

INSIDE this Issue

- SAC Information
- Business Partners
- Open House
- PE Uniforms
- Parking 2021-22
- and more..

A Message from the Principal

Dear Ram Families,

The start of the 2021-22 school year is upon us, and we are very excited to have our students back on campus for face-to-face instruction! Although the past 16 months have been challenging, we have persevered and learned a great deal along the way. The start of this school year marks the 40th anniversary of Lake Mary High School, and we are focused on bringing all students, staff, and family members back together for a quality educational experience. After all, **"We Are Ramily!"**

In addition to this year being our 40th anniversary, Lake Mary High School will be participating in a school study for the purpose of renewing our accreditation status. This process has prompted considerable reflection and input towards renewing our school mission and vision, as well as for evaluating priority items for school improvement. I am pleased to reveal that our new, but familiar, mission statement is **"Empowering RamNation to Be Responsible, Be Respectful, Be Engaged, and Be the Change we hope to see in the world."** Our mission statement expresses the daily actions expected of students and staff. Our vision statement, however, expresses our hope for the future, and I am proud to share our new vision statement: **"Lake Mary High School will consciously work to establish a community of engaged educators and learners who will thrive in a safe and supportive environment. In the classroom, teachers will invest in and motivate students to help them achieve their personal best. Students will leave Lake Mary High School with a sense of purpose for their lives, equipped with tools and a plan for how to make an impact beyond high school."**

This school year provides LMHS with a unique opportunity to refresh our priorities with the goal of meeting students where they are and helping them experience success. With that goal in mind, following is a list of priority items for this school year:

- **High Expectations with High Support:** Another important lesson from the past year is that most students perform better with face-to-face instruction, in classrooms where expectations are clearly communicated and where consistent support is provided. This year, our teachers will be focusing on setting high expectations for students, while also offering enough support to ensure that all students experience success.
- **Restorative Practices:** LMHS is part of a district-wide initiative to implement Restorative Practices in every classroom on a consistent basis and also in response to specific types of discipline infractions. Two major goals of Restorative Practices are to ensure that all students have equal opportunity to express themselves in their classrooms through restorative circles, and also, that students who have been referred for specific discipline infractions have opportunity to make amends to the person they have harmed. We will be communicating more information on this initiative as the school year progresses.
- **Mental Wellness Education and Support:** The circumstances of the pandemic have taken a toll on the mental wellness of many of our students. We recognize, and are committed to addressing, this reality. I am excited to announce that one of our LMHS families has offered a generous donation to staff our new **Ram Student Lounge** with a licensed mental health professional during the entire school day. This space will offer respite to students who need a few minutes to collect themselves in a quiet, safe environment with qualified personnel available to assist. This space will also offer a fun, friendly hang-out space for students during breaks and lunch shifts. Further, we will be offering mental health training for students, staff, and parents thanks to a grant from the SCPS Foundation. Details will be provided in future newsletters and emails.



ADMINISTRATION

Mickey Reynolds, Ed.D.
Principal

Assistant Principals

Melissa Flory
Tom Oliver
Michael Hennessy
Melisa Ayala-Cruz

School Administration Managers

Kathy Aslin
Andrea Fuhrer, Ed. D.
Steve Longarzo
Reginald Miller

Address

655 Longwood Lake Mary Rd.
Lake Mary, FL 32746

407.320.9550

"Tell-A-Ram" developed by
Andrea Fuhrer

 @LakeMaryHighSchool

 @LMHSRams

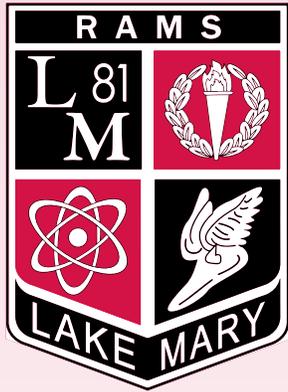
...continues on next page

AUGUST 2021

Tell-A-Ram

Lake Mary High School

ISSUE 1



Mission

Empowering RamNation to *Be Responsible, Be Respectful, Be Engaged, and Be the Change* we hope to see in the world.

Vision

Lake Mary High School will consciously work to establish a community of engaged educators and learners who will thrive in a safe and supportive environment. In the classroom, teachers will invest in and motivate students to help them achieve their personal best. Students will leave Lake Mary High School with a sense of purpose for their lives, equipped with tools and a plan for how to make an impact beyond high school.

Senior Portrait Information

It is time to get your Senior Portrait photo taken. Not only is this a precious keepsake for you and your loved ones, but it's also a necessity for your 2022 Chrysomallus Yearbook! Make sure you schedule your FREE appointment with Leonard's Photography Studio by September 25, 2021. You can do so by calling (800)-215-4852 or by going to www.Leonards.com.

- **Cultural Competency:** Lake Mary High School is a diverse community, and we strive to teach our students how to be culturally competent. What does it mean to be culturally competent? It means understanding one's own culture while also acknowledging different behaviors, practices, values, attitudes, environments, and fundamental beliefs that make individuals unique. Cultural Competence does not mean influencing students to adopt a particular set of beliefs. Conversely, it means helping students understand that a diverse community includes people with a variety of beliefs and that people from different backgrounds and cultures can peacefully coexist and learn from each other.
- **Student Engagement:** One of the most important lessons from the past 16 months is that teenagers do not function well when they are isolated from their peers and social activity. This year, we are ramping up our effort to engage all students in extra-curricular activities. Please make sure your child attends the Club Expo during the Student Orientation sessions on August 2nd and 3rd to join a club of interest.
- **Parent Education and Involvement:** LMHS places tremendous value on family members as partners in the education of our children. This year, we will continue to communicate opportunities for family members to get involved on campus, but we are also planning for multiple evening sessions where families can come to campus to learn about a variety of important topics, including planning for your child's college and career, supporting your child's mental wellness, learning how to identify signs and respond to potential substance abuse, and how to talk to your children about, as well as monitor, appropriate online activity.
- **Community Engagement:** Lake Mary is an active, supportive community, and we are committed to capitalizing on our community's desire to support our young people. We will be increasing our effort to recruit community mentors for our 9th grade students, and we will also be looking to add more business partners to our list of supporters. If you, or anyone you know, is interested in either mentoring or serving as a business partner, please email Dr. Andrea Fuhrer at andrea_fuhrer@scps.us.
- **Clear, Consistent, Comprehensive Communication to Stakeholders:** The importance of communication with all stakeholders became abundantly clear when so many students were accessing their classes through a variety of platforms. This is why, beginning last fall, I published a *Ram Report* each Sunday evening. The *Ram Report* is an e-newsletter that contains a weekly letter from me, an update from Student Services, information from our Testing Coordinator, a list of upcoming events from the Athletic Department, as well as other features and recognitions. I will continue publishing the *Ram Report* each Sunday this school year, emailing it to all students, families, and staff. I ask that our students and families read and review this publication to learn all of the information that is critical for being engaged and informed.

