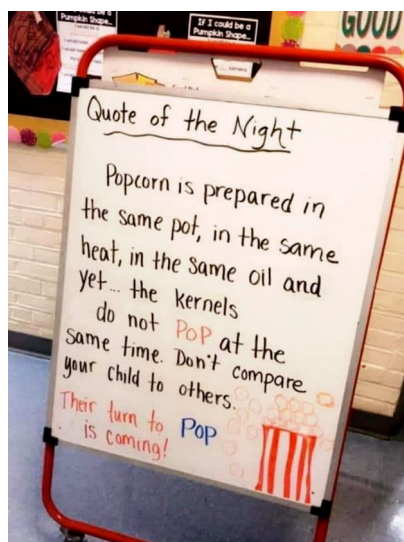




Weekly Newsletter for March 6, 2023

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

Upcoming Events



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, 10–2:30pm, Lexington Community Center

Mar 13–17 Week 27

- Mar 13 PTO Board mtg, 7pm (zoom [link](#))
- Mar 14 School Committee Mtg, 6pm
- Mar 15 Junior Parent Discussion Group, 9am
- Mar 16 Parent/Caregiver Discussion Group (all grades), 9am
- Junior Parent Discussion Group, 7pm
- Mar 17 Half-day
- Save the Date**
- Mar 29 PTO Forum: Navigating Life After LHS
- Apr 7 No School—Good Friday

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?

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- Started the recruitment process for next year's PTO board
 - President attended PTO Presidents' Council meeting



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. Although registration is not required, we encourage you to register to secure a space in the workshops you are interested in attending. Several of the workshops have limited spaces.

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
- **To register** click [here](#)
- **For more information** contact [Julie Fenn](#), LPS Coordinator of PE, Health & Wellness
- **See the full program** and speaker descriptions [here](#)

A Partial Listing of 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

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 fill out [this form](#), and contact [Jennifer Roney](#) if you have further questions. Many thanks for your help!

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](#).

LHS Community News

LHS Parent/Caregiver Discussion Group (all grades)

- **Next Meeting:** Thu, Mar 9, 9am
 - **Topic:** Guest Speaker—School Committee Member Larry Freeman
 - **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. 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, Mar 14, 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 15, 9am **and** Thu, Mar 16, 7pm (both sessions cover the same material)
 - **Topic:** Sharon Olofsson of Gateway Educational Consulting will speak on the topic of Financial and MEFA merit aid
 - **To Join:** Sign up for the mailing list and meeting links [here](#)
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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



YCC Award Honoring Valerie Viscosi, LPS Director of Counseling

All parents and community members are warmly invited to the inaugural Youth Counseling Connection Impact Award, honoring Valerie Viscosi, Lexington Public Schools K–12 Director of Counseling, for her advocacy and accomplishments in supporting youth mental wellness in Lexington. Enjoy coffee and conversation and a brief program honoring Valerie's work with Lexington youth, including her partnership with YCC. This event is free and registration is appreciated but not required.

- **When:** Wed, Mar 15, 10–11:30am
- **Where:** Lexington Community Center
- **For registration and more info** 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](#)

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](#)

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](#)

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