



Weekly Newsletter for April 3, 2023

Your PTO—enhancing education and welfare of LHS students and fostering communication throughout the LHS community

Upcoming Events



Apr 3–7

Apr 6

Week 30

Parent/Caregiver Discussion Group (all grades), 9am

Quarter 3 grades close

Apr 7

No School—Good Friday

Apr 10–14

Apr 10

PTO Board Mtg, 7pm ([Zoom link](#))

Apr 12

Virtual Presentation: Vaping, Smoking—What a Parent Should Know and Do, 7pm

Junior Caregiver Group, 9am

Apr 13

Parent/Caregiver Discussion Group (all grades), 9am

Junior Caregiver Group, 7pm

Save the Date

Apr 17–21

No School—April Break

Apr 25

School Committee Mtg, 6pm

May 5

Half-day for all students

If you have a gmail account your Weekly Newsletter is being clipped. Please click on the link at the top of the newsletter "To view this email as a web page, click here" to get the full picture. Thank you!

Weekly Announcements

PTO News

How can we help you? We welcome conversation, questions, and dialogue. Connect with us by email anytime at president@lhspto.org.

Thank you!

Kim McCormick & Meg Khanolkar

LHS PTO Co-Presidents



What did the LHS PTO do last week?



- Held Forum: Navigating Life after LHS
- Hospitality Team served breakfast to staff: Bagels!

LHS and LPS Announcements



Updates from Dr. Stephens

- The [LHS News and Happenings Letter](#) has everything you need to know about what's going on at LHS.

LHS Site Council Election

The Lexington High School Site Council is seeking one LHS parent candidate to serve a three-year term starting in the 2023–2024 school year.

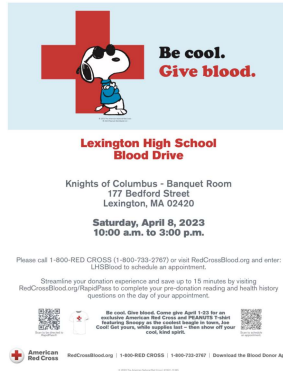
The purpose of the School Council is to work collaboratively with the Principal to develop school improvement plans consistent with system wide goals and student performance standards set by the Massachusetts Board of Education. Council members help plan ways to meet the diverse learning needs of students; establish a school climate of tolerance and respect for every individual; involve parents in the life of the school; impact safety and discipline; enhance extracurricular activities and more. The Council is composed of five LHS parents, five faculty, two community representatives, three students, and the Principal.

For more information you can check out the Site Council [webpage](#). Please note the role of the parent representative on the school council is to serve and support the high school and it *is not a position associated with the PTO*.

- **Candidate Eligibility:** Parents and guardians who will have a child/children enrolled at LHS continuously from 2022–2025 are eligible to apply (this includes parents of current 8th grade students).
- **Deadline to apply** is end of the day Friday, April 28, 2023
- **Questions? Want to apply?** Email: president@lhspto.org and include the following information:
 - Your first and last name
 - Your child/children's name, grade, and school (we won't post this information, but will use this to help verify that you will be eligible for the full 3 year term). [example: John Doe, gr 10, LHS; Jane Doe, gr 8, Clarke]
 - Brief description on why you are interested in the role and any experience(s) you feel is relevant to the role (limit of 200 words). This description will be used in the event an election is triggered.

Will there be an election? If more than two candidates apply, the PTO will facilitate an election and results will be released after votes are tabulated and verified. All rising 9–12th grade LHS parents will be eligible to vote.

LHS Community News



LHS Blood Drive this Saturday!

The LHS Red Cross Club will be holding their annual blood drive **this Saturday!** Donors can sign up online for a time slot to donate blood, and get a "Rapid Pass" that makes check in at the event very efficient. All donors will be given a FREE Snoopy t-shirt. At last year's event, the club helped collect 37 units of blood, enabling up to 111 patients to receive the life-sustaining and life-saving blood products during their time of need.

- **When:** Sat, Apr 8, 10am-3pm
- **Where:** Knights of Columbus Banquet Hall, 177 Bedford St, Lexington
- **Schedule your time slot**[here](#)
- **Get your "Rapid Pass"**[here](#)
- **For more info** contact [Sarah](#)



LexStopHunger: Spring Food Drive

LexStopHunger, an LHS club dedicated to helping those facing food insecurity, is hosting their Spring Food Drive for the Lexington Food Pantry.

- **When:** Mon, Mar 20—Fri, Apr 7
- **Where:** Drop donations off in the collection boxes at LHS Deans' Offices and LHS Main Office
- **What we need:**
 - Canned soup (non-vegetarian)
 - Baked beans (16 oz)
 - Canned fruit (any size)
 - Canned vegetables (15 oz)
 - Pasta (1 lb box)
 - Pasta sauce (18 or 24 oz)
 - Canned tuna (5–7 oz)
 - Peanut butter (160z)
 - Rice
- **Questions?** Contact [Nicole](#) or [Felix](#)

LHS Parent/Caregiver Discussion Group (all grades)

- **Next Meeting:** Thu, Apr 6, 9am
- **Topic:** Organization, time management and executive function
- **To Join:** Email [Jen Roney](#) with your full name, and the grade(s) of your LHS student(s)

Junior Parent/Caregiver Discussion Group

- **Next Meeting:** Wed, Apr 12, 9am **and** Thu, Apr 13, 7pm
- **Topic:** *J2Guides*, professional gap year consultants, will speak on the topic of "Gap Year Options."
- **To Join:** Sign up for the mailing list and meeting links [here](#)

Job Opportunity: Adult Proctors for AP Exams

LHS needs proctors for the Advanced Placement Exams for this coming May. This work is compensated, and the schedule is flexible—you choose the days and times that work best for you. Applicants must be at least 18 years of age, and have a current CORI check on file with the district.

