



Ninth Consecutive Golden Shovel win for LHHS varsity football team.

Lake Havasu Varsity Football team defeated rival Mohave Thunderbirds 28-14 at the annual Golden Shovel game at Anderson Auto Group Fieldhouse.



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Important Phone Numbers:

Front office 854-5002

Counseling: 854-5327

Attendance : 854-5324

Bookstore: 854-5325

Career Center: 854-5406

<https://lhhs.lhusd.org>



What's Happening @ LHHS

October

Early Release 10/6
Early Release 10/20
Early Release 10/27

Fall Play 10/1 Little Theater @2pm
Choir Concert 10/5 PAC @7pm
End of First Quarter 10/6
No School -Parent Teacher conferences 10/7
Fall Break 10/10-10/15
PSAT 10/15
School Resumes 10/17
Acoustic Night 10/19 Little theater @ 6-9pm
Picture Retake 10/19 PAC
Powder Puff 10/20 @6pm
Pep Assembly 10/21
Homecoming Dance 10/22 Main Gym @ 8-11pm
Rachel's Challenge Week 10/24-10/28
Fall Showcase 10/27-10/28 Little Theater @ 7pm
Fall Showcase 10/29 Little Theater @ 2pm

November

Early Release 11/3
Early Release 11/10
Early Release 11/17

Josten Senior Orders 11/2
Red, White and Blue Spirit Day 11/09

Veteran's Day-No School 11/11
Interact Club Mixer 11/15 5-7pm Cafeteria
Student Progress Reports 11/16
Lip Sync Battle 11/17
Blood Drive 11/22
Thanksgiving-No School 11/23-11/25
School Resumes 11/28



[View the LHHS Athletics Calendar](#)

A message from Nurse Knight



Tammara.Knight@lhusd.org

854-5350

I will not be giving any over-the-counter medication after 2:00 pm due to overmedicating students.

Students should not be carrying any type of medication. If it is necessary for your child to take medication during school hours please observe the following:

Prescription Medications

- The medication must be given to the health office in the prescription container. It will be stored in the health office
- Students may carry inhalers or epi-pens as prescribed with appropriate documentation, including the doctor's order. The official school [medication form](#) (from the health office) must be completed and signed by a parent.

Over-the-Counter Medications

- The medication must be given to the health office in the original, properly labeled container. It will be stored in the health office. Students may not carry medications.

The official school [medication form](#) (from the health office) must be completed and signed by a parent.

Sick Guidelines-When to keep your student home



School policy requests a child stay home if he/she:

- Has a fever of 100.4 degrees or higher. Keep your child home until his/her fever has been gone for 24 hours without medication.
- Has been vomiting or has diarrhea. Keep your child home 12-24 hours after the last vomiting or diarrhea episode.
- Has symptoms that keep him/her from participating in school, such as:
 - ◇ Very tired or lacks appetite
 - ◇ Cough that he/she cannot control
 - ◇ Moderate to severe headache, body aches, or

earache.

- ◇ Sore throat-a minor sore throat is ok for school, but a severe sore throat could be strep throat, even if there is no fever.

Injuries

Students with apparent injuries, such as splints, casts, crutches, etc..., need to present a note from the parent or doctor to the health office that specifies:

- * The nature of the injury
- * What accommodations will be needed
- * When accommodations will no longer be needed

Injuries at home, during sports activities, or over the weekend must be addressed and dealt with by your care provider outside of school. The Health Office is not urgent care nor a doctor's office.

On a happy note, thank you, parents, for completing your child's immunizations and turning them in. A way to be proactive is to check with your pediatrician to see if shots are due.

Thank you for your understanding.



With Halloween quickly approaching, I wanted to send out this information regarding Rainbow Fentanyl and Methamphetamine

that is targeted at young Americans that looks like candy or sidewalk chalk.

Brightly-colored fentanyl is being seized in multiple forms, including pills, powder, and blocks that resembles sidewalk chalk. Despite claims that certain colors may be more potent than others, there is no indication through DEA's laboratory testing that this is the case. Every color, shape, and size of fentanyl should be considered extremely dangerous.

Fentanyl is a synthetic opioid that is 50 times more potent than heroin and 100 times more potent than morphine. Just two milligrams of fentanyl, which is equal to 10-15 grains of table salt, is considered a lethal dose. Without laboratory testing, there is no way to know how much fentanyl is concentrated in a pill or powder.

