

THE LION'S ROAR

UPCOMING EVENTS

10/2 Homecoming Parade
10/5 Homecoming Dance
10/6 Hall of Honor
10/6 Softball Player Meeting/Conditioning
10/7 Picture Retake Day
10/7 College Application Night
10/8 Fall Choir Concert
10/8 Boys Wrestling Meeting
10/9 Girls Wrestling Meetings
10/9 Orchestra Concert
10/10 End of 1st Qtr
10/11 No School
10/14 P/T Conferences
10/16 P/T Conferences
10/24 Fall Play
10/26 Fall Play
10/27 Fall Play
10/30 Softball Parent Meeting



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

A Message From the Principal

Dear Parents and Guardians,

Hello, Chesty Lion families. It's homecoming week. We look forward to seeing our community at Friday's football game and Wednesday's homecoming parade. Students will also have a homecoming dance this Saturday at LHS. Please check the dates in our newsletter. As we are hitting our stride with activities and athletics, there are several opportunities to support our students in the coming days.

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

Sports Informational Meetings

October 6 - Softball Player Meeting/Conditioning - 8:00 am/Softball Field
October 8 - Boys Wrestling Athlete Meeting - Right after school/cafeteria - Coach [Patrick Naughton](#)
October 9 - Girls Wrestling Athlete Meeting - Right after school/learning commons - Coach [Carl Springer](#)
October 9 - Girls Wrestling Parent Meeting - 5:30 pm/learning commons - Coach [Carl Springer](#)
October 30 - Softball Parent Meeting - 6:30 pm/cafeteria - Coach [Mike Byrn](#)



The Second Annual Chesty's Haunted House sponsored by the Science Department is October 27th and we need help decorating!!!! If you have unused Halloween decorations, put them to good use by helping us make the cafeteria spooky for all our little scientist trick-or-treaters. Also make sure to get the word out, and tell your family and friends!!



Chesty (the costume) needs a makeover!

The Spirit Squad has started a drive to purchase a new mascot costume. Our poor Chesty is about 24 years old. His eyes are broken, his head doesn't fit on correctly, and his feet(paws) are ragged.

The worst is that he really smells! It has been hard to find anyone to wear the costume, but he does get used a lot.

He is at community events, school events, and some athletic events when possible. The students love using the mascot at dances, Lions Roar, and many other activities. We just want him to represent LHS proudly. All money donated will go directly to the new costume. ~Gwen Wedd, LHS Spirit Squad Sponsor



As students are enrolling for the 24/25 school year we encourage parents to download the First View app to track how close the bus is getting to their house.

Go to your Play Store or wherever you get your apps, type in **FirstView**, and download the app. The school code for LHS is **3EVR**. First Student uses this app for notices when buses are running late, or other information that needs to be shared with parents.

ATTENDANCE OFFICE

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 leave a message!

PLEASE CALL 2 HOURS IN ADVANCE - CLASSES MAY BE OUTSIDE

- 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

attendance
MATTERS



All US households can order 4 free COVID-19 tests at:

[COVIDTests.gov](https://www.covidtests.gov)



PANEL NOCTURNO UNIVERSITARIO

Unase a nosotros para un panel de discusión sobre servicios postsecundarios para estudiantes con IEP y planes 504.

10 de octubre de 2024 18:00 – 19:00 horas

ESCUCHE A REPRESENTANTES DE COLEGIOS, UNIVERSIDADES Y ESCUELAS TÉCNICAS HABLAR SOBRE ALOJAMIENTO, SERVICIOS Y APOYO DISPONIBLES EN SUS CAMPUS.

REGÍSTRATE AHORA
CONFIRME SU ASISTENCIA AQUÍ



UBICACIÓN

Sala del pabellón del
Centro Lied de Kansas
1600 Stewart Drive,
Lawrence, Kansas



Quédese después del panel para ver la Feria Universitaria y Profesional con más de 70 representantes de universidades, colegios comunitarios, escuelas técnicas y las Fuerzas Armadas.

Más información

¿Tiene preguntas? Comuníquese con Rachelle Preston (LHS) al 785-330-4833, rachelle.preston@usd497.org o con Liz Crickard (FSHS) al 785-330-4996, ecricar@usd497.org.



