



WELCOME TO LAKERIDGE HIGH SCHOOL

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

- Registration for AP Tests
- Assistive Technology Information Evening
- Antigone: Spring Play 'Update'
- Pacer Plungers
- **FREE Play Smart –Youth Heart Screenings**
- Senior Parent Information
- College/Career Corner

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

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

Upcoming Dates

March 8,9,10	Antigone: Spring Play
March 15,16,17	Senior Directed One Acts
March 20	Southside Band Festival
March 23	No School: Grade Day
March 26-30	No School: Spring Break
April 2	First Day of 4th Quarter (Blue Day)

Dear Pacer Family,

It is with a heavy heart that we announce the passing of one of our Pacer Family teachers, Terry Shlaes. She has been a Learning Specialist at Lakeridge since 2003.

A celebration of her life will be held For Terry Shlaes at Lake Oswego High School **on Saturday, March 10th at 11 AM**. All Pacer Family Members are Welcome! The family requests that in lieu of flowers, donations be made to Raphael House or Oregon Food Bank.



Late AP Exam Registration DEADLINE Next Wednesday!

The last opportunity to register for an AP Exam is by 4pm next Wednesday, March 7. The cost is \$68 per exam plus a Late Fee of \$55 per registration (cash, check, or credit card made payable to your High School).

All AP exam information can be found on the AP Exams webpage, accessible from LHS's homepage, under the Academics tab: <https://www.losdschools.org/domain/1704>.

Parents/Guardians are encouraged to review the materials, though we strongly urge students to be present when selecting exams, as mistakes are frequently made otherwise (students know their course/exam titles and instructor "periods" best!).

Updates will continue to be posted in issues of this publication as well as on the AP Exams webpage through May.

Please contact the LHS AP Coordinator, Lisa Oliva, lhsap@loswego.k12.or.us, if you have questions.

Note: Please be aware that "AP Exam" refers to the culminating exam offered in May, at the conclusion of a student's year-long course of study in an AP class and from which a student may earn college credit. "AP Exam" does not refer to any assessment that may be associated with entry/enrollment in an AP course. For enrollment in an AP course, please see your counselor.



ASSISTIVE TECHNOLOGY

FOR STUDENTS WITH DYSLEXIA AND LEARNING DISABILITIES

SPONSORED BY:  **SSPAC**
Social Services Parent Advisory Committee

Speaker: Phyllis Pettys, Accessibility Specialist for Portland Community College; co-chair of PCC's Accessible Digital Environment Committee; and former Assistive Technology Specialist for 18 years

The program includes a veteran AT specialist describing universal supports that also benefit students with dyslexia and learning disabilities, as well as live demonstrations of various kinds of assistive technology.



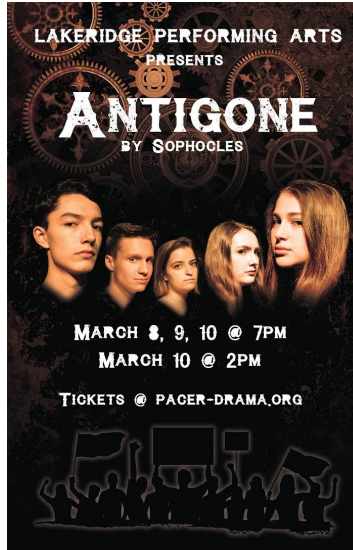
THURSDAY, MARCH 1 | 6-8PM

**LOHS Staff Development Room,
2501 Country Club Road**

*The Staff Development Room is NOT in the main high school building.
Turn right as you enter the campus, toward the pool.

Antigone: Spring Play (CHANGE IN DATE)

The LHS Performing Arts Dept. brings to the stage a new version of the Greek tragedy. This adaptation, written by the students, puts a modern spin to the classic story of when a family is split into two because of differing ideologies. Events spin out of control and soon the entire country is forced to choose sides. Show dates are March 8, 9, & 10 @ 7:00pm and March 10 @ 2:00pm Tickets at pacer-drama.org. Purchased tickets will still work for the seat you purchased.



Pacer Plungers

The Pacer Plungers were a lean bunch this year due to some last minute cancellations, but Annika Barba and Peyton Holstein still managed to plunge into the 41 degree Columbia River and in doing so raise over \$350 for Special Olympics!



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.playsmartgetsscreened.org
- **Access video:** Go to the Play Smart main page, www.playsmartgetsscreened.org and click on the hyperlinked "**educational video**" in the middle of the page. This [educational video](http://www.playsmartgetsscreened.org) takes you through the screening process. <http://phsoregon.org/video/?view=926c2c60041d6x480x294>

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

Senior Parent Information

Thinking about 2018 graduation...want all the details? Please see the following link:

<https://www.losdschools.org/cms/lib/OR01813384/Centricity/Domain/17/Senior%20Information%202%205%2018.pdf>

SAVE THE DATE - Senior Spaghetti Dinner Social Sunday, April 29th 2018

Join your fellow Senior parents and students for an evening of good food, good company and entertainment by some of our talented seniors before they leave Lakeridge for good! Ticket sales will fund Grad night party and be an opportunity to share talents, take photos and celebrate our Seniors. Tickets available soon....Watch for an upcoming email.

