

THE LION'S ROAR



MONTHLY NEWSLETTER FOR
LAWRENCE HIGH SCHOOL
LAWRENCE, KANSAS
NOVEMBER, 2023 ISSUE

UPCOMING EVENTS

11/6 Winter Sports Forms Deadline
11/7 Blood Drive
11/8 Gala Concert
11/9 Portrait of Graduate Community
input session
11/10-11/11 STEAM Robotics
11/12 Multicultural Fall Festival
11/13 College 101 Workshop
11/13 First Day of Winter Sports
11/14 NHS Induction
11/20-24 Fall Break
11/17 Last Day to Join Non-Cut Sports
11/28 Pack the House

A Message From the Principal

Dear Parents and Guardians

I would like to express my gratitude for a wonderful first quarter of the school year. Moving forward, I want to extend my thanks to the community for attending our Unity Step Team line-dancing event this past weekend. I also want to give a special shout-out to Coach Trowbridge for her hard work and dedication to our students and community. Our students demonstrated excellent behavior and patience with the young and more experienced dancers. I invite you all to support our students in the upcoming concerts, athletic events and playoffs that will take place in the following weeks.

It's a GREAT day to be a Lion! - Quentin Rials, Interim Principal

PARENT/GUARDIAN NON-ACADEMIC SURVEY CONSENT

Parents/guardians please remember to log into [PowerSchool](#) to complete your consent for participation in nonacademic surveys for your student(s). A reminder email was sent to parents who haven't completed the consent form on October 27th.



IMMUNIZATIONS

If your student received a request for an immunization update, please check with their health provider to see if they had the needed vaccine. Please have these vaccines completed and bring the form(s) to the health office at LHS or send updated immunization to the office office by fax (785) 596-6553 or email to ccasteel@usd497.org

ACTIVITIES OFFICE

[Dr. Elaina Honas](#), Assistant Principal/Activities Director

[Dr. David Ruis](#), Activities Secretary

Follow us on Twitter [@activities_LHS](#)

DATE TO KNOW:

11/1 Talent Show

11/2 Pep Assembly

11/7 Blood Drive

11/8 Scholars Bowl from 4-7:30pm

11/8 Gala Concert at 7pm

11/8 Fall Buffer Week Badminton Tournament

11/9 Portrait of a Graduate input session for parents/community at 6pm LHS Learning Commons

11/12 Multicultural Fall Festival from 2-4pm

11/14 NHS inductees at 6:30pm

11/28 Pack the House at 6pm

11/28 Senior Meeting during 4th period

12/1-12/2 Debate Tournament



**Senior Josten information will be sent out to families during the week of Nov. 8-22nd.

STUDENT CLUBS

YEP! (NEW CLUB) is looking for new members (contact David Ruis if interested)

Douglas County Youth Empowerment & Prevention (YEP!) is a county-wide youth led movement. Our goal is to promote positive change within our schools and communities. Youth get trained in substance misuse prevention, mental health, suicide prevention, and leadership. They develop and implement special projects to promote healthy lifestyles and connect with likeminded youth from other high schools in the county.

Can we Talk & Safe Club - meetings will be in room

203 on Wednesday's @ 1:25pm. Snacks will be provided & new members are always welcome.

Got Questions? See Ms.

Thomas in Student Services or

email her lthomas@usd497.org



Pride Club - Meetings held Tuesdays from 3:15pm to 4:00 pm in room 328. Open to everyone.



FFA Club - Future Farmers of America meets Wednesdays in room 172. Join us!



Young Women of Color (YWOC) - Meeting times will be announced. Check out our GroupMe for time & place. Got Questions? See Ms. Thomas in Student Services or email her lthomas@usd497.org



Lion's Pride PTO

*Parent/Guardian/Teacher Organization for Lawrence High school
Everyone is Welcome!*

LHS Merchandise

You can shop the Lions Pride PTO store 24/7 at:

<https://lionspride-108327.square.site/>

All proceeds support LHS Staff and Students.

Lawrence High School has amazing staff! **Introducing a new way to honor them** You or your student can drop a note in the Appreciation Box anytime in the office. Once a month, the Lions Pride PTO Staff Appreciation Committee will draw one or two gift card winners! The first drawing will be the Friday before Thanksgiving!

After Prom! The After Prom Committee begins work this month. This is a fun, safe, inclusive event at Lawrence High School for all seniors and one guest. Please contact us at the email below if you are interested in helping. Prom is April 20th - After Prom will begin immediately afterwards in the atrium and gym.

