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## Weekly Newsletter for February 27, 2023

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

### Upcoming Events



#### **Feb 27–Mar 3 Week 25**

- Feb 27 Course Advice Night for Students, 8pm (virtual)
- Feb 28 School Committee Mtg, 6pm
- Mar 1 Course selection opens in Aspen  
Junior Parent/Caregiver Mtg, 9am
- Mar 2 Parent/Caregiver Discussion Group (all grades),  
9am, Community Center rm 237  
Athletics Spring Pre-Season Mtg, 6pm  
Junior Parent/Caregiver Mtg, 7pm
- Mar 3 Half-Day

#### **Mar 6–Mar 10 Week 26**

- Mar 6 Course selection closes in Aspen
- Mar 9 Parent/Caregiver Discussion Group (all grades),  
9am
- Mar 11 Lexington Parent Academy

#### **Save the Date**

- Mar 14 School Committee Mtg, 6pm
- Mar 17 Half-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



## What did the PTO do before February break?

The PTO Hospitality Team decorated the bulletin board at the school's front entrance to show our appreciation for the hard work of LHS teachers!

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## Save the Date! The 9th Annual Lexington Parent and Caregiver Academy

The School Health Advisory Council (SHAC) and its community partners present the **9th Annual Lexington Parent and Caregiver Academy**. Co-sponsored by the LHS PTO, this academy strives to educate and empower parents, guardians and caregivers in managing the changing demands of raising youth today.

**The Parent and Caregiver Academy is FREE and open to all.**

- **When:** Sat, Mar 11, 10:00am–2:30pm
- **Where:** In-person at the Lexington Community Center
- **For more information** contact [Julie Fenn](#), LPS Coordinator of PE, Health & Wellness

### Workshops include:

- Question, Persuade, Refer (QPR): The CPR for Mental Health and Suicide Prevention
  - How to Have Supportive Conversations with Children about Race
  - How to address questions and comments from children about identity and bias, and strategies for making a safer and more inclusive community
  - Beyond Mindfulness and Yoga: Practical Self-care So You Can Take Care of Yourself to Better Support Your Kids
  - Parents as Sexuality Educators
  - Mindful Meditation
  - Thriving In The College Years: Preparing and Supporting our children for success, health and well-being after high school
  - I See You and I Can Hear You, BUT I Don't Understand You: Improving Parent-Teen Communication and Relationships
  - Stand up to Stand Together: Raising Active Bystanders
  - Navigating Technology and Social Media with Young Children
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## Volunteer Opportunity: Students and Parents needed for Upcoming Parent Academy

The upcoming Parent and Caregiver Academy needs YOUR help! This annual event cannot run without the help of MANY student, parent and caregiver volunteers to staff information tables, support individual workshop presenters, help orient attendees, etc. This is an easy, short, and fun way to give back to the community, get to know other people who are passionate about student health and well-being, and attend some fascinating workshops!

High school students who are interested in volunteering for this event and receiving community service credit should contact [Julie Fenn](#). Adult volunteers, please contact [Jennifer Roney](#). Many thanks for your help!

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## Q&A with School Committee Candidate Sara Cuthbertson

In keeping with tradition, the PTO Presidents' Council will hold a Q&A session with Sara Cuthbertson, who is running unopposed for school committee this year. Given that, this meeting is a good chance for parents and other community members to get a chance to meet with Sara and ask any questions they might have.

**When:** Thu, Mar 2, 5:30–7pm

**Where:** Lexington Community Center, room 237, in person and virtual

**RSVP** and submit questions [here](#)

## 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.
- It's time to start registering for next Year's classes!
  - From **Mar 1 through Mar 6**, you may begin entering course requests into Aspen. This [Google slide show](#) shows you how, and answers many frequently asked questions.
  - The LHS Program of Studies, which lists all the classes and their descriptions, is [here](#)
  - The 2023–2024 Course Request Timeline for current LHS students is [here](#)

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## LHS Senate: Course Advice Night for Students

Parents and caregivers, encourage your students to sign up for Course Advice Night! Course Advice Night is an event held by the LHS Senate that allows students to hear feedback from other students about the potential courses they can take next year. They will learn about course load and pacing from students who have already taken these classes! This year, both Course Advice Nights will be virtual.

When students sign up to receive the zoom link, they can submit any questions they have about specific courses!

- **When:** Mon, Feb 27, 8pm
- **Sign up** for the Zoom link and ask any questions you may have [here](#)

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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, Mar 3, 9am–5pm
- **Where:** Central Office, 146 Maple Street, Lexington
- **Sign-up**[here](#)

## LHS Community News

### New! Silent Disco Social for Teens

Come try out this *free* Silent Disco Social for Lexington teens!

A silent disco is a dance party where guests listen to music through wireless headphones instead of speakers. There are up to 3 different music channels that can be listened to during the night.

In addition to music and friends, we'll also have food, games, and free entry into a raffle for a \$50 gift card to Lexington's CoCo Fresh Tea & Juice.

We are limited to 75 headphones so register today!

This event and upcoming Teen Events are all happening thanks to a grant received by the Community Endowment of Lexington.

- **When:** Fri, Mar 10, 8–10pm
  - **Where:** Lexington Community Center, 39 Marrett Rd
  - **Register**[here](#)
  - **For more information**, email [Tom Romano](mailto:Tom.Romano) or call (781) 698-4813
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## 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](mailto:Danielle)
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## LHS Parent/Caregiver Discussion Group (all grades)

- **Next Meeting:** Thu, Mar 2, 9am at the Lexington Community Center, Room 237
  - **Topic:** Join us at this in-person meeting for a chance to reconnect and socialize!
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## Senior Parent/Caregiver Discussion Group

Come join the Senior Parent Group for an informal coffee and chat. Feel free to bring questions, or come to vent or support others as we move into the final few months of the college application process and senior year.

- **When:** Tue, Feb 28, 9am
  - **Where:** Starbucks on Bedford St.
  - **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, Mar 1, 9am *and* Thu, Mar 2, 7pm (both sessions cover the same material)
- **Topic:** Open discussion
- **To Join:** Sign up for the mailing list and meeting links [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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