

September 2020

**Lakewood High
School**

14100 Franklin Blvd

Lakewood, OH

44107

Lakewood High School

Twitter @Lkwd LHS

*Many groups and organizations also
have Twitter and Facebook pages*



RANGER ROUND UP

From the Principal's Desk

Welcome back to all of our students and our parents to a most unique start of the school year. I would like to thank everyone for their patience and understanding as we navigate through remote learning. This certainly has been a challenging and stressful time for students, parents, and staff.

With that being said, I would like to emphasize some key points that I have shared with the Lakewood High School staff and would like to communicate to our parents and students. First, this is temporary and if we all follow safety measures, we should be opening our doors to students soon.

The second point is to focus our energies on what is important and what we can control. There is so much this pandemic has created that is outside of our control, and we need to focus on what is within our control. For example, we can control taking appropriate safety precautions, we can control attending classes and doing our best, we can control asking for help because LHS staff are here to help any student or parent who is struggling.

Additionally, I want everyone to know that it is OK that there are bumps in the road, technology issues, frustrations, and mistakes made. Using a growth mindset, we know that we will learn from the problems that occur and grow because of it. I am sure that all of us have learned things in the past seven months that we didn't even know existed. (Remember the first time someone asked you to Zoom?)

In conclusion, I want to let all of you know how much we miss seeing our students. We cannot wait until they are all safely attending school again and bringing the joy and energy back to LHS. I even had a teacher telling me that she has started a countdown until students arrive instead of a countdown to summer! Sometimes you don't know how much you miss something until it is no longer there.

Thank you and here's to a healthy school year!

Sincerely,

Mr. Walter

**LHS main office (216)
529-4028**

House 1: 529-4045

House 2: 529-4128

House 3: 529-4144

Book Room: 529-4047

West Shore: 529-4163

**Attendance
(216) 227-5991**

Lakewood City Schools

<http://www.lakewoodcityschools.org>

Twitter @lkwdschools

Facebook

@LakewoodCitySchools



Bulletin Board

Grab-n-go breakfast and lunch will be offered every weekday beginning Sept. 8 at LHS, both middle schools and all elementary schools for any enrolled Lakewood City Schools student. If requested, breakfast for the following day may be picked up during lunch service. Students (or parents) may pick up meals at any of the buildings (except for Franklin School of Opportunity). MASKS AND SIX-FEET DISTANCING WILL BE REQUIRED AT ALL LOCATIONS. Click [here](#) for meal distribution schedule

Live Music September 19th

Lakewood Music Boosters “Beat to the Street”
Saturday, **September 19th**

Come out and support our music students as they fill the streets with music performed from their front porches from **12-4 pm**

Keep the music going!
Come see a Lakewood Ranger Marching Band performance at LHS Stadium from **5-6 pm**.
Reserve tickets by visiting our [Eventbrite site](#)

Save the Date

****NEOEA Day - No School on Oct 9th****



**WELCOME
BACK!**

*We wish you a great school year
ahead!*

**Lakewood High School
School Counseling
Department**

CONNECT WITH US!

Facebook: LHS School Counseling Department



LHS School Counseling Department

Contacting Your School Counselor

We are here to help! Please reach out to your school counselor by email or phone if there is something that we can assist you with. We are also available to meet via Zoom.

Naviance

We are fortunate to have Naviance as a college and career planning tool. Please remember to log into your Naviance account to explore college and career resources. Parents and guardians also have access to their own

Naviance account. If you are unsure of your username and password, or need your password reset, please contact your assigned school counselor.

Grade Level Meetings with Counselors

School Counselors will be scheduling Zoom presentations by grade level soon to discuss college and career planning.

School Counseling Department Events

We are continuing to work to deliver our college and career night events that we have previously hosted. Although these may look different than in person, we are excited to host them again this year! Please be on the lookout for more information soon.



LHS School Counseling Department

Seniors Applying to College

Seniors! This is an exciting, yet busy time of the year for you. We are looking forward to assisting you in the college and career process.

Please begin adding

colleges to Naviance that you have applied to or plan on applying to, along with requesting transcripts and letters of recommendation in your account.

As a reminder, we also ask that you give your teachers and counselors at least a 2-week notice when requesting to write a letter of recommendation. Please also remember to share resume.

Join our Google Classroom!

