

Lakeridge Pacer Report

Volume 14, Issue 12

Published Monthly

December 2009

PRINCIPAL'S LETTER

Dear Lakeridge Parents and Families,

As we conclude our first semester of the 2009-2010 school year, we want to thank all of you for supporting Lakeridge High School through your contributions to the Foundation, the Local Option, the Pacer Club and all of the Pacer Club's affiliated groups. Please mark your calendars for the upcoming Lakeridge Pacer Club Auction, February 20, 2010 at the Oregon Golf Club. We thank you for making Lakeridge High School the best of all places for all students to experience their high school years.

Now that we are in our winter season, we want to remind you of our communication plan regarding delays, closures and cancellations. If snow, ice, power outages or other inclement weather situations require a late start or school closure, the decision is usually made by 6 AM in the morning. You can find updated school closure information on the Lake Oswego School District website <http://losd.loswego.k12.or.us/> by clicking on the School Closure link. We will also use the district listserv to notify parents via e-mail, power permitting. And new this year, LOSD is using Twitter to deliver emergency messages. In order to receive Twitter messages on your cell phone, you must have a Twitter account (free), and you must "follow" LOSD. Go to www.twitter.com to set up your account, and be sure to register your cell phone number under "Devices" in the "Settings" tab. Portland area TV/Radio stations also carry this information. Make sure you have battery-operated radios at home in case the power is out in your neighborhood. Also remember that if both high schools are closed on a blue day, we will start with a blue day when we re-open.

Thanks for your support!

Sincerely,
Mike Lehman
Principal

Lake Oswego School District CLOSED CAMPUS POLICY

Lake Oswego Public Schools operate on a closed-campus basis. Upon arrival, students remain on the school grounds for the duration of the school day unless they receive specific permission to leave the campus through the Attendance Office. No long-term permission for off-campus lunch will be granted. Students must check in/out through the Attendance Office for an absence to be excused.

Quick Reference Information

Attendance Office	534-2322
Counseling Office	534-2320
Main Line	534-2319
Administration	534-2321
Sports Information	
http://www.ihigh.com/lakeridgepacers/	
Web page	http://lhs.loswego.k12.or.us

CALENDAR

Events are subject to change without notice. Please refer to Lakeridge's online calendar for the most up-to-date information.

<http://lhs.loswego.k12.or.us/calendar/school.htm>

DECEMBER

- 2 Wreath & Poinsettia distribution,
7am-6pm-Auditorium
- 8 POPS meeting, 7:00pm-Band room
Winter Band & Orchestra Concert, 7:30pm
- 10 Winter Wonderland, 5:30pm - Cafeteria
- 11 PEERS meeting, 9:15am - Rotunda
- 12 ACT Testing, 8:00am-LHS
- 14 School Board Meeting, 7:00pm – Central Office
- 16 Winter Choral Concert, 7:30pm – Auditorium
- 21- Jan 1 Winter Break

JANUARY

- 4 Classes resume from Winter Break
- 8 PEERS meeting, 9:15am – Rotunda
- 9 Scholar's Alliance, 8:00am – LOHS
Practice SAT Testing, 9:00am – LHS
MORP Dance, 8pm-11pm – Block 90 Ballroom
- 11 School Board meeting – Central Office
- 12 POPS meeting, 7:00pm – Band room
- 13 Golf Team Parent Board, 7:00pm – Rotunda
- 18 **No School** – Martin Luther King, Jr. Day
- 21-23 Musical Theatre Performance, 7:30pm – Black Box
- 23 SAT Testing – LOHS
- 25 School Board meeting – Central Office
- 26-27 First Semester Finals
- 28 First Semester Finals end at 11:55am
*Bus pickup at noon only
- 29 **No School** – Grade prep
- 30 Scholar's Alliance, 8:00am – LOHS

COUNSELING

Mrs. Stacy Mejak (A-Gi), Ms. Paula Emery (Gj-N), and Mr. Lee Brown (O-Z) are our Lakeridge Counselors for the 2007/08 School Year. They will work with students and parents in all areas of guidance and counseling, including curriculum selection and academic issues, personal/social issues, and career and college planning. Counselors can be reached at the **Counseling Department (503-534-2320)**. Ms. Julie Batson is the Counseling Secretary.

This year we are fortunate to have Jennifer Reeves serve with us as a counseling intern. She is a Lewis and Clark student who will be working with the counseling department all year.

