



## WELCOME TO LAKERIDGE HIGH SCHOOL

***Lakeridge Promotes a Respectful Community Where Each Individual is Responsible for Contributing to Excellence - Let It Begin With Us!***

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- **Pay Spring Sports Fees Online**
- **Registration for AP Tests**
- **Assistive Technology Information Evening**
- **Antigone: Spring Play 'Update'**
- **President's Volunteer Service Award**
- **Model United Nations**
- **Speech and Debate Competition**
- **National Honor Society Applications**
- **FREE *Play Smart* –Youth Heart Screenings**
- **Senior Parent Information**
- **College/Career Corner**

NEW LHS Homepage : <https://www.losdschools.org/Domain/17>

ALL LHS Daily Schedules: <https://www.losdschools.org/domain/436>

### **Upcoming Dates**

February 27	MUN Credentialing
February 28	Spring Choir
March 8,9,10	Antigone: Spring Play
March 14	Empty Bowls
March 15-17	LHS One Acts
March 20	Southside Band Festival
March 23	No School: Grade Day
March 26-30	No School: Spring Break
April 2	First Day of 4th Quarter (Blue Day)

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### **Pay Your Spring Sports Fee Online**

[https://webstores.activenetwork.com/school-software/lakeridge\\_pacers\\_on/](https://webstores.activenetwork.com/school-software/lakeridge_pacers_on/)



## AP Exam Late Registration Opportunity!

The Late Registration Window to register for AP Exams is open through 4 p.m. March 7th. During this period you will incur a \$55 late fee per registration in addition to \$68 per exam.

All AP exam information can be found on the AP Exams webpage, accessible from LHS's homepage, under the Academics tab: <https://www.losdschools.org/domain/1704>.

Parents/Guardians are encouraged to review the materials too, though we strongly urge students to be present when selecting exams, as mistakes are frequently made otherwise (students know their course/exam titles and instructor "periods" best!).

Updates will continue to be posted in issues of this publication as well as on the AP Exams webpage through May. Please contact the LHS AP Coordinator, Lisa Oliva, [lhsap@loswego.k12.or.us](mailto:lhsap@loswego.k12.or.us), if you have questions.

Note: Please be aware that "AP Exam" refers to the culminating exam offered in May, at the conclusion of a student's year-long course of study in an AP class and from which a student may earn college credit. "AP Exam" does not refer to any assessment that may be associated with entry/enrollment in an AP course. For enrollment in an AP course, please see your counselor.

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# ASSISTIVE TECHNOLOGY

FOR STUDENTS WITH  
DYSLEXIA AND  
LEARNING DISABILITIES

SPONSORED BY:  **SSPAC**  
Social Services Parent Advisory Committee

**Speaker: Phyllis Pettys, Accessibility Specialist for Portland Community College; co-chair of PCC's Accessible Digital Environment Committee; and former Assistive Technology Specialist for 18 years**

The program includes a veteran AT specialist describing universal supports that also benefit students with dyslexia and learning disabilities, as well as live demonstrations of various kinds of assistive technology.



**THURSDAY,  
MARCH 1 | 6-8PM**

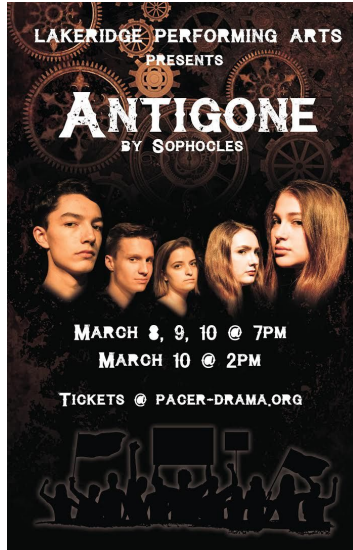
**LOHS Staff Development Room,  
2501 Country Club Road**

\*The Staff Development Room is NOT in the main high school building.  
Turn right as you enter the campus, toward the pool.

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## Antigone: Spring Play **(CHANGE IN DATE)**

The LHS Performing Arts Dept. brings to the stage a new version of the Greek tragedy. This adaptation, written by the students, puts a modern spin to the classic story of when a family is split into two because of differing ideologies. Events spin out of control and soon the entire country is forced to choose sides. Show dates are March 8, 9, & 10 @ 7:00pm and March 10 @ 2:00pm Tickets at [pacer-drama.org](http://pacer-drama.org). Purchased tickets will still work for the seat you purchased.



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### **President's Volunteer Service Award**

Congratulations to the following students who qualified for the President's Volunteer Service Award! This award, which recognizes Americans of all ages who have volunteered significant amount of their time to serve their communities and their country, was granted by the Prudential Spirit of Community Awards program. Congratulations for this Honor!

**Lily Barna**

**Karthik Sreedhar**

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### **Model United Nations**

We are excited to have about 150 students signed up to attend the Model United Nations conference this April 12-14 in Eugene. Students who are planning to go will need to have the following tasks completed.

