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## Weekly Newsletter for April 10, 2023

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

### Upcoming Events



#### **Apr 10-14**

#### **Week 31**

- 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),  
Mtg with Principals, 9am ([Google Meet Link](#))  
Junior Caregiver Group, 7pm

#### **Apr 17-21**

#### **No School: April Break**

#### **Apr 24-28**

#### **Week 32**

- Apr 25 School Committee Mtg  
Apr 28 Freshman Semi-Formal, 7pm, LHS Commons 2

#### **Save the Date**

- May 1 LHS Parent Q&A with the Superintendent, 5pm,  
Science Lecture Hall  
May 5 Half-day for all students  
Parent-provided luncheon for LHS faculty and staff

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](mailto:president@lhspto.org).

Thank you!

Kim McCormick & Meg Khanolkar  
LHS PTO Co-Presidents

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## What did the PTO do last week?

- President attended PTO Presidents' Meeting
  - PTO Board met with Principal Stephens
  - Presidents met with LHS Counseling Dept to plan for the remainder of the year
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### Ms. Sylvia Guttman, Holocaust Survivor, Speaks at LHS

On Fri, Mar 31, Ms. Sylvia Ruth Guttman, a Holocaust survivor, spoke about her experience to 300 students and faculty over the course of the day. This event was funded by the PTO mini-grant program, which is made possible by your generous donations. Thank you for making this vitally important type of learning possible!

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## Upcoming Presentation: Vaping, Smoking, and Yes, Eating Substances—What a Parent Should Know and Do

Join us for an upcoming presentation by Stanford University's Dr. Bonnie Halpern-Felsher. New vaping products are infiltrating the market, including new disposable e-cigarettes, e-cigarettes shaped like watches and other household products, and even "non-nicotine" and cannabis vapes, as well as oral nicotine products. Adolescents and young adults are using these products more often than combustible cigarettes. This presentation will provide detailed information about these new products, including information on nicotine levels, addiction risks, health effects, and marketing of these products. The presentation will also provide information on reasons for adolescent use of these products, including flavors, appeal, marketing, perceived reduced harm, stress, anxiety, and depression, along with other misperceptions about the products. Dr. Halpern-Feisher will also provide evidence-based resources that can be used to help prevent and reduce use of these products, as well as advocacy efforts occurring in the United States to reduce use.

At the end of this presentation, parents will:

- Understand the different vaping, tobacco, and cannabis products that youth are using
- Understand the reasons why youth are using these products
- Leave with resources and tools to help identify, prevent, counsel and treat youth regarding vaping

This presentation is sponsored by the School Health Advisory Council "SHAC", LPS PE, Health & Wellness Department, the LHS PTO, and the Lexington Human Services Department.

- **When:** Wed, Apr 12, 7–8:30pm
- **Where:** Virtual Presentation; Zoom link [here](#)
- **Who:** All Lexington parents/caregivers/guardians and community members are invited to this presentation

## 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.

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## 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](mailto: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 two or more 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.

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## LPS Vaccine Clinic

Lexington Public Schools is hosting another vaccine clinic open to all Lexington residents and LPS staff. Both Covid–19 and flu shots will be available.

- **When:** Fri, Apr 28, 3–5pm
- **Where:** Central Office, 146 Maple Street, Lexington
- **Sign-up** [here](#)

## LHS Community News

### LHS Parent/Caregiver Discussion Group (all grades)

- **Next Meeting:** Thu, Apr 13, 9am
  - **Topic:** Meeting with the Principals ([Google Meet Link](#))
  - **To Join:** Email [Jen Roney](#) with your full name, and the grade(s) of your LHS student(s)
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### 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](#)

## Lexington Community News



### Lexington Youth Counseling Connection Seeks Grade 9–12 Youth Advisory Board Members for 2023-24

[Youth Counseling Connection \(YCC\)](#) is an independent, non-profit organization that provides accessible counseling and outreach services to Lexington youth and their families. YCC's Youth Advisory Board is a diverse group of high school students who meet monthly during their service year to discuss an array of topics including mental health and community engagement. Youth Board members will collaborate with Staff and YCC Board Members to inform agency policies, procedures, and outreach efforts by sharing their perspectives on current events and issues in the media. They will also conduct a service project of their choosing and volunteer alongside YCC in the community. LHS students can receive community service hours.

- **Application deadline:** June 1
  - **Questions?** Contact YCC Executive Director [Emily Hayes](#)
  - **To learn more,** download this [interest form](#)
  - **Join YCC's [email list](#)** for monthly updates
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### LEXINGTON



### ADHD Parent Support Group

Please join us at our upcoming ADHD Parent Support Meeting. The goal of these meetings is to provide support for parents of children in Lexington who have an ADHD diagnosis or believe their child may have this diagnosis. We focus on sharing treatment resources, therapies, and specialists, and guidance on how to best navigate the Lexington Public School system. We are a sub-group of the Lexington SEPAC/SEPTA.

- **When:** Wed, Apr 12, 7–8pm
- **Where:** Virtual Meeting (Zoom link [here](#))
- **For more information,** contact [Jennifer](#)

### Dyslexia Parent Group Meetings in May

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, May 2, 7–8:45pm
- **Where:** Lexington Community Center, rm 217

**AND**

- **When:** Wed, May 10, 9:30-11:30am
- **Where:** Via Lago Restaurant, 1845 Mass Ave

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

### **Autism Support Group: Future Planning for Special Needs**

The next meeting of the Autism Support Group will be on the topic "Planning for Special Needs." The discussion will be led by Amit Chawla, who is a parent in Lexington. Amit is a software product manager for a wealth management software company, husband to an estate planning attorney, and dad to two boys. He is also a Certified Financial Planning professional and a Chartered Special Needs Consultant. One of his sons has autism and lives in a residential school. His goal is to help people with disabilities and families with special needs members plan for a better future. Ever since his son left for the residential school five years ago, he and his wife have been busy preparing themselves to help him. His wife has been focused on legal aspects and he has been focusing on financial aspects. They moderate a private Facebook group called "Planning for Special Needs." (Please note that Amit is not an attorney, and you should consult an attorney for all legal considerations.)

- **When:** Tue, Apr 11, 7:00pm
- **Where:** Lexington Community Center, room 230

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### **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](#)

## 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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