



Weekly Newsletter for Oct 16, 2023

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

Upcoming Events



Oct 16–20 Week 8

Oct 16 LHS PTO Board Mtg, 7:00pm ([Zoom link](#))

Oct 18 Transcript request deadline for college applications due 11/15

Senior Parent Group Mtg, 9am

Oct 19 School photo retakes

Parent Discussion Group, 9am

Oct 20 Half-day

Oct 23–27 Week 9

Oct 23 Site Council Mtg, 6pm

Oct 24 School Committee Mtg, 6pm

Oct 25 Junior Parent Discussion Group, 9am,
Community Center, Rm 230/232

Oct 26 Parent Discussion Group, 9am

Save the date

Oct 30 LHS Winter Sports Info Session, 7:30pm, LHS auditorium

Nov 10 No School: Professional Learning

See the [2023–2024 School Calendar](#) for all of this year's holidays and half-days.

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

We welcome conversation, questions, and dialogue. Connect with us by email anytime at president@lhspto.org.

Meg Khanolkar and Catherine Telliez, PTO Presidents

What did the LHS PTO do last week?

- Continued **membership drive**
- Hosted **Principals' Coffee** with parents new to Lexington
- Presidents met with PTO **Communications Team**
- Prepared for **PTO board meeting**

LHS and LPS Announcements

Updates from the LHS Athletics and Counseling Departments

The LHS Winter Sports Info Session for Boys and Girls Basketball, Basketball Cheerleading, Boys and Girls Ice Hockey, Boys and Girls Indoor Track, Boys Swimming, Wrestling, Boys and Girls Alpine Skiing is coming up!

- **When:** Mon, Oct 30, 7:30pm
- **Where:** LHS Auditorium
- Click [here](#) for registration information
- Click [here](#) for tryout dates and times

The Counseling Department has released the new [Senior Family Post-Secondary Video Presentation](#), which includes all the information we provide students regarding the post-secondary planning process. They also shared [this slideshow](#).

LPS Vaccine Clinic

The LPS Vaccine are clinics open to all Lexington residents, along with Lexington Public Schools' students, staff and their families.

- **When:** Fri, Oct 27, 10am–7pm
- **Where:** LPS Central Offices, 146 Maple St
- **Sign up**[here](#)

LHS Community News



FOLMADS Parent and Student Volunteer Opportunities

FOLMADS, the parent volunteer organization supporting the arts in Lexington Public Schools, needs your help! Annually, parents help usher and sell tickets at performing arts events. High school students can sign up to usher, too!

- Sign up [here](#) to help with Fall events
 - For more information, [email us](#)
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Student Volunteer Opportunity: Bridge School's Monstah Carnival

The Bridge Elementary School needs volunteers at their upcoming Monstah Carnival to run activities, games, and crafts. Earn your volunteer hours supporting a fun family event!

- **When:** Sun, Oct 22, 2–7pm
 - **Where:** Bridge Elementary School
 - **Sign up**[here](#)
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LEXINGTON



SEPAC / SEPTA

Seminar with Dr. Ned Hallowell

What does ADHD tell us about how we think and act? Can it limit opportunities and connection? Does it offer cerebral superpowers? What strategies and medication can help lessen the difficulties of ADHD and instead boost its benefits?

Transform your understanding of ADHD and learn to thrive through simple science and must-know life hacks. This is a fast-track introduction to ADHD—what it is, how it manifests, and ways to cope—inspired by best-selling author and world-renowned ADHD expert Dr. Ned Hallowell's viral videos, better known as 'NedTalks'. As both an ADHD expert and a diagnosed patient, Dr. Hallowell blends a medical and personal take on the topic in this groundbreaking guide.

- **When:** Wed, Oct 25, 7pm
- **Where:** Online
- **Register**[here](#)
- **For more information**, email [Stephanie](#)

Annual LexSEPAC/SEPTA Battlegreen Run

Join us for the Annual Battlegreen Run LexSEPAC/SEPTA fundraiser! The Battlegreen Run Foundation donates race proceeds to our organization based on the number of our team participants. So even if you don't directly raise funds, being part of our team still helps! If you choose not to walk or run, you can still make a donation to LexSEPAC/SEPTA on behalf of our team.