Our department has created grade level google classrooms to help communicate important information to students and families. Please join our classrooms:

10th: piutxr7

11th: wclyykp

12th: xxaxvda



School Counselor Contact Information:

Ms. DeChant - All 9th Grade Students
Nina.Dechant@LakewoodCitySchools.org
216-529-4040

Mrs. Drost - Last Names A-E
Abigaile.Drost@LakewoodCitySchools.org
216-529-4141

Mrs. Dalton - Last names F-L
Debra.Dalton@LakewoodCitySchools.org
216-529-4170

Mrs. Marcinek - Last Names M-P
Roberta.Marcinek@LakewoodCitySchools.org
216-529-4272

Mrs. Gentry - Last Names Q-Z
Lisa.Gentry@LakewoodCitySchools.org
216-529-4124



College Now

Greater Cleveland

Seniors: Class of 2021, this is your year – but you should also be thinking about those years after high school. Let College Now help you figure out what your future can be after graduation. Contact your College Now advisor to start talking about your options.

Mrs. Pam Sandoval (psandoval@collegenowgc.org and 216-232-2278)___ is available Tuesdays-Thursdays. There is a Google classroom you need to sign up for with your own personal google email. Here is the invite:

<https://classroom.google.com/c/MTMxMzEwMjZMzU4?cjc=frahzsr>

To get help with College Information or Financial Aid Process book an appointment with me go to : <https://tinyurl.com/y6mzmbv> 2

Please do the College Now intake form so I know a bit about you before I see you:

<https://tinyurl.com/y2sh6cjs>

Make sure to be signed in with Naviance right away and we will be going over it soon thru zoom sessions in the classes. **Ask if you need HELP!**



SAT & ACT TESTING DATES

Lakewood High School Code: 362-865

Scholastic Aptitude Test & SAT Subject Testing

www.collegeboard.org

SAT Test Date	Registration Deadline	Late Registration Deadline (+ \$30)	
		Mail	Phone/Online
September 26, 2020	August 26, 2020	September 15, 2020	September 15, 2020
October 3, 2020	September 4, 2020	September 15, 2020	September 22, 2020
November 7, 2020	October 7, 2020	October 20, 2020	October 27, 2020
December 5, 2020	November 5, 2020	November 17, 2020	November 24, 2020
March 13, 2021	February 12, 2021	February 23, 2021	March 2, 2021
May 8, 2021	April 8, 2021	April 20, 2021	April 27, 2021
June 5, 2021	May 6, 2021	May 18, 2021	May 26, 2021

American College Testing

www.actstudent.org

ACT Test Date	Registration Deadline	Late Registration Deadline (+ \$35)
September 12, 13 & 19, 2020	August 14, 2020	August 15-28, 2020
October 10, 17, 24, & 25, 2020	September 17, 2020	September 18-25, 2020
December 12, 2020	November 6, 2020	November 7-20, 2020
February 6, 2021	January 8, 2021	January 9-15, 2021
April 17, 2021	March 12, 2021	March 13-26, 2021
June 12, 2021	May 7, 2021	May 8-21, 2021
July 17, 2021	June 18, 2021	June 19-25, 2021

- ★ Registration materials and practice tests are available in the LHS School Counseling Center, ACT website, and SAT website.
- ★ Make sure to list colleges you are planning on applying to as well.
- ★ Colleges count the best scores, no matter how many times you take the test.

PSAT/NMSQT: Wednesday, October 14, 2020



SAT vs ACT

	SAT	ACT
What are these tests for?	Colleges use scores for admissions and merit-based scholarships.	
What is the cost <u>without</u> the essay?	\$49.50	\$55.00
What is the cost <u>with</u> the essay?	\$64.50	\$70.00
What if the cost is a barrier to registering?	Contact your School Counselor	
What does it cover?	Reading, Writing & Language, Math	Reading, English, Science Reasoning, Math
How long is the test <u>without</u> an essay?	3 hours	2 hours & 55 minutes
How long is the test <u>with</u> the essay?	3 hours & 50 minutes	3 hours & 40 minutes
How many Reading Passages are there?	5	4
Is there a Science section?	No	Yes
What Math concepts are covered?	Arithmetic, Algebra I & II, Geometry, Trigonometry, Data Analysis	Arithmetic, Algebra I & II, Geometry, Trigonometry, Probability, Statistics
Calculator Policy	Some questions do not allow you to use a calculator.	Students may use a calculator on all math questions.
Are the essays similar?	Optional. The essay will test your comprehension of a source text.	Optional. The essay will test how well you evaluate and analyze complex issues.
Scoring Scale	400 - 1600	1 - 36
What if I have IEP accommodations?	Contact your Case Manager who will complete the necessary paperwork and submit it to Mr. Siftar	Denote that you have an IEP when registering online and forward the email from ACT with the necessary information to your Case Manager, School Counselor, and Mr. Siftar.
What if I have 504 accommodations?	Contact your School Counselor who will complete the necessary paperwork and submit it to Mr. Siftar.	



