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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
January 15     Martin Luther King Day (No School)
January 23-25  1st Semester Finals
January 26     Grade Prep Day (No School)
February 13    Blood Drive

Happy New Year!
Lakeridge First Semester
Final Exam Schedule

Tuesday, January 23 (Exam Day #1)
Breakfast 8:15-8:50
Period 1: Blue 9:00-10:45
Period 2: Blue 11:05-12:50
Lunch 12:50-1:25
Period 4: Blue 1:30-3:15

Wednesday, January 24 (Exam Day #2)
Breakfast 8:15-8:50
Period 5: White 9:00-10:45
Period 6: White 11:05-12:50
Lunch 12:50-1:25
Period 8: White 1:30-3:15

Thursday, January 25 (Exam Day #3)
Breakfast 8:15-8:50
Period 3: Blue 9:00-10:45
Period 7: White 11:05-12:50
Bus Arrive at 12:55
No LUNCH Service
Make Up exam 1:20-3:05

**Please arrange for transportation if you have a make-up test.**

Make Up Test finals must be set up at least two days prior to the regularly scheduled exam; students cannot miss a final and then expect to make it up during this time period.

All students are expected to attend their classes during finals

Students may arrange a different final-exam schedule if the need arises due to a heavy exam load or unusual circumstances. Students must pick up the Final Exam Change Request Form from the main office. This form must have the required signatures from teachers and administrators and be turned in at least two days prior to the regularly scheduled exam.

Busses will run at their regular times on Wednesday and Thursday. Buses will leave at 12:00 on Friday.
Join us at the Lake Oswego Schools Foundation Luncheon

The annual Foundation luncheon is a fun-filled tradition for parents, local residents and school and community leaders. It's a great opportunity to socialize and get inspired by the wonderful ways our community supports educational excellence.

This year's guest speaker is highly successful entrepreneur and Lake Oswego High School alum Mike Jones, class of 1993.

The 2018 Luncheon is on Tuesday, Jan. 30th at the Oregon Golf Club from 11 a.m. - 1 p.m. Single tickets are $45; tables with 10 seats $425. Space is limited. Purchase your tickets today.

Musical Theatre Workshop Showcase
Tickets are now on sale for the Musical Theatre Workshop Showcase "Make Your Voices Heard!" Throughout the semester, the students in the MTW class audition songs for the showcase which consists of 24 songs from a wide variety of shows including classics like Anything Goes, A Chorus Line and West Side Story but newer shows as well like Dear Evan Hansen, Anastasia and Fun Home. The show is almost entirely put together by the students so it really is a testament to their talent and hard work. Show dates are January 18, 19, 20 @ 7:00pm in the auditorium. All tickets are just $5.00!!! There are no online sales for this show so you can only buy tickets at the door before the show or through Karon Beers. This show tends to sell out fast so pick up your tickets soon!
Senior Baby Ads
Senior Baby Ads for the yearbook are due Jan. 12. If you would like a special photo and message to your senior printed in this year’s book, please make sure to submit your form and payment to the Lakeridge office by that date.

If you lost your form or need another copy, please click here. This takes you to the form that was mailed home in December.
Some quick notes:
Although they are called Baby Ads by tradition, you can choose photos from any age. Yearbook students will complete light photo editing as needed, like color correction and cropping. After Jan. 12, baby ads are available on a space-available basis.

Other questions? Please contact our student editors at lakeridgeyearbook@gmail.com

Thank you for your support of the Lakeridge Yearbook. We all love seeing all the fun photos and messages from loved ones in the book!

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**Join. Give. Pacer Up!**
Did you realize that the weight room is one of many classrooms used by Pacer students, many of whom choose not to participate in traditional sports? Help the Pacer Athletic Club (PAC) complete all needed improvements to this space and support future projects that reflect school pride for the entire school.

Go to the [PAC website](http://www.oregonmun.org/positionpaperhowto/) to show your support in these 3 ways.
1. Join – Become a Pacer Athletic Club member
2. Give – Donate to the weight room project directly
3. Pacer Up - Join us for a fun-filled evening Saturday, January 20, 2018 starting at 7:00 pm at the Lake Theater. This event will be unlike other school fundraisers and is sure to get you fired up about the future of Pacer Athletics. Tickets are limited, so get yours now!

