



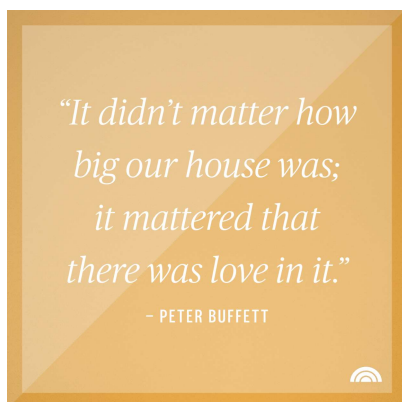
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## Weekly Newsletter for May 29, 2023

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

### Upcoming Events



#### **May 29–Jun 2 Week 37**

- May 29 No School: Memorial Day  
Jun 1 Parent/Caregiver Discussion Group (all grades), 9am  
Senior Prom, 4:30pm  
Jun 2 Half-day

#### **Jun 5–9 Week 38**

- Jun 4 Graduation, 11am, Tsongas Center  
All-Night Graduation Party, 10pm–5am, LHS Field House  
Jun 6 MCAS: Biology  
Jun 8 Parent/Caregiver Discussion Group (all grades):  
Mtg w/ the Principals, 9am ([Google Meet link](#))  
Jun 9 Sophomore Spring Fling, 7pm, LHS  
Quad/Commons 2

#### **Save the Date**

- Jun 13 School Committee Mtg, 6pm  
Jun 15 LHS Math Final Exam: 12pm dismissal  
Jun 19 No School: Juneteenth  
Jun 22 Last Day of School: 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 last week?

- Ran forum for senior parents—"Letting Go While Holding On: Supporting Your Student (and Yourself) through the Challenging Transition to College"
  - Finalized LHS Site Council elections
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**Question, Persuade Refer (QPR) Suicide Prevention Workshop**

**Description:**

- 3 simple steps anyone can learn to help prevent suicide.
- Just like getting trained in CPR and the Heimlich Maneuver, QPR saves thousands of lives each year.
- QPR trains people to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.
- As a QPR-trained Gatekeeper you will learn to: Recognize the warning signs of suicide, know how to offer hope and know how to get help and save a life.

**Where:** LHS Room 610 (World Language Building)  
**When:** Monday, June 12th at 7 - 8:30pm  
**Presenters:** Kristie Demirev, LICSW, Prevention Specialist, and Caitlyn Hayden, MSW, MPH, QPR Assistant Program Coordinator

**Pre-Registration Link:**  
Workshop capacity: 40 people  
Please fill out the form linked below if you are planning on attending.



<https://forms.gle/FZrhnyZ5v7ASHc9>



## Upcoming Suicide Prevention Workshop

In this suicide-prevention workshop, learn the proven QPR (Question, Persuade, Refer) Method for preventing suicide. This seminar will teach you how to recognize the warning signs of suicide, know how to offer hope and know how to get help and save a life. Co-sponsored by the PTO, this workshop will be led by Kristie Demirev, Licensed Social Worker and Prevention Specialist, and Caitlyn Hayden, QPR Assistant Program Coordinator.

Space is limited to 40 participants, so please register now!

- **When:** Mon, Jun 12, 7pm
  - **Where:** LHS Room 610 (World Language Building)
  - **Register** [here](#)
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## "Letting Go While Holding On" Presentation Link Now Available

Did you miss the PTO-sponsored senior parent forum on transitioning to college? Or maybe you were you able to attend but are looking to review or share all the valuable information you learned? Click [here](#) to see the full presentation!

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## Youth Counseling Connection's Youth Board Shares their Work

The PTO co-sponsored Forum "Growing up in Lexington: A Teen-Parent Dialogue" was led by the Youth Counseling Connection's (YCC) youth Board Members. View their valuable information on maintaining a healthy parent-teen relationship [here](#).

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## Site Council Election Results

We are pleased to let you know the School Council Election for parent representatives is complete and results are in. On behalf of the LHS PTO, we are delighted to announce that your new parent representative will be Allison Bryant Mantha.

*Kim McCormick and Meg Khanolkar, LHS PTO, co-presidents*

## LHS and LPS Announcements



## Updates from Dr. Stephens

- For the latest updates, see the [LHS News and Happenings](#)
- Attention Seniors and parents of Seniors! The final events of senior year are happening this week! Here are the links you need to keep track of all of them:
  - Senior [Calendar](#)
  - All-Night Graduation Party [website](#)

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## Volunteers Still Needed for 12am–3am Shift for All-Night Graduation Party

Desperately looking for volunteers (not senior parents—we need parents of 9th, 10th and 11th graders) to help at the All-Night Graduation Party from **midnight to 3am** on Mon, Jun 5. Volunteers help with many tasks including serving food, helping the dealers at the casino, and supervising games or crafts. Please sign up so the Class of 2023 can celebrate safely and all together!