- **When:** AP testing dates between May 1 and May 19
- **For more information,** including compensation rates, click [here](#) or email [Danielle](#)



All Night Graduation Party: Save the Date!

The All-Night Graduation Party for Seniors is coming!

To help the party be a huge success, **we will need parent volunteers and donations from ALL GRADES**, Fri, Jun 3 through Mon, Jun 5.

More details to follow, but **mark your calendars now** to help with this fun event.

- **When:** Sun Jun 4, 10pm through Mon Jun 5, 5am
- **Where:** LHS Field House

Lexington Community News

LEXINGTON



SEPAC / SEPTA

Upcoming Dyslexia Parent Group Meetings

Our Dyslexia Parents' Group is open to Lexington parents who have a child struggling to read and/or write, who need information on how to support them no matter where they are on their journey, and who want to join an amazing and supportive group of parents. We are a subgroup of the Lexington Special Education Parent Teacher Association, LexSEPTA/SEPAC.

Join us for our upcoming meetings!

- **When:** Tue, Apr 4, 7–8:45pm
- **Where:** Lexington Community Center, rm 217

AND

- **When:** Thu, Apr 6, 9:30-11:30am
- **Where:** Via Lago Restaurant, 1845 Mass Ave

RSVP (appreciated, but not required) for either meeting [here](#)



2023 Special Needs Resource Fair

Join LexSEPTA for this year's Special Needs Resource Fair. The fair will feature more than 30 different resources, including therapists, advocates, consultants, summer camps, tutors, resources for learning social skills, and more!

When: April 8, 10am-1pm

Where: Lexington Community Center

Questions? Email [here](#)



Community Service Opportunity: Hastings Art Night

Earn community service hours by volunteering at the annual Maria Hastings Art Night! Hosted by the Hastings PTO, the evening will feature art created by Hastings students on display for their families' viewing. In addition, the evening includes multiple activity centers with arts and crafts to keep kids busy during the event.

High school students are needed to help out with setting up the event, with running activity tables, monitoring lines for art entertainment (such as henna painting and puppetry), and for post-event clean up.

- **When:** Thu, Apr 13, 6:30pm (various volunteer slots available from 4:30-8:30pm)
- **Where:** Hastings Elementary School
- **Sign up** for one (or more!) volunteering slots [here](#)
- **For more information**, contact [Purvi](#)

Community Service Opportunity: Serve as Parade Ambassador in Patriot's Day Parade

The Lexington Celebrations Committee seeks students, families, neighbors, coworkers, retirees, friends, walking groups, athletic teams, and anyone who loves a parade to sign up to march as a Parade Ambassador on Patriot's Day. Parade Ambassadors march in teams of 2 or 3 in front of a parade unit, carrying a banner with the name of the local business sponsor of that unit.

This is a great opportunity to participate in this nationally known event with a long history. No experience necessary! Parade Ambassadors receive complimentary tee shirts. High school students earn 4 hours of community service credit. All volunteers must be at least 12 years of age.

- **When:** Mon, Apr 17
- **Further important details** can be found [here](#)
- **Sign up** [here](#)

LEXINGTON



Upcoming Workshop with Dr. Ned Hallowell: Making Your Life (with ADHD) VAST and Full of Potential

What if instead of thinking of ADHD as a deficit and a disorder, we saw it for what it really is, a way of being in the world which, with the right support, can be a wonderful way of being? Sponsored by SEPTA, world-renowned Drs Hallowell and Ratey will give a workshop to teach about the new term for ADHD in their latest book *ADHD 2.0*. It's VAST, or Variable Attention Stimulus Trait. The old term of ADHD with its emphasis on pathology and on a "deficit disorder" is inaccurate and stigmatizing. The new term is far more accurate, allowing for positive attributes, not just negative ones. Drs Hallowell and Ratey will explain the rich and complex world of VAST and how a simple change in framing can set off an entire shift in thinking and treatment.

Edward (Ned) Hallowell, M.D. is a board-certified child and adult psychiatrist and world authority on ADHD. He is also author of the best-selling book *Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood*.

- **When:** Thu, Apr 27, 7–8:30pm
- **Where:** LHS Auditorium
- **For more information,** click [here](#)
- **To register,** click [here](#)

Useful Links and Resources

PTO Links

- [LHS PTO Homepage](#)
 - [Membership Toolkit Registration Link](#)
 - [Volunteer](#)
 - [LHS PTO on Facebook](#)
 - [Who's on the PTO Board this year](#)
 - [Useful Links](#)
 - [LPS 2022–2023 School Calendar](#)
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LHS Links

- This year's [school calendar](#) 2022–2023
 - LHS [Student Absence Form 2022–2023](#)
 - LHS [Block Schedule](#) and directions to [add Block Schedule to your Calendar](#)
 - No Homework [Calendar](#)
 - LHS [Counseling Department webpage](#)
 - Superintendent's [reports](#)
 - School Committee [webpage](#)
 - Building Committee [webpage](#)
 - LHS Building Project [webpage](#)
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Community Resources

- Cary Library [teen programs](#)
- Lexington Recreation and Community Programs: [classes for children and teens](#)
- Lexington Community Education: [classes on test prep and college planning](#), and [classes for children and teens](#)
- [Munroe Center for the Arts](#)
- [Youth Counseling Connection](#)

Stay Connected

- Principal Stephens: Follow him on Twitter (@LexingtonHSMa)
 - Athletics [games/meets](#)
 - LHS PTO [website](#) and [Facebook](#) group
 - LHS [Performing Arts Calendar](#)
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