Dea warns of brightly-colored fentanyl used to target young Americans. DEA. (n.d.). Retrieved September 27, 2022, from <https://www.dea.gov/press-releases/2022/08/30/dea-warns-brightly-colored-fentanyl-used-target-young-americans>

FOR IMMEDIATE RELEASE

Date: September 23, 2022

Public Service Announcement / Methamphetamine "Candy"

The Lake Havasu City Police Department would like to make the community aware of a new drug that has arrived in Arizona. Methamphetamine, which comes in a pill form and resembles "sweet-tart" candy, has become the latest trend among drug traffickers.

These candy-like pills come in different shapes and sizes and have various imprints that make it harder to distinguish between candy and an illegal drug. This drug is known as "Candy" on the street. The United States Drug Enforcement Administration reports that counterfeit pills are easy to purchase and have become widely available through social media.

Parents are encouraged to educate their children on the dangers of drugs and the risks of taking any pill that is not properly dispensed by a licensed doctor or pharmacist.

If you would like more information about counterfeit pills or any other illegal drugs, please visit the DEA's website at <https://www.dea.gov> <https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.dea.gov&c=E,1,FNYQAEY1kPgPdm9T1G5LnQ-2akWHgfKDVpH8ijAaCKGLjECGwueoauVEHsHTddQE33b9ll-W4etCs3HMwFa0CuHDA81G_-YRiBiEhzgcrOA.,&typo=1>.

Public Information Officer: Detective Chris Angus (928) 855-1171





CUTTING EDGE INFORMATION ABOUT YOUR FUTURE

The EDGE

Career Center News



OCT/NOV

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 2024 "It's Your Future"

Explore Options Expo

Nov. 2nd -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. 15th Fee \$25.00

*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

December 6th @ 8:00am in the Library

*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

Stop by the Career Center for info.



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. 21st.

WHO: Senior planning to attend ASU, UofA or NAU

WHAT: Arizona Milk Producers Scholarship "Reel Milk Moments"

DEADLINE: Oct 31st

More scholarship info and entry info: <https://arizonamilk.org/reel-milk-moments-scholarship-contest/>

WHO: Senior planning to attend ASU, U of A or NAU who has a minimum 3.5 GPA, 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

DEADLINE: Check website

Apply on line:

<https://scholars.horatioalger.org/scholarships/>

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

WHAT: Elks' Most Valuable Student Scholarship

DEADLINE: Nov. 14* Must apply online

www.elks.org/enf/scholars/mvs.cfm

\$\$\$\$ Many more scholarships available \$\$\$\$
Check in the career center!!

SCHOLARSHIPS—NATIONAL

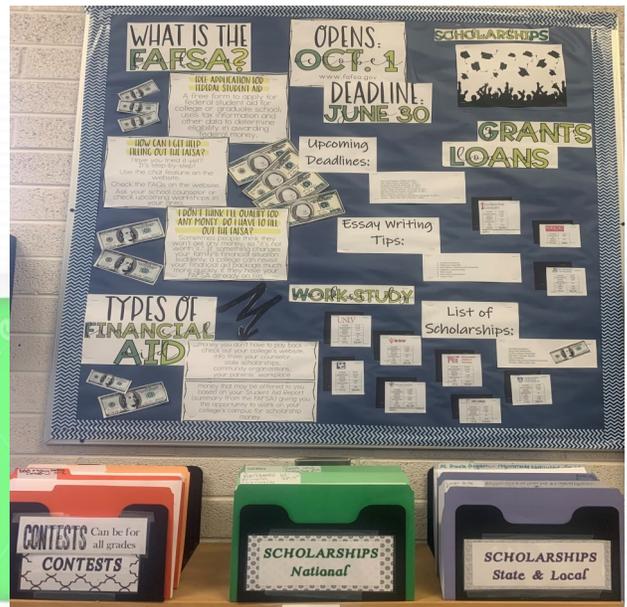
This means you are competing with seniors across the Nation

WHO: Seniors who are involved in community service

WHAT: Coca-Cola Scholarship

DEADLINE: Oct. 31

www.coca-colascholarsfoundation.org/applicants/



CONTESTS:

Stop in the career center to pick up applications!

***VFW Voice of Democracy Essay Contest:**

Open to 9th thru 12th grades

Deadline: Oct. 31

***BBB Ethical Torch essay contest**

Open to 9th-12th grades

Deadline: Oct. 2

Planning to Play in College?

