



WELCOME TO LAKERIDGE HIGH SCHOOL

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

In this message:

- Attention AP Students/Parents/Guardians
- Library Closed During AP Testing
- Special Services Parent Advisory Committee Event
- Board Committee Accepting Applications
- Mock Job Interviews: Volunteers Needed
- Congratulations to all Participants with MUN
- CTE Summer Camps
- Information from Associated Study Body
- PSAT Booklet Pick Up
- DECA Results
- Pacer Cheer Team Tryouts 2018-19
- Pacer Dance Team Tryouts 2018-19
- National Honor Society Information
- Senior Information
- AP Computer Science
- Mental Health: What Parents Need to Know
- Congratulations to Senior Super Pacer Nominees

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

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

WELCOME 8th GRADE PARENTS TO THE NEWSLETTER!!!!

All after-school testing, detention, Peer Tutoring, and study tables will be held in the Rotunda starting at 3:15.

Special Services Parent Advisory Committee Event

Graduation is a huge milestone, especially when your student has a disability. Come figure out what you need to be doing now to make this transition as smooth as possible. If you think you have years before you have to think about adulthood, you might be surprised. There are things you can do right now to help your child when they get to 18.

Graduation is a huge milestone, especially when your student has a disability. Come figure out what you need to be doing now to make this transition as smooth as possible. If you think you have years before you have to think about adulthood, you might be surprised. There are things you can do right now to help your child when they get to 18.

Join us Thursday, April 26th, 5:00pm-7:15pm

5:00-5:15: Vendor booths

5:15-6:45: Adult service resources including Developmental Disabilities and Brokerage Services; Vocational Support resources and job development; Post-Secondary Disability Services; Guardianship and Able Accounts; TriMet Travel Training

6:45-7:15: Individual Q&A's with vendors

Staff Development Room located in Bldg 2477 on the Lake Oswego High School Campus. This building is on the right side of the parking lot as you enter from Country Club Road. RSVP's appreciated but not required. Questions? Please contact Nan Deane, LO Transition Specialist deanen@loswego.k12.or.us or 503-534-2296

Board Committee Accepting Applications

The School Board recently created the Board Appointed Committee on Diversity, Equity and Inclusion. It will be a standing committee to the Board. Committee membership will be offered to, but not limited to, students, staff, parents, and community members.

The DEI Advisory Committee will work in concert with the District's Equity Leadership Learning Team. The the DEI Advisory Committee will meet monthly in order to create a five year Equity Plan for our schools, which will be recommended to the Board.

Plan elements the Committee will examine include:

- Data and best practices from peer districts

- An audit of district policies through an equity lens with recommendations
- Best practices for embedding equity into curriculum and practice
- How to highlight and award community members, students, or staff who are doing exceptional work in these efforts
- How to provide engaging partnerships with the community
- How to assess and develop strategies for staff hiring and onboarding through an equity lens

Applications are being accepted from April 11 through May 15. The Board will notify each applicant of the Board's decision.

Monthly meeting attendance is expected.

Please fill in your application, sign it, and send it to:

Kelli Cranston

kelli.cranston@loswego.k12.or.us

Lake Oswego School District

PO Box 70

[2445 Country Club Road](#)

[Lake Oswego, OR 97034](#)

[Click here for Diversity, Equity, & Inclusion Advisory Committee Application](#)

Mock Job Interviews

The Advanced Communication Skills classes are preparing for Mock Job Interviews during the which runs *Tuesday, May 22 through Friday, May 25*. We would love (and need) to get parent volunteers to come for a period to help coach and interview students. Here is a link to information about the program and a sign-up page:

<http://www.signupgenius.com/go/10c0d4ea8ab2aa2ff2-lakeridge3> .

Mock Job Interview Information:

EVERY YEAR, STUDENTS IN THE ADVANCED COMMUNICATION SKILLS (ACS) CLASSES PARTICIPATE IN THE MOCK JOB INTERVIEW PROGRAM AND LEARN AN IMPORTANT LIFE SKILL—HOW TO APPROPRIATELY CONDUCT THEMSELVES DURING AN INTERVIEW WITH A POTENTIAL EMPLOYER, A COLLEGE ADMISSIONS OFFICER, OR OTHER ADULTS IN EVERYDAY SITUATIONS.

