



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

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

Upcoming Dates

March 8,9,10	Antigone: Spring Play
March 15,16,17	Senior Directed 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)

Thank you to all of our Classified Employees for everything they do for our students and families!

Happy Classified Week!

Student Walkout

LOSD supports our students' ability to exercise their First Amendment rights. We sanction their participation in the March 14 National School Walkout. Those who choose to walkout for the 17 minutes will not be penalized for their participation. Students are not obligated to participate. If they choose not to participate, teachers will supervise students in their classrooms.

We will be working with student leaders to ensure safe and orderly walkouts. LOPD has been alerted and administrators will be involved in every step of the process in order to maintain a safe environment. Students will stay on campus and will meet at one place for the 17 minute observance. Attendance will be taken upon their return to class.

What: National School Walkout

When: March 14

Time: 10 a.m.

Duration: 17 minutes

For immediate resources for parents on how to talk to children, please see these links:

National PTA: <https://www.pta.org/home/family-resources/safety/School-Safety>

National Association of School Psychologists:

<https://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/talking-to-children-about-violence-tips-for-parents-and-teachers>

Forecasting for 2018-2019 School Year

Counselors have been forecasting with all grade levels to pick next year's classes. They will be finished meeting individually with each of their students in grades 8 through 11 by March 16th. Please check your student's StudentVue account after the 16th to see the forecast. If you have any questions or concerns, you can email the counselor.

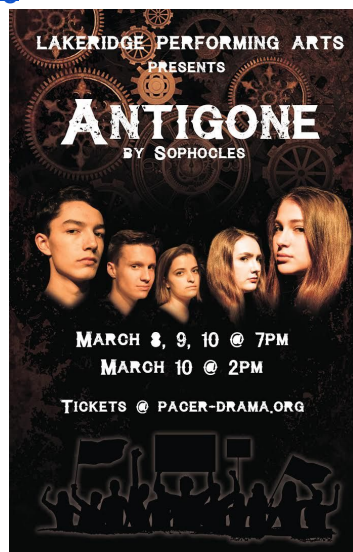
Congratulations Pacer Mock Team

Our Mock team has qualified for state! The state competition takes place in the federal building in Portland on March 16th and 17th. Good luck Pacers!



Antigone: Spring Play

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. Purchased tickets will still work for the seat you purchased.



Robotics Competition on March 9-10

The Lake Monsters Robotics team has a competition on Friday-Saturday, March 9-10. The competition runs on Friday (11 am-7:30 pm) and Saturday (9 am-3:30 pm). Here's the website for watching the competition online: https://www.twitch.tv/firstwa_red

Learn more about Lake Monsters Robotics at <http://www.frc2635.org/>.

Congratulations Performing Pacers

The following students will be representing Lakeridge at the State Solo Contest.

Carly Wood, Soprano Voice (District Champion)

Max Ball, Violin (District Champion)

Lucas Evans, Trombone (District Champion)

Brendan Chiang, Alto Sax (Second Place)

Peter Cooley, Euphonium (Second Place)

Nina Heidgerken, Viola (First Alternate)

Asian American Youth Leadership (AAYLC)

This conference serves as an annual summit aimed at inspiring Asian American youth to value the importance of self-discipline, self-confidence, self-esteem, and the overall rewards of perseverance and achievement. The primary goal is to enable students to increase their understanding and appreciation of the heritage, culture and contributions of Asian Americans as well as foster the development of leadership and life building skills. The AAYL Conference will be held on May 11 from 8 A.M.-3:15 P.M. on the Concordia University campus. The cost is \$15 per person. A bus will be provided to/from this event. At the conference, you will explore identity and learn about your cultural and ethnic heritage, gain leadership skills, meet new friends and network with others, be inspired and have fun! For more information go to <http://aaylc.org/conference/>. If you are interested in participating, please make an appointment with your counselor, by April 6th, as you will need his/her approval to attend.

Social Media and the Teenage Brain

Effects of social media on the mental health and brain functioning of teens



Guest Speaker: Dr. Andrew Bliesner, Licensed Psychologist



Clinical Psychologist Dr. Andrew Bliesner will discuss the latest research, address the growing challenges faced by teens today, and provide strategies to help prevent and manage unhealthy social media use.

Wednesday, March 21st 6:30pm-7:30pm

Lake Oswego High School Auditorium, 2501 Country Club Rd., Lake Oswego

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.playsmartgetsscreened.org
- **Access video:** Go to the Play Smart main page, www.playsmartgetsscreened.org and click on the hyperlinked "**educational video**" in the middle of the page. This [educational video](http://www.playsmartgetsscreened.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.

Drug and Alcohol Free All Night Graduation Party Fundraiser

Doughnuts, doughnuts, doughnuts!