Parents who wish to obtain information about Special Services (IEP's or testing) should contact **The Special Ed Office at (503-534-2269)**

For the Library, contact **Patty Sands (534-2319 ex 2402)**.

SENIORS: Don't forget – Request your transcripts 15 SCHOOL DAYS before your college application deadline. Watch carefully if your deadline is January 1 or January 15. DECEMBER 15th and January 1st DEADLINES SHOULD BE TURNED IN ALREADY.

APPLICATION DEADLINE TRANSCRIPT REQUEST DEADLINE

January 1	November 30
January 15	December 14

NATIONAL TESTS

TEST REGISTRATION

Please mark these dates on your calendars for future reference.

- 12/15/09 Registration deadline for the January 23 SAT
(Late deadline - 1/15/10)
- 1/05/10 Registration deadline for the February 6 ACT
(Late deadline - 1/16/10)
- 2/4/10 Registration deadline for the March 13 SAT
(Late deadline 2/18/10)
- 3/5/10 Registration deadline for the April 10 ACT
(Late deadline 3/19/10)
- 3/25/10 Registration deadline for the May 1 SAT
(Late deadline 4/8/10)
- 4/29/10 Registration deadline for the June 5 SAT
(Late deadline 5/13/10)
- 5/7/10 Registration deadline for the June 12 ACT
(Late deadline 5/21/10)



CAREER & COLLEGE PLANNING

**THE LAKERIDGE SCHOOL
CEEB /ACT CODE NUMBER IS
380573**

SAT/ACT test preparation classes:

Kaplan	222-5556	
Marylhurst	636-8141	X6260
Portland Community College	731-6622	
Princeton Review	226-2114	
Saturday Academy	690-1190	
Sylvan Learning Center	692-5080	
Community School	635-0302	
Score Prep	1-800-PREP-182	
SAT Review Courses	591-0228 or 259-9990	

PRACTICE THE SAT FOR FREE AT**LAKERIDGE!** (sophomores and juniors)

Kaplan will be offering a free practice SAT, as well as a free follow-up strategy seminar at Lakeridge. During the practice test students will take a full-length practice exam using College Board guidelines to create the most realistic testing environment possible. A week and a half later Kaplan personnel will conduct a seminar in our rotunda where students and parents can pick up test results, learn test strategies, and find out more about standardized tests and the college admissions process. The practice SAT will be administered on January 9th from 9 a.m. to 1 p.m. at Lakeridge. Students should bring a calculator and number two pencils to the practice test. Parents are encouraged to attend the follow-up seminar. **THIS IS A FREE EVENT.**

To register, go to the Kaplan website at <http://www.kaptest.com>

- Click on SAT
- Click on the “Learn and Discuss” drop down menu
- Under Tools, click on “Free SAT Quiz Bank”
- In upper left corner, click “find a free event”
- Enter zip code 97034 and hit Go

Test opportunities for Lakeridge High School should be listed

College Planning Calendar**JUNIORS**

- During winter break, talk with college friends who are home and ask if you can visit them during the year to see what their college is like.
- Investigate special summer college orientation programs that are held at many colleges.
- If you are planning on taking the SAT I/II or ACT tests, sign-up in January and begin studying immediately (or enroll in a test-prep course).
- Plan Spring Break College visits.

With your parents, carefully look through the junior packet that you received from your counselor in the December junior conferences.

SENIORS

- Finalize your college list.
- Begin (if you haven't already) completing the college admission application(s).
- Use Naviance to order your transcripts.
- Complete your admission application personal statement/essay if one is required. Have your parents and advisers review and critique it.
- Parents should be completing the financial aid forms (FAFSA and CSS/PROFILE) **PLEASE NOTE YOU DO NOT NEED TO HAVE YOUR TAXES FINALIZED OR FILED TO SEND IN YOUR COMPLETED FORM.** FAFSA should not be sent any earlier than **January 1, 2010 or later than January 30th.** Use the online FAFSA at <http://www.fafsa.ed.gov/>

During winter break; talk with friends and relatives who are attending the colleges on your list.

The fee for an official transcript is \$5.00. This amount will be charged for each transcript that is sent for a college or scholarship. There is no charge for one final transcript. Payment can be made at any time, or during clearance at the end of the year.