On behalf of all Lake Mary High School faculty and staff, I emphasize our excitement to begin the new school year with students and staff back on campus for face-to-face instruction. We have been working hard this summer to plan for a school environment that communicates high expectations while offering a great deal of support. We are committed to assisting students in recovering from any learning loss or mental health challenges experienced over the past 16 months, and we look forward to partnering with families and community members to ensure student success.

Thank you for your continued support, and as always, Go Rams!

Mrs. Mickey Reynolds, Ed.D., *Principal*

LMHS School Wide Expectations

BE RESPONSIBLE BE RESPECTFUL BE ENGAGED BE THE CHANGE!

**IMPORTANT NOTE:
This information is
current as of
July 20th
and is subject to
change based upon
our response and
efforts to COVID 19.**



Oral & Facial Surgeons
of Mid Florida

Jeffrey Beattie, D.M.D. | Bob Garfinkel, D.M.D. | Charles McNamara, D.M.D.

www.ofsmidfl.com

Wisdom Teeth • Sedation • Dental Implants

GO RAMS!

Winter Park
(407) 644-0224

Orlando
(407) 843-1670

Longwood
(407) 774-3399

'Tell A Ram'
August 2021
Published Five Times Per Year
Lake Mary High School
655 Longwood Lake Mary Rd.
Lake Mary, FL 32746
Issue #1



SAC

The purpose of the School Advisory Council (SAC) is to serve in an advisory capacity to the principal and to assist in the development of the educational program and in the preparation and evaluation of the school improvement plan. We are currently looking for parents and community members that are interested in joining SAC for the 2021-22.

Please let us know you plan to join by emailing Dr. Andrea Fuhrer, School Administration Manager, at andrea_fuhrer@scps.us or call 407-320-9511.

SAC Meeting Dates (6pm) in Group Projects Room

- August 31
- September 21
- October 19
- November 16
- January 18
- February 15
- March 22
- April 26

Orientation 2021-22 & Student Activities Expo

Lake Mary High School will hold two orientation dates. All students should plan to attend their assigned date and time as seen below. Interested in finding out more information on a student activity, club, or sport? Stop by the Student Activities Expo in the REF Room while on campus!

Dates:

- August 2, 2021 (8am-12pm)-Upperclassmen Orientation
- August 3, 2021 (8am-12pm)-Freshmen Orientation

Times for both days:

- 8:00am - 10:00am Last Name A-L
- 10:00am - 12:00pm Last Name M-Z

Celebrating our 40th Year as Lake Mary High with a New Vision and Mission Statement

As we begin the 2021-22 school year, we are excited to celebrate our 40th year anniversary! We have a responsibility to consider the ever-changing needs of students and how we can best prepare them in their trajectory toward success, and part of that is reflecting on our vision and mission to ensure it meets the needs of all learners. After spending several months obtaining input from students, parents, staff, community members, and business partners, we reflect on what it means to be a Ram, how we envision our future, and how we can ensure our work is most effectively meeting the needs of our students.

Mission Statement

Empowering RamNation to *Be Responsible, Be Respectful, Be Engaged, and Be the Change* we hope to see in the world.

Vision Statement

Lake Mary High School will consciously work to establish a community of engaged educators and learners who will thrive in a safe and supportive environment. In the classroom, teachers will invest in and motivate students to help them achieve their personal best. Students will leave Lake Mary High School with a sense of purpose for their lives, equipped with tools and a plan for how to make an impact beyond high school.



We are RAMNation!

Proud Supporter of the Lake Mary Rams

PLUMBING SERVICES NOW AVAILABLE!

DEL-AIR
Heating • Air Conditioning • Plumbing

SALES • SERVICE • INSTALLATION
888-831-COOL (2665)
delair.com
BEST PRICE GUARANTEE
EMERGENCY SERVICES • NO OVERTIME CHARGES

RESIDENTIAL • COMMERCIAL
1137

888-831-COOL (2665) AVAILABLE 24/7 DELAIR.COM

From Potential to Beautiful with our Help
Call Us Today!
321-303-0880

- ◆ YARD CLEAN UP'S & HAULING
- ◆ HOME, GARAGE OR STORAGE CLEAN OUTS
- ◆ PRESSURE WASHING
- ◆ MULCH AND SOD SERVICE
- ◆ DEBRIS & JUNK REMOVAL

Ask about our 10% OFF discount.
Job minimum \$125.

Family & Cosmetic Dentistry

Sophia Parpia, DDS
Andreina Alarcon, DDS

407-862-8301
sophiaparpia.com

777 Douglas Ave. Altamonte Springs, FL 32714



Help a RAM, Be a Mentor!

Are you interested in mentoring a Lake Mary High School student? If so, we could use your help! We are looking for adults who will commit to mentoring a student once per week for the duration of the school year. Anyone interested must first attend a one-hour training on Tuesday, September 28th from 11am-12pm. This is a great way to make a big impact! For more questions, contact Mentor Coordinator, Mrs. Gi Garcia at Gisela_garcia@scps.us.

HeroK12

This year, LMHS will be utilizing a new system for tracking tardies and assigning discipline consequences, as well as for awarding points for positive behavior. These points can be turned in for prizes! On the Hero website (<https://www.herok12.com/>), they describe their software platform this way, "Hero gets students in class and on time, changing negative attendance patterns. And it motivates students to make good choices, more often, through positive behavior reinforcement." Another helpful feature is that parents will receive an email immediately upon your child being assigned a discipline consequence for excessive tardies. Check out the HeroK12 website for more information.

Have You Talked with Your Child About Cyber Responsibility?