Class of 2018 Krispy Kreme Fundraiser

Pre-order your dozen [here](#) for \$12.00.

Pay and pick up your doughnuts on Friday, March 16 in the Senior Commons from 7:55 am to 8:25, or after school from 3:15 to 3:45.

Make checks out to Lakeridge HS Class of 2018.

We will also sell individual doughnuts for \$1.00 on March 16.

Questions? contact lynnlemoine@gmail.com:

Way to Go Jimmy Ryan

Pacer Jimmy Ryan, senior made the national publication of US Lacrosse Magazine—his lacrosse team has raised more than \$100,000 for players and family members battling life threatening illness. Congrats to Jimmy and his lacrosse team.



13-year-old Will Dadouris began ReLax Collections, a non-profit aimed to give equipment to underprivileged communities around the world.

Now a freshman goalie at Moravian College, Dadouris has helped ReLax collect more than \$300,000 worth of used and new lacrosse equipment going to nine countries.

JAY CICCARONE AND TAD DOYLE
Training Lace

Jay Ciccarone and Tad Doyle, childhood friends who grew up in Pennsylvania, reconnected just over a year ago when Ciccarone's son joined Doyle's Rising Sons Lacrosse club. There, Ciccarone and Doyle talked potential business ventures and came up with Training Lace, a flexible, weighted training aid that could attach to lacrosse sticks.

JIMMY RYAN
Whales Lacrosse

Jimmy Ryan of Portland, Ore., then 15, started a team with his West Coast friends in 2014. Whales Lacrosse Pod 1 played for a team mother, who was a breast cancer survivor, pledging \$2 to the Susan G. Komen Foundation for every goal scored.

Whales Lacrosse has since expanded to multiple age groups and added girls' teams, all comprised of players from multiple states, all with the goal of having fun and raising money for a "person of honor." Whales reached Pod 13 last year, raising more than \$100,000 for various charities.

June of 2012, at the school in Baltimore, had more than 1,000 participants.

Since then, the event has become an integral part of the lacrosse community each summer. Shootout for Soldiers has expanded to locations across the country, like Ohio, Texas and California, with Steinhardt leading the way.

MAXX STEWART
Spyder Grypz

Working with the Young Entrepreneurs Academy (YEA), Maxx Stewart, 15, decided to create his own grip — settling on a rubber-based customizable grip that was much more durable than ordinary athletic tape. He called his invention Spyder Grypz, a design that could be easily applied to a lacrosse stick via heat guns or hair dryer.

In 2016, Stewart and Spyder Grypz won the YEA Saunders Scholars competition, which came along with a \$30,000 scholarship.

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%2020205%2018.pdf>

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!

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The University of Alabama	3/9/18 8:00 AM
Boise State University	3/9/18 8:00 AM
Northern Arizona University	3/14/18 10:00 AM
Beacon College	3/19/18 8:00 AM
University of California, Santa Cruz	4/9/18 9:00 AM

NORTHWEST YOUTH CAREERS EXPO

On Tuesday, March 13th, from 10-1:30, the Northwest Youth Careers Expo will be held at the Oregon Convention Center. This is the Northwest's largest career-education experience for high school students. The nonprofit, Portland Workforce Alliance's expo is a chance for you to learn about careers in health care, technology, construction, manufacturing, business, the arts and more.

MICROSOFT CAREER DAY

On March 9th, a Microsoft Career Day will be held at the Microsoft District Office, [1414 NW Northrup St., Portland](#). It will be held from 9 A.M.-3:00 P.M. This event will include hands-on activities and interacting with IT professionals, practice your interview skills, learn to code, explore fun technology and the various roles in the tech industry. This is open to 10th-12th grades. No tech experience needed. Lunch provided. Students/parents responsible for transportation. Register at: <https://hillsborochamberor.com/stc>.

UNITED STATE MILITARY ACADEMY - ADMISSIONS INFORMATION MEETING

On March 15th, CAPT Mark Boychak, West Point Class of 2007, will share information about applying to West Point. He will talk about the benefits of West Point and the qualifications to apply. This event will be held at the National Guard Camp Withycombe Auditorium, [15300 SE Industrial Way, Clackamas](#) from 6:00-8:00 P.M. RSVP by emailing fritz.goeth@frontier.com.

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. **Here are the March classes:**

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

HOW TO VISIT A COLLEGE CAMPUS

As juniors are adding colleges to their prospective list one of the best ways to determine fit is through a campus visit, but knowing what to look for will make your visit worthwhile.

Call or check online several weeks before your anticipated visit to determine times of campus tours, availability of interviews, opportunities to sit in on classes, and the possibility of an overnight stay in the dormitories. Many colleges also host information sessions for prospective students, or have special campus visit programs.

