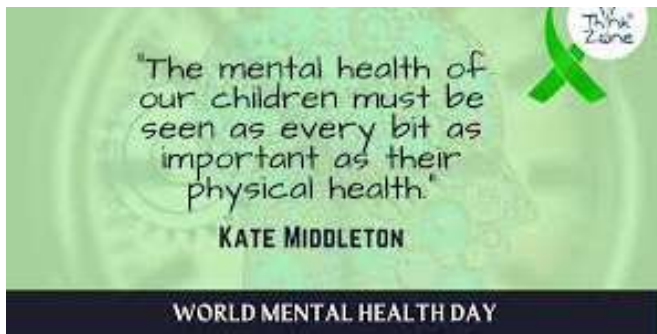


RAM REPORT

A WEEKLY EMAIL NEWSLETTER

SUNDAY, OCTOBER 11 · WEEK 9 · 2020-21



REYNOLDS RAP PARENT EDITION

Saturday, October 10th was World Mental Health Day, and it served as an important reminder that the mental health of our children is just as important as their physical health. With concerns over the COVID-19 pandemic, and many students learning from home, we are more concerned than ever about the mental health and well-being of our students.

Beginning this week, our teachers will present short lessons on topics related to mental health every Monday and Tuesday. These lessons are now required by the Florida Department of Education, and they are intended to expand student knowledge, help them learn how to respond to family or friends who experience challenges, and learn to recognize when they are experiencing their own mental health challenges.

A critical component of these lessons is realizing that help is available on our campus. LMHS staffs both a mental health counselor and a social worker on our campus who offer free resources to students, and our Student Services team are also trained to assist students in need. Contact info is provided in this newsletter, and we hope you will take advantage of our resources, if needed.

-Dr. Reynolds

STUDENT RESOURCES

Lake Mary High School offers many resources for students who need additional support, whether that support is for academics, mental health, or even for items such as food, school supplies, housing, or medical/dental.

Academic Support: Students are encouraged to start with their teachers when requesting academic support. However, we realize that students may need help beyond what teachers can provide. Face-to-face tutoring is available after school every Tuesday and Thursday from 2:45-4:15 in the Media Center. Online tutoring through WebEx is available from 4:30-6:00 pm every Tuesday and Thursday, and the link can be found on the All LMHS eCampus page. If students need additional help, or parents wish to have a conference with teachers, contact your counselor. Here is a list of counselors and their contact information:

- **Student Last Names A-Ca:** Ms. Grigley
winnola_grigley@scps.us - 407-320-9521
- **Student Last Names Cb-Gom:** Ms. Vallario
rachel_vallario@scps.us - 407-320-9508
- **Student Last Name Gon-Le:** Ms. Martinez
martinell@scps.k12.fl.us - 407-320-9520
- **Student Last Names Leg-Moore & ESOL:** Ms. Neira-Changa
neiracsp@scps.k12.fl.us - 407-320-9519
- **Student Last Names Morales-Sci:** Ms. Stufflet
angela_stufflet@scps.us - 407-320-9694
- **Student Last Names Sco-Z:** Ms. Carter
carterrz@scps.k12.fl.us - 407-320-9525
- **ESE Students:** Ms. Duffey joanne_duffey@scps.us - 407-320-9769

Mental Health Support: Students needing mental health support can contact our Mental Health Counselor, Ms. Cameron at camerocz@scps.k12.fl.us or 407-320-2115

Support for Basic Needs or Family Resources: LMHS staffs a school social worker who can assist students and families with the basic needs of daily living and can also connect students and families with resources for food, housing, and healthcare. Our social worker is Ms. Vasquez, and she can be reached at Vazquenz@scps.k12.fl.us or 407.320-2266.

Support for Bullying or Harrassment: If you have concerns that your child is suffering from bullying or harrassment, contact Dr. Andrea Fuhrer at andrea_fuhrer@scps.us or 407.320.9511.

UPDATE FROM ATHLETICS

Girls Volleyball

10/13 District Semifinals vs. Oviedo @ Lyman High School 5:30 pm

10/15 District Championship @ Lyman High School 7:00 pm (if team wins on Tuesday)

Football

10/14 Freshman @ Hagerty High 5:30 pm

10/14 JV @ Hagerty High 7:30 pm

10/16 Varsity @ Evans High School 7:00 pm

Cross Country

No meets this week

Slow-Pitch Softball

10/13 SAC Championships @ Lyman 7:30 (Quarterfinals)

10/14 SAC Championships @ Seminole (Semifinals and Finals)

Bowling

No meets this week

Swimming

No meets this week

Boys Golf

10/12 3A District 3 Tournament @ Cypress Head Golf Club in Port Orange: 9:00 am

Girls Golf

10/12 3A District 3 Tournament @ Venetian Bay Golf Club in New Smyrna Beach: 8:00 am



ATHLETIC REMINDERS

There are a lot of great district and conference tournaments going on this week. Get your tickets on GoFan right away as things will sell out. Get out there and support your Rams!

By order of SCPS, we require all spectators to wear masks for the duration of all of our sporting events. Lake Mary High School is enforcing this measure to ensure the health and safety of our school community and guests. We also hope our efforts will allow such sporting events to continue, well into the future. There is no option here, wear your mask and take pride in doing your part. At Lake Mary, **We Stand Together!!**

RAMS OF THE WEEK

Brooke Lytle & Charlee Nyquist

Brooke and Charlee make Ram Nation proud as the only female football players on our teams. Through their participation in a male-dominated sport, they show that they refuse to let societal norms limit their potential. They are also proving that girls can be pretty, darn tough! Brooke is on the JV team, and Charlee is on the Freshmen team.

In addition to their dedication to football, they are both motivated students who are heavily involved in other extra-curricular activities. Brooke is involved with Thespians and Chorus, while Charlee is an All-American lacrosse player.