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**MUN info**
MUN papers are due on February 5. Guidelines for writing them can be found on the Oregon MUN website at: [http://www.oregonmun.org/positionpaperhowto/](http://www.oregonmun.org/positionpaperhowto/)
All students who want to participate in MUN must be credentialed. They will be asked to speak about their papers and their committee to be sure they have properly prepared for the conference. There will be a credentialing session at Lakeridge on February 27 From 6-8 pm. Other credentialing sessions are listed on the MUN webpage at http://www.oregonmun.org/credentialing-sessions/

Parent chaperones are still needed. Please email Sarah Mock at mocks@loswego.k12.or.us. Being a chaperone is fun and easy. You will be responsible for a group of about 12 kids that can include your own child. You make sure they are up and going in the morning and take attendance a few times each day and then you make sure they are in their room by the curfew. Other than that you are welcome to observe MUN or have time on your own.

Checking Student Schedules for 2nd Semester
Please encourage your student to check their schedule on StudentVUE for second semester. For schedule change requests, please have them see their counselor before school, at lunch, during TSCT, or after school. Drop-in appointments only; please do not sign up on the clipboard. Thank you.
StudentVUE: Viewing Your Schedule for the Current School Year

1 Log into StudentVUE

In Firefox, Chrome, or Internet Explorer, navigate to https://lo.cesdk12.org/ and click “I am a student”.

Enter your user name and password and press the Login button. Use the same username and password that you use to log onto a school computer.

2 Open the Class Schedule Screen

Click “Class Schedule” in the Navigation list on the left.

3 Toggle Between Semesters

Use the links in the upper right of the Class Schedule screen to switch between semesters.
Come support Pacer Dance Team at their annual showcase event. The dancers will be performing various pieces of all different styles including jazz, contemporary, tap, hip hop and more! The Showcase is on Friday January 12th at 7:00 pm in the Lakeridge auditorium. Tickets are $10 and can be purchased at the door. We look forward to seeing you there!

Open House:  All 8th Grade Families Welcome
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.playsmartgetscreened.org](http://www.playsmartgetscreened.org)
- **Access video:** Go to the Play Smart main page, [www.playsmartgetscreened.org](http://www.playsmartgetscreened.org) and click on the hyperlinked "**educational video**" in the middle of the page. This **educational video** takes you through the screening process. [http://phsoregon.org/video/?view=926c2c60041d6x480x294](http://phsoregon.org/video/?view=926c2c60041d6x480x294)

**ALL forms must be turned in at the office prior to the screening.**

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**HELP US CRUSH CANCER**

Pacers Celeste Williams and Henrik Hunt each have had very personal experiences with blood cancers and are now raising money to help find a cure. They are candidates for the Leukemia Lymphoma Society Student of the Year which is a competitive fundraising competition. Can you help us? Please visit our website at [https://tinyurl.com/CancerCrushersHC](https://tinyurl.com/CancerCrushersHC) to learn more or to donate. 100% of donations will go to the Leukemia Lymphoma Society. You can also ‘like’ our facebook page to learn about some fun events we have planned at [https://www.facebook.com/hccancercrushers/](https://www.facebook.com/hccancercrushers/)

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**College and Career Corner**

**REED COLLEGE - JUNIOR VISIT DAY**

On January 12th and March 23rd (8:30 A.M.-12:30 P.M.), Reed College is hosting an event for Juniors to learn about Reed College. Students will learn about the admission process, learn how to write a college essay and learn about financial aid. Students/parents are responsible for transportation to/from this event. To register for January 12th, go to: [https://admission-events.reed.edu/survey/index.php?time=2018-01-12%2008%3A30%3A00&id=178&timeID=3098](https://admission-events.reed.edu/survey/index.php?time=2018-01-12%2008%3A30%3A00&id=178&timeID=3098). To register for March 23rd, go to: [https://admission-events.reed.edu/survey/index.php?time=2018-03-23%2008%3A30%3A00&id=179&timeID=3100](https://admission-events.reed.edu/survey/index.php?time=2018-03-23%2008%3A30%3A00&id=179&timeID=3100).

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**SERVICE ACADEMY INFORMATION DAY**

Students and parents are invited to attend and learn about applying to our nation's Service Academies. This event takes place on February 10th, 10:00 A.M.-noon, at the Portland
Community College, Sylvania Campus, Amo DeBernardis College Center. The following academies will be represented: Naval Academy, U.S. Merchant Marine Academy, U.S. Coast Guard Academy and West Point. RSVP Teresa.Markgraf@mail.house.gov or phone 503-557-1324.

GAP YEAR FAIR
On February 14th, Dynamy Internship Year and USA Gap Year Fairs are hosting a gap year fair at Cleveland High School, 3400 SE 26th Ave, Portland. This event will be held from 6-8:30 P.M. and provides students with a broad exposure to gap year programs that emphasize education and personal growth through travel, language immersion, directed study, outdoor adventure, community service and/or internships. For more information, go to: www.dynamy.org.