The 10 Golden Rules
For Being Cyber Smart

1. Block The Bullying
2. Ignore It If It's A first Offense
3. Don't Retaliate
4. Tell An Adult
5. Save The Evidence
6. Keep A Log Of Everything That Happened
7. Report It To The Social Media Site
8. Don't Share Your Passwords or Accounts
9. Keep It Kind
10. Crush Cruel Content

Parks LINCOLN of LONGWOOD
We cater to a finer taste in automobiles.

SERVICE PICKUP AND DELIVERY
NEW AUTO DETAILING SERVICE
VEHICLES SANITIZED FOR YOUR PROTECTION

3505 N US Highway 17-92 | Longwood, FL 32750
407-322-4884 | ParksLincoln.com

huey magoo's CHICKEN TENDERS

LAKE MARY H.S. SPECIAL
10:30-4:00 EVERY WEDNESDAY

4 Tenders, Fries, Dip, Texas Toast & Drink **\$6.99**

4235 West Lake Mary Blvd.
Lake Mary, FL 32746

ALL STUDENTS, TEACHERS AND STAFF WITH LMHS ID
ORDER ON-LINE • PHONE AHEAD • CURBSIDE PICKUP

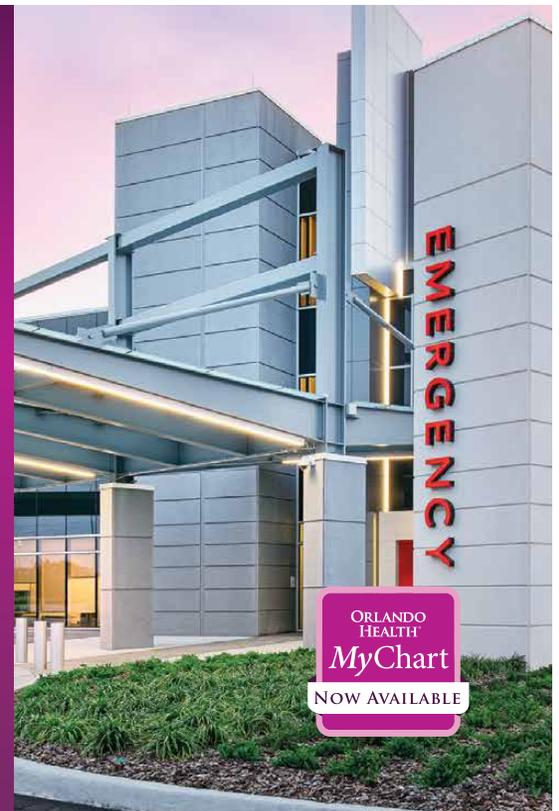
CHOOSE SAFE AND EXPERT EMERGENCY CARE YOU CAN TRUST.

OrlandoHealth.com/LakeMaryER



ORLANDO HEALTH | Emergency Room
Lake Mary

A service of Orlando Health South Seminole Hospital



ORLANDO HEALTH
MyChart

NOW AVAILABLE

Feature Program: Be the Change



Be the Change is an initiative at Lake Mary High School that is focused on empowering students to ensure a positive school culture where all students feel safe, not only physically, but also emotionally. Be the Change Student Open Forums are held each month where students are able to bring up concerns in the school and be a part of creating solutions.



Topics have been selected by students and include the following: inclusion of students with disabilities, ensuring a sense of belonging, anti-bullying, anti-racism, cultural sensitivity, conflict resolution, and LGBTQ acceptance. What makes this initiative so impactful is the representation that comes to each meeting from our school's clubs (SGA, Peer Connectors, Impact, Young Men & Young Women of Excellence, JROTC, and Beta Club). These clubs work together with the same vision, yet different responsibilities, to carry out the goals of creating a positive culture on campus. Not only are students our key players, but staff and administrators attend each Open Forum on a voluntary basis for the sole purpose of listening to what students have to say. Even Principal Dr. Reynolds herself attends every meeting to hear the concerns of students. Student concerns and ideas are then taken back to school leadership and ideas are incorporated into our School Improvement Plan. We encourage students to keep attending the Be the Change Student Open Forums, and remember to *Be Responsible, Be Respectful, Be Engaged, and Be the Change!*



Join the conversation
Earn an hour of community service
Get a slice of pizza

QUESTIONS?
See Dr. Fuhrer, Ms. Vazquez, or Mrs. Garcia

Tuesday 2:30 pm in Group Projects Room on these dates:

August 31	January 18
September 21	February 15
October 19	March 22
November 16	April 26

Feature Educators: Be the Change Club Sponsors

Natria Vazquez (School Social Worker) & Gisela Garcia (Mentor Coordinator/Intervention Support)



Mrs. Garcia and Ms. Vazquez work as a dynamic team with one common goal: to support LMHS students with the highest needs. When they are not on campus, they can often be found visiting homes, delivering food to families or helping with other needs. As the club sponsors for the *Be the Change* Club, they work strategically to ensure all students feel a sense of home and RAMILY in RamNation. Whether it be our at-risk students, students that come from other countries, or a student who is just eating lunch alone, they work with *Be the Change* leadership to ensure a positive environment for all.

Mrs. Garcia has cultivated a group of outside mentors through the *LMHS Ram Connections Program* that are part of our RAMILY and work collectively to support students.

Ms. Vazquez takes the title SCHOOL SOCIAL WORKER to an entirely new level. She works tirelessly behind the scenes to help students and families in need. She is always available in a moment's notice for any student. Even more, she has taken a true interest in connecting with the LMHS community, as reflected in her work with the *Be the Change* Club. In addition, she plays an integral role in our intervention process (MTSS-Multi Tiered Systems of Support), where we help students who are struggling academically.

Feature Student: Chayene Ross

Chayene Ross is a rising senior at Lake Mary High. As President of the *Be the Change* Club for the 2021-22 school year, he has spearheaded many initiatives around creating positive change at Lake Mary High. "Chayene has made a pivotal difference in some of our most important initiatives at Lake Mary High. In addition to his work on helping Lake Mary High be as inclusive as possible, he also sits on a district discipline committee, where he represents student voice" (Dr. Fuhrer). While also being a well-rounded student, he has maintained a pre-professional career in ballet as a dancer for the Orlando Ballet School. Moving from Miami in the 7th grade, Chayene struggled to find his space as an African American LGBTQ+ student. Now that Chayene is a rising senior he has made it his goal to create a safe space for students of all backgrounds at Lake Mary High School.



