

UPCOMING EVENTS

8/3 23/24 ALL-Sports Meeting for
parents/guardians of all
prospective athletes & managers

8/7 Fall Sport Forms DEADLINE

8/14 9th Grade Parent Night

8/14 First Day Fall Sports

8/16 9th Grade ONLY

8/17 9-12 Regular Schedule

8/23 Orchestra Fun Night

8/24 Club Fair

8/24 Fall Jamboree

8/26 Lions Leap Dance

8/28 Open House

9/10 Little Lions Spirit Clinic

9/27 Homecoming Parade

9/29 Homecoming Crowning

9/30 Homecoming Dance

LAWRENCE HIGH SCHOOL

THE LION'S ROAR

August 2023 LHS Newsletter



Greetings LHS parents and guardians,

I hope that you all enjoyed your summer and that you are looking forward to another fantastic year at LHS, as your new interim principal at LHS I know that I am excited to begin the 2023-2024 school year. Please take a few minutes and review all of the upcoming dates that we have as the beginning of the school year is a hectic time of the year. One technology thing that I want to make you aware of is that if your student wants a stylus then they will need to check one out from the librarian once school starts if they haven't already received one.

As always, "It's a great day to be a lion!"

LHS Interim Principal

Quentin Rials

The LHS Link Crew invites the
Chesty Lion Class of 2027 to 9th Grade Orientation

Wednesday, August 16

8 am - 11:30 am

LHS Main Gym

*Please dress comfortably for the orientation
activities and leave school supplies & backpacks at home!*

The LHS Link Crew will also host a special
orientation for **NEW students entering grades 10, 11, and 12**

Wednesday, August 16

1:30-3 p.m

LHS Cafeteria

Dress comfortably and leave school supplies & backpacks at home!

Lions Pride PTO

The Parent/Guardian Teacher Organization for Lawrence High School- Everyone is Welcome!



There are lots of ways to help support staff and students through Lions Pride!

Please sign up at this link:

<https://www.signupgenius.com/go/10C0A4BAEAD28A4F49-lawrence>

If you have any questions at all, you can reach us at lhslionspridepto@gmail.com

As always, it is a great day to be a Lion!

Thank you, LHS Lions Pride PTO Committee

Jamie McNally- Chair

Amy Phalen – Co- Chair

Jessica Wollesen-Treasurer

Shelly Rojo – Merchandise Chair



**Need LHS Merchandise? You can shop the PTO store anytime at: <https://lionspride-108327.square.site/>
All proceeds support LHS Staff and Students.**

Activities

Elaina Honas, Assistant Principal/Activities Director
David Ruis, Activities Secretary

* **Device Pick up** for those who have not picked up yet: **August 16th** from 9-2pm or First Day of school

****Picture Make-Ups** will be on **August 31st** and **October 9th** during the school day

August 14th

9th Parent Night 6:30

August 24th

Club Fair 3:30-4:30 in the Cafeteria

August 26th

Lion's Leap Dance @ 7pm

August 28th

Open House

September 27

Homecoming Parade @ 6:30

September 28

Homecoming Assembly (during 3rd period)

September 30

Homecoming Dance from 7-9pm

Follow us on Twitter @activities_LHS



ANNOUNCEMENTS

LHS Student Media Classes and Room 308 Productions present student announcements every Monday, Tuesday, and Friday via the Room 308 Productions YouTube Channel [Room 308 Productions YouTube Channel](#)

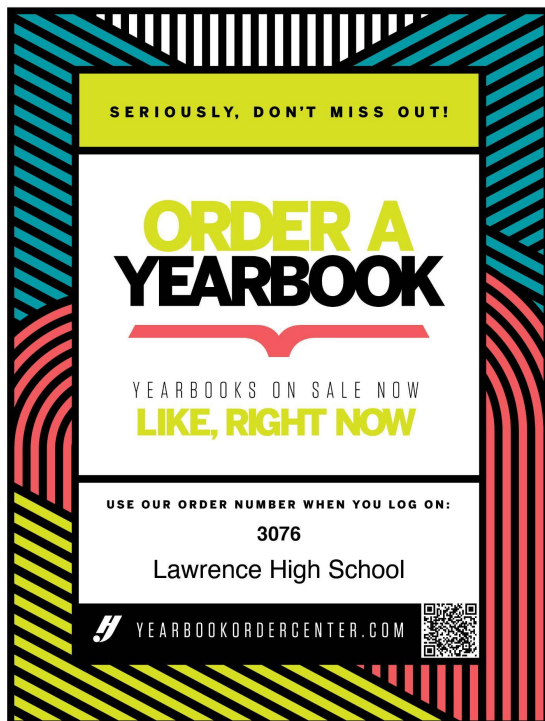
LHS STUDENT PUBLICATIONS

Would you like to see your business featured in our nationally-recognized student publications? Sign on as an advertiser or supporter. Details are listed here: <https://lhsbudget.com/about/advertise/>. Or go directly to our donation link: <https://payments.efundsforschools.com/fundraising/districts/55379/campaigns/LHSJRNSM23>.