- **Sign up for a shift**[here](#) (scroll to see all shifts)
- **Where:** LHS Field House
- **Questions?** Email [here](#)

## LHS Community News



### FOLMADS Seeks Parent Volunteers for Final Performing Arts Events

Parents and caregivers: FOLMADS, the Friends of Lexington Music Art and Drama students, needs your help! We need you as ushers, ticket sellers and more at the last two performing arts events of the school year.

- **When:** Swing Night, Fri, Jun 2, 7pm *and/or* A Cappella Jamboree, Sat, Jun 3, 6:20pm
- **Sign up**[here](#)
- **For more information**, email us [here](#)



### Join LEF's Celebration for Education Weekend

Join us for Lexington Education Foundation's biggest fundraiser, **Celebration for Education Weekend, under the big tent on Hayden Lower Field**. We have two major events:

- **FREE Family Fun Afternoon** filled with interactive games, crafts, the LHS Robotics Team, food trucks, music and more! No ticket needed!
  - **When:** Fri, Jun 9, 4–7pm
- **Adult Country BBQ-themed Fundraiser** with specially-curated raffle packages, live music, delicious themed food, cash bar, a mechanical bull and more!
  - **When:** Sat, Jun 10, 7–11pm
  - **Get your tickets**[here](#)

Each year, with the support of our amazing community and their generous donations, LEF funds faculty-initiated grants at Lexington's Children's Place preschool, the six elementary schools, the two middle schools, and the high school.

Over the past two school years, LEF has awarded \$477,000 in grants to our LPS educators in all 10 schools!

**For more information on the weekend's events,** visit our [website](#).

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

- **Next Meeting:** Thu, Jun 1, 9am
- **To Join:** Email [Jen Roney](#) with your full name, and the grade(s) of your LHS student(s)

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## LexSEPTA Seeking Submissions for Dyslexia and ADHD StoryWalks and Videos

*Dyslexia & ADHD StoryWalks* will be displayed at LPS Elementary and Middle Schools during the month of October 2023 and at the Lexington Community Center. Each sign will have a participating child's "story" showing their learning difference(s) and challenges, the things they love and excel at, including their favorite book. The purpose of the StoryWalk is to raise awareness of the common learning differences of dyslexia and ADHD and to celebrate students' successes and individuality. If a student has submitted their story for StoryWalk in the past, they are welcome to submit a new story with fresh content.

- **Learn how to make and submit your StoryWalk entry** [here](#)
- **Due date:** Sun, Jun 25

In addition, Lexington students and recent alumni are welcome to create a *short, up to three-minute video describing their journey with dyslexia and/or ADHD*. The purpose of these video stories is to raise awareness among students, teachers, administrators and parents about what students with dyslexia and ADHD experience. Students can be as creative as they would like in telling their story; they can show their face, or be more anonymous with narrative audio and images.

- **Learn how to make and submit your video entry** [here](#)
- **Due date:** Sun, Jun 25

## Lexington Community News



## Seminar—The Lexington Psyche: Mental Health in Teens

Join the YCC, in partnership with the Sunshine for All Foundation, for an impactful and insightful Mental Health Summit focused on addressing the pressing issue of student stress in Lexington. Discover valuable resources, engage in meaningful discussions, and gain practical strategies to empower students in navigating their mental wellness journey. This event aims to raise awareness

and foster a supportive community for our students. Together, we can break the stigma surrounding student stress and build a brighter future for our community.

**The event is completely free for all attendees.** We warmly welcome both students and parents.

- **When:** Wed, May 31, 7pm
- **Where:** Lexington Community Center, rooms 230 and 233
- **Submit questions** you have for the speakers [here](#)
- **For further information**, email us [here](#)



## Registration for Munroe Summer Classes Opens Soon

A new slate of classes will be posted on our website starting Tuesday! Find a program to flex your creativity throughout the summer. Classes run from Jul 10–Aug 8, and are for teens and adults alike.

- **See summer class offerings** [here](#) beginning Tue, May 30
- **Registration opens** Mon, Jun 5, 9am



## Volunteer with Lexington Community Farm

Lexington Community Farm, Lexington's organic, non-profit farm, has volunteer opportunities this spring and summer for teens and adults ages 16 and up. For more information on how to get involved in this great community resource and to earn some volunteer hours, click [here](#).



## 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 and download the interest form**, click [here](#)
- **Join YCC's [email list](#)** for monthly updates

## 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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