Once on campus, participate in as many organized programs that are offered and that fit into your own available time. Put aside extra time to talk to current students, to eat in the dining hall, and to take a look at the student newspaper. If you're interested in a particular program, such as engineering or art or political science, allow time to visit that department, and perhaps explore your options with one of the professors.

Most importantly, speak to a variety of students, asking the questions that are important for determining fit. Some questions you might like students to answer include: Who teaches the classes? Professors, graduate students, or research assistants? How easy or difficult is it to get into the classes you want and need? What percentage of the freshman class returned for their sophomore year? How easy is it to meet with faculty? Are you able to register for the classes you want? What types of housing and dining options are available? Is housing guaranteed? How many students live on campus? Do students remain on campus on weekends? How safe is the campus? What security procedures are in place? What do students like best about that college? What do they complain about? Do the students seem like people you'd want as friends?

Note your impressions before leaving campus. Try to picture yourself as a student there. How's the fit?

Saturday Academy

SA has many resources for students who might be interested in finding a fun and educational activity within various STEM fields. Here are just a few programs you can consider getting involved with: 4-H Army JROTC Black United Fund DigiGirls Day- Portland Engineer Girl Essay Contest Game Education PDX Google Computer Science Summer Institute Hour of Code Imagine Tomorrow Contest NASA Education National Youth Science Camp Oregon Civil Air Patrol OHSU: Pre-college programs Oregon MESA program Oregon Robotics Tournament

& Outreach Program Science Bowl For more resources go to:
<https://www.saturdayacademy.org/ase-student-resources>

Gap Year

A gap year is something a student may take before deciding to head off to college. Students choose gap years because they are unsure about their decision to attend college all together, because they are not certain about a major or career path, or because they want to save up money before attending college full time. Here is a list of gap year programs and volunteer programs that may interest you.

Americorps 800-942-2677 / www.nationalservice.gov/programs/ Americorps Intensive national service programs assisting national, state, or local organizations. Projects vary to meet community needs, but may include tutoring students, caring for seniors, helping the homeless, building homes, restoring parks, or training other volunteers. Full and part time positions available across the United States.

AFS (American Field Service) 212-352-9810 / www.afs.org AFS is an international, voluntary, non-governmental, non-profit organization that provides intercultural learning opportunities to help people develop the knowledge, skills and understanding needed to create a more just and peaceful world. AFS provides intercultural learning and volunteer opportunities for students, young adults, teachers and families through international exchange. AFS exchange programs are offered in more than 50 countries.

Expedition Education Institute 888-287-2234 / www.getonthebus.org Experientially based, environmentally focused, collaborative and practical, these courses are for self-motivated students who have a passion for the environment. Students live outdoors and encounter diverse people and ideas. City Year 617-927-2500 / www.cityyear.org A national youth organization that provides services to US cities like Boston, Chicago, Detroit, New York, San Antonio, and Washington D.C.

City Year corps members serve as tutors, mentors and role models to help students stay on track – and get back on track – to graduate through school-based service, youth leadership programs and community transformation.

Dynamy 508-755-2571 / www.dynamy.org A yearlong program that gives internship opportunities to recent high school graduates. Each participant experiences three full-time nine-week internships, chosen from over 200 possibilities in a wide range of fields. Interns work with their advisor and internship sponsors to ensure a balance of responsibilities and benefits to the organizations.

Global Service Corps 415-788-3666 / www.globalservicecorps.org GSC has been a leader in the field of international volunteerism designing and implementing effective community development volunteer service-learning programs in Africa and Asia since 1993. GSC community training and development programs are offered year round, from two weeks to one year, in HIV/AIDS Education and Prevention, Sustainable Agriculture and Food Security, International Public Health, Cultural & Buddhist Immersion, Orphanage Care, and Teach English Abroad.

For the full list of Gap Year Opportunities go to:
<https://www.losdschools.org/cms/lib/OR01813384/Centricity/Domain/1505/GapYearOpportunities.pdf>

Career Fair

Coming Soon!

April 17th 6:30-8:30pm

@Lake Oswego High School

All grade levels welcome

Come explore careers, local jobs, and volunteer opportunities

****Job Board located outside of counseling center. Please have your child check it out if they are interested in local employment.**

This message was generated by LOSD ListServ. Please do not attempt to reply to this message.

You are receiving this message because you are the parent or guardian of a student in the Lake Oswego School District.

We hope you will assist us in our efforts to communicate efficiently and economically by continuing to receive these messages.

If you believe you have received this communication in error, please contact Christine Moses, Communications Director at

christine.moses@loswego.k12.or.us.