FINANCIAL AID

Parents are encouraged to complete the FAFSA electronically through <http://www.fafsa.ed.gov/>. You may also use this website to check your application's status. FAFSA on the Web is easy to use and makes applying for student aid faster. It has a user-friendly interface, extensive on-line instructions, and a search engine for selecting institutional Title IV codes. The program is self-correcting and self-editing, ensuring better data quality and reduced rejection rates.

The most common FAFSA errors:

1. Missing signature (or PIN) of the parent or student
2. Reporting tax withheld instead of taxes paid
3. Omission of untaxed income such as 401K, IRA, Keogh plans
4. Inappropriate use of Schedule C offsets to income

USEFUL WEB SITES

<http://www.oregonmentor.org/>

Let the Oregon Mentor website guide you through selecting an Oregon college as well as help with financial aid information. There is also a great

scholarship search engine that can help locate scholarships throughout the United States.

<http://www.osac.state.or.us/>

Don't forget to apply to the Oregon Student Assistance Commission (OSAC) for financial aid for Oregonians. There is a March 1st deadline, but earlier submission is recommended.

BEWARE OF THIS ONLINE RESOURCE!!!

<http://www.fafsa.com> **IS NOT THE OFFICIAL FAFSA**

WEBSITE for filing your federal financial aid form. It is decidedly more costly than <http://www.fafsa.ed.gov> (which is, of course, free). It does state upfront however, "Please note that this site is not affiliated with the U.S. Department of Education or the FAFSA on the Web site. FAFSA.com (Student Financial Aid Services) electronically completes, submits and tracks FAFSA applications for a reasonable fee as low as \$49.99 for renewal applicants or \$79.99 for new applicants." If you are capable of getting together the figures and documentation required to file the FAFSA, why pay someone to input it for you on a free application? **ALSO, NEVER** give anyone your PIN so they can file the FAFSA for you.

Admission Application Deadlines and Priority Filing Dates

Freshman Admission for Fall 2010

EOU

Early Action Application Date: December 1, 2009
Scholarship Priority Filing Date: February 1, 2010
Fall Application Deadline: September 1, 2010

OIT

Application Priority Filing Date: February 1, 2010
Scholarship Priority Filing Date: February 1, 2010

OSU

Priority Application Deadline: November 1, 2009
Application/Scholarship Priority Filing Date: Feb 1, 2010
University Honors College: November 1, 2009
(early notification)
February 1, 2010
(regular deadline)

PSU

Application/Scholarship Priority Filing Date: Feb 1, 2010
Honors Program Application: Rolling

SOU

Application/Scholarship Priority Filing Date: Feb 15, 2010
Regular Application Deadline: Rolling

UO

Early Notification Deadline: November 1, 2009
Standard Application/Scholarship Deadline: January 15, 2010
Application Postmark Deadlines:
Architecture & Interior Architecture December 1, 2009
(university form)
January 15, 2010
(department form)
Landscape Architecture December 1, 2009
(university form)
January 15, 2010
(department form)
Clark Honors College November 1, 2009
(early notification)
January 15, 2010
(regular deadline)

WOU

Application/Scholarship Priority Filing Date: Feb.16, 2010
Regular Application Deadline: Rolling
Honors Program May 1, 2010

Note: OUS institutions continue to admit students beyond the application priority deadline on a space available basis.

A Guidance Calendar for the 2009-2010 Academic Year

December

1 EOU Early Action applications due
1-4 Junior Conferences in English classes
5 SAT Testing Day
12 ACT Testing Day
15 Last day to register for Jan. 23 SAT
* PSAT results distributed before winter break

January

15 Last day to late register for Jan 23 SAT
5 Last day to register for February 6 ACT
9 Free Practice SAT at Lakeridge 9am---sign up on the Kaplan website
15 U of O application deadline & Clark Honors College deadline
15 Last day to late register for February 6 ACT
15-16 SOU Preview Weekend
23 WOU Preview
23 SAT I & II Testing Day

February

- 1 OSU application deadline & Honors College deadline
- EOU scholarship filing deadline

