

THE RAM REPORT

September 24th, 2023

Upward We Strive

REYNOLDS RAP

Parents, I need your help in reinforcing a few safety issues on our campus. Please review the following concerns and speak with your child about them.

- **Students in the parking lot between classes and during lunch shifts:** Students are not allowed in the parking lot without a pass from school staff, and we are seeing too many students hiding out in their cars during the school day, particularly during lunches. We don't have the manpower to supervise students in their cars, so this is a safety issue. Students found in their cars will receive a referral for being in an unauthorized area.
- **Students driving carelessly in our parking lot:** Some of our student drivers lack patience and will jump curbs and cut people off just to get off a campus a few minutes earlier. We do not want students, staff, or family members injured in our parking lot due to reckless driving.
- **Students opening exterior doors to let someone on campus:** I realize that students believe they are doing a peer a favor by opening an exterior door, but again, this is a safety issue, because they may not know if this student is enrolled at LMHS. Everyone arriving on campus during the school day must enter through the front doors.

Thank you for your assistance in addressing these safety concerns! -Dr. Reynolds

WHAT'S NEW IN RAMNATION

Suicide Prevention Awareness Month

September is National Suicide Prevention Awareness Month. This is a good time for parents to talk to their children about the signs that a friend or family member may be in distress and encourage students to speak up if they are worried about one of their peers. Students can talk to a trusted teacher, administrator, or counselor to share concerns so that we can follow up and ensure our students are safe.

It's Okay to Talk About SUICIDE Suicide is NOT the answer.

Thoughts of giving up and suicide can be frightening. Not taking these kinds of thoughts seriously can have devastating outcomes.

- 2nd Suicide is the 2nd leading cause of death for people ages 10-34
- 46% of people who die by suicide have a diagnosed mental health condition
- The overall suicide rate has increased 35% since 1999
- 90% of people who die by suicide have experienced symptoms of a mental health condition

HIGH RISK POPULATIONS

- 78% of all people who die by suicide are male
- 4x Lesbian, gay and bisexual youth are four times more likely to attempt suicide than straight youth
- 12x Transgender people are 12 times more likely to attempt suicide than the general population

If you are concerned about suicide and don't know what to do, call the National Suicide Prevention Lifeline at 1-800-273-8255.

Advice: If you start thinking about suicide, seek help. Call or text a crisis line or a trusted friend. Make an appointment with a health care professional to talk about what you're thinking or how you're feeling. Suicidal thoughts are a symptom, just like any other—they can be treated, and they can improve over time.

Data from CDC, NAMI and other valid sources. Read statistics for the reasons of some organizations.

NAMI Helpline | NAMI | NAMICommunicate | NAMICommunicate | www.nami.org



Athletics Update

Events for Sept 18 - 23

Football

Wednesday: Freshman Football Home vs. Hagerty. 5:30pm.

Wednesday: JV Football Home vs. Hagerty. 7:00pm.

Friday: Varsity Football Home vs. Jacksonville Mandarin. 7:00pm.

Girls Golf

Tuesday: Tri-Match vs. Lake Highland Prep and Windermere Prep @ Lagacy Club. 4:00pm

Boys Golf

Friday/Saturday: Wolverine vs. The World Invitational @ Orange Lake Reserve. Noon.

Cross Country

No event this week

Girls Volleyball

Tuesday: Home vs. Hagerty. Freshman @ 4:30pm, JV @ 5:30pm, Varsity @ 7:00pm.

Thursday: Away vs. Seminole. Freshman @ 4:30pm, JV @ 5:30pm, Varsity @ 7:00pm.

Friday/Saturday: Freshman Tournament @ Lake Howell. TBA

Friday/Saturday: JV Tournament @ Oviedo. TBA

Bowling

Monday: Match vs. Lake Brantley @ Airport Lanes. 3:30pm

Wednesday: Match vs. Lyman @ Oviedo Bowling Center. 3:00pm

Swimming

Friday: FSPA Developmental Meet @ Rosen Aquatic Center. 3:00pm.

Saturday: FSPA Invitational @ Rosen Aquatic Center. All Day

Announcements

At this point in the fall sports season, Lake Mary High School still has three varsity sports teams that are undefeated. Girls bowling, girls golf, and varsity football all remain undefeated. Congratulations to these athletes and their coaches.

Tickets to all sporting events hosted by Seminole County Public School are only offered through GoFan. Cash is not accepted.

Clubs & Activities

Homecoming Info: This year's Homecoming theme is "Night in the Clouds" and will be in the Ref Room/Cafeteria on October 7, from 7-11 PM. Ticket sales will be on MySchoolBucks.com from September 4 - September 22 for \$40. After that, they will be \$50 from September 25 - October 7. Pickup will be in Bookkeeping September 18 - October 3 during both lunches, except for Wednesdays. All guests will need an approved guest form, which can be picked up from the SGA board outside of Bookkeeping. For those attending Homecoming, please plan to eat beforehand, as only snacks will be served.