Giving Tuesday- Lions Pride PTO is a nonprofit. All proceeds benefit staff and students. Giving Tuesday is November 26. If you are interested in supporting, you can donate here anytime or on Giving Tuesday. You will receive a tax receipt in January. Thank you for your support!

https://www.paypal.com/donate/?hosted_button_id=32E9JP94KFKDC

Questions about anything PTO related, you can reach us at lawrencehighlionspride@gmail.com
Thank you! LHS Lions Pride PTO Committee | Jamie McNally - Chair, Amy Phalen - Co-Chair, Jessica Wolleson - Treasurer, Shelly Rojo - Merchandise, and Connie Grimes - Secretary/Appreciation|



Interested in hosting a student from Costa Rica?

We are excited to welcome exchange students from Costa Rica to Lawrence from January 21st to February 2nd, 2024 and are looking for several families who would be willing to host a student for those 12 days. Costa Rican students will attend classes with their host siblings during their stay. Not only will your family and students learn about the language and culture of Costa Rica, but an experience like this can often lead to a life-long international connection! The Costa Rican students should all speak English, so no Spanish knowledge is required. We will be prioritizing upperclassmen

hosts to best match the ages of our visiting students. Please contact Carolyn McKanna at cmckanna@usd497.org or 785-330-4577 for more information.

AMERICAN EXCHANGE PROJECT (AEP)



The American Exchange Project is looking for local host families and Lawrence high school seniors interested in expanding their horizons through summer travel to other parts of the U.S. AEP sends high school seniors on a FREE, weeklong summer exchange to an American hometown different from their own. Seniors can sign up from October 2–January 19. Host families are needed June 26–July 3, and receive a stipend for providing meals.

An informational meeting will be held at 6 p.m. November 1 at the Lawrence Public Library. Review this [slideshow presentation](#) and visit www.americanexchangeproject.org for more information. Contact sczarnecki@americanexchangeproject.org with any questions.
~Sonja Czarnecki, exchange manager, The American Exchange Project



Would you like to share about your culture with other school families?

Lawrence High School will be hosting the 4th annual Multicultural Fall Festival on Sunday, November 12th from 2–4pm. There will be food, games, and cultural activities for all ages at this free event.

We are looking for families who would be interested in sharing information about their culture through art, food, music, stories or games.

Last year's activities included: Balloon animal, Face Painting, Calligraphy, Spinning and weaving demonstrations, -Board games, Bracelet-making. If you have any questions please contact teacher Katie Hutchison at katie.hutchison@usd497.org or call/text 224-210-5132. Thank you!

Save the Date! - Pack the House 2023

When: Tuesday, November 28 @ 6pm

What: A little bit sports showcase, a little bit variety show, but a whole lot of fun! Win Prizes!



Admission price: A non-perishable food item (which will be donated to a local food bank) OR a cash donation.

Items needed: cereal, peanut butter, whole grain pastas, granola bars, tomato products, whole grain pastas, gluten free pasta and food products, brown rice, whole grain, cereal whole grain cracker, Plain oatmeal, Shelf-stable milk (cow, soy, rice, etc.), Fruit - dried or canned in light syrup or juice, Low-sodium, or no salt added vegetables, Low-sodium pasta sauce, Natural peanut butter, Dried beans, peas, lentils, Canned tuna, salmon, chicken - in water, Unsalted nuts, 100% fruit/or vegetable juice, Olive oil, Canola oil, infant and adult diapers, general hygiene/dental products

If you would like to donate items for prizes, please contact Gwen Wedd, LHS Spirit Squad Director at 785-550-0941 or gwedd@usd497.org

ANNOUNCEMENTS

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

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!

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.efundsfor schools.com/fundraising/districts/55379/campaigns/LHSJRNSM23>

THIS WEEK AT LHS

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



OUT OF TOWN TRAVEL FOR SCHOOL SPONSORED EVENTS

If your student is going on a school sponsored overnight trip, room accommodations will be made by the trip sponsor. Please reach out to your trip sponsor for any adjustments that may need to be made to accommodate your student.

LHS SITE COUNCIL

Next Site Council Meeting: Wednesday Nov 15th 5:30 p.m.

The purpose of the building site council is to advise the school on such matters as student learning, education programs, school improvement planning, and accreditation issues. The building site council also plays an advocacy role for the school regarding the same issues.

FROM THE COUNSELORS

A-E: Jen Hare F-K: Amy Brown L-Q: Libby Martin R-Z: Michele Frantz



What's Coming Up:

While every month in Student Services is a busy one, November is a relatively "quieter" month. There is no testing or heavy scheduling going on. It is during this month that we like to continue to check in with students and then start looking forward towards next semester.

Students should be looking at their second semester schedules and making sure they have a full course load for the spring.

Mental Health

As the days get shorter, the weather gets colder, and the holidays start, there is an increase need of self-care. What happens, a lot of time naturally in warmer weather wanes with colder months. Please remember to reduce your stress by:

- Exercising regularly
- Eat well
- Get enough sleep
- Stay connected to loved ones.
- Have a hobby--something that you enjoy doing.

