



## WELCOME TO LAKERIDGE HIGH SCHOOL

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

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- PSAT is Wednesday October 11th
- Attention to New Families
- Information about E-Cigarettes, Juuls, Vuses, and Vaping
- Lakeridge High School presents Mary Poppins
- October is Dyslexia Awareness Month
- Halloween Night
- Senior Pacer Parents
- Message from Choir
- National Security Language Initiative for Youth
- ASVAB
- FREE Excel Tutoring
- Junior/Senior College Visits
- Career Corner
- Prudential Spirit of Community Awards
- Fundraisers

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

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

### **Upcoming Dates (Please look at Schedule Link Above)**

Wednesday, October 11	PSAT Day ( <b>Dismissal and Busses at 12:40</b> )
Friday, October 13	Statewide In-service ( <b>NO SCHOOL</b> )
Monday, October 16	Choir Concert 7:30
Tuesday, October 17	Orchestra Concert 7:30
Wednesday, October 18	Senior Breakfast 8:00-8:20 in cafeteria
Tuesday, October 24	School Photo Retakes (7:00am-1:40pm)
Tuesday, October 24	Band Concert 7:30
Thursday, October 26	Halloween Night
Friday, October 27	Grade Prep ( <b>NO SCHOOL</b> )

**Pink Week**

Pink week has been very successful. We have raised a lot of money selling shirts, hats, carnations, and cookies at lunches! Today after school we will be selling pink donuts for \$1 thanks to a great discount from Sesame. Friday pink out game is going to be exciting as well and Friday at school is a pink out theme and there will be a photo booth at lunch. There are signs up around the school reminding student why breast cancer awareness is important to recognize and fight against.

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### **The PSAT/NMSQT is scheduled for Wednesday, October 11th.**

Please plan to arrive at school no later than 8:20 a.m. for our usual start time. All freshmen, sophomores and juniors will gather in the auditorium by 8:25 a.m., before reporting to their assigned classrooms for testing. Please remember to bring an approved calculator (see link below).

It will be an early dismissal schedule for students. We will not be serving lunch. School ends and busses arrive at 12:40 p.m.

SENIORS: The Lakeridge High School counseling office will be open on a drop-in basis between 9:00 a.m. and noon. Counselors, senior English teachers, and staff will be available to answer questions about college applications and college essays.

PSAT/NMSQT Approved Calculators

<https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10/taking-the-tests/test-day-checklist/approved-calculators>

For Tips and Information about the PSAT, please follow these links.

<https://collegereadiness.collegeboard.org/ppt/prepare-psat-nmsqt.ppt>

<https://secure-media.collegeboard.org/digitalServices/pdf/membership/counselor-workshops/red/esigned-psat-nmsqt-presentation.pdf>

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### **Attention New Families!**

Please join us at Meet & Greets hosted by the Lake Oswego Schools Foundation on Oct. 12th and Oct. 18th. These casual gatherings are an opportunity to meet other families who are new to the district, as well as get to know parents who have been involved in the school community for years. You'll also have an opportunity to meet with Superintendent Dr. Heather Beck and Assistant Superintendent Dr. Joe Morelock. Please feel free to attend even if you've been *new* for a few years -- all are welcome! To get more details and to RSVP, please go to the Meet & Greet posting on [losfoundation.org](http://losfoundation.org)

