

Lake Havasu High School

October 2021 NEWSLETTER

Inside this issue:

CALENDAR	2
ATHLETICS CORNER	3-5
CAREER CENTER	6-7
CLUBS	8-9
PICTURE RETAKES/YEARBOOK	10-11
COUNSELORS CORNER	12-13
DRESS CODE/BOOKSTORE HOURS	14

For more information, visit these Facebook pages: *LHHS Knights in Action *LHHS Career Center *LHHS Counseling Program

What's Happening at LHHS

Calendar of Upcoming Events



OCT. 16th PSAT OCT. 20th PICTURE MAKE UP DAY in the Library OCT. 22nd Paperwork due for Basketball, Soccer and Wrestling

For the Calendar of All LHHS Events



Click the calendar above to see the most up to date events at LHHS!!!



ATHLETICS CORNER

Click the below to find out more about LHHS ATHELTICS https://lhhs.lhusd.org/athleticsinfo





Page 3

Athletic Corner

OCTOBER 2020-2021

Athletic Corner

Welcome to the start of our 21/22 school year and athletic season! This season we are fully open to attend all fall sporting events. The ticket prices for regularly scheduled games are as follows: \$5 adults, \$3 for students, seniors and military and under 5 are free. We do ask that if you are feeling sick to please stay home and continue to social distance. You can still catch the games on havasuonlinetv on the Facebook page and Youtube. Thank you to Drake and Julia Finney for providing this for our community!

If your student is interested in trying for Winter Sports Season please see the information below. And if you have any questions please contact Mrs. Kitchel in the Athletic Office 928-854-5317.

<u>2021-2022</u>	Athletic Tryout Schedule	Paperwork due dates
Basketball	November 1, 2021	October 22, 2021
Soccer	November 1, 2021	October 22, 2021
Wrestling	November 1, 2021	October 22, 2021
Baseball	February 7, 2022	January 28, 2022
Softball	February 7, 2022	January 28, 2022
Tennis	February 7, 2022	January 28, 2022
Track	February 7, 2022	January 28, 2022

Physicals Offered at Nextcare Urgent Care

Nextcare Urgent Care offers physicals for athletes for a fee of \$25.00 per athlete.

Remember it is a walk in clinic; you do not need an appointment. If you have any question their phone number is 453-4600.

End of the Year Awards

The End of the Year Awards will be held in the PAC on Tuesday, May 17th at 6pm. Please come celebrate our athletes and all of their accomplishments.



Athletic Corner

Sports Informed Consent Meetings for 21-22

Winter SeasonOSpring SeasonS

October 19, 2021–6:00pm in the PAC January 25, 2022–6:00pm in the PAC

The Informed Consent Meeting is held in order to cover information and have a dialogue about the upcoming year. You will be able to find the 21-22 Athletic Packet by going to the high school webpage and clicking on the Athletic tab. Once there you will click on the 21-22 Athletic Packet for all the necessary paperwork for tryouts. Please make sure you fill out 21-22 paperwork some browsers can pick up paperwork from previous years. For completed paperwork due dates see the tryout schedule above.

The following 21-22 completed paperwork is mandatory for all athletes to be able to tryout or compete in sports.

- 1. A completed 21-22 AIA sports physical (5 pages, must be done after March 1, 2021)
- 2. Two emergency cards (parent and student signatures)
- 3. Handbook form, Inf. Consent & Enrollment Verification (parent and student signature)
- 4. AIA Concussion form (parent and student signature)
- 5. AIA Consent to Treat Form (parent signature)
- 6. AIA Position statement (parent and student signature)
- 7. Proof of Health Insurance (student insurance is available if needed)
- 8. Booster Club Form
- 9. Copy of a birth certificate if you are a Freshmen or new student.
- 10. Brainbook Concussion Class Certificate (aiaonline.org website) if you are a Freshmen or new athlete.
- 11. Opioid Class (aiaonline.org) all students required to have class for 21/22
- 12. Athletic Trip Consent Form A (required for each sport)







CUTTING EDGE INFORMATION ABOUT YOUR FUTURE



Career Center News

21/22 VOL. 22

ОСТ

Only as high as I reach can I grow, only as far as I seek can I go, only as deep as I look can I see, only as much as I dream can I be.