FEDERAL BUREAU OF INVESTIGATION (FBI) - PORTLAND DIVISION - YOUTH ACADEMY
The Portland Division of the FBI is hosting a 5 day, 4 night Youth Academy from July 9-July 13. The focus of this academy is to provide high school students with a greater understanding of the FBI's mission and role as an intelligence and criminal investigative agency. Through hands-on activities and case presentations, students will gain a greater understanding of how law enforcement can be an asset to their community. Students will learn the value of cultural awareness, celebrate diversity, and gain skills to resolve conflict in their communities. At the end of the program, students will have the knowledge and skills to go back to their communities and be positive role models for their peers. This program is open to high school students who will be a Sophomore or Junior during the 2018-2019 school year. The application opens January 1, 2018 at https://www.fbi.gov/contact-us/field-offices/portland/community-outreach-1.; Completed applications and questions can be emailed to ajfabiankreamier@fbi.gov.

THE COOLIDGE SCHOLARSHIP
This scholarship is a full-ride, four-year merit scholarship that maybe be used for undergraduate study at any accredited college or university in the United States. Any high school Junior who plans on enrolling in college in Fall 2019 and is an American citizen or legal permanent resident is eligible to apply. The Coolidge Scholars are selected based on three main criteria: academic excellence, interest in public policy and an appreciation of the values President Coolidge championed and humility and service. Go to this website for more information and the online application: www.coolidgescholars.org. The application deadline is January 24, 2018.

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
at: [http://www.providenceoregon.org/schooloutreach](http://www.providenceoregon.org/schooloutreach). Questions: Email Toyin Oyemaja at Toyin.Oyemaja@providence.org. Here are the January classes.

Jan. 16th - Nurse Practitioner/Physician Assistant from 9-noon at Providence St. Vincent Medical Center
Jan. 18th - Patient Relations Representative from 9-noon at Providence Portland Medical Center
Jan. 23rd - Physician from 9-noon at Providence Portland Medical Center

ADDITIONAL RESOURCES
GETTING IN: A podcast about the college admissions process:
[http://www.slate.com/articles/podcasts/getting_in/2015/09/getting_in_a_podcast_about_applying_to_college.html](http://www.slate.com/articles/podcasts/getting_in/2015/09/getting_in_a_podcast_about_applying_to_college.html)

SAT/ACT National Test Dates

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**Note:** Test date is not available for New York and International Schools.

*SAT or ACT fee waivers available, see your school counselor*

Test Taking Tips for Upcoming Semester Finals

Testing yourself repeatedly before an exam teaches the brain to retrieve and apply knowledge from memory; this method is more effective than re-reading a textbook. If you are facing a test on the digestive system, practice explaining how it works from start to finish, rather than studying a list of its parts. Review the toughest material right before going to bed the night before the test. This makes it easier to recall the material later.

Taking pretests may feel like hard work but seeing steady increases in scores boosts one’s confidence. Practice tests help with test-taking skills such as pacing and test format.
Sleep plays a role in test performance in two unexpected ways. It is recommended that you do not wake up earlier than usual to study; this could interfere with the rapid eye-movement

Face your anxiety: An estimated 35% of students are so nervous before high-stakes tests that it impairs their performance, says Richard Driscoll, a Clinical Psychologist who has researched test anxiety. Writing down fears and anxieties before the test frees the working memory and can prevent distractions during the test. To combat self-doubts such as 'I'm bad in math', remind yourself of proven personal traits and strengths that can propel you to success. Practice in advance facing all the pressures you will face on exam day, such as an unfamiliar testing room. Before the test, envision yourself answering questions calmly and with confidence.

Eat breakfast the day of a big test. High-carb, high-fiber, slow-digesting foods like oatmeal are best based upon current research. However, what you eat a week in advance matters, too. When 16 college students were tested on attention and thinking speed, then fed a five-day high-fat, low-carb diet heavy on meat, eggs, cheese and cream then retested, their performance declined while the students who ate a balanced diet that included fruit and vegetables held steady. According to Cameron Holloway, Senior Clinical Researcher at the University of Oxford, the brain requires a constant supply of energy and "has only a limited backup battery." The same can be said for hydration. When the body is not adequately hydrated, the brain's processing speed slows as well.

Turn off the noise: While many teens insist they study better while listening to music or texting their friends, research shows the opposite. Information reviewed amid distractions is less likely to be recalled later, says Nicole Dudukovic, Assistant Professor of Psychology at Trinity College.