

THE LION'S ROAR

MONTHLY NEWSLETTER FOR
LAWRENCE HIGH SCHOOL
LAWRENCE, KANSAS
MARCH, 2024

UPCOMING EVENTS

3/1 No Classes
3/4 Parent Teacher Conference
3/6 Parent Teacher Conference
3/8 No Classes
3/11-15 Spring Break
3/18 Last Day to Join Non Cut Sports
3/19 Winter Postlude Concert
3/23 Track Fundraiser
3/24 Spirit Squad Pre Tryout Clinic
3/25 Spirit Squad Pre Tryout Clinic
3/27 Orchestra Pre Festival Concert
3/30 24-25 Spirit Squad Tryouts



A Message From the Principal

Dear Parents and Guardians,

With spring break around the corner, it's crucial for students to take a break and recharge themselves so they can perform better for the rest of the school year. I'd like to share some of our students' accomplishments in this month's newsletter with you. While not everything is included here, as some of it has already been shared in the Daily Post, we also have some more acknowledgments at the February 26th School Board Meeting. Please read about our Fine Arts students in this March newsletter edition. Thank you for your unwavering support towards our LHS students and staff.

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



24-25 SPIRIT SQUAD TRYOUTS

Tryouts for *next year's* Cheer and Pom/Dance Squad will be held March 30. See the flyer in the Athletics Section of this newsletter for more information.

ACTIVITIES OFFICE

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

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

Follow us on Twitter @activities_LHS

Dates to Know:

March 19 Choir Performance at 7:30 pm

March 26 Senior Meeting during 4th period

March 27 Orchestra Performance 7 pm

April 4-6 Spring Play at 7 pm

Senior Information:

- Check your email for information regarding Senior Exemptions
 - This can also be found on the LHS website under activities
- Senior Newsletter sent out via email
 - This information can also be found on the LHS website under activities
- There is a \$40 graduation fee that will be on your student account that includes the cost for the diploma cover/diploma/cap/gown/tassel.
- LHS Graduation will be held on May 22nd

****Students who do not have all of their required credits will not be able to participate in the graduation ceremony.**

STUDENT CLUBS

CAN WE TALK AND SAFE CLUBS - 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

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

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!



LMH Health Leadership Academy

2024 Summer Session: June 4 - July 26

The program is a hands-on leadership opportunity to learn about a variety of careers. The Academy engages sophomores, juniors and seniors enrolled in USD 497 and USD 491. Students from demographics traditionally underrepresented are encouraged to apply. All students must be 16 years old by June 1, 2024. Applications will be available in March and are due no later than April 8.

The Academy will offer:



**Hands-on
healthcare executive
experience**



**Field trips,
workshops
& trainings**



**Paid
internship**



**College and
career coaching**



**Volunteer service
opportunities**



**Scholarship
opportunity**

Academy@lmh.org

www.lmh.org/leadership-academy



A partner for lifelong health

Sophomores, Juniors, and Seniors

Sophomores, Juniors, and Seniors can now apply for the LMH Leadership Academy for this summer as long as they are 16 by June 1st, 2024. It's a paid internship that lasts for 8 weeks over summer with either Lawrence Memorial Hospital or this year with the City of Lawrence. Applications are due by May 8th. Here is the link and the flier.

[LMH Leadership Academy](#)



LHS Track and Field is off and running! Please mark your calendars for Saturday March 23rd, for the LHS Track and Field Biscuits and Gravy Fundraiser. For a \$10 donation you can enjoy a hot breakfast with some pretty awesome kids and coaches right here in the LHS Cafeteria!

Can't wait to see you there!!!

-Coach Audrey Trowbridge

LINK CREW LEADER APPLICATIONS



LINK CREW

**We are recruiting
leaders for the
2024-2025
school year**

Current sophomores and juniors may apply
Join google classroom for more information
az62e2c

QUESTIONS? Ask Coursen, Harrell, Leuschen or Schrag

Applications Due THURSDAY, MARCH 28th

LHS MUD VOLLEYBALL

SUNDAY - MAY 5TH

BROKEN ARROW PARK

SAVE THE DATE!