COLLEGE NIGHT PANEL

Join us for a Panel Discussion on Post-Secondary Services for Students with IEPs and 504 plans.

October 10th, 2024 6:00 – 7:00 pm

HEAR FROM REPRESENTATIVES FROM COLLEGES, UNIVERSITIES AND TECHNICAL SCHOOLS ABOUT ACCOMMODATIONS, SERVICES AND SUPPORT AVAILABLE AT THEIR CAMPUSES.

REGISTER NOW

RSVP HERE



LOCATION

Lied Center of Kansas
Pavilion Room
1600 Stewart Drive
Lawrence, KS



Stick around after the panel to check out the College & Career Fair with over 70 representatives from Universities, Community Colleges, Technical Schools, and The Armed Forces.

More Information

Questions? Contact Rachelle Preston (LHS) 785-330-4833, rachelle.preston@usd497.org or Liz Crickard (FSHS) at 785-330-4996, ecricar@usd497.org -

STUDENT SERVICES SHOUT OUT...



OCTOBER
2024



Calendar

TESTING

- **October 2nd:** WorkKeys for Juniors who signed up.
- **Week of October 14th:** PreACT for all Freshmen during their biology classes.
- **October 23rd:** Junior PSAT for those who have signed up.
- **October 30th:** Everyone else PSAT for those who have signed up.

FUTURE TESTING

- **Late January:** ASVAB exam. ASVAB is the pre-military exam.
- **Late February/Early March:** Free Junior ACT given during the school day.
- **March & April:** State Testing for Sophomores and Juniors only.
- **May:** AP exams for those who sign up for them. It's voluntary.



AP Ordering

WANT TO TAKE AN AP EXAM?

If you or your child is in an AP exam and would like to take the May AP exam, ordering has begun. Email was sent out with the details. To pay for the \$103 exam, please go to our third party pay site:

<https://user.totalregistration.net/AP/171690>

Reminders

Students can no longer change classes. It is important that students' transcripts correctly reflect their earned credits.

Students can change from an advanced course to an on-level course if one is available. Last Day is October 31st.

Upcoming

- AP Exam ordering opened on September 30th through November 1st without late fees.
- Apply Kansas: Free KS college applications days. October 7th-9th
- End of the Quarter: October 10th
- No School: October 11th & 18th

WHO ARE WE?



Counselors

AMY BROWN

LAST NAMES: F-K

afbrown@usd497.org

785-330-2146

MICHELE FRANTZ

LAST NAMES: R-Z

michele.frantz@usd497.org

785-330-1729

JEN HARE

LAST NAMES: A-E

jhare@usd497.org

785-330-4548

LIBBY MARTIN

LAST NAMES: L-Q

elizabeth.martin@usd497.org

785-330-1728

Social Workers

LAURA BOGART

SPECIAL EDUCATION

laura.bogart@usd497.org

MATT KLEIN

SPECIAL EDUCATION

mklein@usd497.org

RACHELLE PRESTON

SPECIAL EDUCATION

rachelle.preston@usd497.org

RENEE ROBINSON

WRAP CLINICIAN

rrobinso@usd497.org

MAREN SANTELLI

SPECIAL EDUCATION

msantell@usd497.org

BREN TULIKIHAKAU

WRAP CLINICIAN

btulikihakau@usd497.org

LYNISHA THOMAS

GENERAL EDUCATION

lthomas@usd497.org

CARISSA WELSH

GENERAL EDUCATION

carissa.welsh@usd497.org

And...

CAROL CASTEEL

SCHOOL NURSE

ccasteel@usd497.org

MARLO COHEN

REGISTRAR

marlo.cohen@usd497.org

EM MEYER

SCHOOL PSYCHOLOGIST

em.meyer@usd497.org

DAVID RUIS

SECRETARY

david.ruis@usd497.org

JUST SOME THOUGHTS

Written by: Amy Brown

Recently, there has been a lot of media about the employability of Generation Z. Gen Z is anyone born from 1997 to 2012. This means that every high schooler around the world is considered Gen Z. Employers are saying that this group of individuals, in an overgeneralizing fashion, doesn't have the skills to be good employees. They lack good communication skills, have poor work ethics, and have little readiness to do most occupations. Reading this article made me ponder further about this generation and even my own parenting skills. This caused me to read, even more, about this generation and the parents behind them.

