



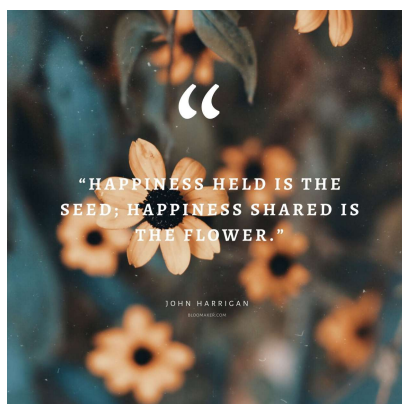
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## Weekly Newsletter for April 24, 2023

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

### Upcoming Events



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

Apr 25

Apr 26

Apr 27

Apr 28

#### **May 1-5**

May 1

May 4

May 5

May 29

#### **Week 32**

Senior Caregiver Discussion Group, 9am  
School Committee Mtg, 6pm

Junior Caregiver Discussion Group, 9am

Parent/Caregiver Discussion Group, 9am

English "Honors for All" Presentation, 9:40am  
([Zoom link](#))

Junior Caregiver Discussion Group, 7pm

Freshman Semi-Formal, 7pm, LHS Commons 2

#### **Week 33**

LHS Parent Q&A with the Superintendent, 5pm,  
Science Lecture Hall

Parent/Caregiver Discussion Group, 9am

Half-day for all students

Parent-provided luncheon for LHS faculty and staff

#### **Save the Date:**

No School—Memorial Day

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!

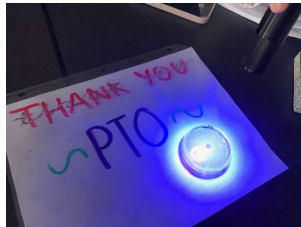
Kim McCormick & Meg Khanolkar

LHS PTO Co-Presidents

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## What did the PTO do during the last two weeks?

- Held PTO Board meeting
  - Co-sponsored Forum on vaping
  - Hosted hospitality event: Sandwiches for the custodial staff
  - Presidents and VPs of PTO Membership met to plan for next year
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### PTO Mini-Grant Funds New Pen Lights for Biology Labs

The LHS PTO recently funded biology teacher Ms. Olaharski's mini-grant application for the purchase of P glo UV pen light replacements. This specialized equipment is being used by LHS biology students while they conduct their labs. Thank you for your generous donations to the PTO that make grants like this possible!

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## LHS Teacher & Staff Appreciation Luncheon—We Need Your Help!

Parents, we need your help! It's the staff and teachers' favorite time of the year—the annual LHS Teacher and Staff Appreciation Luncheon.

Prior to Covid, we celebrated the amazing LHS faculty and staff every year with a BIG potluck luncheon provided by the LHS parents. Now, after the three-year hiatus, that celebration is back!

### We need your help to make it a success!

- **When:** Drop off your item on Fri, May 5, 10:45-11:15am
- **Where:** LHS Cafeteria.
- **Include with your donation** an ingredient list for food allergies (especially peanuts, tree nuts, soy, gluten, msg, etc.)
- **Sign up**[here](#).

The teachers and staff really enjoy the wonderful food parents take the time to prepare for them. Not a cook? No problem! There are sign-up slots to bring drinks, desserts, flowers and prepared items. Donations are welcome to purchase appetizers from local restaurants.

The LHS PTO Hospitality Team thanks you for helping to make this this event possible!

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## English Honors for All Presentation

Join Principal Andrew Stephens and teachers from the LHS English Language Arts Department for a live forum on the English *Honors for All* classes. This virtual event will include a live presentation, along with a question and answer session.

- **When:** Apr 27, 9:40–10:30am
  - **Where:** Virtual ([Zoom link](#))
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## Parent Q&A with Dr. Hackett

Parents of LHS students are cordially invited to join us for an informal Parent Q&A session with Superintendent Julie Hackett! Please note that this is an in-person event.

- **When:** Mon, May 1, 5pm
- **Where:** LHS Science Lecture Hall

## 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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### 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 27, 9am
- **To Join:** Email [Jen Roney](#) with your full name, and the grade(s) of your LHS student(s)

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#### Senior Parent/Caregiver Discussion Group

Come join the Senior Parent Group for an informal coffee and chat!

- **When:** Tue, Apr 25, 9am
- **Where:** Starbucks on Bedford St.
- **Topic:** We'll touch on helping your student deal with the emotions surrounding college admissions waitlists, and learning to feel excited about their final choice. We'll also discuss the transition to college, covering topics such as what items they should bring, and what skills to build up (such as laundry and time management!) over the summer in preparation.
- **Contact**[Cynthia Pfeiffer](#) for further details
- **More event information** is available on our [Facebook group](#)

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#### Junior Parent/Caregiver Discussion Group

- **Next Meeting:** Wed, Apr 26, 9am **and** Thu, Apr 27, 7pm
- **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



### 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*.

Lexington bookstore Maxima Books will be providing signed copies of *ADHD 2.0* for purchase at this event. Take this opportunity to shop local!

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

### 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](#)

## 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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