

Lakeridge High School Pacer Report

Volume 14, Issue 15

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March 2010

PRINCIPAL'S LETTER

Dear Lakeridge and Waluga Parents and Families,

Many thanks to all of you who contributed to an extremely successful Lakeridge High School auction! As you know, the auction raises money to provide the technology, equipment and instructional supplies that help make Lakeridge the very best high school. We especially appreciate all of the Waluga parents who attended this year's auction – Lakeridge will already have many of the planned improvements underway by the time your students arrive at Lakeridge! We want to thank Paul Shearer for setting up several computer workstations at the auction to demonstrate the amazing upgrades proposed for the Math/Science computer lab. Finally, we want to thank Pacer President Mark Sipiora and Auction Chairs Bob and Katy Barman and Michelle Holman for making this Lakeridge auction a record-setting success.

During the month of March, we will be actively moving forward with our annual Foundation campaign. A successful Foundation effort allows us to maintain our expanded list of elective courses and smaller classes in all departments. If you have contributed to the Foundation in the past, you can expect a “thank you” note from one of our Lakeridge students. Our students know that they wouldn't have the options and opportunities they enjoy here at Lakeridge without your ongoing generous support. The Lakeridge Foundation Phonathon will take place here at Lakeridge High School on March 10 & 11. Student volunteers will be calling each and every Pacer parent to ask for contributions. Our goal is to have full participation; the amount of your donation is up to you – every contribution helps!

Thanks for all of 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	www.highschoolsports.net
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>

MARCH

- 1 SAT Prep Class – English, 6:00pm
- 3 SAT Prep Class – Math, 6:00pm
- 5 Talent Show – Auditorium, 7:00pm
George Fox Choir Festival
- 6 OMEA Instrumental Solo contest
- 8 SAT Prep Class – English, 6:00pm
School Board Meeting, 7:00pm
- 9 Winter Recognition Assembly, 9:25am
POPS meeting – Band room 7:00pm
LHS/Waluga Choir Concert – Aud., 7:30pm
Band Festival – George Fox University

March continued

- 10 SAT Prep Class – Math, 6:00pm
- 10-11 Foundation Phone-a-thon, 5:00pm
- 11-13 Frosh/Soph Play – Auditorium, 7:30pm
- 12 PEERS meeting – Rotunda, 9:15am
- 14 Daylight Savings Time begins
- 16 TRL Orchestra Concert – West Linn
- 22-26 **No School - Spring Break**
- 29 ASB sign-ups begin
- SAT Prep Class – English, 6:00pm
- 31 SAT Prep Class – Math, 6:00pm

APRIL

- 1 College Night sponsored by the Counseling Dept.
- 2 ASB Election sign-ups
- 5 School Board meeting, 7:00pm - Central Office
- 6 8th Grade Parent Night
- TRL Choir Contest – Rex Putnam HS
- Honors English Testing, 3:00pm – Rotunda
- 7 SAT Prep Class – Math, 6:00pm
- National Honor Society Induction, 7:30pm
- 8-10 State Thespian Contest
- 10 ACT Test, 8:00am – LHS
- 11 Senior Family Brunch, 11am – Oregon Golf Club
- 12 SAT Prep Class – English, 6:00pm
- 13 TRL Band Contest
- POPS Meeting, 7:00pm – Band Room
- 14 Class Election sign-ups
- SAT Prep Class – Math, 6:00pm
- 16 **No School** – Grade Prep
- 16-17 Company Variety Show, 7:30pm – Auditorium
- 17 Scholar's Alliance, 8:00am – LOHS
- 18 Company Variety Show, 2:00pm – Auditorium
- 19 SAT Prep Class – English, 6:00pm
- School Board Meeting, 7:00pm – Central Office
- 21 SAT Prep Class – Math, 6:00pm
- World Language Honor Society Induction, 7:00pm
- 22 Scholar's Breakfast, 8:30am – Cafeteria
- 22-24 Company Variety Show, 7:30pm – Auditorium
- 23 PEERS Meeting, 9:15am
- 26 SAT Prep Class – English, 6:00pm
- 27 AP Art Showcase, 4:00pm – Cafeteria
- 28 SAT Prep Class – Math, 6:00pm
- 30 Early Dismissal – 11:55am

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)**.

NATIONAL TESTS

TEST REGISTRATION

Please mark these dates on your calendars for future reference.