We are lucky at LHS in that we have a robust mental health team from counselors to social workers to Bert Nash Clinicians. If you noticed yourself or your student struggling, please reach out to one of us. We are always happy to help out.

Communication

We are working hard to be better communicators. All four of us are School Counselors because we like working with students so we spend most of our day working with students individually and, at times, in groups. This means that emails and phone calls sometimes don't get answered in a timely manner. Here is what we are trying to do remedy this:

- **Social Media Communication:**

Facebook:

"Lawrence High School Counselors"

X (Twitter): @Counsel_LHS

Instagram: lawrence_high_counselors

- Student Services Website Updates
- Monthly newsletter. We will NOT be doing weekly newsletters. There's not enough time in the day for it.
- In-School Flyers

AP

Registration for the May 2024 AP Exams will open up on Monday, October 2nd.. To register completely, it is a two step process. There is the third party payment site, and students (and, yes, I mean the students) need to create an account. If they do not already have one and join their AP classroom.(s). Students should join their AP classroom regardless because there are resources for the class. Registration will close November 8th...

Dates

NO MORE CLASS CHANGES

- 11/2: Regular Deadline for December 2nd SAT exam (no exams in the Lawrence area).
- 11/3: Regular Deadline for December 9th ACT exam. Will be offered at LHS.
- 11/7-11/9: "Apply Free Days" for a lot of KS colleges.
- 11/20 - 11/24: NO SCHOOL



FOR SENIORS HOW TO ORDER TRANSCRIPTS

FROM PARCHMENT.COM

1

FROM A WEB BROWSER, GO TO WWW.PARCHMENT.COM

Once at their home page, click "Create Account" in the upper bar of the page.

2

CREATE AN ACCOUNT

When creating an account, do NOT use your student email (students.usd497.org). Use a personal email. You have completed the 11th Grade. Once you do the initial set up, it will email you a code or link to follow.

3

CHOOSE YOUR SCHOOL

After entering the code or following the link, you will need to choose your school. Make sure you select Lawrence High School in Lawrence, KS.

4

ADD ENROLLMENT INFORMATION

Important things to remember:

- You are currently enrolled.
- For the Class of 2024, Earliest Year is 2020 and Expected Grad Year is 2024 (even if you are an early grad in December).
- Waive your FERPA rights.

5

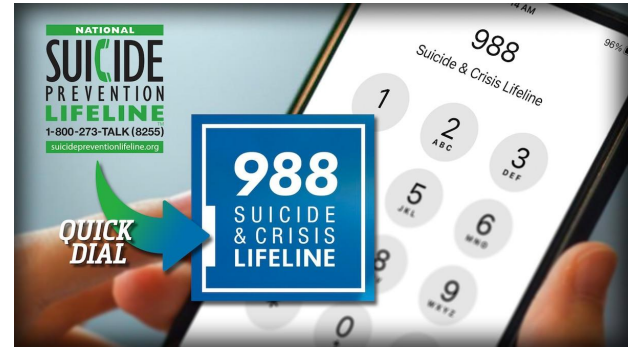
DASHBOARD

When on this screen, you should see the Chesty Lion on the lefthand side and "Lawrence High School."

6

ORDER TRANSCRIPT

To order a transcript, click on the plus or the green "Order" button. You can send it to yourself or you can search for an institution. Once you locate your destination, choose select. You have two options: Send Now or Hold. Holding it will send it after graduation with final grades. Also, as long as it is sent electronically, it is free until mid-June 2024. You can check back to see if it has been sent.



STATE OF KANSAS
**SCHOLARSHIPS
 AND GRANTS**

Apply online at
sfa.kansasregents.org

- Kansas Promise Scholarship
- Career Technical Workforce Grant
- Kansas State Scholarship
- Ethnic Minority Scholarship
- Nursing Service Scholarship
- National Guard Tuition Assistance
- Teacher Service Scholarship

Scan the QR code for scholarship information:



For more information:
 (785) 430-4300 | www.kansasregents.org
scholars@ksbor.org



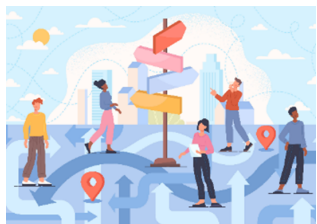
Kansas **APPLY
 FREE DAYS**
- NOV 7-9, 2023

www.kansasregents.org



Who Can Apply?
 Any Kansas Resident
 Seeking a 2 year, 4 year, or certificate degree
 No application fee from Tuesday Nov 7-Thursday, Nov 9
 Returning & Transfer students also eligible!
 ~Graduate program applications not eligible

All Kansas Public & Private*
**Universities, Community Colleges,
 Technical Colleges**
 *see our website for full list of participating colleges



START YOUR JOURNEY TO HIGHER LEARNING!