**MORE INFO
COMING
SOON!!!**

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\email are monitored continuously during business hours - Please leave a Message!

LION'S PRIDE PTO

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

After Prom! is April 20th and provides a fun safe event free to all LHS seniors and their guest. PTO along with Parents and Guardians create a carnival type atmosphere with food, games, inflatables and prizes! If you have a prize, you would like to contribute, please email us! If you are able to donate to help with this event, please donate here: https://www.paypal.com/paypalme/LHSAfterProm?country.x=US&locale.x=en_US

The next **After Prom! Eat and Earn** is **Raising Cane's** is **3/19** from 4-9 pm. Flyer below!

Conference Meal Volunteers Needed-

Please sign up here to help with Conference Meals:

<https://www.signupgenius.com/go/10C0A4BAEAD28A4F49-44737262-lhspto#/>

If you are not able to help but would like to support conference meals and staff appreciation efforts, you can donate here: https://www.paypal.com/donate?hosted_button_id=GPJT5ETF7WJMA

For LHS Merchandise, Shop here:
All proceeds support LHS Staff and Students



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

Questions about anything PTO related, you can reach us at lawrencehighlionspride@gmail.com

LHS Lions Pride PTO Committee

Jamie McNally - Chair

Jessica Wolleson - Treasurer

Nicole Etzel - Merchandise

Connie Grimes - Secretary/Appreciation

Amy Phalen - Co-Chair |

JOIN OUR FUNDRAISER AT RAISING CANE'S!

Mention the fundraiser at the register
and Cane's will donate **15% of sales to:**

LHS Lion's Pride After Prom

DATE & TIME:

March 19, 2024 from 04:00 PM - 09:00 PM

LOCATION:

**2435 Iowa St., Lawrence, KS 66046
+1 785-840-9800**



raisingcanes.com

 RaisingCanesChickenFingers |  Raising_Canes |  @raisingcanes

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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](#)

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 School when you keep up with our weekly calendar, <https://lhsbudget.com/category/this-week-at-lhs/>

LHS SITE COUNCIL

Next Site Council Meeting: Wednesday, March 20th 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.



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

There will be a Sports Informational Meeting Tuesday, April 9 at 6:30pm in the Auditorium
for all athletes who will attend LHS fall of 2024 and their parents.
Summer camps and conditioning information and 24/25 info will be discussed.
Open to all incoming freshmen, please share!

DATES TO KNOW:

March 18	Last Day to Join Spring Non-Cut Sports
March 21	24/25 Spirit Squad Pre-Tryout Meeting for Parents - 7:00pm
March 25	24/25 Spirit Squad Pre-Tryout Clinic - Pre-Registration & Attendance Mandatory
March 26	Baseball Fundraiser 4pm-10p @ Raising Canes
March 27	Chesty Conversations (mandatory all athletes, all seasons)
March 27	24/25 Spirit Squad Pre-Tryout Clinic - Pre-Registration & Attendance Mandatory
March 30	24/25 Spirit Squad Tryouts - Pre-Registration and Attendance at Clinics Mandatory
April 1	24/25 Spirit Squad Parent Meeting
April 9	24/25 Athlete/Parent Info Night (tentative) - Incoming Freshmen Welcome
April 23	Baseball Fundraiser @ 23rd St Chipotle 5p-9p
April 24	Chesty Conversations (mandatory all athletes, all seasons)
May 1	Spring Signing Date - 1:45pm Main Gym
May 1	First day to take a physical for 2024-2025 (physicals take prior to 5/1 not accepted for 24/25)
May 8	Chesty Conversations (mandatory all athletes, all seasons)
June 2	First day to UPLOAD a physical for 2024-2025 (must be dated after 5/1/24 per the KSHSAA)
June 5	Athletic Office CLOSES for the summer

*In order to promote a sense of community, belonging, and respect the LHS Athletic Department is requiring all athletes to attend the **CHESTY LIONS CONVERSATIONS** sessions held once a month. They will be held at 1:45pm in the Auditorium. **All athletes, all seasons, should attend.***

A different subject will be presented and discussed at each session.

Athletes unable to attend should notify their head coach.