February Continued

- 1 OIT application/scholarship priority deadline
- 2 PSU scholarship priority filing date
- 4 Last day to register for March 13th SAT
- 5-6 SOU Preview Weekend
- 6 ACT Testing Day (at Lakeridge)**
- 8-11 Sophomore conferences in History classes
- 12 ASVAB at LOHS at 1pm, signups in the Lakeridge Counseling Office
- 13 WOU Preview Day
- 15 SOU application/scholarship priority filing date
- EOU Preview Day
- OIT Preview Day
- OSU Spring Visit
- PSU Viking Visitation
- 16 WOU application/scholarship priority filing date
- 18 Last day to late register March 13th SAT

THIS N' THAT

SOPHOMORE CONFERENCES

The counselors will be meeting with sophomores in their US History classes during the week of February 8th. During sophomore conferences we will have students review their transcripts and we will briefly discuss college entrance exams. Most of the time will be spent having the students take a career interest inventory and discussing how the results can be incorporated into their post high school plans. They will also be introduced to our online Naviance program, which can help students with the college search and the naviance test prep.

NCAA INFORMATION

Go online to <http://www.ncaaclearinghouse.net/> to find out about eligibility standards for student athletes. There is also information for parents, coaches and counselors.

100 Best Values in Private Colleges

<http://www.kiplinger.com/personalfinance/tools/privatecolleges/>

You can sort the schools in this Kiplinger website survey of private college values by overall rank, cost, quality measures or financial aid measures. Then select All States or any number of individual states (hold down the control key as you click to choose more than one), or select All Colleges or any number of individual colleges. Clicking

on the college names in the table will take you to their websites.

ADVICE ON DROPPING A CLASS OR CHANGING A SCHEDULE SENIOR YEAR
(NACAC Listserve)

High School Counselor Advice: “The student needs to address a letter or email to the admissions office of every college they have applied to indicating the changes made in courses and reasons for the changes. They should call the admissions office to verify if this will affect their decision. A letter from the parent should indicate their knowledge of the change, the potential of the college decision being reversed, and/or their child’s communication to the admissions office that it will not adversely impact it. The letter should include a statement or outline about what the student plans to do with any extra time in the schedule (i.e. internship after school, volunteer work, etc.)”

College Admissions Advice: “We tell students in our letter of admission that we expect them to maintain their course load through the senior year and to achieve at least at the same level that garnered them the admission offer. Failure to do so could be grounds for our withdrawing the offer of admission. Any proposed changes in their schedule should be brought to our attention immediately. One of our admits last year dropped Algebra II without notifying us, and we withdrew her admission since she no longer met the minimum requirements.”

Selecting the RIGHT College

When a future employer reads your resume, are they going to care about where you went to college? The answer may surprise you. Once you get past your first job out of college, most employers give little consideration to the college name on your diploma. Dr. Andrew Hacker is the author of “Money: Who Has How Much and Why”, a new book about the power of money. In his book, Dr. Hacker also focuses on the role of education in determining wealth. He states that Americans cannot get by on less than a bachelor’s degree and an advanced degree is preferred. Then he goes on to say, “Once you get the B.A., it can be from Texas Tech or Saint Olaf, and within a short period of time that’s good enough.” He says simply that it is largely immaterial which institution grants the degree. While some might disagree with Dr. hacker, it is hard to argue with his statistics. He notes that out of the executives of the country’s 100 largest companies, only 11 attended Ivy League universities. The majority attended local public or private colleges. How important then is a college’s name recognition in the college selection process? For some students, it’s a confidence booster to be accepted for admission at a high-

profile college. The actual admission decision may give other selection factors primary importance. Most important, the student must match up well with their college of choice. Program choice, location and financial considerations are the key ingredients for many students and their families today. With colleges as with other major financial decisions, the product is always more important than the label. Do high profile colleges deserve their fine reputation? Certainly they do, but image is not a guarantee that this is the right college for you the student. Look beyond the packaging and find the college that offers academic excellence with the least disruption to your lifestyle or finances, and you will be making the right choice. **(Editor note: Also checkout the Oct. 10 "New Yorker" article "Getting In", The social logic of Ivy League admissions, by Malcolm Gladwell.**

http://www.newyorker.com/critics/content/articles/051010crat_atlarge

DOWN AND OUT IN SUBURBIA

From Psychology Today May/June 2005 by Jennifer Drapkin:

Something is rotten in suburbia. On average, teenagers who live with wealthy, highly educated parents in tiny neighborhoods are more troubled than other teens, even those living in inner-city poverty. Suburban teens smoke, drink and use drugs more than their urban peers and have higher levels of anxiety and depression. Upper-class suburban girls are three times as likely to suffer depression compared with other adolescent girls.