Talk to a Counselor...located in Student Services

A-E Jen Hare
F-K Amy Brown
L-Q Libby Martin
R-Z Michele Franz



ATHLETIC OFFICE

[Mike Gillman](#), Assistant Principal/Athletic Director

[Emily Cates](#), Athletic Secretary

[Ashley Kampfer](#), Athletic Trainer

SPORTSMANSHIP

#StartsWithMe



DATES TO KNOW:

November 6	Winter Sports Forms DEADLINE
November 13	First Day of Winter Sports Tryouts/Practices
November 27	Last Day to Join Winter Non-Cut Sports
November 27	First Day of Boys and Girls Bowling Tryouts(11/27-12/1)
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)

WINTER SPORTS

Basketball_Boys

Head Coach: [Nick Wood](#)

Tryout Required for Participation

Tryouts

Senior/Junior/Soph

Monday, November 13th

3:30-5:30pm Main Gym

Tuesday, November 14th

3:30-5:30pm Main Gym

Wednesday, November 15th

3:30-5:30pm Main Gym

Freshmen

Monday, November 13th

6-8pm Main Gym

Tuesday, November 14th

6-8pm Main Gym

Wednesday, November 15th

6-8pm Main Gym

Practices: Generally run 3:15pm-6:30pm M-F

Practice times are subject to change

Basketball_Girls

Head Coach: [Jeff Dickson](#)

Tryout Required for Participation

Tryouts

November 13-17 - Times TBA

Practices JV-V: Mon-Fri 3:20pm-6:15pm and Sat

6:00am-10:00am - West (aux) Gym

Practices FR/C: Mon-Fri 6:30pm-8:30pm and Sat

7:30am-9:30am - West (aux) Gym

Bowling_Boys and Girls

Location: Royal Crest Lanes

MUST PROVIDE OWN TRANSPORTATION

Head Coach: [Larry Burton](#)

Tryout Required for Participation

Tryouts

November 27-Dec 1 - Times TBA

Practices: Generally run 4:00pm-5:30pm M-F

Practice times are subject to change

Swimming & Diving_Boys

Dive will alternate between LHS and FSHS pools

MUST PROVIDE OWN TRANSPORTATION

Head Coach: [Elle Weber](#)

Practices: Swimming_ MTRF 3:40pm-5:45pm,

W-2:30pm-5:00pm, Sa 8:30am-11:00am

Roster Closes: November 27

Wrestling_Boys Head Coach: Patrick Naughton
[pnaughto@usd497.org]
Practices: Generally run Mon-Fri 3:45pm-6:00pm
Roster Closes: November 27

Wrestling_Girls (LHS & FSHS)
Head Coach: [Carl Springer](#)
Practices: Generally run Mon-Fri 5:30pm-7:30pm
Roster Closes: November 27

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. First time athletes must complete a profile prior to uploading required forms.



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

LHS Gear Available on BSN Sports a 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

HEALTH OFFICE

Update on immunizations for 2023-2024 school year

- Covid Protocol: USD497 Protocol
- 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.

It's that time of year! Is your child sick? Is it Covid? Is it the flu?

How do you know if they are...

TOO SICK FOR SCHOOL?

Please help decrease the spread of illness by following these guidelines!

How do you decide to keep your child home from school?

Stay home, consider testing, call the doctor...

- **A temperature over 100.0 F. Remember that medications like Tylenol and Advil can mask the effects of a fever. Try to take your child's temperature before you give fever-reducing medicine. Consult your doctor for a high fever or a fever that lasts a long time, get tested.
- **Persistent vomiting and/or diarrhea. Consult your doctor for persistent symptoms. GI symptoms may also be a Covid symptom.
- **A severe cold with fever, sneezing, and thickened nasal discharge, especially for younger children, who do not remember to cover their mouth or wash hands. Consult your doctor, get tested.
- **A frequent or persistent cough. Does the cough keep your child awake at night, does it worsen with increased activity, or is it combined with other symptoms? Is there fever? Consult your doctor, get tested.
- **A persistent red sore throat, especially if the tonsils are enlarged. Consult your doctor.
- **A severe and persistent earache. Consult your doctor.
- **Redness in the whites of the eyes, yellow eye discharge and matted lashes are symptoms of conjunctivitis (pinkeye). A doctor should be consulted for treatment as this is highly contagious.
- **DOES YOUR CHILD HAVE A RASH? Rashes can be difficult to evaluate. If they are all over the body, spread over time, blistering, oozing, or painful, they could be a sign of a contagious infection, such as chicken pox or measles. Consult your doctor and DO NOT SEND TO SCHOOL!

PLEASE keep your child home if they are ill!

For more information about influenza go to the following link:

<https://www.cdc.gov/flu/treatment/takingcare.htm#whatshould>

For information about COVID please visit the LPS website:

<https://www.usd497.org/Page/14886>



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.

OTC/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.

RX/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