College and Career Corner

Seniors and Juniors College Visits

Juniors and seniors are welcome to visit with the college reps from the following colleges. Sign up in Naviance to reserve your place. Often, the college representative will be the same person who looks over your application, so it's great to get your foot in the door early!

Upcoming College Visits

University of Alabama, March 9 at 8:00 am

Boise State University, March 9 at 8:00 am

Northern Arizona University, March 14, 10:00 am

WESTERN OREGON UNIVERSITY(WOU) - CRIMINAL JUSTICE CAREER DAY

On March 7th, WOU will host its annual Criminal Justice Careers Day. This program is intended for high school students who are interested in exploring educational and employment opportunities in the field of criminal justice. This event will be held on the WOU campus from 10:30 a.m.-2:00 p.m. Explore the fields of law enforcement, corrections, parole and probation, community crime prevention and other criminal justice professions. Learn about career opportunities from a panel of criminal justice professionals. Meet with representatives from a variety of agencies regarding employment opportunities, internships and more. Register at: wou.edu/visit. The registration deadline is March 2nd but you can check on space availability after the deadline by contacting WOU Office of Admissions, [503-838-8211](tel:503-838-8211) or wolfgang@wou.edu

NORTHWEST YOUTH CAREERS EXPO

On Tuesday, March 13th, from 10-1:30, the Northwest Youth Careers Expo will be held at the Oregon Convention Center. This is the Northwest's largest career-education experience for high school students. The nonprofit, Portland Workforce Alliance's expo is a chance for you to learn about careers in health care, technology, construction, manufacturing, business, the arts and more.

MICROSOFT CAREER DAY

On March 9th, a Microsoft Career Day will be held at the Microsoft District Office, [1414 NW Northrup St., Portland](#). It will be held from 9 A.M.-3:00 P.M. This event will include hands-on activities and interacting with IT professionals, practice your interview skills, learn to code, explore fun technology and the various roles in the tech industry. This is open to 10th-12th grades. No tech experience needed. Lunch provided. Students/parents responsible for transportation. Register at: <https://hillsborochamberor.com/stc>.

UNITED STATE MILITARY ACADEMY - ADMISSIONS INFORMATION MEETING

On March 15th, CAPT Mark Boychak, West Point Class of 2007, will share information about applying to West Point. He will talk about the benefits of West Point and the qualifications to apply. This event will be held at the National Guard Camp Withycombe Auditorium, [15300 SE Industrial Way, Clackamas](#) from 6:00-8:00 P.M. RSVP by emailing fritz.goeth@frontier.com.

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 begins on 2/1 at:

<http://www.providenceoregon.org/schooloutreach>. Questions: Email Toyin Oyemaja at Toyin.Oyemaja@providence.org. **Here are the March classes:**

3/5 - Laboratory/Pathology from 1-4:00 P.M. at Providence Portland Medical Center

3/9 - Emergency Nursing/Physician from 1-4:00 P.M. at Providence St, Vincent Medical Center

3/12 - Advanced Nursing from 9-noon at Providence Portland Medical Center

3/15 - Diagnostic Imaging from 9-noon at Providence Portland Medical Center

2018 GREENFIELD PEACE WRITING SCHOLARSHIP

This scholarship contest is held by the Oregon Physicians for Social Responsibility group. There are three scholarships available to Juniors and Seniors. First prize is \$1000, second prize is

\$750 and third prize is \$500. Entries must be submitted by Monday, March 5th, by 5:00 P.M. For more information and to enter, go to:

http://www.oregonpsr.org/2018_greenfield_peace_writing_scholarship

10 TED Talks Teens Need to Watch Before Graduation

These TED talks cover foundational principles to help your teen enter the larger world around them with confidence.

1. How to Speak So That People Will Listen BY JULIAN TREASURE
2. How Frustration Can Make Us More Creative BY TIM HARFORD
3. How Great Leaders Inspire Action BY SIMON SINEK
4. The Surprising Science of Happiness BY DAN GILBERT
5. How to Spot a Liar BY PAMELA MEYER
6. The Happy Secret to Better Work BY SEAN ANCHOR
7. Looks Aren't Everything - Believe Me: I'm a Model BY CAMERON RUSSELL
8. What Makes a Good Life? Lessons From the Longest Study on Happiness BY ROBERT WALINGDER
9. Why The Best Hire Might Not Have the Best Resume BY REGINA HARTLEY
10. How to Stay Calm When You're Stressed BY DANIEL LEVITIN

Source: <https://breakthroughhomeschooling.com/ted-talks-for-teens/>

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christine.moses@loswego.k12.or.us.