Before I move on, I want to say this: this article is about my own dive into parenting. Please do not think that I am basing these thoughts on any one particular student or conversation I have had with a parent. My story begins with my own children. You see, I have two children who are Gen Z: a 15 year old and a 12 year old. There are two recent incidents that stick in my mind that made me question my parenting. The first incident involves my oldest. She often shares with me when she is struggling. For years, I would step in and help her fix these struggles if not fix them myself. A little over a year ago, she began to tell me to stop when I try to fix and told me that she can handle it on her own. Sadly, she had to repeat this multiple times to me because I didn't understand--I was just trying to help; to be a good parent. Right? What if she continues to struggle and I could have prevented it?

The second incident involves my younger child just this last summer. She tried out for a competitive team. During her try-outs, she was pulled aside and the coach spoke with her. I didn't know what was going on but she spoke briefly with the coach and then returned to play. I shrugged it off. I learned after try-outs, from the coach, that she had asked my child why it appeared that she was holding back. My child told this coach, a complete stranger, that she was afraid to fail, to be imperfect. In an instant, I could feel my throat tighten and tears well up when it was shared. Did I do this to my child? Did I encourage my child to believe that nothing but perfection was acceptable? Did I make her anxious about it?

These are just two incidents amongst a myriad of other incidents that led me to the road that I ended up taking. I did not read any books but I read a lot of news articles. It is a pretty popular topic. Google it--loads and loads of articles. They are diverse in nature: the students, the parents, public education crisis, employment crisis, etc. I learned a lot as well as new terms for parenting. I knew about "Helicopter Parents" and "Absent Parents" but I also learned about "Lawnmower/Snow Plow Parents" and "Lighthouse Parents." Here is how I understand these different types of parents: 1. Helicopter: A parent who hovers. They are overly involved in every facet of their child's life. Often, inserting themselves and making decisions for their child. 2. Lawnmower/Snow Plow: These parents are helicopter parents but on steroids. They not only hover but they mow over any inconvenience or struggle that presents itself to their child. They remove any obstacle to minimize their child's frustration. 3. Lighthouse: This parent keeps their distance but has a guiding presence. This parent has firm boundaries but does not jump in immediately if the waters get choppy. This parent allows their child to learn from failures rather than fixing or removing them. 4. Absent: This parent is minimally involved. They distance themselves so far away from their child that they often have no idea where the child is physically, socially, and emotionally. I'm not going to discuss this parenting in depth.

What is fascinating is that three of these four parenting styles are done from a benevolent place: to be a good parent and help our children grow and develop. What the research is indicating is that the Helicopter and Lawnmower Parents create children who are unsure of themselves. They don't make decisions because the expectation is that their parent will jump in and fix the situation for them. This includes friendship conflicts, poor grades, doing their child's homework, writing job applications, and completing college applications. These children are unprepared for the adult world including employment. Whereas, with the Lighthouse parenting, children experience failures and successes on their own. It builds fearlessness and confidence. They grow up differentiating themselves from the family of origin and discover their true selves. They become functioning adults.

In my research, I saw myself. I, like a lot of parents, oscillate between three of these parenting styles. I could hover, mow over others, and distance myself to allow my child to flourish. To help me change, I envisioned the first two parenting styles creating a shadow over a budding plant. Without light, its growth is stagnant and underdeveloped. With the Lighthouse parenting, I can observe and watch the growth, from a distance, while allowing light to reach the plant. I can still step in if there are safety issues (i.e. an overzealous gardener who thinks it is a weed and plans to pull it). I have learned to listen better by remaining silent. I have learned not to jump in and fix immediately. When my children want me to fix, I question it and put the problem back in their court asking them to problem solve it while providing them with resources and guidance. I'm not perfect at it and I still can hover. I really do want to mow over situations and people at times but, like my children, I continue to develop and grow.