"As someone who has previously felt like my voice was silenced, I have made it my goal to be the voice for marginalized students and stand up against injustice in all forms at Lake Mary High School" (Chayene Ross). Whilst dancing 22 hours a week Chayene continues to maintain a 3.7 GPA and excels in his Advanced Placement classes.

Advice for underclassmen: "I would say be open to changes, from making new friends, joining new clubs, to discovering new hobbies and interests, high school is a time for growth and discovery, so embrace any opportunities that come your way" (Chayene Ross).



MUSIC SHACK

Your local Band & Orchestra instrument store

Rentals

Repairs

Private Lessons

Accessories

We visit Lake Mary HS every week.

702 S Hwy 17-92 • Longwood, FL 32750
407-678-1765 • MusicShackCFL.com

Established 1974

Whether you're looking to buy, sell, rent or invest, now's a GREAT time!

Owners are LMHS Grads ('84 & '88) and have supported your school since 1982

407-260-8800

HDRealty.com

1499 S.R. 434 West • Longwood FL 32750



2016 Bright House Networks Greater Orlando Regional Business Award for Small Business 3rd Place Winner



A Proven History of Management Excellence

- Commercial • Homeowners • Condominiums
- Committed to integrity, transparency and ethical business practices
- Great communication with board and residents

407-333-7787 PremierMGMTcl.com




407-489-9418

Bonded & Insured
Background checked
Pet CPR & First Aid Certified

Pets love us, Owners trust us!

Do you want to ensure that your pet will receive first-rate pet care while you're at work or traveling?

- Dog Walks**
- Pet Sitting**
- Overnight Stays**
- Concierge Services**

"Ever since I hired them over a year ago, I'm always relaxed when I know Courage the Cat is being taken care of by FurBabies. They know animals, they're trustworthy and are attentive to your needs". - Andrea W.

FurBabiesHomePetCare.com

Call Today to Receive 10% OFF 3 Consecutive Visits!
PROMO CODE: SCHOOL



Korr REALTY
Beyond the Transaction

Buying or Selling, Korr Realty is your Botique Real Estate Firm located in the Heart of Lake Mary

(407)732-6987
www.KorrRealty.com
122 N 4th Street #1006, Lake Mary




MODERN PLUMBING INDUSTRIES, INC.

407-409-8564

Proudly Serving Central Florida Since 1975

www.modernpi.com

Always available for 24/7 Emergency Service
Plumbing • Drain & Sewer • Water Heaters
Water Treatment Systems • Commercial Plumbing • Remodeling

Open House

Come join LMHS administration and faculty at the annual Open House on August 24th at 6pm. This is a great opportunity to learn about your child's individual teacher expectations and procedures in each class. You will also be able to purchase Ram gear, buy a yearbook, sign up to be a mentor, or join our Booster Club or PTSA. Please be sure you have access to your child's schedule (through skyward), and upon arrival at the event, report to child's first period class. If you need assistance with a schedule, go to the main entrance. We look forward to seeing you at Open House!

Opportunity for Engagement: Teach In

Teach In is a great opportunity to give back to Lake Mary High while providing students real world career perspective by sharing your own career path or interests. Teach In will be on Tuesday, November 16th. If you are interested in participating, contact Dr. Andrea Fuhrer at andrea_fuhrer@myscps.us or (407)320-9511.

PE Uniforms

Uniforms are required for all PE courses. They will be available for pick up on orientation/schedule pick up day. The website to order your PE uniform is <https://www.myschoolbucks.com> (information is also available on the Lake Mary High School website). The cost is \$25 per uniform.

2021-22 Yearbook

Mr. Jason Jordan

Doing something exceptional this summer? Volunteering for community service? Traveling abroad? Facing a fear? Going on an adventure? No matter what it is, we want to see it! If you participate in anything over the summer and want to share it with the Yearbook, use the following link and it may be featured in the 2022 Chrysomallus Yearbook.

<https://forms.gle/bxEk7kkF8enkwbYB8>

Bell Schedule 2021-22

There are a few revisions this year to the bell schedule. This year, we will stay primarily with block, but we do meet all 7 periods on Wednesday to make sure that students see their teachers three times per week every week. If we have a Monday off, we will run a straight 7 schedule on Tuesday and Wednesday, thus ensuring students see their teachers three times that week. The same holds true for when we have a Friday off – we will run a straight 7 on Wednesday and Thursday.

Also, we are keeping the 15 minute break between the first two blocks on Monday, Tuesday, Thursday, and Friday to allow time for a brain break.

RED (Mondays & Thursdays)

Periods 1, 3, 5, 7

	Start	End	Total Minutes (hour:min)
1st Period*	7:20 AM	9:04 AM	1:44
Break			
3rd Period***	9:19 AM	11:06 AM	1:47
STUDENTS WITH 1st LUNCH			
1st Lunch	11:06 AM	11:36 AM	0:30
5th Period	11:42 AM	1:21 PM	1:39
STUDENTS WITH 2nd LUNCH			
5th Period	11:12 AM	12:51 PM	1:39
2nd Lunch	12:51 PM	1:21 PM	0:30
7th Period*	1:27 PM	2:20 PM	0:53

GRAY (Tuesdays & Fridays)

Periods 2, 4, 6, 7

	Start	End	Total Minutes (hour:min)
2nd Period*	7:20 AM	9:04 AM	1:44
Break			
4th Period***	9:19 AM	11:06 AM	1:47
STUDENTS WITH 1st LUNCH			
1st Lunch	11:06 AM	11:36 AM	0:30
6th Period	11:42 AM	1:21 PM	1:39
STUDENTS WITH 2nd LUNCH			
6th Period	11:12 AM	12:51 PM	1:39
2nd Lunch	12:51 PM	1:21 PM	0:30
7th Period*	1:27 PM	2:20 PM	0:53

Morning Announcements*
WRAM news***

WEDNESDAY STRAIGHT 7

Periods 1-7

	Start	End	Total Minutes (hr:min)
1st Period	7:20 AM	8:02 AM	0:42
2nd Period	8:08 AM	8:50 AM	0:42
3rd Period	8:56 AM	9:38 AM	0:42
4th Period	9:44 AM	10:26 AM	0:42
STUDENTS WITH 1st LUNCH			
1st Lunch	10:26 AM	10:56 AM	0:30
5th Period	11:02 AM	11:44 AM	0:42
STUDENTS WITH 2nd LUNCH			
5th Period	10:32 AM	11:14 AM	0:42
Second Lunch	11:14 AM	11:44 AM	0:30
6th Period	11:50 AM	12:32 PM	0:42
7th Period	12:38 PM	1:20 PM	0:42

Keeping Track of Grades

Attention all parents who need an efficient way of keeping track of their child's grades!