THIS WEEK AT LHS

Don't miss out on events and activities at Lawrence High when you keep up with our weekly calendar, <https://lhsbudget.com/category/this-week-at-lhs/>.

THIS WEEK
AT LAWRENCE HIGH



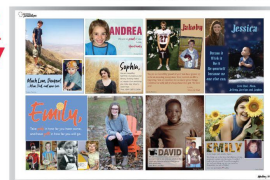
A vertical advertisement for the yearbook. It features a yellow banner at the top with the text "SERIOUSLY, DON'T MISS OUT!". Below this is a large white box with the text "ORDER A YEARBOOK" in bold, black letters. Underneath, it says "YEARBOOKS ON SALE NOW LIKE, RIGHT NOW" in yellow and black. A smaller white box contains the text "USE OUR ORDER NUMBER WHEN YOU LOG ON: 3076 Lawrence High School". At the bottom, there is a QR code and the website "YEARBOOKORDERCENTER.COM". The entire ad is framed by a colorful, geometric border.



A collage of yearbook pages from 2019. It features several student portraits and names, including Andrew, Crosby, Brayden, and Cooper. A prominent red banner in the center reads "SENIOR TRIBUTE '24 YEARBOOK AD SALES". Below the collage, it says "Examples of pages from 2019 yearbook".

PLAN YOUR AD NOW

Senior yearbook ads for the class of 2024 are on sale now. While the final deadline to guarantee your spot in the yearbook is Jan. 12, you will **save significantly** by turning in and paying for your ad at the **early bird deadline on OCT. 2**.



A collage of yearbook pages from 2019, showing various student portraits and names, including Andrea, Cooper, and David. It is labeled "Examples of pages from 2019 yearbook".



Order details here: bit.ly/lhsybkseniorads

LAWRENCE HIGH SCHOOL ■ RED & BLACK YEARBOOK

ATTENDANCE

Please welcome Kaitlyn Mask, she will be helping you with attendance.

Call the Attendance Line at 785-330-4968 or email lhsattendance@usd497.org to report an absence or check a student out during the school day.

- Please allow a minimum of two hours to excuse students during the school day
- Students will be released by their teacher only when notified by a pass from the office
- Only parent(s)/legal guardian(s) listed in PowerSchool may excuse students
- Students may not excuse themselves or check themselves out
- Both voicemail and email are monitored continuously during business hours - Please leave a message

HEALTH OFFICE

Update on immunizations for 2023-2024 school year

- Meningococcal: 2 doses -All students should have a record of at least one dose of Meningococcal vaccine usually given at 11-12 years of age and a second dose at 11th grade.
- Tdap: Tetanus, Diphtheria, Pertussis: One dose -usually is given in middle school but if your student missed this dose, please make sure they have this before school starts.
- Hepatitis A: 2 doses are required.

Recommended: yearly Influenza vaccine; HPV (Human Papillomavirus) 2 doses if given before age 15; otherwise 3 doses.

Asthma Inhalers: High School students can and should keep their asthma inhalers with them at all times. Please contact the nurse if you would like the inhalers kept only in the health office.

Epi Pens: Please make sure the nurse knows that your student is keeping an EPI Pen with them in their backpack. If they have a need for emergency EPI PENS, they should have one with them at all times. Please notify the nurse about any changes or a new diagnosis so other staff are aware and can help in an emergency situation.

Seizures: Please notify the nurse if your student has been diagnosed with a seizure condition and has emergency medication to keep at school.

Diabetes: Please notify the nurse of updated diabetes medications and changes. Back up snacks and medication can be kept in the health office.

Over the counter headache and pain medication (such as acetaminophen and/or ibuprofen, midol, antacids, etc) can be kept with students. Ibuprofen, acetaminophen and antacids are both available for no charge in the health office if ever needed.

Prescription medications that are controlled substances (such as those for ADHD, anxiety, depression), must be administered by the nurse or health office assistant during the school day. Medication forms are attached.


Please let the nurse know of any updated health situations that your student may have.
We want to keep them healthy and successful for the school year!

LHS Health office: 785-330-0721

Carol Casteel, RN, MSN (ccasteel@usd497.org)

Marcy Frank, CNA, Health Office Assistant

 **Copy of Permission for Medication.doc(Spanish)**

 **Copy of Permission for medication for(English)**



We're Here for you! Whether you need resources for your family,
are worried about a friend, or simply need someone to talk to,
a member of the **LHS Mental Health Team** is here for you.

