

RAM REPORT

October 10th, 2021

We Are Family!

REYNOLDS RAP

Now that we have the first quarter of instruction behind us, we can look forward to the second quarter, which will bring a deeper dive into course content, as well as many exciting extra-curricular activities. Parents and caregivers, please take some time this week to sit down with your children, review their first quarter grades, and set goals for their academic performance during second quarter. If you would like more feedback from teachers, feel free to email them or call our guidance secretary, Mrs. McLane at 407.320.9548 to book a parent-teacher conference. You can also email your child's counselor for assistance. You will find counselor contact information here: <http://www.lakemaryhs.scps.k12.fl.us/student-services/contacts.shtml>

This Wednesday, October 13, all students in grades 9-11 will be taking the PSAT and all seniors will be taking the SAT. Please make sure to review information included in the testing segment of this newsletter to make sure your child is prepared.

Lastly parents, we need your help with emphasizing behaviors that make students successful, including getting to class on time. We are launching a new Hero system, and I appreciate you reading the parent letter attached to this email for more information. Go Rams! -Dr. Reynolds

WHAT'S NEW IN RAMNATION

October 11-15 is Mental Wellness Week

October 11: Mental Health lessons begin. These lessons are required by the Florida Dept of Education and will be delivered two days per week (3 lessons per day) through November 9.

October 12: We invite parents out for an evening presentation on the topic: How to Support Your Child's Mental Wellness. This takes place in our auditorium @6:00 pm. Bring your child with you!

October 13: Wear blue in support of National Anti-Bullying Day.

10:30 am - Grand Opening of our Ram Student Lounge - a safe space staffed by a generous donation from the Bernstein family.

This Week's Mental Health Lessons

Lesson #1: Introduction: You Matter

Lesson #2: SCPS Mental Health Services Overview

Lesson #9: Bullying and Kindness

Lesson #14: Healthy Relationships

Lesson #15: Mental Health: Risk and Protective Factors

Lesson #16: Introduction to Self Care

Each of the above lessons will be presented by the teacher in each block period using a NearPod presentation created by our district licensed mental health professionals and should take 10-15 minutes of class time.

Athletics Update

Girls Volleyball

Tuesday: Away vs. Spruce Creek. JV @ 5:30pm, Varsity @ 7:00pm

Thursday: Home vs. Bishop Moore.

Freshman @ 4:30pm, JV @ 5:30pm, Varsity @ 7:00pm

Football

Tuesday: JV Home vs. Hagerty. 6:00pm.

Friday: Varsity Away vs. Flagler Palm Coast. 7:00pm.

Cross Country

No events this week.

Girls Golf

Wednesday: Match vs. Circle Christian @ Heathrow Country Club. 3:30pm.

Boys Golf

Monday: SAC Championship @ Twin Rivers. 8:00am.

Wednesday: Match vs. Winter Park @ Legacy Golf Club. 3:30pm.

Swimming

Wednesday: SAC Meet @ Lake Howell. 5:00pm

Friday: Meet vs. Lake Nona @ Lake Nona YMCA. 4:00pm

Boys and Girls Bowling

Monday: Match vs. Oviedo @ Airport Lanes. 3:00pm

Wednesday: Match vs. Lake Howell @ Oviedo Lanes. 3:00pm

Special Congratulations

It was an exciting weekend for the Rams at the Honda Classic. For the boys, it was a dogfight to the end. Lake Mary finished in 3rd place, one stroke out of 2nd place and 5 strokes out of 1st place. The girls team placed an impressive 2nd place with freshman Ryleigh Knaub winning first place and senior Izzy Pellot winning 3rd place. Congrats to our boys and girls golfers!

The freshman football team completed its undefeated season on Wednesday last week in a big win over Lyman High School. Congratulations to Coach Rega, the rest of the coaching staff, and the talented team of freshman on a great season. The future is bright!

Student Activities

Anti-Bullying Day: This Wednesday, Oct. 13th is National Anti-Bullying Day. Students are asked to wear blue to show support. Be a Ram, Not a Bully!

Hispanic Heritage Month: September 15 to October 15 is Hispanic Heritage Month. Latinos in Action will be presenting information and activities throughout the month to recognize and honor the histories, cultures, and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean, and Central and South America.

R.A.D.D. Meeting: There will be a Rams Against Drunk Driving meeting Tuesday, October 12th.

Inter Club Council: ICC will be having its second meeting October 15th @ 7:20am in the Group Projects Room. If your club has anything to discuss, please fill out the google form that has been sent out to sponsors or come see Mrs. Southworth in discipline.

Homecoming Parade: All clubs interested in participating in Homecoming Parade, please see Ms. Sullivan and SGA for Parade application. Applications are due October 15th.

Homecoming Week: HOCO Week is Oct. 25-29! Please see the attachment to this email for activities and dress-up days.

Fall Play: Lake Mary Players of the Arts presents the Fall Play, BLITHE SPIRIT October 22, 23 (@ 7pm) and October 24 (@ 1:30pm). BLITHE SPIRIT follows novelist Charles Condomine and his second wife Ruth as they accidentally conjure up the ghost of his first wife Elvira with the help of an eccentric medium. Comedy ensues as Elvira is determined to sabotage Charles' life. Tickets are \$6 for students and \$10 for adults and can be purchased at teachtix.com/lmhs.