Drug and alcohol abuse often go hand in hand with emotional problems in suburbs. "The implication is that these children are self-medicating," says Columbia University psychologist Suniya S. Luthar, whose study appeared in Current Directions in Psychological Science. "We have a cultural assumption that parents who make more money are more affable, more available to their children than parents in dire poverty." Isolation from parents -- both literal and emotional -- puts affluent kids at risk.

The study suggested a simple antidote: family dinner. Kids who usually eat with at least one parent have better grades and fewer emotional problems than kids who dine on their own.

PARENT SUPPORT GROUPS

PACER PARENT CLUB

PACER ATHLETIC CLUB



P.E.E.R.S.

All Pacer Parents are welcome to attend **PEERS** meetings (**P**arents **E**ncouraging **E**ducation, **R**ecognition and **S**ervice). Meetings are held monthly in the Rotunda and include updates from **Principal Mike Lehman** and **Counselor Lee Brown**. These meetings are relevant and helpful for parents to stay connected as students navigate through Lakeridge.

Please mark your calendar for **Friday, December 11 at 9:15 am** for an important presentation on the "**Teen Brain.**" School Psychologist **Allyn Ackerson** will help us understand the developmental changes that take place in teenagers' brains based on the latest scientific studies.

Interested in getting involved with PEERS? We are looking for volunteers to help with our springtime Scholar's Breakfast. We also have Board positions available for those interested in joining our small, vibrant group! For more information, please contact **PEERS** President **Michelle Kitto** at mlkitto@comcast.net or (503) 697-8208.

Future PEERS meetings will be held on **January 8, February 5, March 12, and April 23** for those who want to plan ahead. Look for updates regarding topics/agendas as the school year continues.

Also, please be aware that, thanks primarily to Lakeridge student Donovan Powell and assistant principal Eryn Bagby, videotapes of PEERS meetings are now available **online**. Go to the Lakeridge HS website, click the **PARENTS** tab on the left-hand side of the screen, then click **PEERS** from the drop down menu. The meeting video will be listed. Please be aware that the videotapes are 90 minutes long and will take several minutes to load. You must also have Quicktime on your computer.

For more information, please contact PEERS President **Michelle Kitto** at mlkitto@comcast.net or (503) 697-8208.



LAKERIDGE CHOIR PARENTS

WINTER CONCERT: Be sure to attend the Winter Concert on

Wednesday, December 16 at 7:30 pm in the auditorium. General admission tickets can be purchased in advance through the bookkeeper and at the door for \$5. Get your tickets early as this concert tends to pack the house.

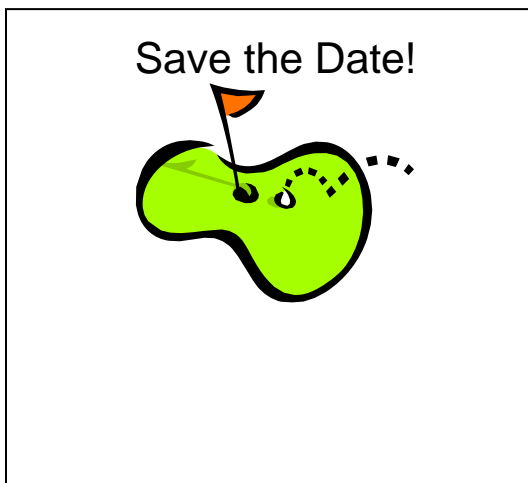
CONCERT ETIQUETTE: We'd just like to remind concert goers to be considerate of other audience members should you need to leave a performance early. Ideally we ask that you wait until a choir change when one choir is leaving the stage and another is entering to minimize the disruption. We also ask that parents pick up their students in the cafeteria and leave out the cafeteria door rather than congregating in the lobby. Just making these two changes would help respect the needs of those who must leave early and those who are staying.

THANKS for your cooperation!

OUR NEXT MEETING: Monday, February 8 at 7:00 p.m. in the Choir Room. Come hear updates on choir including the George Fox Choir Festival, Three Rivers League Contest, Variety Show, Spring Concert and our support of the Jefferson High School Choir Program.

KAADY CAR WASH TICKETS MAKE PERFECT STOCKING STUFFERS - And you can buy yours at the Winter Concert!