Here are my final thoughts: the second I backed off of my own children, they flourished and I reduced my stress. I still worry about their futures but it is much less of a daily stressor. I know they are going to be okay. To bring it back to LHS and education, one of the articles talked about lighthouse parents treating school as a member of their team rather than as another obstacle to mow over. Our children learn by the examples we create. When I think of employability skills, two of the best skills are conflict resolution and team building. These skills develop by allowing our children to experience on their own and handle problems with minimal interventions. As a team, we can all work together to make this happen.

ACTIVITIES OFFICE

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

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

Follow us on Twitter [@activities_LHS](#)

Dates to Know:

Homecoming Parade October 2nd

Homecoming Dance: October 5th from 7-9 pm

Picture Re-take: October 7th

Fall Play: October 24th, 7 pm

Fall Play: October 26th at 7 pm

Fall Play: October 27th at 2 pm

The Club Fair was held on August 29th. In case you missed it, you can view an updated list of clubs with the meeting times and locations which will be posted on our [LHS website](#).

Homecoming Dance information:

The dance will be held between the 2 gyms

*Guest Dance permission slips are available in the Student Services office. Students must be either high school students or students who graduated from LHS or FSHS in good standing (under the age of 21).

**Guest forms are due back to student services by Wednesday, October 3rd. They should be either emailed or faxed by the guest's high school.

A full listing of student clubs is available in Student Services



Heidi Woods will be the InterTribal Club sponsor. They will meet every other Wednesday. Ms. Woods invites community members to share their expertise and ideas for club activities. hwoods@usd497.org



LHS Pride Club will meet every Monday from 3:15-4:15 in Room 328.

ANNOUNCEMENTS

LHS Student Media Classes and Room 308 Productions present student announcements every Monday and Friday via the Room 308 Productions YouTube Channel

[Room 308 Productions YouTube Channel](#)





LION'S PRIDE PTO UPDATE

Parent/Guardian/Teacher Organization open to everyone who cares for students and Staff at LHS

- ❖ **Lions Pride PTO** is looking for parents, grandparents, guardians, friends of the LHS Lions who want to get involved with PTO. **Want to help with teacher conference meals on 10/14 and 10/16**, reach out to one of us in person or at this email address: lawrencehighlionspride@gmail.com.
- ❖ For the latest news: **Follow us on social media: Instagram: @lhslionspridepto, Facebook: Lawrence High Lions Pride - PTO and X (Twitter): LHS Lions PridePTO**
- ❖ **We've got tons of new merch! Ball caps, bags, blankets and more!** Support PTO with a purchase of merchandise at upcoming events and online AT THE LINK BELOW. **Please note, only Lions Pride PTO merchandise purchases directly benefit Lawrence High School with ALL proceeds going back to support our students, teachers and staff.** *PTO is not affiliated with any other vendors selling Lawrence High merchandise unless otherwise noted or advertised by the Lions Pride PTO.*

Shop online at the link below.
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
Allene Schworm- After Prom



Free and Reduced

Below are the free/reduced documents for the 2024-2025 school year

- Letter to Household (English & Spanish) - It is a requirement that we provide this information to all households at the start of the school year
- Application Packet for Free/Reduced Meals (English & Spanish) - we would prefer that families fill out the application online. The online application is available in the following languages: English, Spanish, Arabic, French, Filipino, Vietnamese, Chinese (Mandarin). The links below won't be active until July 1.
 - [Apply Now \(English\)](#)
 - [Apply Now \(Spanish\)](#)
 - [Apply Now \(Arabic\)](#)
 - [Apply Now \(French\)](#)
 - [Apply Now \(Filipino\)](#)
 - [Apply Now \(Vietnamese\)](#)
 - [Apply Now \(Chinese-Mandarin\)](#)
- Consent for Disclosure (English & Spanish) - when families are approved for free/reduced meals, their approval email will also include a consent for disclosure form.