Jump Start The School Year!

Seniors—Apply Apply! Scholarship season is about to begin and college application priority deadlines come quick. Don't get stressed out. Get organized and be ready to apply! Searching for Scholarships—Stop by the Career Center and like the LHHS Career Center Facebook.

Class of 2023 "It's Your Future"

Explore Options Expo

Nov. 10th -New Gym during "Knight Time"

Juniors—It's time to think about taking the PSAT and/ or the ASVAB and explore college options. Also, look for contests and scholarships for underclass...you could score some college \$\$.

PSAT Oct. 16th Fee \$20.00

*Pay at the bookstore *

Sophomores—Check out contests with cash prizes posted in the career center. It's a great time to start earning money for college money. Explore careers!

Freshman—Stop by the Career Center and become familiar with the college and career resources available. It's never too early to explore what you might like to do after you earn your high school diploma.

PEER TO PEER TUTORING

Do you need help with your homework? Stop by the career center to pick up an application for our Peer to Peer Tutoring Program. Tutoring is FREE, sponsored by K12 Foundation.

After-school tutors needed! Do you like helping students? Do you need extra money? Is your GPA 3.0 or higher? If you can answer YES to all these questions stop by the career center and pick up an application.

ASVAB

TBA @ 7:50am in the PAC Register by *Juniors and Seniors only No fee *Sign up in the Career Center

The ASVAB is a free assessment designed by the military to assess students strengths and abilities. It is a great opportunity for students to learn more about what types of jobs they may be good at. Students do not have to be committed to the military to benefit from the test results. However, for students planning a career in the military, it is required. Only seniors and juniors may sign up for the ASVAB. Sign up in the Career Center.

Recruiting now for **FREE** MCC evening classes: Business,

Culinary, Education, Medical, Phlebotomy, HVAC, EMT, Nursing Asst, Visual Communication, Computer Info Systems, Fire Science & Welding





Lake Havasu High School Newsletter

Page 7

SCHOLARSHIPS -LOCAL/STATE

This means your competing with seniors from our city, state or county

Community Scholarship - Any LHHS senior planning to attend a college, university or tech school can apply for this scholarship. The deadline is Dec. 17th.

WHO: Senior planning to attend ASU, U of A or NAUWHAT: Arizona Milk Producers Scholarship "Show UsYour Best Milk Moustache"

DEADLINE: Dec. 15

Apply on Facebook - AZMILKPRODUCERS

More scholarship info: https://www.arizonamilk.org/ scholarship

WHO: Senior planning to attend ASU, U of A or NAU who has a minimum 3.5 GPA, 1300 SAT, 29 ACT and leadership/community service activities, ranked in top 5% of class

WHAT: The Flinn Scholars Program

Apply on line: www.flinnscholars.org

WHO: Senior planning to earn a bachelor's at a university but may start at a community college, has a minimum 2.0 GPA, participates in community service and has financial need

WHAT: Horatio Alger Scholarship

DEALDINE: Check website Apply on line: <u>https://scholars.horatioalger.org/</u> scholarships/

WHO: Senior with evidence of leadership, good grades and taken the SAT or ACT

WHAT: Elks' Most Valuable Student Scholarship DEADLINE: Nov. 15* Must apply online www.elks.org/enf/scholars/mvs.cfm

SCHOLARSHIPS—NATIONAL

This means you are competing with seniors across the nation

WHO: Seniors who are involved in



CONTESTS:

Stop in the career center to pick up an application!

<u>VFW Voice of Democracy Essay Contest:</u> Open to 9th thru 12th grades Deadline: Oct. 28

LHC Writer's Group Student Writing Competition Juniors and Seniors may apply Deadline: Nov 1st



<u>Planning to Play in</u> College?