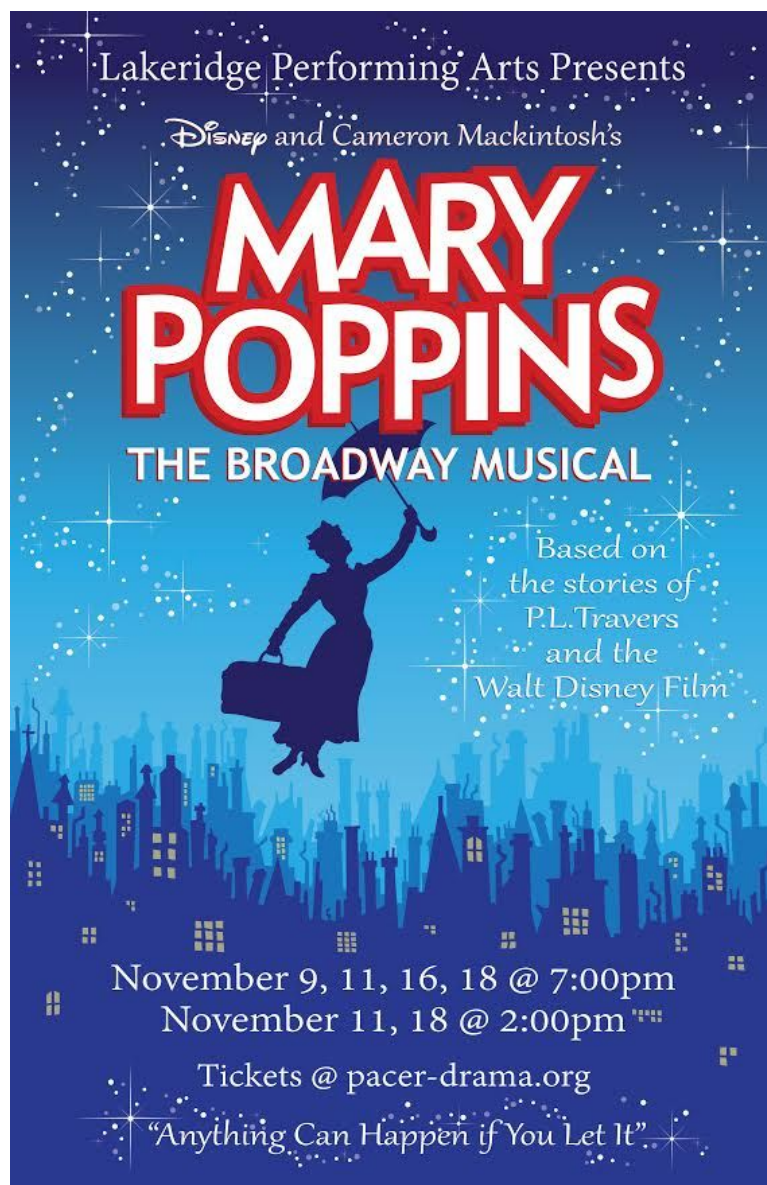


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**Information about E-Cigarettes, Juuls, Vuses, and Vaping**

We are seeing a rise in E-cigarettes, Juuls, and vaping by high school school students and want to make sure that parents and guardians are aware so appropriate conversations can happen at school and home. This items do contain nicotine and are illegal to have on campus. The devices look very similar to a USB thumb drive or a pen. I've included pictures below for your reference. Please help us by helping your child understand the dangers of these new "fad" items.





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## October is Dyslexia Awareness Month

To raise awareness and dispel misconceptions Here are a few facts and statistics about Dyslexia.

- It is estimated that 1 in 10 people have dyslexia
- Dyslexia is a language-based learning disability or disorder that includes poor word reading, word decoding, oral reading fluency and spelling
- Dyslexia occurs in people of all backgrounds and intellectual levels
- Dyslexia has nothing to do with not working hard enough
- Dyslexics may struggle with organizational skills, planning and prioritizing, keeping time, concentrating with background noise.
- Dyslexis may excel at connecting ideas, thinking out of the box, 3D thinking, seeing the big picture

- People with dyslexia excel or even gifted in areas of art, computer science, design, drama, electronics, math, mechanics, music, physics, sales and sports
- Many famous people are dyslexic including: Orlando Bloom, Whoopi Goldberg, Stephen Spielberg, Kiera Knightley. Albert Einstein and Patrick Dempsey

On Monday, October 9, the Lake Oswego School Board will proclaim October to be Dyslexia Awareness Month in our school district.