Baseball_Boys

Head Coach: Brad Stoll [\[bstoll@usd497.org\]](mailto:bstoll@usd497.org)

Tryout Required for Participation

Tryouts Begin February 26

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Soccer_Girls

Head Coach: Joe Comparato

[\[joe.comparato@usd497.org\]](mailto:joe.comparato@usd497.org)

Tryout Required for Participation

Tryouts Begin February 26

Golf_Boys

Head Coach: John Moos [\[jmoos@usd497.org\]](mailto:jmoos@usd497.org)



Dive will alternate between LHS and FSHS pools

MUST PROVIDE OWN TRANSPORTATION

Head Coach: Elle Weber [eweber@usd497.org]

Rosters Close March 18

Softball_Girls

Head Coach: Mike Byrn

[michael.byrn@usd497.org]

Tryout Required for Participation

Tryouts Begin February 26

Swimming & Diving_Girls

Tennis_Boys

Head Coach: Chris Marshall

[gcmarsha@usd497.org]

Rosters Close March 18

Track_Boys & Girls

Head Coach: Audrey Trowbridge

[apope@usd497.org]

Rosters Close March 18

AKTIVATE SPORTS REGISTRATION:

Current Athletes: If your student already has an Aktivate profile **do not** create a new profile in [AKTIVATE](#) for 24-25. Log in, select the athlete, select 24-25 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.

Incoming Freshmen: Do NOT complete a profile until June 2. Aktivate rolls all the grade levels up on June 1 and your grade level would then be incorrect for 24/25

SPORTS FORMS SUBMISSION:

All athletic forms must be submitted ONLINE at www.aktivate.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



LAWRENCE HIGH SCHOOL



SPIRIT SQUAD TRYOUTS

24-25

TRYOUT DATES

Clinic Day #1:

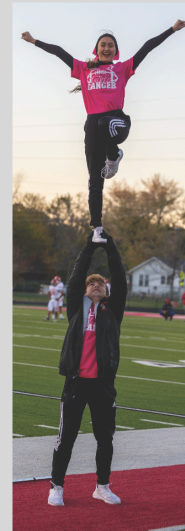
Monday, March 25th
6:00-8:00pm

Clinic Day #2:

Wednesday, March 27th
6:00-8:00pm

Tryouts:

Saturday, March 30th
9:00am



SHOW US YOUR SPIRIT!

Tryout Packet Available in
the Athletic Office.

**Pre-Tryout Parent Mtg.-
Thursday, March 21st
7:00pm**

For more info, please contact
Gwen Wedd at
gwedd@usd497.org

SCAN THE
QR CODE TO
REGISTER!



<http://tinyurl.com/3jzetv67>



Scan to register



2024 Vball Camp

2024 LHS VOLLEYBALL CAMP JUNE 3 - JUNE 7

Middle School 8:30a - 11:00a

Elementary 11:00a - 12:00

High School 1:00p - 3:30p

Middle School - \$100

High School - \$100

Elementary - \$50

Payment can be made in cash or check:

- At the door June 3
- Checks made payable to: Stephanie Scarbrough
- Registrations after May 27 will not guarantee a camp shirt

Questions?

Contact Coach Scarbrough @
Stephanie.scarbrough@usd497.org

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.

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

2023-2024 Hearing-Vision Screening OptOut Request

Only complete this form if you **DO NOT WANT** your child to be screened. // Solicitud de exclusión de la prueba de audición y la visión: solo complete este formulario si NO DESEA que su hijo sea examinado.

OPT OUT FORM FOR VISION/HEARING SCREENING ON NEXT PAGE

This form is for parents/guardians who DO NOT WANT their student to participate in the Lawrence Public Schools Hearing & Vision Screening procedures during the 2023- 2024 school year, August 2023 to May 2024.