**Feb 5** Two Position Papers were due

**Feb 12** Two 1-page briefs were due

**Feb 27** 6-8pm Credentialing in the Lakeridge Library (if you absolutely can't make this date, see the Oregon MUN website for other options. Students must attend a formal credentialing session. Students can bring their position papers and one-page briefs to any of these sessions: <http://www.oregonmun.org/credentialing-sessions/>)

**March 21** Rooming Cards and fees due (fees will be about \$200, total cost will be determined after credentialing and will be posted after Credentialing. Fees cover hotel, most food, transportation, and conference costs. Students should plan to bring money for 2 lunches.

**April 12** 5:30am meet in Lower gym to load buses for Eugene

*Note that students who have missed deadlines for turning in their papers can still do so, but we are limited to only 150 students due to space constraints in our hotel. If we end up with more than 150 students, the students who missed deadlines may not be able to attend.*

Other information for parents

**Feb 28** at 7pm Parent Information Night in the Rotunda - New parents and anyone else with questions should plan to attend

**April 5** 7pm Chaperone meeting in room B32

Students should be following the Pacer MUN remind for information about meetings and deadlines. If they are not doing this, they should sign up by texting @pacermun to 81010

Please contact Sarah Mock at [mocks@loswego.k12.or.us](mailto:mocks@loswego.k12.or.us) if you have any further questions

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## **Speech and Debate Results**

Congratulations to our Speech and Debate Team. They competed at the Robert D Clark Speech & Debate Tournament at the University of Oregon last weekend, and **Lakeridge placed 2nd overall**, out of 28 teams!

### **Individual Event Results:**

4th in junior After Dinner Speaking Sofia Marin Quiros  
5th in junior After Dinner Speaking Zev Green  
3rd in senior After Dinner Speaking Claire Fennel  
3rd in senior Dramatic Interpretation Peyton Holstein  
1st in junior Extemporaneous Speaking Jennifer Choi  
9th in senior Extemporaneous Speaking Seba Marin Quiros  
11th in senior Extemporaneous Speaking PJ Steinberg  
1st in junior Impromptu Speaking Ella Feathers  
3rd in junior Impromptu Speaking Emma Day  
8th in senior Impromptu Speaking Claire Fennel  
10th in senior Impromptu Speaking Seba Marin Quiros  
1st in junior Oratory Sofia Marin Quiros  
2nd in junior Oratory Ella Feathers  
4th in junior Oratory Roselyn Dai  
7th in senior Oratory Natalie Goldberg  
3rd in senior Poetry Natalie Goldberg  
3rd in junior Prose Roselyn Dai  
7th in junior Prose Jennifer Choi  
2nd in junior Radio Cole Powers  
5th in junior Radio Commentary Mete Bakircioglu  
8th in junior Radio Commentary Nina Seidel  
10th in junior Radio Commentary Zev Green  
12th in junior Radio Commentary PJ Steinberg  
4th in senior Radio Commentary Peyton Holstein  
12th in senior Radio Commentary Eva Augst

### **Debate Results:**

5th in junior Lincoln Douglas Debate Cole Powers  
3rd in junior Parliamentary Debate Sofia Marin Quiros & Roselyn Dai

4th in junior Parliamentary Debate PJ Steinberg & Emma Day  
8th in junior Parliamentary Debate Ella Feathers & Alex Platt  
5th in senior Parliamentary Debate Seba Marin Quiros & Eva Augst  
6th in senior Public Forum Debate Mete Bakircioglu & Nina Seidel

**Debate Speaker Awards** (points for how well a student speaks):

2nd in junior Lincoln Douglas Debate Cole Powers  
2nd in senior Lincoln Douglas Debate Etan Khlevnoy  
1st in junior Parliamentary Debate Ella Feathers  
6th in junior Parliamentary Debate Roselyn Dai  
9th in junior Parliamentary Debate Sofia Marin Quiros  
10th in junior Parliamentary Debate Emma Day  
5th in senior Parliamentary Debate Claire Fennel  
6th in senior Parliamentary Debate Natalie Goldberg

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**National Honor Society Applications**

UPDATE: because of the snow days the deadline for NHS applications has been extended until Tues. February 27th at 3:30pm. Please note that applications must be turned in to Ms. Stein or Mr. Easton's mailbox; they must be printed and late application will NOT be accepted. The NHS member application can be found at <https://lakeridgenhs.weebly.com/nhs-application.html> or the Lakeridge HS website under Activities. Please contact Ms. Stein or Mr. Easton, with questions: [steinj@loswego.k12.or.us](mailto:steinj@loswego.k12.or.us) or [eastonm@loswego.k12.or.us](mailto:eastonm@loswego.k12.or.us).