Welcome to the 2020-21 school year! You are invited to join the LHS PTA on this adventure!

We invite you to attend our first meeting of the year, September 22nd via Zoom Meeting

LHS PTA Meeting

When

Tue Sep 22, 2020 7pm – 8pm Eastern Time

<https://ohconnect.zoom.us/j/93141074876?pwd=MXBHVXNST1FwNW5BNElCRnNYVUJDdz09>

Meeting ID: 931 4107 4876

Passcode: 156879

One tap mobile

+13126266799,93141074876# US (Chicago)

+19292056099,93141074876# US (New York)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Germantown)

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

Meeting ID: 931 4107 4876

Find your local number: <https://ohconnect.zoom.us/u/ad25bk6w3E>

Join by SIP

93141074876@zoomcrc.com

For the most up-to-date information, “like” the *Lakewood High School PTA* Facebook page. Any questions?

Email us at lakewoodhighschoolpta@gmail.com.

Thank you, and we look forward to working with all of you.

LHS PTA 2020-2021 Officers

Regina Westlake, President

Jessie Holland, 1st VP

Mark Walter, 2nd VP

Kelly Payne, Treasurer

Elizabeth O’Brien, Recording Secretary

Elise Stois, Corresponding Secretary

Laura Bunevich, Council Delegate

Tara Funk, Council Alternate

LHS PTA 2020-2021 Committee Chairs

Lisa Horton, Membership

Melissa Kress, Hospitality

Colleen Worthington/Shannon Miller, Reflections

Lisa Majeski, Editor

Brigitte Dineen, Health Safety Welfare

Health and Safety

Hello and welcome back to a new, weird school year. My name is Brigette Dineen and I am the Health and Safety Welfare chair for the LHS PTA. I am a registered nurse and an avid runner, and I have an 8th grader and an 11th grader this year. When Regina asked me to write an article for the newsletter, I immediately knew I wanted to touch on teens and mental health. Strange things are afoot this year, and our kids have had to deal with things none of us expected. The final semester of last school year threw them a curve ball and was followed by a long summer where many of their normal activities were cancelled or altered. Add in the start of a new school year that looks very different, and it's no wonder kids are having mental health issues. Recent studies have shown, not surprisingly, that up to 70% of teens are reporting feelings of depression, anxiety, and/or stress. Our Fall sports teams have been able to practice and start their seasons, which is great news. Exercise, being around friends, and working on a team can help reduce those feelings of depression and anxiety and help to relieve stress.

What to do with a child that doesn't play sports and has spent the summer scrolling TikTok and stuck in his or her own head? Hopefully, the start of classes and having something to do, as well as interacting with classmates, even remotely, will help. We are lucky to have a Cleveland Clinic Medical Clinic located right on our campus, with access to pediatric psychiatry as well as mental health counseling. If you wish to use these services, you do need to fill out forms located on the school website to register as a Cleveland Clinic patient. Many of the therapy sessions are being conducted remotely right now. Parents can also reach out to the Student Services Department at 216-529-4201 regarding social emotional concerns.

Dr. Lisa Damour is a clinical psychologist based on the east side. She is a regular contributing columnist to *The New York Times* and has written a few books on teens and anxiety. She has some really great articles linked to her website (drlisadamour.com) and hosts a new podcast, "Ask Lisa", about parenting. The first few episodes have dealt specifically with struggles during this pandemic and I found them to be very informative.

I recently read an article in *The New York Times*, posted in June of this year. The article discussed resilience and how some people are better at it than others. Facing difficulties from time to time actually builds our resilience, and kids are pretty good at bouncing back. Ways to strengthen resilience in teens include providing them with a safe, supportive home, and encouraging them to find things they can control in an uncontrollable situation.

I am not even going to try to guess what next crazy thing is going to happen in 2020. If, as parents, we try to maintain a calm environment and a regular schedule (as much as possible) in the home, perhaps that will help our kids not get too freaked out. The kids are not really alright, but they will be. Probably. Hopefully. Good luck, and may the odds be ever in your favor.

Join LHS PTA today!