Lawrence Public Schools conducts Hearing and Vision Screenings mandated by the state of Kansas. To ensure all students can access curriculum and instruction the district screens their Hearing and Distance Vision for concerns that may require further follow-up. The district conducts mass hearing/vision screenings at the schools: ALL Students enrolled in grades PreSchool through grade 12 may be screened. However, we typically attempt to screen all students in grades PreK, Kindergarten, 1st, 2nd, 3rd, 5th, 7th, and 10th. {Students in grades not just listed may be screened for select reasons such as, but not limited to: at-risk indicators, missing screening data/absences, new to district, special education needs, other health purposes, etc. Preschool students will receive Hearing screening & Vision screening on different dates due to attention and developmental needs. If you want your child's hearing and vision screening to be completed - DO NOT COMPLETE THIS FORM. We will automatically conduct the screenings in accordance with the district protocol for hearing and vision. If you DO NOT WANT your child to participate in hearing and vision screening during this school year - PLEASE COMPLETE THIS FORM. Use a separate form for EACH of your children/students. This request must be completed by 8:00 a.m. the day before hearing/vision screenings are conducted at your student's school. The date of hearing/vision screenings should be available on your school's calendar and the district website (<https://www.usd497.org/hearingandvisionscreening>) **If completing a paper form - the paper form must be received by 8:00 a.m. the day before screening by the School Nurse or Health Office Attendant. Thank you for your time and attention to this matter.**

Respectfully, Lawrence Public School Nurses, Student Health Coordinator, and Audiologist

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Este formulario es para padres / tutores que NO QUIEREN que su estudiante participe en los procedimientos de detección de audición y visión de las Escuelas Públicas de Lawrence durante el año escolar 2023-2024, de agosto de 2023 a mayo de 2024. Las Escuelas Públicas de Lawrence llevan a cabo exámenes de audición y visión ordenados por el estado de Kansas. Para garantizar que todos los estudiantes puedan acceder al plan de estudios y la instrucción, el distrito examina su audición y visión a distancia para detectar inquietudes que puedan requerir un seguimiento adicional. El distrito realiza exámenes masivos de audición / visión en las escuelas: TODOS los estudiantes inscritos en los grados de preescolar hasta el grado 12 pueden ser examinados. Sin embargo, normalmente intentamos evaluar a todos los estudiantes en los grados PreK, Kindergarten, 1º, 2º, 3º, 5º, 7º y ahora 10º. {Los estudiantes en los grados que no solo figuran en la lista pueden ser evaluados por razones seleccionadas como, entre otras: indicadores de riesgo, nuevos en el distrito, necesidades de educación especial, otros fines de salud, y / o todavía estamos jugando a "ponernos al día" de realizar "sin pantallas debido a COVID" de marzo de 2023 a septiembre de 2024.} Los estudiantes de preescolar recibirán exámenes de audición y exámenes de la vista en diferentes fechas debido a las necesidades de atención y desarrollo. PRECAUCIONES COVID-19: los equipos de detección de audición y visión se adherirán a las precauciones indicadas por el distrito en el momento de las pruebas. Si desea que se complete la evaluación auditiva y visual de su hijo, NO COMPLETE ESTE FORMULARIO. Realizaremos automáticamente las pruebas de detección de acuerdo con el protocolo del distrito para la audición y la visión. Si NO DESEA que su hijo participe en exámenes de audición y visión durante este año escolar, COMPLETE ESTE FORMULARIO. Use un formulario separado para CADA uno de sus hijos/estudiantes. Esta solicitud debe completarse antes de las 8:00 a.m. del día antes de que se realicen exámenes de audición / visión en la escuela de su estudiante. La fecha de los exámenes de audición / visión debe estar disponible en el calendario de su escuela y en el sitio web del distrito (<https://www.usd497.org/hearingandvisionscreening>) **Si completa un formulario en papel, el formulario en papel debe recibirse antes de las 8:00 a.m. del día anterior a la evaluación por parte de la enfermera escolar o el asistente de la oficina de salud.**

Respetuosamente, enfermeras de la Escuela Pública Lawrence, facilitadora de enfermería y audiología *

REQUIRED questions (PRINT // IMPRIMIR)

Parent/Guardian EMAIL _____

Student's Full LAST NAME // APELLIDO completo del estudiante

Student's FIRST NAME // PRIMER NOMBRE del estudiante

Student 's DATE of BIRTH. // FECHA de NACIMIENTO del estudiante

If completing a paper form - the paper form must be received by 8:00 a.m. the day before screening by the School Nurse or Health Office Attendant.