Over the course of four days, nearly 200 students work to develop and practice valuable real-world skills including how to:

- Present a resume
- Give a professional handshake
- Dress appropriately
- Use positive body language
- Respond articulately to common interview questions

Each student's training and preparation culminates on the last day in a one-on-one mock interview for a fictitious part-time job.

A program of this scope and level of individualized feedback is made possible only because many community volunteers agree to contribute a couple hours of time. Our past volunteers have been uniformly positive about this experience both for themselves and for the students. In fact, some of our volunteers recognize the extraordinary value of this program and return year after year, even after their children are no longer in the school. Volunteers have the opportunity to add depth to this program by sharing knowledge as established or retired business men and women of our community.

Congratulations to the Delegates of the Lakeridge Chapter of Model UN!

The Lakeridge Model UN delegation traveled to The University of Oregon in Eugene on Thursday, April 12th and returned on Saturday, April 14th. We took 145 students, including freshman, sophomores, juniors, and seniors, and our delegation met in committees to discuss global issues affecting our world today. Approximately 1,100 students from 44 schools in Oregon and Idaho participated on the UO campus. The delegates were involved in making speeches, working to pass resolutions, researching funding options, and working with delegates of other schools to submit resolutions.

We would like to specifically congratulate and thank a few key delegates and our chaperones who made the trip successful.

- Our Lakeridge leadership team, aka Executive Board—worked hard all year to prepare our students. These students were Seba Marin-Quiros, Long-Long Thum, Eva Augst, Isa Melendez, and Ella Feathers.
- Seba Marin-Quiros served as Vice-President of Oregon MUN and worked with students from other schools to help plan the statewide conference.

- Committee chairs led sessions throughout the conference: Lakeridge Committee Chairs were: PJ Steinberg, Audrey Bachman, Ashlynn Lawston, Lily Stephens, Long-Long Thum, Claire Johnston and Maddie Jo Lorber.
- Nancy Bignell, Ava Eucker, Eva Augst, Ava Creasy, and Ariana Chin won prestigious speaking awards in categories of Consensus-building and Defender of Country Position.
- Several students represented Lakeridge at a bid for a Big Five country, and we were so excited that we were awarded the United Kingdom!

A resolution was passed! Ariana Chin and her committee successfully passed a resolution on the last day of the conference, which involves a lot of hard work and research and was quite an accomplishment.

- A huge thanks to the chaperones who helped keep kids safe and accounted for: Nancy Bignell, Shellee Ensing, Sreedhar Sivakumaran, Kriistina Bozorth, Megan Burns, Julia Henry, Natalie Mount, Joyce Stephens, Syndi McIver, Christina Monk . We could not take as many students as we do without the help of our amazing chaperones! And of course, a HUGE thanks to John Parke, who is always a reassuring presence to students to stay in line and represent Lakeridge well while at the conference.

If there is interest in joining MUN next year as a delegate, please see Ms. Mock or Mrs. Shevlin to discuss this future opportunity.



CTE Summer Camps

Free Career and Technical Education summer camps will be held from June 18th-22nd at Clackamas Community College for students entering 9th-12th grades in Fall 2018. Students can earn college credit and explore possible careers in health care, horticulture and industrial technology. To sign up for the CTE camp, students/parents should go to: www.clackamas.edu/CTE-Summer-Camps. Registration closes on June 1, 2018.

Information from ASB



Hey Pacer parents, it's that time of year again, it's spring cleaning time! Make sure to keep all the items you intend to clear out and donate them May 14-18th from 3:30-5:30 near front door for the Lakeridge Garage sale. And be sure to stop by May 19th for the actual sale!



Save the Date! Saturday, May 12th from 9:30am-12:00pm the class of 2021 will hold a "Pancakes and Pacers" fundraiser to raise money towards their graduation along with their class philanthropy, Doernbecher's Children's Hospital. It will be in the cafeteria at Lakeridge. Cost is \$7 per person.