Save yourself some hassle and fill out your form online today at: tinyurl.com/lhsptamember

The support of parents, teachers, staff, and the community is very important to the success of Lakewood High School. Joining the **PTA** is a great way to be involved and show your support. Everyone is welcome! Your **\$12 dues**, and your **Painless Project donation** help support a variety of activities and programs for the LHS community including: Staff Appreciation events, After Prom, Senior Reception, Reflections, Educator of the Year, Teacher Grants and many other student projects.

The PTA meetings are scheduled for:

Tuesday, September 22, 2020

Tuesday, November 17, 2020

Tuesday, January 26, 2021

Tuesday, March 30, 2021

All meetings are held at 7:00 p.m. in the Ranger Café Classroom. Enter door 2.

Please return the completed form below with your dues and/or Painless Project donation to Lakewood High School, Attn: PTA Membership, 14100 Franklin Blvd. Lakewood, OH 44107 Please make checks payable to **Lakewood High School PTA.**

New this year is the option to pay for your membership through PayPal at Paypal.me/LHSPTA

For more information, please contact **Lisa Horton, Membership Chair** at lhsptamembership@gmail.com

YES! I/We would like to become a member(s) of the Lakewood High School PTA. Name(s)

Student Name(s): _____ Grade(s): _____

Street Address: _____ City _____

Zip: _____

Phone: _____ Email: _____

Please note: To apply for a PTA Scholarship in the spring, a parent must be a member.

CASH CHECK # _____ (Payable to LHS PTA) PayPal at Paypal.me/LHSPTA

Number of Memberships: _____ @ \$12.00 per member = \$ _____

+ Painless Project Donation*: \$ _____ Total Enclosed: \$ _____

*The painless project donation helps us offset approximately \$7,500 in the annual budget used to support parents, students, and staff at LHS. Our memberships only raise about \$1,400 per year. Thank you for your donation!

Your PTA dues and Painless Project dollars help with:

Teacher Grants – LHS PTA donates monies to staff to supplement classroom and club activities. Past donations paid for: new microscopes, supplemental computer math programs, CPR classes for students, Barnstormers and to support a mock election.

Ranger Roundup – LHS PTA puts this newsletter together and ensures that the newsletter is complete and on time.

Staff Appreciation Breakfast – a great breakfast to show our great staff how much we appreciate their work.

Reflections – Reflections is a National PTA-sponsored art contest that covers art, photography, and literature. Each year, hundreds of Lakewood students from all grades participate to showcase their artistic talents. LHS PTA supplies our school winners with a reception or a small token of recognition.

Conferences – a hearty dinner for teachers before conferences (so the staff has time to eat and keep their strength up to answer all our questions).

Educator of the Year – thank-you gifts and appreciation awards to the best of our best. One teacher is chosen each year in addition to one “Helping Hands” recipient, recognizing our wonderful administrative staff. Recipient names are then sent to our PTA Council where they are recognized at that level.

After Prom – financial support to keep our prom attendees safe and happy.

Senior Reception – reception for seniors to sign yearbooks and say farewell to their high school friends.

Lots of Love Desserts – an afternoon reception specifically for the attentive Custodial and Security staff.

General Donations – the LHS PTA contributes to the **H2O Camp Fund**, the **PTA Council**, Pumpkin Palooza, etc. And this list does not even begin to address the National and State PTA organizations' child advocacy programs and available information, resources, and training. **Scholarship Fund** – an award of four scholarships to seniors whose parents (or students) are members.

Other membership notes and ways to be involved:

- Check if you are a staff member at LHS
- Check if you would like a PTA Membership Card
- Check if you are interested in being on the PTA Board or a Committee
- Check if you will join the rewards program for LHS at Heinen’s or Giant Eagle (expires annually)

I would like to volunteer! Please contact me about helping with food donations, set-up, or clean-up for the following events:

- Staff Dinners for Parent/Teacher Conferences
- Staff Appreciation Breakfast
- Lots of Love February Desserts
- After Prom Committee
- Senior Reception
- I am not sure yet, but I would like to help

FREE MONEY FOR LHS PTA:

You can donate to LHS PTA just by doing what you do every week!