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**FREE *Play Smart* –Youth Heart Screenings**

Dates: March 14 & 15@ 8:00am-3:30pm

Location: Lakeridge High School

Providence Heart and Vascular Institute (PHVI) is pleased to offer, *Play Smart –Youth Heart Screenings Program*, a **free** youth heart screenings program that has been extremely successful in **screening over 18,346 youth and identifying 1,140 students or 7%** (to date) for further follow-up and treatment. Young people with undiagnosed heart defects, especially athletes, are susceptible to sudden cardiac arrest. Often there are no advance signs or symptoms and most routine physical exams will not pick up the defects. An electrocardiogram (EKG/ECG) usually is necessary to uncover signs of heart irregularities, something normally not done in “well-child” checks or even some sports physicals. In an effort to protect the hearts of area middle and high school students, *Play Smart* offers free painless, noninvasive heart-health checks to youth aged 12-18.

*Play Smart* is partnering with Lakeridge High School to offer ALL students 12-18 years old free heart screening.

**FREE *Play Smart* –Youth Heart Screenings @ Lakeridge High School: March 14 & 15**  
**Must complete 2 heart screenings forms to receive free heart screening. (Attach pdf's of the two screening forms.)**

- *Play Smart* site: [www.playsmartgetscreened.org](http://www.playsmartgetscreened.org)

- **Access video:** Go to the Play Smart main page, [www.playsmartgetscreened.org](http://www.playsmartgetscreened.org) and click on the hyperlinked "**educational video**" in the middle of the page. This [educational video](http://www.playsmartgetscreened.org) takes you through the screening process. <http://phsoregon.org/video/?view=926c2c60041d6x480x294>

**ALL forms must be turned in at the office prior to the screening.**

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### Senior Parent Information

Thinking about 2018 graduation...want all the details? Please see the following link:

<https://www.losdschools.org/cms/lib/OR01813384/Centricity/Domain/17/Senior%20Information%202%205%2018.pdf>

SAVE THE DATE - Senior Spaghetti Dinner Social Sunday, April 29th 2018

Join your fellow Senior parents and students for an evening of good food, good company and entertainment by some of our talented seniors before they leave Lakeridge for good! Ticket sales will fund Grad night party and be an opportunity to share talents, take photos and celebrate our Seniors. Tickets available soon....Watch for an upcoming email.

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### College and Career Corner

#### Seniors and Juniors College Visits

Juniors and seniors are welcome to visit with the college reps from the following colleges. Sign up in Naviance to reserve your place. Often, the college representative will be the same person who looks over your application, so it's great to get your foot in the door early!

#### *Upcoming College Visits*

University of Alabama, March 9 at 8:00 am

Boise State University, March 9 at 8:00 am

Northern Arizona University, March 14, 10:00 am

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#### **PROVIDENCE SCHOOL OUTREACH - CAREER HIGHLIGHT**

Each Career Highlight is a small, three hour class focusing on one specific health care career area. Learn what courses are relevant, salaries, job opportunities. The events are free but registration is required as space is limited. Register begins on 2/1 at:

<http://www.providenceoregon.org/schooloutreach>. Questions: Email Toyin Oyemaja at [Toyin.Oyemaja@providence.org](mailto:Toyin.Oyemaja@providence.org). **Here are the March classes:**

3/5 - Laboratory/Pathology from 1-4:00 P.M. at Providence Portland Medical Center

3/9 - Emergency Nursing/Physician from 1-4:00 P.M. at Providence St. Vincent Medical Center

3/12 - Advanced Nursing from 9-noon at Providence Portland Medical Center

3/15 - Diagnostic Imaging from 9-noon at Providence Portland Medical Center

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2018 GREENFIELD PEACE WRITING SCHOLARSHIP

This scholarship contest is held by the Oregon Physicians for Social Responsibility group. There are three scholarships available to Juniors and Seniors. First prize is \$1000, second prize is \$750 and third prize is \$500. Entries must be submitted by Monday, March 5th, by 5:00 P.M. For more information and to enter, go to:

[http://www.oregonpsr.org/2018\\_greenfield\\_peace\\_writing\\_scholarship](http://www.oregonpsr.org/2018_greenfield_peace_writing_scholarship)

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#### 10 TED Talks Teens Need to Watch Before Graduation

These TED talks cover foundational principles to help your teen enter the larger world around them with confidence.

1. How to Speak So That People Will Listen BY JULIAN TREASURE
2. How Frustration Can Make Us More Creative BY TIM HARFORD
3. How Great Leaders Inspire Action BY SIMON SINEK
4. The Surprising Science of Happiness BY DAN GILBERT
5. How to Spot a Liar BY PAMELA MEYER
6. The Happy Secret to Better Work BY SEAN ANCHOR
7. Looks Aren't Everything - Believe Me: I'm a Model BY CAMERON RUSSELL
8. What Makes a Good Life? Lessons From the Longest Study on Happiness BY ROBERT WALINGDER
9. Why The Best Hire Might Not Have the Best Resume BY REGINA HARTLEY
10. How to Stay Calm When You're Stressed BY DANIEL LEVITIN

Source: <https://breakthroughhomeschooling.com/ted-talks-for-teens/>

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