Did you know you can set automatic email alerts in order to stay on your child's grades? For example, you can get an email notification if your child is missing any assignments or if their grade falls below a certain percentage. You must have a skyward account, and directions are below:

- Parent Login to Skyward Account – Family Access
- Click on my Account(upper right corner)
- Email Notifications

Check box:

- Receive Daily Attendance Notifications for my student(s): Email
- Receive Grading Emails for my student(s): Type in Percentage grade acceptable
- Receive Progress Report Emails for my student(s): check daily/ weekly/monthly
- Save

Positive Behavior Supports

At LMHS we make a concerted effort to focus on positive behaviors. We do this through an initiative known as Positive Behavior Supports (PBS). PBS offers a systematic approach to promoting a school wide culture focused on respect and positive behavior. Because students come from different backgrounds and cultures, they may view behavior in their own unique ways. When a student acts out, LMHS views it as a skill deficit; as a result, students are taught appropriate school behaviors and expectations. Consequences are still given for inappropriate behavior; however, students are also rewarded when they model citizenship.



Bully Prevention Awareness and Reporting

Bullying means systematically and chronically inflicting physical hurt or psychological distress on another person that includes: unwanted and repeated written, verbal, or physical behavior that is severe or pervasive enough to:

- create an intimidating, hostile, or offensive educational environment;
- cause discomfort or humiliation;
- unreasonably interfere with the individual's school performance or participation.

800-423-8477

If your child feels as if he or she is being bullied, please direct him or her to do the following:

1. Report the situation:
 - a. To any adult on campus
 - b. Speak Out Hotline (1-800-423-8477)
 - c. Report through the P3 Campus App
2. Be sure to fill out a witness statement in the discipline office explaining the situation in detail.
3. The situation will be investigated by an administrator.

SPEAKOUTHOTLINE.ORG

If you have any questions about bullying procedures, please feel free to contact the discipline office (407-320-9532). For more information about Seminole County Public Schools Bully Prevention Awareness please visit the follow website -<https://www.scps.k12.fl.us/district/departments/student-support-school-safety/bullying-prevention.stml>

SEE SOMETHING! SAY SOMETHING! DO SOMETHING!

JROTC

Are you looking for a challenge, the opportunity to be a leader, or become a part of a team? If so, the NJROTC may be a good fit for you. Our program is a Nationally Recognized Distinguished Unit with Honors. We have competition teams that include drill, marksmanship, physical fitness, orienteering and academics. This year we will also compete in underwater submersible vehicles and drone operations.

If you are interested in aviation, our program offers four Embry Riddle Aeronautical University (ERAU) sponsored aviation (drone) courses that are weighted as 5.0, receive college credit from ERAU (up to 12 credit hours), and the opportunity to get certified by the FAA to fly drones professionally. Spots are still available to join this class.

LMHS Navy JROTC offers a lot of opportunities to learn team work, leadership, and citizenship.

There is no obligation to join the military, but those that are interested there is enlistment counseling, ROTC Scholarships and Service Academy Nominations. Each year we have some of our cadets that enlist or pursue a college scholarship or Service Academy Appointment.

If you are interested talk to your guidance counselor, contact the NJROTC instructors directly, or visit our web site at www.lmhsnjrotc.com.

Lieutenant Colonel F.A. Skip Barth, USMC (Ret)
Senior Naval Science Instructor
barthfz@scps.k12.fl.us
(540) 479-0308

START PUTTING YOUR TEEN'S FINANCIAL FUTURE IN THEIR HANDS.

Visit SeacoastBank.com/Student to learn how you can help teach your teen the importance of money management.

SeacoastBank.com | 407 321 9055

Member FDIC

BUY ONE, GET ONE FREE!

OF EQUAL OR LESSER VALUE WITH BEST COUPON. EXPIRES SEPTEMBER 30TH, 2021. EXCLUDES BOXES OF NOVELTIES (DILLY BARS ETC.)

2523 Park Drive • Sanford, FL • 407-324-3654
One Block East of 17-92 & One Block South of CR 46

Rinehart Dental
ELEGANCE BEGINS WITH A SMILE

259 Bellagio Cir. • Sanford FL, 32771

Invisalign • Veneers • Whitening • Fillings
Dental Implants • Root Canal Treatment • and more!

Damion Williams, D.M.D.

407-330-4074
Call to schedule your appointment today!

WWW.RINEHARTDENTAL.COM

GRIEF-MOVING INTO HOPE

If you are a grieving student and have experienced the death of a friend or loved one

DON'T FACE IT ALONE

Dustin Project
CAN BRING HOPE!

24-HOUR REFERRAL LINE
407-701-9207
www.dustinproject.org

To Donate, Visit Our Website!
Assisting Seminole County Middle/High School Students with the bereavement process following the death of someone they love.

FREE COUNSELING

Student Services

The Student Services department at Lake Mary High school is eager to connect with our students. We strive to ensure all students develop self-advocacy skills; therefore, we encourage our students to visit our LMHS webpage, go to the student services tab in order to be able to book an appointment with their counselor.

In the beginning of the year, counselors will be working hard to enroll new students, adjust schedules, and conduct senior credit checks. While this is a busy time for counselors, please know that your child is a priority, and our counselors are here to help!

Schedule Changes

In order to efficiently serve all of our students at Lake Mary High School, once schedules are available in Skyward the week before school starts, we will **ONLY** make schedule changes for the following reasons:

- If your child is a Senior in need of a specific class required for graduation.
- If your child has already earned credit for the class.
- If your child has been placed in the wrong level class. If any of the above criteria applies to your child, schedule change requests may be submitted during the first week of school.

Parents of Gifted Students

Gifted Students' EP (Educational Plan) Meetings will be held on Tuesday, July 30th in the Media Center. You will be receiving an invitation with specifics, but if you have questions, contact the Student Services Office at (407) 320-9516.