This information is also on our website: <https://www.usd497.org/Domain/49>

ATHLETIC OFFICE

[Patrick Graham](#)

Assistant Principal/Athletic Director

[Chad Aberle](#)

Science Teacher/Assistant Athletic Director

[Emily Cates](#)

Athletic Secretary

[Ashley Kampfer](#), LMH Health

Athletic Trainer



HEAD COACH CONTACT INFO

Baseball-Boys
Basketball-boys
Basketball-Girls
Bowling-Boys, Girls, Unified
Boys, Girls
Cross Country - Boys, Girls
Football-Boys
Gymnastics-Girls
Soccer-Boys, Girls
Softball-Girls
Spirit Squads-Coed
Swim/Dive-Boys, Girls
Tennis-Boys, Girls
Track-Boys, Girls
Volleyball-Girls
Wrestling-Boys
Wrestling-Girls

Green, Adam
Wood, Nick
Dickson, Jeff
Burton, Lary
Moos, John
Morgison, Kyle
Bowen, Clint
Gonzales, Alexis
Comparato, Joe
Byrn, Mike
Wedd, Gwen
Weber, Elle
Marshall, Chris
Trowbridge, Audrey
Newkirk, Deborah
Naughton, Patrick
Springer, Carl

agreeen@usd497.org
nwood@usd497.org
jdickson@usd497.org
lburton@usd497.org
jmoos@usd497.org
kyle.morgison@usd497.org
clint.bowen@usd497.org
agonzale@usd497.org
joe.comparato@usd497.org
michael.byrn@usd497.org
gwedd@usd497.org
eweber@usd497.org
gcmarsha@usd497.org
apope@usd497.org
deborah.newkirk@usd497.org
pnaughto@usd497.org
carl.springer@usd497.org



Sports Informational Meetings

October 6 - Softball Player Meeting/Conditioning - 8:00 am/Softball Field
October 8 - Boys Wrestling Athlete Meeting - Right after school/cafeteria - Coach [Patrick Naughton](#)
October 9 - Girls Wrestling Athlete Meeting - Right after school/learning commons - Coach [Carl Springer](#)
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DATES TO KNOW

OCTOBER

4 - Homecoming
6 - Softball Player Meeting/Conditioning @ SB Field 8a-12p
8 - Boys Wrestling Meeting after school
9 - Girls Wrestling Player Meeting after school
9 - Girls Wrestling Parent Meeting 5:30p
11 - No School
18 - No School
18 - Senior Night [Band/Football]
30 - Boys Soccer Chipotle (23rd St) Fundraiser
30 - Softball Parent Meeting @ cafeteria 6:30p



NOVEMBER

1 - Pink Out

11 - Winter Sports Forms **DEADLINE**- Aktivite.com

18 - First Day of Winter Sports

25 - Fall Break Begins



SPORTS REGISTRATION

All registration and forms submission for athletics is completed on the website www.aktivite.com.

- Forms may not be submitted in person to the athletic office, a coach, or summer coaching staff
- Physicals must be dated on or after May 1 of the previous school year to be valid

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

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 before uploading the 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 8:00 am-3:00 pm

Follow us on Twitter @LawHS_Athletics

There are 1000 Lion Mascots but only one
Chesty Lion

**Chesty needs a
Makeover!**

(costume)

Help us reach our Goal!

**LHS Spirit Squad
Donate NOW!**



HEALTH OFFICE

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

Marcy Frank, CNA, Health Office Assistant

News from the Health Office:

Carol Casteel, RN

Marcy Frank, Health Office Aide

785-330-2704

COVID: Students can return to school if fever free for 24 hours without the use of fever reducing medications with tylenol and ibuprofen. if they continue to have occasional coughing they can wear a mask. (masks are available in the health office)

Over the counter medications: Students may keep their own tylenol, ibuprofen, midol, excedrin, tums, etc. with them. The health office will not be keeping OTC medications for the students this year.

Controlled medications such as adderall, and other prescription medications need to be given by the nurse only. Please call the school and ask for the health office if your student will need controlled medications given during the school day.

Illness/surgeries, new health concerns: Please email or call the nurse for any new health concerns that may affect their school day. casteel@usd497.org or 785-832-5050 (main); 785-330-2704(health office)

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.

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

Update on immunizations

- Covid Protocol: USD497 Protocol
- Meningococcal: 2 doses -All students should have a record of at least one dose of the 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 let the nurse know of any updated health situations that your student may have. We want to keep them healthy and successful for the remainder of the school year! –LHS Health office: 785-330-0721