We are located in Student Services. [LHS Mental Health Webpage](#)

FROM THE COUNSELORS

Schedules

Last semester, students chose their classes for the 2023-24 school year. While there may be some wishes for changes, most of our classes are full and the schedule does not allow for much flexibility. Once released in PowerSchool this week, please look over your schedule and ensure the following:

1. Seven classes in seven different periods.
2. Have required classes:
 - a. 9th: English 9, Biology, Math
 - b. 10th: English 10, Science, Math, & World History
 - c. 11th: English, Science, Math, & U.S. History
 - d. 12th: English

If your schedule is incomplete in any way, please visit with your counselor **IN PERSON** between 9 am and 2 pm on the following days:

Tuesday, August 8th
Wednesday, August 9th
Monday, August 14th

Schedules are much easier to complete face to face, please reach out to us either through email or phone. Please be patient with us--this is a very busy time of year for counselors.

If you have a complete schedule but want to change a class, you need to fill out a change request form. Your request will be reviewed once we get all students into classes.

PSAT

PSAT registration will begin in early September. Please pay attention to your email for the information. If you plan to take the PSAT and want to request accommodations, paperwork is due to Amy Brown by **August 21, 2023**. Go to this website for the paperwork:

<https://tingurl.com/bde3mrx6>

New Counselors!

LHS Student Services is very excited to have two new counselors joining our team. Please welcome Libby Martin and Michele Frantz! Both counselors bring prior counseling experience and enthusiasm.



Stay in touch :

Please give us grace in responding:

Assigned Counselors are by first initial of the LHS student's Last Name.

A-E

Jennifer Hare
jhare@usd497.org

F-K

Amy Brown
afbrown@usd497.org

L-Q

Libby Martin
elizabeth.martin@usd497.org

R-Z

Michele Frantz
michele.frantz@usd497.org

FROM THE ATHLETIC OFFICE

Mike Gillman, Athletic Director

Emily Cates, Assistant to the Athletic Director

DATES TO KNOW:

| | |
|-------------|--|
| August 3 | 23-24 Sports Information Meeting - Compulsory for all sports, all seasons |
| August 7 | Fall Sports Forms DEADLINE |
| August 14 | First Day of Fall Sports |
| August 28 | <u>Last Day</u> to Join Fall Non-Cut Sports |
| November 6 | Winter Sports Forms DEADLINE |
| November 13 | First Day of Winter Sports |
| November 27 | <u>Last Day</u> to Join Winter Non-Cut Sports |
| February 19 | Spring Sports Forms DEADLINE |
| February 26 | First Day of Spring Sports |
| March 18 | Last Day to Join Spring Non-Cut Sports |
| April 9 | 24/25 Athlete Parent Info Night (tentative) |

AKTIVATE SPORTS REGISTRATION

If your student already has an Aktivite profile do not create a *new* profile in AKTIVATE for 23-24. Log in, select the athlete, select 23-24 in the 'Select Year/Sport' drop down menu.

Be sure to review all previously entered information and make sure it is still correct.

First time LHS athletes/managers must complete a profile before uploading forms.!

SPORTS FORMS SUBMISSION

- All athletic forms must be submitted ONLINE at www.aktivite.com
- Registration paperwork may not be submitted in person to the Athletic Office, Main Office, Coaches, or Summer Coaching Staff

SCHEDULES AND ATHLETICS INFORMATION

Lawrence High Athletics Department Website www.lawrenceathletics.org The place to go for sports info
Schedules & Cancellation Info www.sunflowerleague.org Official schedules for LHS Athletics – Updated M-F
8:00am-3:00pm

Follow us on Twitter! @LawHS_Athletics



ALUMNI SCRIMMAGE

2023

Sunday, August 20, 2023

LHS Main Gym

1901 Louisiana

11:00A Alumni Recognition

11:30 Scrimmage and Lunch

Provided by LHS Volleyball

52 Years of LHS Volleyball



Alumni, please RSVP by
scanning the QR Code

Share your pictures and stories with us on

Facebook and Twitter

Facebook @ Chesty Lion VB

Twitter @ volleyball_lhs



Calling all Chesty Lions and challenge seekers!

Are you unsure of what sport to do this fall that is fun and will push your boundaries fuelling your spirit for competition? Well, look no further than Cross Country! Joining this incredible sport will increase your self-esteem, confidence, and test your mental and physical endurance. As you conquer diverse terrains, you will discover the true essence of resilience and camaraderie. Get ready to forge lasting friendships with like-minded teammates and watch as you achieve your goals. Become part of a dynamic, supportive community that values determination, teamwork, and the sheer joy of conquering what was once unthinkable. Join the family. Join excellence. Join the Chesty Lion tradition. Join LHS Cross Country! The season begins on August 14th at 3:30 pm outside of the West Gym! See you there!



LHS Gear Available on BSN Sports

percentage of sales returns to LHS as a rebate

Check out the **Lawrence Lions School Store*** open 24/7 on BSN Sports

Find the design that's right for you! Find your new favorite shirt!

- Customizable LHS T-shirts, Fleece, Accessories, Wall Stickers and MORE
- Shop from brands like The North Face, Under Armour, Nike, and other well-known brands
- Watch LawrenceAthletics.org & Twitter for sport specific gear announcements and links