Testing

PSAT: The Preliminary Scholastic Aptitude Test (PSAT NMSQT) will be given at Lake Mary High School on Wednesday, October 13th to all 9th, 10th and 11th grade students. For juniors, the PSAT is the only avenue to the National Merit Scholarship Program. All students will take the PSAT free of charge and do not need to register for this.

SAT: The SAT will be given at Lake Mary High School on Wednesday, October 13th to all 12th grade students. All students will take the SAT free of charge and do not need to register for this.

ACT: The ACT will be given to all juniors, as well as seniors who still need concordant scores on Tuesday, October 5th during the school day. This test will be given free of charge.

ACT/SAT: All colleges, universities, and community colleges require the SAT or ACT for admission or placement. Most colleges/universities will accept both the SAT or ACT. Lake Mary High School's code number is 100883. (Be sure to bubble the high school code on your registration form so that your scores are sent to us.)

2021-2022 National SAT/ACT Testing Dates

Students can register through College Board (www.collegeboard.com) and ACT (www.act.org) to take these tests on a Saturday National Testing Date.

SAT – August 28, October 2, November 6, December 4, March 12, May 7, June 4

ACT – September 11, October 23, December 11, February 12, April 2, June 11, July 16

Senior Ad Sales

Right now is the perfect time to lock in your Senior Dedication Ad for the 2021-2022 Chrysmallus Yearbook! Sales will be continuing through the early Fall, but the deadline will come up fast! You don't want to miss the chance to bring even more sentiment to your senior yearbook and show your senior with love and encouragement. Use your smart phone camera to scan the QR code, which will direct you to purchase your Senior Dedication Ad and your 2021-2022 Yearbook. Please reach out to Mr. Jason Jordan at jordanjg@myscps.us with any questions or concerns.



ORLANDO
LUXURY HOMES

Sue Silberbusch, Esq.,
Broker/Owner
124 N. 4th St. Suite 1900
Lake Mary, FL 32746

cell: 407-252-3157 email: sue@orlandolux.com
www.orlandolux.com

Rely upon an experienced attorney to handle your next real estate transaction!

HOURS
Mon-Sat: 9:30am - 7:00pm
Sun: 11:00am - 5:00pm

Pristine
Nail & Spa

407-333-2012

Colonial Town Park
1125 Town Park Ave, Unit 1041
Lake Mary, FL 32746

10% OFF Lake Mary HS Student Special

CENTRAL FLORIDA
EYE SPECIALISTS

Kevin M. Barber, M.D. Dawn Scruggs, M.D.
Ryan Scruggs, M.D. Phillip J. Mackinder, O.D.
Ilya Sluch, M.D. Andreea Chih, O.D.
Sanja Cypen, M.D. Brian W. Jones, O.D.

DeLand: 386-734-2931 Orange City: 386-917-0404
Lake Mary: 407-878-6518

www.THEEYESPECIALISTS.com

New **Wawa**
Curbside Pick Up
Only with the Wawa App

©2021 Wawa, Inc.

PSAT PREPARATION
FOR LMHS STUDENTS

July 26 - 29 from 8:00 am - 12:00 pm

This free workshop for LMHS Students
Rising Juniors are Encouraged to Attend

Scan this QR Code to Register

Lake Mary High School PTSA hopes you are having a healthy, rejuvenating summer! We are looking forward to the 2021-2022 school year full of new accomplishments, friends, and creating great memories. We are in full swing, planning for this year's activities and events. Don't forget to do your part by joining PTSA to help support LMHS's students, teachers & staff. Your small \$7.00 membership fee funds our MANY different school programs and initiatives available throughout our campus, including student scholarships and "Grants for Great Ideas"!

Detach the PTSA Membership Form and send it in with your student to the front office or mail to: LMHS PTSA, 655 Longwood Lake Mary Road, Lake Mary, FL 32746.

We are so grateful to those of you who have supported PTSA in the past and look forward to meeting/reconnecting with many of you as the new school year begins. If volunteering is what you're looking for, we are in need of Board and Committee Chair people! If you are interested, please email or give me a call-- IT IS GOING TO BE A FUN YEAR!

Linda Corless, LMHS PTSA President 2021-2022 | ramptsa@gmail.com, 407-466-4654

LMHS PTSA Membership Form

Attention STUDENTS, TEACHERS, & FAMILY MEMBERS, by joining the Lake Mary High School PTSA, you become a member of an organization that works year round to improve the health, safety, education, and the welfare of ALL children. Please help us reach our membership goal.

Dues are \$7.00 per member

MEMBER NAME(S):

Name _____

Circle: Student LMHS Staff Parent Grandparent

Name _____

Circle: Student LMHS Staff Parent Grandparent

Name _____

Circle: Student LMHS Staff Parent Grandparent

*Make all Checks Payable to: **LMHS PTSA** Complete and return to the Front Office

Please list your student(s) information below:

Name _____

Grade: _____ Email: _____ Ph: _____

Thank you for "Joining In"!



\$7.00 x _____ = Total _____

CIRCLE: CASH CHECK (check# _____) or CREDIT CARD - go to <https://lmhsptsa.memberhub.com/store>

THE JOINT
chiropractic

STUDENT DISCOUNT AVAILABLE

thejoint.com

242 Wheelhouse Ln, Suite 1210
Lake Mary, FL
407.955.5053

*Minors must be accompanied by a parent/guardian



CASA LEON JEWELERS

SINCE 1946

WE SPECIALIZE IN ENGAGEMENT RINGS! WE BUY GOLD! WE OFFER 2-DAY REPAIRS!



Shop Casa Leon Jewelers, where customers are treated like family.

223 Wheelhouse Lane, #1101, Lake Mary, FL 32746
www.CasaLeonJewelers.com

Thank You Corporate Sponsors!

Thank you to all of our Corporate Sponsors who have supported LMHS athletes and programs. If you would like to promote your business and support LMHS Athletics, contact Doug Peters (Director of Corporate Sponsorships) at doug_peters@scps.k12.fl.us.

