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## Weekly Newsletter for March 20, 2023

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

### Upcoming Events

When you are with a group of people,  
take a look around and notice  
the things that are around you.

<b>Mar 20-24</b>	<b>Week 28</b>
Mar 23	Parent/Caregiver Discussion Group (all grades), 9am
<b>Mar 27-31</b>	<b>Week 29</b>
Mar 28-29	ELA MCAS: 10th grade
Mar 28	School Committee mtg, 6pm
Mar 29	Junior Caregiver Discussion Group, 9am PTO Forum: Navigating Life After LHS, 7pm, LHS Auditorium
Mar 30	Parent/Caregiver Discussion Group (all grades), 9am Junior Caregiver Discussion Group, 7pm Senior Caregiver Discussion Group, 7pm, LHS Library
	<b>Save the Date</b>
Apr 7	No School—Good Friday
Apr 17-21	No School—April Break

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 LHS PTO do last week?

- Co-Sponsored and volunteered for **Parent Academy**
  - Held PTO **Board meeting**
  - PTO Presidents **met with the Principal**
  - **Accepted grant requests** for fourth and final cycle of this year's mini-grants
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## Upcoming PTO Forum: Navigating Life after LHS

In the next PTO Forum, "Navigating Life after LHS," recent LHS graduates and a few parents of graduates will share their experiences and advice with current LHS students and parents.

**When:** Wed, Mar 29, 7pm

**Where:** LHS Auditorium

**Questions?** Email [Catherine](#)

Please note this is an in-person only event!

*We are looking for a few more panelists. If you have or know of a recent LHS graduate willing to share their career experiences and advice, please ask them to fill out the information in this [link](#) or email [Catherine](#).*

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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 TBA
- **Who:** All Lexington parents/caregivers/guardians and community members are invited to this presentation

## Updates from Dr. Stephens

- The [LHS News and Happenings Letter](#) has everything you need to know about what's going on at LHS.
    - Friendly reminder from Dr. Stephens regarding student drop-off in the morning: There has been a marked increase in traffic after 8:15, resulting in an increased number of students being tardy. Please drop your students off between 8:00 and 8:15 so they can make it to their first period classes on time.
    - Course Registration for the 2023–2024 year is underway. Click [here](#) to see the Lexington High School deadlines related to registration.
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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 31, 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, Mar 16, 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 as we move into the final months of senior year!

- **When:** Thu, Mar 30, 7pm
  - **Where:** LHS Library
  - **Topic:** Sharon Olofsson from Gateway Educational Consulting will lead a discussion on how to support your student as they chose which college to attend in the fall.
  - **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 29, 9am **and** Thu, Mar 30, 7pm (both sessions cover the same material)
- **Topic:** Summer Opportunities
- **To Join:** Sign up for the mailing list and meeting links [here](#)

## Lexington Community News

### Student Volunteer Opportunity with Explorations!

Calling all students who are rising sophomores or older! **Earn community service hours this summer** by working as a

student aide with Lexplorations, Lexington Community Education's summer program for children. You must commit to working a minimum of one full week to be considered. Space is limited—apply now!

- **When:** Weekly programs run Jul 3–Aug 11
  - **Where:** Most programs are held at Hastings Elementary School
  - **To apply or for more information** visit our [website](#)
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## Spring Classes for Teens and Adults!

Set aside some time to let your creativity bloom! Spaces are still open for Thursday Adult Ceramics, along with Visual Arts for all ages. Try your hand at painting, illustration, mixed media, monotype print and more!

Teens can experiment in the afternoons with different mediums via the new class "Narrative Illustration" on Thursdays and returning self-directed "In Your Hands" classes on Wednesdays and Fridays.

Adults can also explore our exciting full and partial semester options too, with classes like Figure Drawing, Intro to Monotypes, Handmade Books and Mixed Media Collage, Gentle Introduction to Watercolor, Food Illustration (options for ink/watercolor or gouache), and even a painting class taught through Zoom by the fantastic Emily Passman!

- **When:** Spring semester starts Apr 3. Registration is open now!
- **Class offerings** are on our [website](#)
- **Sign up for our newsletter**[here](#) to get updated class and camp announcements

## 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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