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)

Forecasting for 2010-2011 classes

During the month of March/April, counselors will have brief individual meetings with each student currently enrolled at Lakeridge to review their transcript and pick courses for next year. These meetings will take place during their social studies classes. Counselors make sure that students are on track with credits for graduation and are pursuing the strongest advisable curriculum for each student's circumstances and future plans. Please make sure and review your student's forecast sheet.

AP EXAMS

Advanced Placement Testing will be held for 2 weeks starting May 3rd. Any student wishing to take an AP exam should listen for announcements in AP classes, read the daily bulletin, or see Paula Emery in counseling.

Registration will be online at

www.lakeridgehs.TotalRegistration.net

Exam registration will be from March 1st to March 12th. The fee is \$86 per exam. Ordering an exam after March 12th will result in a \$50.00 late fee. No orders will be taken after April 9th. If students need to arrange an alternate testing time because of a conflict, there is an additional \$40.00 fee in most cases. Alternate exams can be arranged with Paula Emery. If you qualify for free or reduced lunch, see Paula Emery for the fee policy. Please make sure you are ordering the correct exam. You may be charged for an incorrectly ordered test. If you have any questions at all, ask your AP teacher or Paula Emery. After registering online, students will need to bring a copy of their confirmation page and payment to the bookkeeper before the test will be ordered. Reminder notices will be handed out during the Pre-Administration sessions telling students where and when their exams will be held and what to bring. All students must register for and attend a Pre-Administration prior to the actual exam. Times are listed on the registration site. Students have complete control over where their scores are sent so a low score can't hurt. A high score might be helpful for college admissions and/or might result in a student receiving college credit (saves money!!). Check with individual colleges to ask about their AP policy or go to www.collegeboard.com for more information.

APRIL 1st SOPHOMORE/JUNIOR COLLEGE PLANNING NIGHT FOR PARENTS

Please join your Lakeridge counselors for a night of college planning fun. Lee Brown, Paula Emery, and Stacy Mejak will present information about our Naviance computer program, the college selection process, and how to survive junior and senior year. This is an important informational session regardless of whether or not you are getting information or guidance from other sources. Our Naviance program is specific to Lakeridge and is a required part of the application process during senior year. Becoming familiar with Naviance before senior year rolls around can be very helpful. We look forward to seeing you and answering your questions regarding the college process at Lakeridge High School.



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	
PSAT/SAT	503-697-0683	

COLLEGE VISITS

Giving students the opportunity to visit college campuses is an important part of the college selection process. The best time to visit colleges is when classes are in session during the regular school year. This gives students a more accurate picture of life on a particular campus. Students are encouraged to take advantage of days they don't have classes at Lakeridge. It is also recommended that students visit a couple of local colleges before making a visit out of state. Making a visit to any college campus gives students a better sense of what to look for and what questions they would like to ask. Students are encouraged to develop a list of questions to take with them when they visit colleges. There are some helpful guidelines for creating a list of questions in the Lakeridge College Guide.

HUNTING FOR DOLLARS

The hunt for scholarship money can begin on the Internet. One good site is www.WiredScholar.com, which lists available scholarships along with required qualifications. Another way to search for scholarship money is to go to the target school's website and see what's available. There are numerous other useful and free websites and links, including www.college-scholarships.com which is the 101 Top College University and Scholarship website. For a broader look at what's available, type in: College Scholarships on the Google search engine. You can also visit the Lakeridge Counseling webpage for more scholarship links and information.

WARNING AGAINST 2nd SEMESTER "SENIORITIS"

"Quote for the Month" (Michael K. McKeon, Dean of Admissions, Seattle University)

"Regrettably last year we withdrew acceptance from 5 students for inadequate senior year performance. Please know that our acceptance letter clearly states: "This acceptance is provisional and contingent upon the successful completion of coursework in progress." With the entire acceptance packet is a brochure outlining subsequent steps, which expands on final transcripts being required for **final** acceptance, admonishing students that they will be accountable for post-acceptance performance. Typically, a handful receive letters expressing concern over senior year declines, which we copy to their newly assigned advisors here to be placed in their advisement folders), and to their secondary school counselors. The Office of Freshman Success is also alerted to keep an eye out for them. All that being noted, yes colleges do watch out for and expect students to continue to perform. At two other institutions where I worked before coming to Seattle the expectations, and consequences were the same."