This year's prom "There's no place like Prom" is Saturday, April 28 from 8pm-11pm at Langdon Farms Golf Club. Tickets are \$35 April 23-27 and then \$40 at the door. The address for the venue is [24377 Airport Rd NE #1, Aurora, OR 97002](#).

Hey Pacer Parents!! This year our prom is being held on April 28 at Langdon Farms and we're looking for 20 awesome chaperones to join us for the night! It's going to be a fun night and we hope you can join us! If you are available you can email me (junior class ambassador) at elliesofiaj@gmail.com or the junior class president at lilysbarna@gmail.com. Thank you so much and GO PACERS!

Guest Dance Form

PSAT Test Book Pickup

Students who want the hard copy of their PSAT test book from October's PSAT NMSQT, or PSAT 8/9, may get it from Julie Batson at the Lakeridge counseling office. Lakeridge will destroy all test books that are not collected by Friday, May 4th, at 2:00 p.m.

PSAT scores will continue to be available online:

Log in to an existing College Board account, or create a new one at:

studentscores.collegeboard.org

1. Log in to your account.

2. Select PSAT/NMSQT Scores.

OR

3. Use "Missing Scores" to locate scores.

Students can also go to satpractice.org to create a free account with personalized recommendations for improvement based on their PSAT results.

Questions

Call: 866-433-7728

Email: psathelp@info.collegeboard.org

DECA Results

Congrats to Sarah Siddons and Eliza Donaghy as finalists at DECA's international competition this week in Atlanta! They competed in the Business Law and Ethics Team Decision making event. The conference hosted over 18,000 students from around the globe. They finished in the top 10% of students.



Fall Coaches Contact Information

Are you new to the school or an 8th grade family that is looking to connect with our fall coaches? Here is all head coach contact information. Please email them to join groups about summer mailings and workouts.

Football:

Elvis Akpla

gopacersfootball@gmail.com

Volleyball:

Wendy Stammer

wendyswildworkouts@comcast.net

Girls Soccer:

Karl Granlund

pacergirlssoccer@gmail.com

Boys Soccer:

Jason Bell

jason7bell@gmail.com

Cross Country

Scott Spear

scott.j.spear@gmail.com

Water Polo

Morgan Jones

jonesm@loswego.k12.or.us

Cheer

Christine Cooper

christinec@stocklayouts.com

Dance

Kristin Moore

moorek@loswego.k12.or.us

Pacer Cheer Team Tryouts 2018-2019

Guys and Girls!!! Interested in cheering on your Pacers?? Join the Varsity Sideline Cheer & Stunt Team!

Tryouts start next week with a Stunt Clinic on Monday, April 30th from 4:30-6:00pm in the Cheer Gym. We will have a Tryout Interest Meeting right after. Tryout Practices take place Tuesday, May 1st and Wednesday, May 2nd from 4:30-6:30pm in the Cheer Gym. No experience necessary, we will teach you everything!

If you are in a spring sport, no worries! Just contact us and we can work around your schedule. For more information and to register online, please go to www.lakeridgecheer.com.



Pacer Dance Team Tryouts 2018 - 2019

Important Dates

Open Clinic – May 8 & 10, LHS Upper Gym, 5:00pm-7:00pm

Tryouts – May 14, 15 & 17, LHS Upper Gym, 5:00pm-7:00pm

Team Roster Posted – May 18 in the LHS Athletic Office and LJHS Office

Checklist for Tryouts

Applicants for PDT must:

- Be enrolled in, and passing, at least 5 classes/credit hours

- Bring a printout of current grades on May 14
- Submit application form via Google Docs prior to practice on May 14
 - Available on the LHS Athletic Website
- Attend all tryout practices.
 - Let Mrs. Moore, moorek@loswego.k12.or.us, know if you have a conflict with a Spring sport.
- Be prepared to learn material and show growth by the end of the week.

Team Information

- School Performance Team
 - Basic dance technique (if you're new, we will teach you!)
 - The ability and willingness to learn
 - A great attitude
 - Members will dance for assemblies, Friday football & basketball halftimes
- Competition Team
 - Must be a member of the School Performance Team.
 - Must be able to demonstrate strong dance ability, proper technique and flexibility.
 - Tryouts prior to Fall and Winter Competition Seasons.
 - Willing to commit to the time and energy being competitive takes.