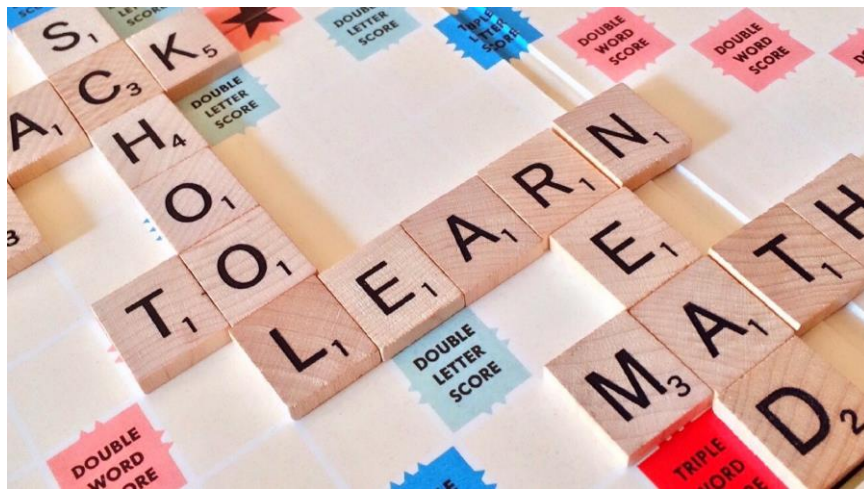
You Shop. We Give.

When you use your Heinen's Tasteful Rewards Card throughout the school year, Heinen's will donate up to 1% of your purchase to a school of your choice!



HOW TO SELECT YOUR SCHOOL:

- COMPLETE the Teaming Up For Education survey [here](#).
- ENTER your Tasteful Rewards card number or email address associated with your account and select your school.
- BE SURE TO RESELECT your school every year!





Dear Students, Families, and Friends,

Welcome to the 2020-2021 school year! We hope everyone had a safe and enjoyable summer despite these challenging times.

My name is Wendy Hoppel, and I am president of the Music Boosters this year. I am proud to be a part of one of the best music education programs in the United States under the direction of our many talented music educators.

As many of you are aware, the Lakewood Music Boosters supports not only Lakewood High School, but the middle and elementary schools as well, for a total of 70 plus programs. We hope you will consider becoming a member of the Music Boosters. During these uncertain and unprecedented times, we will need your support more than ever. The membership form is attached, and you can pay by check or PayPal. We will have four meetings, and all members are welcome to attend. The meetings are on Mondays at LHS in the Keyboard Room and begin at 7:30 p.m. The meeting dates are September 14, February 8, March 8, and May 10. The September meeting will be via Zoom.

You can follow the Music Boosters on our website at www.lakewoodmusicboosters.com, Facebook (Lakewood Music Boosters), Instagram (lakewoodmusicboosters), and Twitter LakewoodMusicBooster@LkwdMusicboost). We have a group of dedicated board members. You can email any of us at lkwdmusicboosters@gmail.com.

Wendy Hoppel
President

Brian Fallon
Treasurer

Amy Daso
Co-1st Vice President

Melissa Kress
Corresponding Secretary

Sarah Sullivan
Co-1st Vice President

Judy Wright
Recording Secretary

Mary Dunne
2nd Vice President

Saskia Romeo
Membership

Rayna Brooks
3rd Vice President

Join Lakewood Music Boosters

Support our 70+ Music Groups



Choose your membership level, fill out your contact information, enclose with your check made out to Lakewood Music Boosters and mail to:

Lakewood Music Boosters
PO Box 770782
Lakewood, OH 44107

Or visit www.lakewoodmusicboosters.com to join using PayPal

Member's Name: _____

Name to Appear in the Concert Programs: _____

Address: _____

Phone 1: _____ Email 1: _____

Phone 2: _____ Email 2: _____

By supplying your email address, you give consent for the Lakewood Music Boosters to contact you via email to provide information on news, events, fundraisers, or membership

Your Student(s):	Grade/School
_____	_____
_____	_____
_____	_____

\$500 Corporate Level	\$100 Gold Level	\$40 Ensemble Level
\$200 Fortissimo Level	\$60 Purple Level	\$20 Solo Level

Date of Membership: _____ **Choose your membership level:** \$ _____

Ask your employer if they offer a Matching Donor Program. * (501(c)(3) Employer Identification No. 23-7163428)

Become a SCHOLARSHIP BENEFACTOR

Gilmore Fund (Summer Lessons/camps) \$ _____

Additional Donation \$ _____

Total donation of membership level and scholarship: \$ _____

(How the membership was paid: Cash/Check/Paypal)

Membership Runs 7/1/20-6/30/21

Children of active members (need to volunteer) in good standing by 1/31/21 are eligible for the Gilmore Scholarship