2021 - 2022 DIAMOND RAM CORPORATE SPONSORS

4th Street Bar and Grill
Advent Health
Advent Health – Centra Care
Atlantic Bay Mortgage Group
Bryan Builders
Century Financial Group
Chiro-Fit
Crowne Audio
D1 Sports Training
Dapore Realty
Dave Brewer Homes
FastSigns of Casselberry
FBC Mortgage
Home Makeover Systems
Huey Magoo's
Ireland and Associates Surveying
Iberia Bank / First Horizon
Jewett Orthopedic
Law Office of Mary Beth Kelly
Merrill Lynch
NAPA Auto Parts
Nidy Company Sports Construction
Orlando Health
Parks Lincoln of Longwood
Parks Toyota of Deland
RB Marks Construction
Russ Noyes Roofing
Seminole Powersports
ServPro of North Seminole County
Russ Noyes Roofing
Two Men and a Truck
Vital Security and Investigations
Walk on Water
Zaxby's

2021 - 2022 PLATINUM RAM CORPORATE SPONSORS

BEIM Orthodontics
Corcoran Premier Realty
CrossleyShear Wealth Management
Gitta Sells & Associates
HD Realty
Hunt Eye Care
Kaliegh's Dream Foundation
Orlando Dodge Chrysler Jeep RAM
Rivera Family Chiropractic
Scott's Heating and Air Conditioning
Venture Title

2021 - 2022 GOLD RAM CORPORATE SPONSORS

Burn Boot Camp
Casa Leon Jewelers
Firehouse Subs
John English State Farm Insurance
McCoy Federal Credit Union
Papa Joes Pizza – Lake Mary
Pierce Custom Jewelers
Rawle Orthodontics

2021 - 2022 SCOREBOARD SPONSORS

Bryan Builders
Dapore Realty
Gators Dockside
FBC Mortgage
Lake Mary Eye Care
Living Legacies with LaVeta
Steffanie Ridgetta with Farmers Insurance
Side Effects A-Frame Sponsors
Merrill Lynch – Brendan Burke
Law Office of Mary Beth Kelly
Centra Care – David Helseth
D1 Sports Training – James Brown
Dr. Dana Schoonmaker
Russ Noyes Roofing – Russ Noyes / Bonnie Burkett

Business Partners

A special thank you to those businesses who have supported Lake Mary High School students through Business Partnerships. Your contributions have helped us acknowledge hard working students and staff. If you would like to be a business partner, please contact Dr. Andrea Fuhrer at (407) 320-9511.

Zaza New Cuban Diner
Orlando Health
4th Street Bar & Grill
Gator's Dockside
Jeremiah's Italian Ice
Lake Mary Church
RDV Sportsplex
On the Mark Apparel
Tropical Smoothie
Firehouse Subs
Rotary Club of Lake Mary
Chick-fil-A
Island Fin Poke of Lake Mary
Breakwondo Martial Arts
Atlantic Bay Mortgage
Nothing Bundt Cakes
Fresh Kitchen Lake Mary
Texas Roadhouse Grill

Planners for 2021-22 School Year

School planners will be available at no cost for all incoming 9th grade students, students in need of special accommodations, and students in financial need. If you are an upperclassman and would like to purchase a planner, they will be available for purchase during orientation and in the bookkeeping office for \$6.00.



SOMA
PLASTIC SURGERY
Commitment to Reconstruction

Cosmetic & Reconstructive Surgery

George Papanicolaou MD
Double Board Certified Plastic Surgeon

407.478.3151
3272 W Lake Mary Blvd #1810
Lake Mary, FL 32746
www.SomaPlasticSurgery.com

COVID-19 Rapid Testing

Fast + Accurate + Safe



TIRED OF ACNE PILLS, HARSH TOPICALS, AND DERMATOLOGISTS?

GET CLEAR SKIN FOR BACK TO SCHOOL!

Our natural approach GUARANTEES results. Call today for a FREE consultation!

You'll have ACNE-FREE skin, clear of:

- Red and Inflamed Pimples
- Whiteheads and Blackheads
- Bumps Underneath Skin
- Infected Breakouts

Students receive 10% OFF their first visit!



TS SKIN CARE
Acne Treatment Specialists

1520 Edgewater Dr., Ste. A, Orlando, FL 32804
Hours: Mon-Thurs 9-8, Fri & Sat 9-6, Sun 10-5
(407) 999-5008 • TSSKINCARE.COM

Lake Mary Athletics – Online Sports Physical Submission Information

All sports physicals in Seminole County will be submitted online for clearance to participate in athletics. As a parent, this process eliminates the need to "DROP" your paperwork at the school or "SEND" it with your student-athlete. We look forward to the numerous benefits that this system will provide for you, your student-athlete, our coaches and the LMHS Athletic Department.

ALL athletes interested in participating in athletics at Lake Mary **MUST COMPLETE** the below process.

Documents to have on hand: Physical, Insurance Card, Parent Dr. License and Birth Certificate.

1. Visit www.AthleticClearance.com and choose your state.
2. Register and complete the 7 fields including a security question. Parents MUST register with a valid email username and password.
3. You will be asked to submit an activation code that will be displayed on the screen. Enter the code and click submit.
4. Login using your email address and password that you registered with.
5. Select "Start Clearance Here" to start the process.
6. Select "School Year", select "School", Select "Sport" in which the student plans to participate in first. (you can select other sports later)
 - a. Example 2020-2021, Lake Mary, Football
7. Complete all required fields for
 - a. Student Information: **Please use legal name as appears in Skyward!**
 - b. Student Uploads:
 - i. If you have a current physical on file in the athletic office we can upload it. Remember a physical dated from your doctor lasts 365 days.
 - ii. If you have played a sport at Lake Mary we can verify your birth certificate. 9th graders and transfers need to provide this upload.
 - iii. Please upload a picture of your insurance card. If you have school insurance we will verify coverage in the athletic office.
 - iv. **Parent Driver's License- used to confirm parent consent!**
 - c. Medical History- Answer all questions and provide necessary information.
 - d. Signature Forms- Parents and Students sign each form.
8. Optional Donation to your athletic program.
9. Once you reach the **Confirmation Message** you have completed the process.
10. If you would like to register for additional sports you may check off those sports below the Confirmation Message. Electronic signatures will be applied to the additional sports/activities.
11. All of this data will be electronically filed with your school's athletic department for review. When the student has been cleared for participation, an email notification will be sent.

Note: Participation in a program for conditioning, open facilities, tryouts, or practice can not occur until you have been notified by the athletic department of your clearance status.

If you have any questions or concerns please contact the Athletic Department at 407-320-9557 or email griselle_quinones@scps.k12.fl.us

Athletic Eligibility Requirements

All student athletes entering the ninth grade must have been promoted from the 8th grade and maintain a 2.0 grade point average.