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### **Halloween Night**

Halloween is right around the corner, so get ready for Halloween Night, the Pacer lead fundraiser for local elementary school students! On October 26th from 5:30-8:00, join us in the lower gym for a fun-filled night of games, costumes, and of course candy! We are currently looking for any donations of candy as we will need a lot to keep the Halloween spirit up! Any and all donations appreciated! You can drop off your donation to Liz Murphy in the main office. Thank you so much for supporting your Pacers!

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### **Senior Pacer Parents**

If you did not turn in the graduation order for your student, there is one more date to do so! Wednesday, Nov. 1st during both lunches, Josten's will be here to take all graduation orders. This includes cap/gown, tassel, announcements, senior wear, class ring, etc... order packets can be picked up from the main office.

**Grad Gown recycling fundraiser update:** for those who need the tassel for their “repurposed” gown set, the correct tassels are here! Envelopes with the tassels in them are with JJ in the office. Please have your graduate see JJ to pick up their tassel this week or early next week. If you have questions, contact Stephanie via [stephanieinlakeo@gmail.com](mailto:stephanieinlakeo@gmail.com). Thank you for your support of this LHS Fundraiser and congratulations on your graduate!

### **Senior Breakfast**

Join fellow parents on Wednesday, October 18th to host a continental breakfast prepared especially for LHS seniors! Volunteers are needed to provide food, drink, flatware, and fun! In addition to item donation, roughly 5-7 people are needed to set-up, host, and clean-up (tables are set-up the night before by the LHS custodial crew). The breakfast is held in the cafeteria from 8:00am until 8:25 and is one of the ways we recognize and provide special treats for our students during their last year of high school.

Please contact Breakfast Coordinator, Liette Gasparitsch at [lgasparitsch@gmail.com](mailto:lgasparitsch@gmail.com) or Volunteer Coordinator, Amber Imes at [imes.ambere@gmail.com](mailto:imes.ambere@gmail.com) with questions.  
Sign-up: <http://www.signupgenius.com/go/20f0e44a8a72da3fd0-senior>

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### **Message from Choir**

Come join the Lakeridge choirs for their first concert of the year on Monday, October 16! Company, A Cappella, Chamber, Concert, and the Pacer and Treble choirs will sing us into the Fall with several great selections. Students are working hard with Choir Director Bill Campbell to prepare for their performances. Doors open at 7, concert starts at 7:30 p.m. This concert is FREE, but don't forget to bring cash or your checkbook to purchase the ever-popular Kaady Car Wash cards. Keep the family's cars shiny and sparkly, just like Company's outfits! And you will

feel good knowing you are supporting Lakeridge Choir programs in the process. Washes will be sold in the lobby before the concert in \$40 or \$70 bundles until they're gone. The more you buy, the more you save. See you there!!

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### **National Security Language Initiative for Youth**

NSLI-Y, sponsored by the U.S. Department of State, provides merit-based scholarships for eligible high school students and recent high school graduates to learn less commonly taught languages in summer and academic-year overseas immersion programs. Is your child interested? Check it out <http://www.nsliforyouth.org/how-to-apply/>

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### **ASVAB**

The ASVAB career test for Juniors and Seniors is Friday, October 27th from 10-1pm at Lake Oswego High School.

The ASVAB is an excellent assessment that measures aptitudes and skills such as reading comprehension, arithmetic reasoning, mechanical comprehension and more. When the results are compiled, students will be able to identify several careers that seem consistent with their interests, abilities, and values.

The ASVAB is also the exam required for all individuals who are considering application to any branch of the armed services but there is NO commitment or obligation to the military for those who take this test...no information will be released to the military by the test administrators or school personnel.

The ASVAB is free! The student just needs to sign-up through their Naviance account.

Please contact Lisa Oliva in the Main Office or your student's Counselor for more info!

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### **FREE Excel Tutoring**

Lakeridge's National Honor Society members offer free Excel tutoring Mon.-Thurs. to all students. Just come to the library after school on Mon.- Thurs. If you need help convincing your child that this is a good thing...please let us know, we will help you!