Students athletes who are considering continuing their sport in college can now register with the eligibility cen-

ters for the NCAA <u>www.ncaa.org/student-</u> <u>athletes/future/eligibility-center</u>



NAIA www.PlayNAIA.org

Great article about using social media for recruiting:

https://www.ncsasports.org/ recruiting/contacting-collegehttps://www.ncsasports.org/

Lake Havasu High School has a large range of after-school clubs that range from academic, service, and social clubs. Students might feel like they don't have time for after-school activities. However, there are many benefits to joining a club. Joining a club can boost your **college application. Many colleges** look at students outside the classroom activities to see if they are well-rounded. Not only will being in clubs help you get in, but it could also even help you get scholarships to pay for college. **Participating in different clubs** allows students to meet others with similar interests and passions. Clubs also help you develop new skills, such as teamwork, leadership, and communication.



Monday

Close Up- 2nd & 4th Mondays of the Month- 3:00pm (J205) Hot Rod Knights- 3rd Monday of the Month- 3:00pm (D104) Robotics Club- Every other Monday (starting 8/16)- 3:00pm-4:00pm (J227) SkillsUSA- 2nd Monday of the Month- 3:00pm (C124)

Juesday

Drama- 2nd & 4th Tuesdays of the Month- 3:00pm-4:00pm (Little Theater) Dungeons & Dragons Club- 3:00pm-4:00pm (C101) Educational Tour Group- 2nd and 4th Tuesdays of the Month- 3:00pm (C124) FIDM- Every other Tuesday (starting 8/17)- 3:00pm (J133) Hosa "Future Health Professionals"- 1st and 3rd Tuesdays of the Month- 3:00pm (D108) S- Club- 6:00pm (PAC) Studio Club Audio- 3:00pm-4:00pm (I-105)

Wednesday

Chess Club- 3:00pm- 4:00pm (B101) Choir- 1st and 3rd Wednesdays of the Month- 2:45-3:45pm (H107) FCCLA- Fashion & Nutrition- Every other Wednesday (starting 8/18)- 3:00pm (J133) Freshmen Mentor Club- 7:30am (J105) Gaming Club- 3:00pm-4:00pm (B104) Interact- Every other Wednesday (Starting Sept 1st)- 3:00pm (D105) Shining Stars- 2nd Wednesday of the Month- 3:00pm (C121) S.O.S- 1st & 3rd Wednesday of the Month- 3:00pm (B106) Studio Club Video- 3:00pm-4:00pm (I-105)

Thursday

FBLA- 2nd Thursdays of the Month- 7:00am-7:30am (J219) FCCLA- Early Childhood- 2nd Thursday of the Month- 7:00am (J140) Key Club- 6:00pm (Every other Thursday starting 8/19)- Little Theater SWAT- 1st and 3rd Thursdays of the Month- 12:45pm (J140) Youth Court- Days and Times will vary

Friday

Chess Club- 3:00pm- 4:00pm (B101)

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Retake Day - October 20th Pictures will be taken in the LIBRARY By LifeTouch

Important info

For your convenience LifeTouch has online ordering.

If a student has any questions about photos, please have them call or email LifeTouch directly: (877) 381-8276 lwuest@lifetouch.com

Attn: If students do not take their photo, THEY WILL NOT BE FEATURED IN THE YEARBOOK.

ALL NEW STUDENTS AFTER SEPT. 8, must take a photo

Photo Retakes

1st period Students last name A-H
2nd period Students last name I-Q
3rd period Students last name R-Z

NOTES: Students may bring a school/yearbook appropriate shirt to change into.

Senior Year -

It's time to Celebrate Graduation! Plan ahead and Order your Cap & Gown, Senior Class Ring, Announcements and Graduation Products.





COUNSELORS' CORNER

School Counseling Update – September/ October 2021



LHHS Counselors look forward to continuing our communication with all to assist our students with having an awarding school year.

