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## Weekly Newsletter for March 27, 2023

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

### Upcoming Events



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| <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                         |
|                  | Senior Caregiver Discussion Group, 7pm, LHS Library                         |
| <b>Mar 27–31</b> | <b>Week 30</b>  |
| Apr 6            | Parent/Caregiver Discussion Group (all grades), 9am                         |
|                  | Quarter 3 grades close  |
| Apr 7            | No School—Good Friday   |
|                  | <b>Save the Date</b>  |
| Apr 12           | Virtual Presentation: Vaping, Smoking—What a Parent Should Know and Do, 7pm |
| 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?

- PTO Presidents and Treasurers met to begin planning for next year
  - PTO Presidents and VPs of Recruitment met to plan recruitment for next year
  - PTO Grants Committee voted on current Mini-Grant cycle
  - Prepared for upcoming PTO Forum: *Navigating Life after LHS*
  - Prepared for upcoming PTO Hospitality event for LHS teachers
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## PTO Forum: Navigating Life after LHS

Join us for our upcoming PTO Forum!

Moderated by our own LHS Associate Principal Andy Baker, this forum will feature...

- Speaker Julie Fenn
- Recent and past LHS graduates
- Parents of graduates

...all of whom will share their experiences and advice on "Navigating Life after LHS" with current high school students and parents.

Find out about gap year/semester, college pre-professional tracks, sports, conservatory music, military options, transitioning, overcoming executive function challenges, and more!

This forum was designed with Juniors and Seniors in mind, but is suitable for all curious students and members in our community!

Please note this is an in-person only event!

- **When:** Wed, Mar 29, 7pm
  - **Where:** LHS Auditorium
  - **Questions?** 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

## 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.
  - 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.
  - The 10th Grade ELA MCAS will be held Mar 28–29. Click [here](#) to see the special block schedule all students will follow on those days.

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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



### LexStopHunger: Spring Food Drive

LexStopHunger, an LHS club dedicated to helping those facing food insecurity, is hosting their Spring Food Drive for the Lexington Food Pantry.

- **When:** Mon, Mar 20—Fri, Apr 7
- **Where:** Drop donations off in the collection boxes at LHS Deans' Offices and LHS Main Office
- **What we need:**
  - Canned soup (non-vegetarian)
  - Baked beans (16 oz)
  - Canned fruit (any size)
  - Canned vegetables (15 oz)
  - Pasta (1 lb box)
  - Pasta sauce (18 or 24 oz)
  - Canned tuna (5–7 oz)
  - Peanut butter (160z)
  - Rice

- **Questions?** Contact [Nicole](#) or [Felix](#)

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

- **Next Meeting:** Thu, Mar 16, 9am
- **Topic:** Useful books and other resources; Parenting challenges and triumphs
- **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:** Tue, Mar 28, 7pm (note time change) **and** Wed Mar 29, 9am
- **Topic:** Summer Opportunities
- **To Join:** Sign up for the mailing list and meeting links [here](#)

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## Lexington Community News



### Community Service Opportunity: Hastings Art Night

Earn community service hours by volunteering at the annual Maria Hastings Art Night! Hosted by the Hastings PTO, the evening will feature art created by Hastings students on display for their families' viewing. In addition, the evening includes multiple activity centers with arts and crafts to keep kids busy during the event.

High school students are needed to help out with setting up the event, with running activity tables, monitoring lines for art entertainment (such as henna painting and puppetry), and for post-event clean up.

- **When:** Thu, Apr 13, 6:30pm (various volunteer slots available from 4:30-8:30pm)
- **Where:** Hastings Elementary School
- **Sign up** for one (or more!) volunteering slots [here](#)
- **For more information**, contact [Purvi](#)

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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](#)



## Student Volunteer Opportunity with Lexplorations!

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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## 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*.

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



## 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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