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### **Seniors and Juniors College Visits**

Juniors and Seniors,

The following colleges will be visiting in the next 2 weeks. Reserve your spot through Naviance now! This is the best way to meet with college representatives in a small group without having to travel. Often, these representatives will be responsible for reading your application, so it's a great way to make your interest known.

College of Charleston	10/9/17 8:00 AM
Oregon Institute of Technology	10/9/17 10:05 AM
Oregon State University (all majors)	10/9/17 1:10 PM
The College of Idaho	10/10/17 8:00 AM

University of Redlands	10/10/17 9:05 AM
University of Rochester	10/10/17 11:40 AM
Hobart and William Smith Colleges	10/10/17 1:10 PM
University of Vermont	10/12/17 8:00 AM
Boston University	10/12/17 10:05 AM
Colby College	10/12/17 1:10 PM
University of Oregon	10/12/17 1:10 PM
Pacific University	10/16/17 11:40 AM
Carroll College (Montana)	10/16/17 1:10 PM
Clark University	10/17/17 8:00 AM
Colgate University	10/17/17 10:15 AM
Haverford College	10/17/17 1:10 PM
Hendrix College	10/17/17 2:30 PM
Bates College	10/18/17 8:00 AM
Lake Forest College University of Puget Sound	10/18/17 9:00 AM 10/18/17 10:30 AM
Gettysburg College	10/18/17 1:10 PM
Syracuse University	10/19/17 8:00 AM
Southwestern University	10/19/17 11:40 AM
University of Colorado at Boulder	10/20/17 8:30 AM
Case Western Reserve University	10/20/17 1:10 PM
Macalester College	10/20/17 2:30 PM

For clarification, Oregon State has scheduled multiple visits this fall. Please make sure you are signed up for the correct visits:

10/9 **OSU** General Admission

11/7 **OSU College of Business**

**Vanderbilt** could not make any dates work this fall, but will be holding an information session at Ava Roasteria ([4847 SW Meadows Rd, #147, Lake Oswego](#)) on **10/10 from 5:00-6:30pm**. The representative is Brandon Nyswaner.

## **NACAC College Fair**

This is a free event at the Oregon Convention Center. Meet admissions representatives from colleges across the nation. The event will be held on 10/29 from 1-5:00 P.M. and 10/30 from 9-noon. Register at: [www.NACACFAIRS.org/NCF](http://www.NACACFAIRS.org/NCF)

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### **Career Corner**

#### PROVIDENCE SCHOOL OUTREACH - CAREER HIGHLIGHTS

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>. Questions: Email Toyin Oyemaja at [Toyin.Oyemaja@providence.org](mailto:Toyin.Oyemaja@providence.org). Here are the October classes:

10/16 - Respiratory Therapy from 9-noon at Providence St. Vincent Medical Center

10/30 - Basic Nursing 1 from 9-noon at Providence Portland Medical Center

#### SPORTS SERVICES CAREER DAY

On Tuesday, 10/24, students can learn about various sports related careers from professionals in the industry. Tour a sports facility, learn about education requirements, learn about salary ranges. This event will be held at the Hillsboro Stadium, Gordon Faber Recreation Complex from 9-noon. WLHS will provide bus transportation to/from school. Register at:

[www.hillsborochamberor.com/stc](http://www.hillsborochamberor.com/stc).

#### KAISER HEALTH SERVICES CAREER DAY

On Tuesday, 11/7, students can meet professionals in a variety of health careers including, surgery services, physical therapy/rehab, labor & delivery and laboratory services. This event will be held at Kaiser Permanente Westside Medical Center, Oregon Room, from 9-noon.

Register at: [www.hillsborochamberor.com/stc](http://www.hillsborochamberor.com/stc).