National Honor Society Information

All students who applied to the National Honor Society should have received letters on the status of their applications. If you have not yet received a letter, please see Ms. Stein or Mr. Easton.

New members should pay membership dues to the LHS bookkeeper: Checks can be made out simply to Lakeridge High School. A dues receipt and RSVP slip must be turned in to Ms. Stein or Mr. Easton by May 18th so that new members' names can be included in the induction ceremony program and on induction certificates.

Parents and families of new and graduating members: please mark your calendars for our Wed., May 23rd induction and graduation ceremony, held in the auditorium. NHS members should arrive by 6:30pm; the ceremony starts at 7pm.

Senior Information

Important Dates:

May 23rd, Wednesday - Senior Clearance Forms passed out/clearance begins

May 29th, (Tuesday) and May 30th (Wednesday) - Senior Finals

May 31st, Thursday - Merit Awards

June 1st, Friday - Senior Breakfast, Rehearsal and Graduation

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

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

9g \^[gZZ^VcY^6^Xd] da[gZZ^<gVY^C^] i^EVjn/Visit the GRAD NIGHT information page on the Pacer Parent Club website, <https://www.losdschools.org/Page/4825> .

You will find the registration form and instructions on how to pay. Both can be done at the school or via the web. Tickets are \$85.00 per student and will include an all-night party with transportation, food/refreshments, entertainment, games and prizes galore. Sign up now and cross it off your list. Contacts: Stefanie Johnston, ccst@mac.com or Sonya Seyle, sonyaseyle@livecom.

AP Computer Science

Lakeridge High School has an exciting opportunity to teach AP Computer Science next year. Please make sure your child sees their counselor to change their forecasting if they want to take advantage of this opportunity.

Mental Health: What Parents Need to Know

Lakeridge Junior High
and
Shattering Stigma With Stories: Understanding Mental Health
present



Mental Health: What Parents Need to Know



1 in 5 teens will struggle with mental health

Anxiety, depression, suicidal thoughts and other mental health challenges can happen to our kids or to their friends. When it happens, ***we may not know how to help***, and families can experience stigma and isolation.

Join us Saturday, May 5th to learn more about mental health issues kids may face, what to look for and how to get help. Hear directly from families who have been there, and learn from a panel of experts. Attend breakout sessions: ***working with the school*** to support your child; ***ADHD-related depression and anxiety; practical hands-on tips*** for talking about mental health; or ***emotional coping skills*** for parents AND kids.

For more information, contact ljhsparentclub@gmail.com
or Tara@TaraRolstad.com.

Parents only, please. No childcare provided.

Refreshments will be available.

Cost: FREE - Register today at:

www.shatteringstigma.com

Saturday, May 5, 2018
9 a.m. to 1 p.m.
Lakeridge Junior High School
4700 Jean RD
Lake Oswego, OR 97035

shattering
STIGMA
with stories
UNDERSTANDING MENTAL HEALTH

Congratulations to Super Pacer Nominees

The following students were elected as Super Pacer Nominees. This recognizes seniors students who represent his/her class and Lakeridge positively, get involved in our Lakeridge community, lead by example, and contribute to be the overall best and most outstanding "Super Pacer". We will announce a winner at Merit Awards in June. Congratulations!

Audrey Bachman	Jake Fedrizzi
Nancy Bignell	Brock Gjesdal
Sarah DeYoung	Connor Hilts
Kendall Ensing	Nick Hoddevik
Ava Eucker	Kevin Jung
Anna Garrison	Artyom Karyukin
Claire Johnston	Max Krueger
Ashlynn Lawston	Matthew Martin
Kathryn LeMoine	Nolan Mayfield
Isa Melendez	Matty McComish
JennaGrace Milionis	Cooper McIntosh Nelson
Lilly Stephens	Connor Riedl
Kristin Wong	Chris Simons
Carly Wood	John Struik
Sierra Zevenbergen	Long Long Thum

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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.