Admission Application Deadlines and Priority Filing Dates

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

March

- 1 Oregon Student Assistance Commission Scholarship (OSAC) deadline
- 1-12 AP exam signups with the bookkeeper – See Paula Emery if you have questions
- 3 WOU Criminal Justice Careers Day
- 5 April 10th ACT Late Registration Deadline**
- 11 UO Duck Day
- 13 SAT Testing Day**
- 15 Late fee begins on AP exam orders
- 18 UO Duck Day
- 20 EOU Preview Day
- 22 PSU Viking Visitation
- 25 Last Day to register for May 1st SAT**
- 26 OSU Spring Visit

April

- 1 Sophomore/Junior College Planning Night
6:30 pm at Lakeridge**
- 2 & 5 OSU Spring Visit
- 9 EOU Preview Day
- 9 SOU Preview Day
- 9 Last Day to order AP Exams**
- 10 ACT Testing Day (given at LHS)**
- 10 PSU Friday
- 10 OSU – Cascades Spring Preview Day
- 15 UO Duck Day
- 17 OIT Campus Preview Day
- 17 WOU Campus Preview Day
- 22 UO Duck Day
- 29 Last day to register for June 5 SAT**

THIS N' THAT

SUMMER PROGRAMS

We are beginning to receive literature on summer educational opportunities abroad and at home. These experiences range from taking enrichment courses at various colleges to studying abroad. If interested, check the summer opportunities shelf in the Counseling Center.

VALUABLE WEBSITES

Please see our Counseling Department web page on the Lakeridge website for useful links concerning scholarships, financial aid and the college search.

POSITIVE PARENTING

TRYING ON NEW HATS – WHY TEENS REBEL

Some teenagers seem to change their values weekly and even daily. If they believe what their parents believe, it means they are not individuals! Some teens have radar that picks up which values are most important to us and then they abandon those values. Wise parents recognize that it's normal for adolescents to "try on new hats" (new values). They also know this rebellion is not permanent.

The following are ways to "release" your teen from certain values and prevent them from becoming permanent:

1. Don't criticize what your teen says. When parents criticize, teens feel they must clump on to certain values for dear life to prove their individuality!
2. You can't force change. The best way to guarantee someone does not change is to order them to change! With teens, this only makes them intensify their behavior to prove they're OK. Then we may have locked them into the value – permanently.
3. Practice saying "Thanks for sharing." When his son told him that nothing was wrong with adultery, a wise father responded with, "Thanks for sharing that. I wondered how teenagers saw that issue." He then went on to say "That sure wouldn't work for me, but I can understand how a teenager could see it that way."

When a parent simply says, "Thanks for sharing that," a teen has no need to hang on to the value. They can eventually discard it and move on!

4. Don't tell teens they are wrong. The fastest way to make an enemy is to tell someone they are wrong. It works every time! A wise salesman once said, "You can't make someone mad and sell them something at the same time!" Parents may wonder why they can't "sell" their teens on their beliefs or values. The answer lies in the way parents communicate with their children when they talk about values the two don't share. Parents who listen, without anger, cause teens to talk themselves out of the value.

It's OK for teens to make mistakes. Einstein said the way to become a genius is to make lots of mistakes and learn from them in a short period of time. Our children need more practice experiencing the consequences of their mistakes and actions and then experiencing our empathy – rather than our anger. As much as we would like to prevent our teens from making the same mistakes we made growing up, it never works. They simply say, "Let me make my own mistakes! It helps to look back and remember how much we learned in life from those valuable mistakes we were allowed to make."

PARENT SUPPORT GROUPS

PACER PARENT CLUB



LAKERIDGE CHOIR PARENTS

***BUY KAADY CAR WASH
TICKETS** at the Spring Concert.

SPRING CONCERT – Be sure to attend the Spring Concert on Tuesday, March 9 at 7:30 p.m.

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!

For more info, contact: Genita or Kevin Costello at (503) 635-5177 or genkev@comcast.net.

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 join us **Friday, March 12**, when our own Assistant Principal Eryn Bagby will talk about the Lakeridge curriculum, and classes/special academic programs available to students. Lee Brown will also give an overview of Naviance, the important online application used by the counseling department and all students.