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# 2018

## PRUDENTIAL SPIRIT OF COMMUNITY AWARDS

## HOW TO APPLY



### ARE YOU A MIDDLE LEVEL OR HIGH SCHOOL STUDENT WHO'S MAKING A DIFFERENCE THROUGH VOLUNTEERING?

In each state and Washington, D.C., the top middle level and high school youth volunteer will be named State Honoree and will receive an award of \$1,000, an engraved silver medallion, and an all-expense-paid trip with a parent or guardian to Washington, D.C., in late April. Runners-up will also be selected in each state and named Distinguished Finalists, receiving a bronze medallion. Other state-level winners will receive Certificates of Excellence. All state-level honorees will be announced in February.

During the trip, 10 of the State Honorees will be named America's top youth volunteers of the year. These National Honorees will receive \$5,000 awards, engraved gold medallions, crystal trophies for their schools or organizations, and \$5,000 grants from The Prudential Foundation for nonprofit charitable organizations of their choice.

Local Honorees who qualify can also receive the President's Volunteer Service Award.

For application and certification questions, or to request a paper application form, call 855.670.4787.

The Prudential Spirit of Community Awards is sponsored by Prudential Financial in partnership with the National Association of Secondary School Principals (NASSP). Since 1995, the program has honored more than 120,000 youth volunteers at the local, state and national level.

Apply for a 2018 Prudential Spirit of Community Award and you could win \$1,000 and a trip to Washington, D.C., in late April!

[CLICK HERE TO APPLY](#)

Complete the application and the student/parent agreement; then, on the "certification" page, email or print and deliver instructions to your certifier (**deadline: November 7, 2017**).

Certifiers review applications online and select Local Honoree(s) for state-level judging (**deadline: November 17, 2017**).

Your application can be certified by your school principal or head of a county 4-H organization, Girl Scout council, American Red Cross chapter, YMCA or Affiliate of Points of Light's HandsOn Network.

Learn more at [spirit.prudential.com](http://spirit.prudential.com)  
and [nassp.org/spirit](http://nassp.org/spirit).



LAKERIDGE HIGH SCHOOL KEY CLUB



EAT FRESH, RAISE FUNDS!

Help earn important dollars for our cause!

Get together with family and friends to help us, while you help yourself to some great food—with an event like this, everybody wins!

When you come in to the location listed below, and bring in this flyer, Baja Fresh will donate 15% of the proceeds to our cause.

Enjoy great Baja Fresh® food while benefiting

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DINE IN. TAKE OUT. CALL AHEAD, GRAB IT AND GO!

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Time: 10:30am TO 10:00pm
Where: 17805 SW 65TH AVE
NEXT TO FUDDRUCKERS IN TUALATIN
PHONE (503) 620-6732
ONLINE ORDERING
www.bajafreshlo.com



Visit http://www.bajafresh.com to print a fundraiser flyer.



HELP SUPPORT

Lakeridge High School Varsity Softball Team

Table with event details: WHERE Tualatin - SW Nyberg St, WHEN Tuesday, 10/17/17, FROM 4:00 PM - 8:00 PM

Bring this flyer or show an electronic version to the cashier when you place your order and we'll donate a portion of the proceeds from your purchase. Gift card purchases and catering are not counted towards the event.

Learn more at PaneraBread.com/Fundraiser

Ordering Online? Try Rapid Pick-Up or Delivery. Enter "FUND" at checkout to have a portion of your proceeds donated to your organization.

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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 Nancy Duin, Communications Director,  
[nancy.duin@loswego.k12.or.us](mailto:nancy.duin@loswego.k12.or.us)

Add or change an address on the LOSD Parent Listserv

<[http://www.edline.net/pages/Lake\\_Oswego\\_School\\_District/Parent\\_Info/Sign\\_Up\\_for\\_E-News/Parents](http://www.edline.net/pages/Lake_Oswego_School_District/Parent_Info/Sign_Up_for_E-News/Parents)>

Add or change an address on the LOSD Community Listserv

<[http://www.edline.net/pages/Lake\\_Oswego\\_School\\_District/Parent\\_Info/Sign\\_Up\\_for\\_E-News/Community](http://www.edline.net/pages/Lake_Oswego_School_District/Parent_Info/Sign_Up_for_E-News/Community)>