CONTACT: Genita or Kevin Costello at (503) 635-5177 or genkev@comcast.net.



February 20, 2010
Auction a Go-Go!
Oregon Golf Club



SENIOR INFO CORNER

Attention seniors and senior parents!!! Please add these don't miss dates to your senior calendar:

* Senior Fashion Show is Wed. 2/3, in the Lakeridge Cafeteria at 7:00 p.m.

* Senior Family Brunch is Sun. 4/11, at the Oregon City Golf Club from 11:00 a.m. to 1:30 p.m.

Please join your Senior Class of 2010 - Best it's ever Been!!!

The next Senior Breakfast as well as Fashion Show sign-up Meeting is Wed. 12/9 in the cafeteria!!!

LAKERIDGE CHEERLEADING CLINIC!

WHEN:
January 18th, 2010
1:00-4:00pm

WHERE:
Lakeridge High
Cafeteria

WHO:
Girls and Boys
Grades K-8

*Learn cheerleading skills and a routine from the award winning Lakeridge Cheerleaders!

*Perform routine at half-time of the LHS vs. OR City Basketball game on Friday, January 22nd

COST: \$50.00 Includes: instruction, t-shirt, REAL cheerleader pom poms, hair bow, snack, ticket into Basketball Game and tons of fun!

*MAIL IN REGISTRATION BY JAN. 12TH OR

BRING THE DAY OF THE CLINIC!
 (Registration form located at end of Pacer Report)

***MAKES A GREAT
 HOLIDAY GIFT!!!**

DECEMBER 2009/JANUARY 2010
 BLUE & WHITE DAYS

Blue Day = Periods 1 - 4 White Day = Periods 5 - 8
 NS = No School

MON	TUE	WED	THUR	FRI
	12/1 Blue	12/2 White	12/3 Blue	12/4 White
12/7 Blue	12/8 White	12/9 Blue	12/10 White	12/11 Blue
12/14 White	12/15 Blue	12/16 White	12/17 Blue	12/18 White
12/21 Winter Break	12/22 Winter Break	12/23 Winter Break	12/24 Winter Break	12/25 Winter Break
12/28 Winter Break	12/29 Winter Break	12/30 Winter Break	12/31 Winter Break	1/1 Winter Break
1/4 Blue	1/5 White	1/6 Blue	1/7 White	1/8 Blue
1/11 White	1/12 Blue	1/13 White	1/14 Blue	1/15 White
1/18 No School	1/19 Blue	1/20 White	1/21 Blue	1/22 White
1/25 Blue	1/26 White	1/27 Blue	1/28 White	1/29 No School

The Pacer Report will **no longer be available in hard copy form. Each month we will email the Pacer Report and post it online at the Lakeridge website. Please be sure to read it each month for important information, dates, and the principal's monthly message. Thanks for your understanding in this new change.

Upcoming Deadlines for the Pacer Report:

- December 14**
- January 25**
- February 23**
- March 26**
- April 26**
- May 25**
- June 21**

Please send submissions to Liz Murphy at murphyl@loswego.k12.or.us

2010 LAKERIDGE CHEERLEADING CLINIC!

WHEN:

January 18th, 2010
1:00-4:00pm

WHERE:

Lakeridge High
Cafeteria

WHO:

Girls and Boys
Grades K-8

***MAKES A GREAT
HOLIDAY GIFT!!!**

***MAIL IN
REGISTRATION BY
JAN. 12TH OR
BRING THE DAY
OF THE CLINIC!***

Name: _____ Age: _____ Grade: _____ T Size: _____

Address: _____

Phone Number: _____ School: _____

Emergency Contact: _____ Phone Number: _____

Health Insurance: _____ Policy Number: _____

I, _____, release Lakeridge High School, its coaches, and its cheerleaders from any liability that may occur during the LHS Cheerleading Kid's Clinic that my son/daughter, is participating in on January 18th, 2010. My signature also authorizes the coach to obtain any emergency care that may become necessary during the course of the clinic.

Signed: _____ Date: _____

***Cost is \$50 per child. Please fill out a separate registration form for each child.
Please make checks payable to LAKERIDGE CHEER***

**Mail to:
LAKERIDGE HIGH SCHOOL**

**c/o Christine Cooper, Cheer Coach
PO Box 739, Lake Oswego, OR 97034**