALL	Classrooms	multiple purpose



# Campus Guide

- ADA-accessible path
- ▶ ADA-accessible entry
- ▶ Building Entry