RamNation applauds these two young ladies for their determination, work ethic, and for the positive example they are setting for all of the current and future young women attending LMHS.





Swim/Dive FUNDRAISER

10/13/20

5-9 PM

Must mention
LMHS Swim/Dive
Team at register
Thanks for your support!



4315 W Lake Mary Blvd

MENTAL HEALTH LESSONS OCTOBER 12 - NOVEMBER 10

The attached flyer was emailed to all families a few weeks ago regarding Mental Health Lessons. These lessons include awareness on several important topics including coping skills, mental health, bullying, substance abuse, and more. To ensure as much value for students as possible, lessons are being thoughtfully and deliberately embedded into classroom instruction (with counseling support available). For questions or concerns, contact Andrea Fuhrer at andrea_fuhrer@scps.k12.fl.us

REMINDERS FOR STUDENTS DRESS CODE & SAFETY

As many of our students return to campus from Seminole Connect, and as all students begin the 2nd quarter of instruction, it's time for a friendly reminder that we adhere to the school board policy for both dress code and safety protocols, including that all students must wear their mask unless seated socially distanced while either in class or at lunch. The most common dress code infractions we see include short shorts, tops showing midriff, hats or headgear, and inappropriate content on clothing. Parents please remind your children of these policies. Thank you!

WELCOME BACK TO OUR CONNECT STUDENTS!

LMHS is excited for the return of many of our students who participated in Seminole Connect during the first quarter.

If you are a freshman who is coming to campus for the first time, please know that we are here to support you! If you would like to view an orientation video about LMHS, click on this link: <https://youtu.be/HKBJ6xCu-kw>

Also, you will find a campus map attached to this email. Please use the map to learn where your classes are, and if you need help in finding your classes, you will be able to easily identify administrators and safety guards in our hallways who can assist you.

NEW INSTRUCTIONS FOR CONNECT STUDENTS

If you are an LMHS student who will be continuing to access your courses through the Seminole Connect platform, please note that we have a new policy for your participation.

The new policy is attached to this email, but in short, Seminole Connect students are now required to show themselves on video for the duration of each class period. We have adopted this policy to ensure that students are actually present during classes, and also to promote engagement between teachers and Connect students.

Tutoring Available

Face-to-Face tutoring offered every
Tuesday and Thursday in the Media
Center from 2:45 - 4:15

Online tutoring offered
every Tuesday and Thursday
from 4:30 - 6:00

See the All LMHS eCampus
site for WebEx links



SAT SCHOOL DAY FOR SENIORS - OCT 14

All 12th grade students will have the opportunity to take the SAT on Wednesday, October 14. Face-to-face students will be scheduled to take the SAT and all Connect and Save my Seat students who registered will be scheduled to test. Student testing locations are posted outside Media. Connect and Save my Seat students should arrive on the testing day by 7:20am and the student testing locations list will be posted outside Student Services. All students should bring pencils and a calculator for the testing. Students are reminded that when on campus, it is necessary to wear a face covering. If you have any questions, please email kathleen_aslin@scps.us The SAT School Day Student Guide (test-taking advice and tips and practice questions) can be found at <https://collegereadiness.collegeboard.org/pdf/sat-school-day-student-guide.pdf>

FSA/ELA READING/WRITING RETAKES

Due to COVID-19, 10th grade students during the 2019-2020 school year did not have the opportunity to participate in the spring administration of this assessment. Students are required to meet reading high school graduation requirements through this assessment. Students may also utilize any of the following options to meet the FSA ELA high school graduation requirement:

Earn a level 3 on the FSA ELA retake during ANY future administration (offered twice a year – October/November or February/March)

Earn/use a concordant score on one of the following assessments:

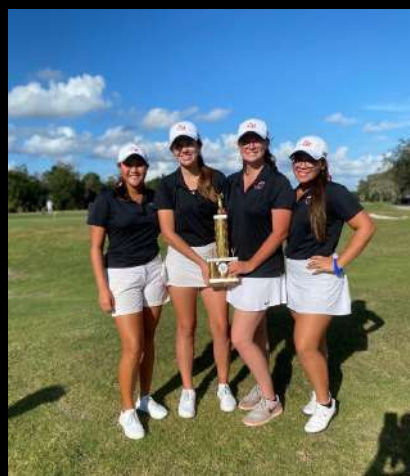
- SAT ERW Score of 430+ (grade 12 students – will take SAT on Wednesday, October 14)
- SAT ERW Score of 480+ (grade 9-11 students – 11th Grade will take SAT in April)
- ACT an average score of 18 on English and Reading Subtests

(Information continued in right-hand column)

The LMHS Golf Dynasty Continues to Reign!

Lake Mary High School has a tradition of excellence in both boys and girls golf, and that tradition continued this past week with both teams capturing the Seminole Athletic Conference titles for the 10th straight year!

Both teams will travel to Volusia County on Monday of this week to compete in their respective district tournaments. RamNation wishes them the best of luck!



SAC Champion Girls Golf Team: Izzy Pellot, Darby Nuxol, Ella Bakker, & Arenui Faana

Students who are face-to-face and still need to meet this requirement will be scheduled during 2nd quarter to take the FSA ELA. Connect and Save My Seat students who have not yet signed up will be sent a link (this week or next week) to sign up for specific testing dates, if they choose. All students who have been scheduled to test will receive an email (this week or next week) with their dates of testing, as well as their testing location. All students must meet the reading graduation requirement before graduation.

Geometry EOC, Biology EOC, US History EOC

Any students who are pursuing a Scholars Diploma and were not able to take an EOC in the Spring can fill out the EOC application to sign up. This testing will take place in November.

The testing application is attached to this email.