Thank you for your time and attention to this matter.

Respectfully,
Lawrence Public School Nurses, Health Services Coordinator, and Audiologist

Si completa un formulario en papel, el formulario en papel debe recibirse antes de las 8:00 a.m. del día anterior a la evaluación por parte de la enfermera escolar o el asistente de la oficina de salud.

Respetuosamente,

enfermeras de la Escuela Pública Lawrence, facilitadora de enfermería y audiología



Lawrence High Artists Keep Bringing the Medals Home

The Lawrence High Visual Arts Department Roars

The Scholastic Art & Writing Awards competition recently announced the Mid-West Regional winners in the Visual Arts Categories. Nearly 4,000 works were submitted and of the 418 awards given in Mid-West Region; 50 awards were awarded to LHS students. One of the stand out achievements was that LHS student artists received 4 out of 5 Gold Key Portfolios (the top 1% of work submitted) and 3 out of 10 Silver Portfolios (the top 5% of work submitted). All Gold Key winners will have their works move on to the National Competition as finalists, where they will compete with others from all over North America. We are proud to say that of the seventeen students who had their work selected, seven are juniors and ten seniors. Please join us in congratulating the amazing achievements of these students.

Gold Key Portfolio Winners (portfolio of work)

Maya Amen (painting)
Oliver Elwell (painting)
Jean-Luc Esperance (photography)
Allie White (photography)

Silver Key Portfolio Winners (portfolio of work)

Bethany Davis (painting)
Isabel Klish (painting)
Jerwin Rapada (painting)

Gold Key Winners (individual works)

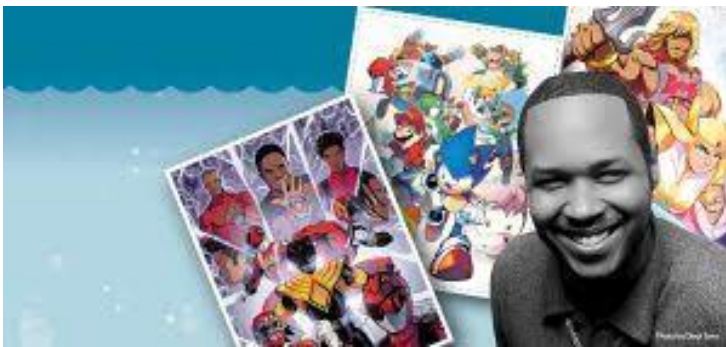
Aiden Anderson
Adele Erickson (2)
Henry Farthing (2)
Sophia Graves
Emily Hurd (2)
Opal Morris
Celeste Stinson
Allie White (3)

Silver Key Winners (individual works)

Aiden Anderson
Adele Erickson (2)
Henry Farthing (3)
Emily Hurd
Isabel Klish
Neva Livingston
Opal Morris
Jerwin Rapada (2)
Allie White (3)

Honorable Mention Winners (individual works)

Adele Erickson (5)
Sophia Graves
Ruby Hull
Isabel Johnson
Isabel Klish
Neva Livingston
Opal Morris
Jerwin Rapada (2)
Allie White



Recently a group of LHS students traveled to the Lawrence Public Library for a half day workshop with Dane Shobe. Shobe is a Black Comic Book artist, actor, and producer from Topeka, KS whose work is recognized worldwide.

The students practiced illustration skills, developed a character, and learned of many roles artists can have in the design industry. It was a fantastic opportunity for art students with an interest in Illustration, Comic book development and nerd culture





Our Annual Prom Dress & Formal Giveaway Saturday, April 6th from 10AM to 2PM at Lawrence High School but we have also added a "Donation Drop Off Event" on Saturday, March 23rd from 9AM to Noon at Lawrence High School. We're accepting new & gently used Prom Dresses, Formal and Party Dresses, Tuxedos, Dress Slacks, Button-up Dress Shirts, Men's and Women's Dress Shoes and Heels, Formal Jewelry, & Brown & Black Leather Belts. This event is for high school students who are looking for an opportunity to refresh their formal wear without breaking the bank. Monetary donations can be sent to Lawrence High School for Promdresslawrence.com.