To raise funds for our team, when you sign up, select the "Team Fundraiser" option, and then select "Become a Fundraiser" to create your own fundraising page. Be sure to join our team fundraiser by choosing the "Lex Septa" team fundraiser.

- **In-person race:** Sun, Nov 5, 8am
- **Virtual Race:** Sun, Nov 5–Sat, Nov 11
- **For more information**, check out our [website](#)
- **Register**[here](#)

Upcoming Seminar: Dyslexia—What 21st Century Science Has Taught

World-renowned expert on dyslexia and reading Sally E. Shaywitz, M.D will present on the latest research on dyslexia, one of the most common learning disabilities. She will discuss the neural systems of dyslexia and the reading brain, the signs and symptoms of dyslexia, the importance of early screening to identify children at risk of dyslexia, along with effective evidence-based interventions that are essential to ensure positive outcomes for at-risk, vulnerable children. Signed copies of her book *Overcoming Dyslexia* will be available for purchase at the event.

When: Mon, Nov 06, 7pm

For more information, visit our [website](#) or [email us](#)

Student Volunteer Opportunity: Lexington STEAM Team

[Lexington Youth STEAM Team](#) is seeking volunteer students interested in contributing to two open-source projects to be delivered to the [Lexington Observer](#) local newspaper. The

goal of the projects is to promote transparent, participatory, and collaborative government in Lexington, by making information available at the fingertips of our reporters, citizens, and public servants. Students will be mentored by industry and academic leaders to complete the projects and will be exposed to cutting-edge technologies such as generative AI.

- **For more information** on this exciting opportunity, click [here](#)
- **Contact us** if you are interested in applying!

LHS Parent and Caregiver Discussion Group (all grades)

- **Next meeting:** Thu, Oct 19, 9am
- **Topic:** Organization, homework, teens and tech
- **To join mailing list and receive meeting Zoom links:** Email your full name and the grade(s) of your LHS child(ren) to [Jen Roney](#).

Junior Parent and Caregiver Discussion Group

- **Next meeting:** Wed, Oct 25, 9am, Lexington Community Center, Rm 230/232
- **Topic:** *All Things Junior: Open Discussion*

We have an upcoming evening meeting as well:

- **When:** Thu, Nov 9, 7pm
- **Where:** Online (Zoom link will be sent via email and to Facebook group)
- **Topic:** *College Admissions for the Arts* with guest speaker Shubhra Chandra

To join the junior parent group, [email us](#).

Senior Parent and Caregiver Discussion Group

- **Next meeting:** Wed, Oct 18, 9am
- **Topic:** Open discussion
- **To join:** email [Julie Liu](#) with your name, email address, and the name of your senior student

Community Happenings

Although in this newsletter we only publish announcements that are directly related LHS students and their parents, we will share links to other community events that may be of interest to our readers.

Click [here](#) to see a new announcement about:

- Symposium on Gifted Education

Useful Links and Resources

LHS PTO Links

- [LHS PTO Homepage](#)
- [Membership Toolkit Registration Link](#)
- [Volunteer](#)
- [LHS PTO on Facebook](#)
- [Who's on the PTO Board this year](#)
- [Other Useful Links](#)

- [LPS 2023–2024 School Calendar](#)
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LHS Links

- LHS [School Calendar 2023–2024](#)
 - LPS [School Calendar 2023–2024](#)
 - LHS [Student Absence Form 2023–2024](#)
 - LHS [Block Schedule](#)
 - No Homework [Calendar](#)
 - LHS [Counseling Department webpage](#)
 - 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

- Athletics [games/meets](#)
 - LHS PTO [website](#) and [Facebook](#) group
 - LHS [Performing Arts Calendar](#)
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