Students athletes who are considering continuing their sport in college can now register with the eligibility centers for the NCAA

<https://www.ncaa.org/index.aspx>

NAIA www.PlayNAIA.org

Great article about using social media for recruiting:

<https://www.ncsasports.org/recruiting/contacting-college->



Counselor's Corner

October-November



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.
Mrs. Robertson	A – Del	krobertson@lhusd.org	www.calendly.com/katierobertson
Mrs. Levine	Dem-K	klevine@lhusd.org	www.calendly.com/katelevine
Ms. Ainsworth	L - Ril	dainsworth@lhusd.org	www.calendly.com/deannaainsworth
Ms. Chandler	Rim– Z	schandler@lhusd.org	www.calendly.com/sarachandler
Ms. Kelly	CTE/Online	kkelly@lhusd.org	www.calendly.com/kaymeekelly

UPCOMING ACTIVITIES

12th Grade Career Center Visits: Seniors will be visiting the Career Center (September 26-30) to look over valuable resources that will assist them 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.

FAFSA lesson (seniors): October 3-4, throughout the day. On October 3rd, we will offer a Parent Workshop (6:00 p.m, LHHS Library) to assist in the completion of FAFSA. More details about the lesson will be in the letter from Mr. Becker.

11th Grade Career Center Visits: Juniors will spent approximately 30 minutes (September 12-16) learning about the resources available in the Career Center. 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. Major Clarity is the platform utilized, students can log in to Major Clarity any time using their school Google account.

www.majorclarity.com

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**

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.



**SENIOR
THINGS
2023**

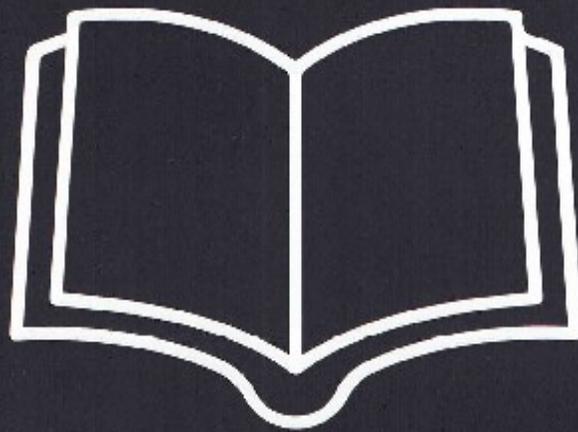
Hey Seniors...

Visit the LHHS-
Jostens School
Store
to order your graduation products.



A WORD FOR
SEEING YOURSELF
IN THE YEARBOOK

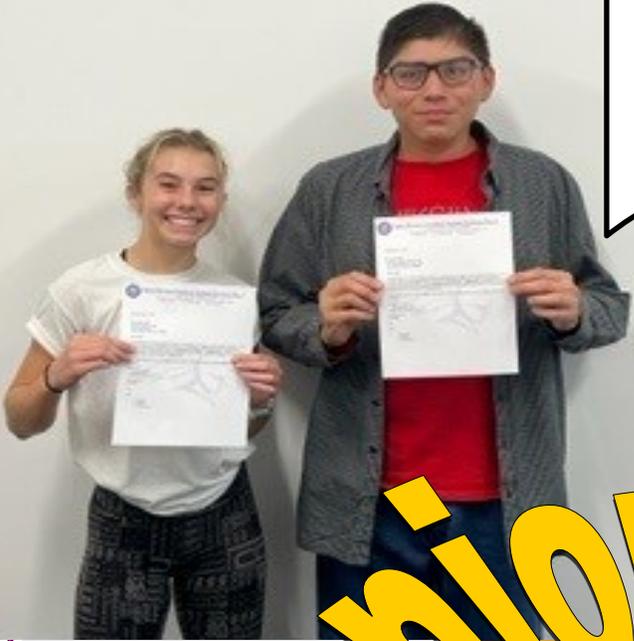
AWESOME



JOSTENS.COM/YEARBOOK23

Jostens

NOW \$75 ORDER BY 10/28

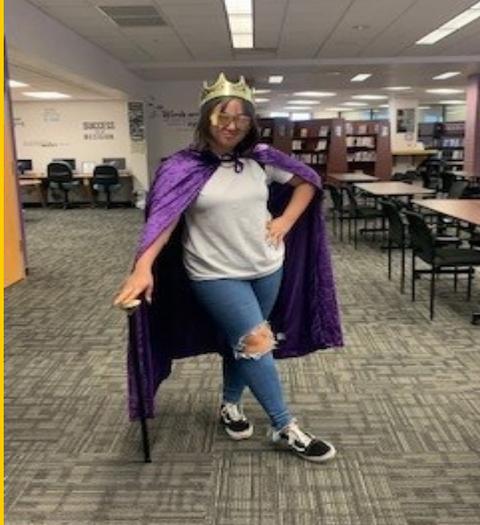


AUGUST:
Katie Bell & Alexis Alba

Senior Students of the month

SEPTEMBER:
Kadyn Mortenson & Larry King





Golden shovel



Spirit days and Highlights



Knight Up..



We got spirit



Golden Shovel

Champions