Each athlete must complete and pass a physical prior to trying out in any sport; this includes any pre-season conditioning practice. All physicals must be signed by a parent/guardian. Physical forms are available below, in the front office, guidance and the athletic office; however, the process is now electronic. Go to athleticclearance.com to submit the required documents.

All student athletes are subject to and must adhere to the SCPS Citizenship Policy. Athletic participation is a privilege, and all athletes must represent their school and sport in a positive light on and off campus or risk the chance of losing this privilege.

All requirements listed above must be met prior to tryouts/participation.

Boys/Girls Bowling

Coach Jason Jordan

Tryouts for the Lake Mary Ram's Bowling Team will take place on August 17th and August 19th from 1:00 pm - 2:30 pm. Students MUST have a physical submitted to the school's Athletic Office and have been cleared before trying out. If interested, contact Coach Jordan at jordanjg@myscps.us.

Parking Information 2021-22

Attention Juniors and Seniors

Parking spaces will be sold **Online Only** at <https://bit.ly/3bogY5b> for rising **Juniors and Seniors only**, who hold a valid driver's license, and who are **free of school debt**, until spaces are sold out.

Seniors beginning July 19, 2021 until July 23, 2021

Seniors/Juniors beginning July 26, 2021 until July 30, 2021



Guidelines are as follows:

1. Purchase your space online (during timeline).
2. Download and print application. Lake Mary High School Website
3. Have application notarized.
4. Make copies of all documents listed on application.
5. Bring all copies, with application, on the following date to pick up your decal:
 - a. Seniors/Juniors: August 2 between the hours of 8:00 a.m.-12:00 p.m. in the auditorium lobby.

If all required documents are not presented and debt is not cleared, you will not be approved for the decal.

After August 10, if required documents have not been submitted, those spaces will be refunded and made available for others to purchase. All parking spaces are \$70.00.

Remember **All Debts Must be Cleared** in order to purchase a parking permit.

Please contact Stephen Longarzo with any questions at stephen_longarzo@scps.k12.fl.us



Interested in Giving Back through Volunteering?

Come Join us at our Annual Dividends Coffee Event!

The Dividends Meeting is a great opportunity to get connected with Lake Mary High and learn about Seminole County Public School volunteer initiatives at large. If you are interested in learning about your personal volunteer portal, mentorship opportunities, and other volunteer initiatives, join us at the Dividend's Coffee Event on Tuesday, September 28th from 10am-11am. Immediately following this session, will be a Mentorship training from 11am-12pm.



AFTER SCHOOL COUPONS

BUY ANY 6" MEAL FOR \$6
Includes: 6" Sub, chips and a 21oz. drink

Coupon good only at
Store #630

156 S HWY 17-92, Longwood 32750

Store #54221

1830-1834 Longwood Lake Mary Rd. Longwood, 32750

Not valid with any other offers or discounts.

SUBWAY Offer Expires 5/31/2022

BUY ONE GET ONE FOOTLONG WITH A DRINK PURCHASE

Coupon good only at

Store #630

156 S HWY 17-92, Longwood 32750

Store #54221

1830-1834 Longwood Lake Mary Rd. Longwood, 32750

Not valid with any other offers or discounts.

SUBWAY Offer Expires 5/31/2022

Book Your Next **PARTY, TEAM BUILDING** or **FUNDRAISER** Today!



190 E. Airport Blvd. Sanford



2530 Aloma Ave. Winter Park



10749 E. Colonial Dr. Orlando



To Make Reservations at One of Our Locations Contact our Sales & Events Office at **407-384-0003** Prompt 1 or email events@alomabowlingcenters.com
alomabowlingcenters.com

clipper ship pet grooming & boarding

ALL BREEDS DOGS & CATS
HAND SCISSOR FINISH
Over 25 years in Business

407.330.1061

101 N. Country Club Rd #107
Lake Mary, FL 32746





Lake Mary High School

655 Longwood Lake Mary Road
Lake Mary, FL 32746

Non-Profit Organization
US Postage Paid
Orlando, FL
Permit # 2346

12
page

Media Center Update | Ms. Kaitlyn Grullon

We still have quite a few overdue library books. If you have a library book from Lake Mary OR from your former school, please drop them off. We will happily get the book back to its correct location. There is a designated cart near the front doors, inside of the school, for books that need to be returned. As a reminder, we do not charge late fees! Textbooks from last year can be dropped off as well. Remember to take a photo of the spine labels as proof of the return. This cart is available during the summer, and the books may be dropped off every day from 9am - 2pm. If you need to know what books are owed, please contact our Media Secretary, Kaitlyn Grullon at Grullozk@myscps.us

The new Teen Read books are on order and we expect them as soon as school begins. Check out the list of Florida Teen Reads at <https://www.floridamediaed.org/florida-teens-read.html> The list includes some great books chosen by a panel of students, teachers, and Media Specialists!

Summer Assignments

Be advised that there are summer assignments for specific courses. Summer Assignments are in the following courses:

- English 1 Honors, Pre-AP, Gifted
- English II Honors, Pre-AP, Gifted
- English III Honors
- English IV Honors
- AP Language & Composition
- AP Literature

Please find the summer reading information on the LMHS website at www.lakemaryhs.scps.k12.fl.us/

RAM Talks

In the beginning of the school year, students will be engaging in RAM Talks with their classroom teachers. Through RAM Talks, students have the opportunity to review LMHS procedures and expectations and have deeper dialogues with classroom teachers on these topics. Students will be discussing attendance procedures, dress code, school safety, vaping & illegal substance use, student rights, bullying & harassment, and digital responsibility. These are important topics that we want to be sure students have reflected on as they go through high school. As a parent, you can help by talking about these important topics at home as well.

SchoolMessenger

SEMINOLE COUNTY PUBLIC SCHOOLS

DOWNLOAD THE NEW SCHOOLMESSENGER APP TODAY!

- ✓ Update your Preferences
- ✓ Choose Contact Method
- ✓ Receive School Notifications

Now Available for download on: App Store Google play

DOWNLOAD NOW FOR FREE

 The SchoolMessenger app allows parents to stay connected and engaged with your child's school. In addition, the new app allows you to choose how you wish to receive messages from your child's school and the district. Plus, it allows you to determine what types of messages you wish to receive and much more.

www.SchoolMessenger.com/start