REASONS FOR A STUDENT OR PARENT TO VISIT A SCHOOL COUNSELOR

*Emotional Support *Career or College Planning *Individual or Group Counseling *Problem Solving

*Personal (relationships/anger/grief) *Health & Mental Health *To Have a Voice *Academics

HOW TO COMMUNICATE WITH A LHHS COUNSELOR

Please do not hesitate to contact your child's counselor with any questions or concerns. You can email or schedule an appointment through the counselor's calendar. See below for information

Counselor Name	Assignment based on first initial of last name	Email	Schedule an appointment through Calendly. Link is below.
Ms. Ainsworth	A-BK & L-Ril	deanna.ainsworth@lhusd.org	www.calendly.com/deannaainsworth
Ms. Chandler	BI-Ce & Rim-Z	sara.chandler@lhusd.org	www.calendly.com/sarachandler
Ms. Levine	Cf-K	kaitlin.levine@lhusd.org	www.calendly.com/katelevine
Ms. Kelly	CTE/Online	kaymee.kelly@lhusd.org	www.calendly.com/kaymeekelly
Ms. Simpson	Office Assistant	tina.simpson@lhusd.org	

BE INVOLVED

Parents are encouraged to have a conversation with their children about high school, future plans, ECAP lessons, and Major Clarity. Future planning is critical to ensure that students meet graduation requirements, have knowledge about programs of study and are able to pursue their post-secondary goals. Your involvement is extremely important!

HOW IS MY CHILD DOING ACADEMICALLY?

SYNERGY: Students and parents should log into StudentVue/ParentVue on a regular basis. If you need assistance, contact or visit the Main Office.

CONNECT WITH US ON SOCIAL MEDIA

LHHS Counseling Program: <u>https://www.facebook.com/search/top/?q=lhhs%20counseling%20program</u> LHHS Career Center: <u>https://www.facebook.com/LHHS-Career-Center-282227645219839/</u>

UPCOMING ACTIVITIES

12 th Grade Career Center Visits:Seniors please stop into the Career Center tolook over valuable resources that will assist you during this year.*TRANSCRIPTS * SCHOLARSHIPS * FAFSA/FSA ID

Please be on the lookout for a letter from Mr. Becker, our Principal, as we approach the Career Center visits. The letter will be communicated via Blackboard Message.

PAYING FOR POST SECONDARY INSTITUTION:

Seniors (and their parents) will want to complete the **FAFSA: Free Application for Federal Student Aid.** Our goal is to assist those students/parents in the completion of the application and will offer time in the seniors' school day to address this.

11th Grade Career Center Visits: Learn more about our Career Center: LHHS Career Center

Parents are always welcomed to visit the Career Center.

10th – 12th Grade ECAP Lessons: Throughout October, counselors will meet with all 10th – 12th grade students to review/update their ECAP (Education Career Action Plan) portfolio. This allows for planning of their high school graduation and post-secondary journey. AzCIS is the platform utilized. To learn more, click on the link: <u>ADE College and Career Readiness</u>

9th **Grade:** Counselors met with 9th graders via PE classes the end of August to review tips to have a successful freshman year. In the beginning of Semester 2, counselors will visit freshmen about their ECAP. Now, please talk to your freshman about:

*Academic requirements handout * Clubs



Page 14

DRESS CODE/PERSONAL APPEARANCE

It is the philosophy of the Lake Havasu Unified School District #1 Governing Board that student appearance, dress and conduct reflect the individual school and the school district. Dress should be clean, neat and appropriate in material and style for a

businesslike educational atmosphere. Students must have appropriate hygiene. Attire that is distracting, disruptive, or derogatory interferes with the orderly operation of the school (POLICY JFCA). The Board has approved standardized shirts available in several colors. Standardized wear is available for purchase only at the high school:

More information look in the Student Handbook.

LHHS Bookstore

Open daily from 8:00-3:30 (Closed for lunch 11:30-12:00)

Visit our school store at <u>https://lhhs.lhusd.org/</u> to purchase your standardized apparel.