On **Friday, April 23**, one of PEERS most popular presenters, Patti Moir, will speak on preparation for college applications during freshman, sophomore, junior and senior years. Patti and her partner, Marilyn Langsdorf, have extensive experience in college admissions and college admission consulting.

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.

Check the **PEERS** website videos and notes from previous PEERS meetings. 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 videos and notes 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.



SENIOR INFO CORNER

Check out the senior link on the Lakeridge Homepage! This site contains important dates, times, events, activities, etc... regarding graduation, merit awards, things to do before graduation and the grad nite festivities.

Attention Senior Parents:

Buy your tickets now! Seating is limited!

The Senior Brunch "It's Your Move Now"

April 11th

Oregon Golf Club

\$35 per person

It's the **BIGGEST** Pre-Graduation event for seniors and their parents

The last semester of your son or daughter's senior year is here! Only a little time remains to enjoy memorable moments of their high school years before graduation day arrives. The **SENIOR BRUNCH** on April 11th is the perfect event. Enjoy great food, excellent company and watch some talented senior students perform.

This is a fundraiser for the Lakeridge Grad Night party. With a drawing and prizes, it's loads of fun. Someone will go home with a 'guaranteed parking spot for graduation'! It could be you.

This is a MUST DO event!

MISC.



The Ashland Experience

Announcing this year's trip to the Ashland theaters April 9-11th. This year, Lakeridge and LOHS will be joining forces for a trip to Ashland to see three plays: *Hamlet*, *Cat on a Hot Tin Roof*, and *Pride and Prejudice*. Included in our "Ashland Experience" is theater tickets, two night's stay at Ashland's Stratford Inn, the Backstage Tour, a Combat Workshop at Southern Oregon University, pre-play prologues led by festival actors, round-trip transportation via a deluxe motor coach, and three continental breakfasts. Cost? \$360 - \$390 depending on our numbers.

This trip is open to all sophomores, juniors, and seniors. Two teachers are on board as chaperones, and we are open to parent chaperones for a reduced fee. Students should see their English teachers for flyers, parental information, and itineraries. This is always a great experience for all! A \$200 check made out to LHS is due to the Business Office by Feb. 16th as a down payment for the trip. The balance is paid by March 15th, then students will sign up for roommates--Ms. Mihata's room F-10. Let's go to Ashland!

HONORS ENGLISH TESTING

The Honors English testing date for next year's (2010-2011) sophomores, juniors, and seniors who are NOT currently in AP/Honors English will be **Tuesday, April 6 at 2:45 pm in the Rotunda**. Students will read a literary selection and complete an impromptu essay that demonstrates their literary analysis skills and writing abilities. They must also complete the application packet before coming to take the test and submit their letter of application at that time.

Application packets will be available from any English teacher beginning the week of March 1.

If the testing date, April 6, conflicts with a scheduled school event, affected students should see the English Department Chair, Ryan Bernard, prior to April 6 to make other arrangements. This will be the only exception to this date and time. Any students wishing to be enrolled in AP/Honors English next year must apply at this time, including those juniors and seniors who may decide to opt-in. There will be no later opportunity for current students to apply for this program.

Next year's freshmen (current eighth graders) will receive information about the application process and deadlines from Mrs. Amy Meabe at Waluga. The testing date at Waluga is currently scheduled for Monday, April 5.

Please email Ryan Bernard (bernardr@loswego.k12.or.us) with any questions.

MARCH - APRIL 2010 BLUE & WHITE DAYS

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

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

****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:

March 26

April 26

May 25

June 21

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

**Senior Parents...
It's your move now!**



SENIOR BRUNCH

LAKERIDGE HIGH SCHOOL CLASS OF 2010

Mark your calendar for

Sunday, April 11

11:00 - 1:30

Oregon Golf Club

Cost: \$35 per person

All Lakeridge seniors, as well as their families are invited to share memories and visit one last time in the company of this exclusive group - the class of 2010. In addition to the magnificent surroundings of the Oregon Golf Club, the senior brunch will feature a scrumptious buffet, raffles prizes, displays of artwork from one of the most outstanding classes of artists Lakeridge has ever produced, and performances by several incredibly talented senior musicians, singers and dancers. It's an occasion not to be missed. Seating is limited.

This event is a fundraiser for the Lakeridge Grad Night party.

For more info, contact: Shradha Rajani 503-974-9755 Gita Mehra 503-387-5764