Student Services

Kindness Matters

Although we cannot always control the things that are going on around us, we can control our reactions and behaviors. We can also do our personal best to support and promote what is good!

"You can always give something. Even if it is only kindness."
-Anne Frank

Freshman and Sophomore Orientations

Student Services Orientations with our 9th and 10th graders will resume this week. During this time school counselors will review information on high school graduation requirements and provide guidance as to how to seek out services while attending LMHS. These meetings will be held during Geometry classes on October 11th and 12th.

College and Career Week

It is not too early to explore colleges, college majors and set career goals. Make plans to attend LMHS College and Career Week events. On Tuesday, October 19th we will host a Financial Literacy Night and on October 21st, we will host College Information Night. Both events are face to face and for all grade levels. See attached flyer for additional details.

The 2nd Annual Central Florida College Fair brought to you by PSI High and Seminole High School. Meet with colleges virtually, Monday through Friday, October 18th to Friday, October 22, 2021. The face-to-face portion of the college fair will take place at PSI High on Saturday, October 23, 2021, from 10:00 am - 2:00 pm. See attached flyer for additional details.

PSAT/SAT Test Prep

Do you need a resource to help prepare you for the upcoming PSAT and SAT? The College Board and Khan Academy have developed a tutorial site that provides free, personalized resources. Students who take the PSAT/NMSQT, PSAT 10 or PSAT 8/9 should have access to personalized study resources and practice tools. Visit Khan Academy's website using the following link:

<https://www.khanacademy.org/sat>

Student Services Cont'd

Save the Dates

- 9th and 10th Grade Student Services Orientation -October 11 and 12
- College/Career Week 2021 - October 18 - 22
- Junior Credit Checks - November 8 -12

Counselor Appointments

For students or parents to make an appointment with their counselor, please select student services> Counselor and appointments. From there, you will see the student booking appointment link as well as the phone number for parents to call and make an appointment.

If you need to speak to your School Counselor, please do not hesitate to come to the Student Services Office for assistance. We are Ramily!

After-school Tutoring

Face-to-Face tutoring offered every Tuesday and Thursday in the Media Center from 2:45 - 4:15. If you would like tutoring for Algebra 1 or Liberal Arts Math, you will report to Portable 2. Homework help is available for most subjects including Plato in the Media Center on both days.

Career Interest Assessments

Career Interest Assessments are available to you LMHS. This is a great way to figure out what career potentially best fits YOU! The "My Career Shines" Kuder App is accessible to you through your Clever Portal .



Testing Update

PSAT NMSQT

The Preliminary Scholastic Aptitude Test (PSAT NMSQT) will be given at Lake Mary High School on Wednesday, October 13th to all 9th, 10th and 11th grade students. For juniors, the PSAT is the only avenue to the National Merit Scholarship Program. For sophomores and freshmen, PSAT scores are used to qualify for registration in some Advanced Placement courses. All students will take the PSAT free of charge and there will not be any make-ups. Students do not need to register for this.

Students should bring pencils and a calculator. Calculators will not be provided. The PSAT Calculator Policy is attached to this email.

PSAT NMSQT Student Guide <https://collegereadiness.collegeboard.org/pdf/psat-nmsqt-student-guide.pdf>

SAT

The SAT will be given to all 12th grade students on Wednesday, October 13 during the school day. Students can set up a College Board account at www.collegeboard.org and can link their account to Khan Academy where they have access to official SAT practice items. 12th grade students will take the SAT free of charge and there will not be any make-ups. Students do not need to register for this.

Students should bring pencils and a calculator. Calculators will not be provided. The SAT Calculator Policy is attached to this email.

SAT Student Guide <https://collegereadiness.collegeboard.org/pdf/sat-student-guide.pdf>

All students, including students taking any classes on SCVS, will automatically be signed up to take the above assessments. Any students who have been approved for accommodations through College Board (for SAT and PSAT) will be sent an email about a week before the testing date with this information.

Next week, students and parents will receive an email with the student testing room for October 13 testing. This information will also be emailed to all teachers and will be posted outside Media.

Florida Civic Literacy Examination (FCLE)

Beginning with students initially entering a Florida College System institution or state university in the 2021-2022 school year and thereafter, each student must demonstrate competency in civic literacy by achieving a passing score on an assessment and by successfully completing a civic literacy course. s 1007.25(5)(b). Florida Public School Districts are offering the opportunity for students to meet the assessment portion of this post-secondary requirement prior to their Florida college system entry. Students in grade 12 and students enrolled in U.S. Government will take the computer-based Florida Civic Literacy Examination (FCLE) during the week of October 25th. This examination has no impact on student grades and is not a graduation requirement. This exam consists of approximately 80 multiple choice questions and it one 160-minute session. To learn more about this exam, please visit the FLDOE website at <https://www.fldoe.org/core/fileparse.php/19858/urlt/Florida-Civic-Literacy-Exam-K12-FAQ.pdf>. More specific information will be sent out to parents and students soon. Please see the attached parent letter for more information.

If you have any questions about testing, please contact kathleen_aslin@myscps.us