Come dance with the Marionettes! Marionettes have a 1-day dance clinic September 27th 5 - 7pm. You will learn a dance to perform and work on dance technical skills. You also have the option to dance with us at Lake Mary football game on September 29th. To sign up visit their Instagram page @lakemarionettes.com.

Lake Mary Players of the Arts presents **PETER AND THE STARCATCHER**. This action-packed show, described as "a grown-up prequel to Peter Pan" runs Thursday @ 7pm and Saturday @ 12pm and 7pm. Tickets are \$8 for Students and \$12 for Adults, and can be purchased by going to <https://teachtix.com/lmhs>.

PETER AND THE STAR CATCHER
A PLAY BY RICK ELICE
MUSIC BY WAYNE BARKER
BASED ON THE NOVEL BY DAVE BARRY AND RIDLEY PETERSON

SEPTEMBER
28TH, 29TH, AND 30TH
@ 7:00

ADMISSION:
STUDENTS 8
ADULTS 12

TEACHTIX.COM/LMHS

Student Activities

Beta Club members are currently hosting a "Stock the food pantry" drive until September 28th. Give your donated goods to any Beta Club member to bring along with their own or drop them off in Ms. Ohl's room 01-248. See our Instagram for a list of specific needs.

Senior Quotes! Seniors, now is your opportunity to submit your Senior Quote! Please visit the Senior eCampus page for a guideline explanation and the submission link. The last day to submit your Senior Quote is October 31st.

Senior Ads: Parents of seniors can also reserve a Senior Dedication/Ad space by visiting www.yearbookordercenter.com and use the job code: 21630. This is a great way to tell that special senior in your life how proud you are of them! Senior Dedications/Ads can be reserved until November 17th. Don't delay, as space is limited.

School Picture Make-Ups: The Underclass Portrait Makeup Day will be held in the Auditorium on Wednesday, October 4th throughout the school day. Students will need to have a pass from their teacher in order to be photographed, and students will receive a pass back to class when their photo has been taken.

Yearbooks on Sale: Now is the time to reserve your student's copy of the 2024 Chrysomallus Yearbook. The price is \$75.00 but will raise as the year progresses. Act now to ensure you get your copy of this 2x sold out Yearbook! To order, visit www.yearbookordercenter.com and use the job code: 21630.

Senior Portraits: It's not too late to get your senior's portrait taken and get them into our 2024 Senior Section of this year's Chrysomallus Yearbook. CADY Studios is accepting appointments for Senior Portraits from now until November 12th. Once November 12th passes, no further senior portraits will be included in this year's book, so be sure to book your senior's appointment now. [CLICK HERE](#) to schedule.

Student Services

Save the Dates

September 26 – College Information Night
October 5- Southern College On-Campus
October 18-Dual Enrollment Info Session @ SSC

After School Tutoring

Beginning Tuesday, August 22nd Face-to-Face tutoring will be offered every Tuesday and Thursday in the Media Center from 2:45 - 4:15. Tutoring is available for most academic subjects, homework help, including Plato and SAT tutoring. Students must submit a registration form to participate in this program. The form is attached to this email.

College Information Night

College Information Night will take place on Tuesday, September 26th from 6 pm to 8 pm in the Auditorium. Information on the college application process including admissions and financial aid. We look forward to seeing all of our seniors and their families as we help you prepare for your postsecondary goals. See flyer attached.

Letters of Recommendation

Seniors as you are starting to apply to college, requests for letters will come to your school counselor. Be sure to complete the "Counselor Letter of Recommendation" form located in the Student Services Office or on our school website. You may email this directly to your counselor or give it to Mrs. Maupin in Student Services to submit to your counselor. Please allow 2 weeks before you return to pick up your letter.

SSC Dual Enrollment

Do You Have Questions About Dual Enrollment or are you looking to learn more about the program? SSC will be hosting Information Sessions that will provide you with the information needed to participate. Each session will last approximately one hour and will include a time for questions and answers. The next information session is scheduled for Oct. 18. Visit the website for additional info: <https://www.seminolestate.edu/dual-enrollment>

Appointments with School Counselors

For students to make an appointment with their counselor, please go to LMHS website, select student services> Counselor and appointments. From there, you will see the student booking appointment link. For parent appointments please reach out to Mrs. Maupin at 407-320-9548. Students, if you need to speak to your School Counselor, please do not hesitate to come to the Student Services Office for assistance.

Testing Update

Save the Date

The **PSAT** will be given to all 9th-11th grade students in October. The PSAT will be computer based this year and specific grade level testing dates will be set soon. (Students will be scheduled to test October 16-27.)

The **SAT** will be given to all 12th grade students on Wednesday, October 11 during the school day. (This will be paper based testing.) Students can set up a College Board account at www.collegeboard.org, and can link their account to Khan Academy where they have access to official SAT practice items.

The **ACT** will be given to all 11th grade students on Tuesday, October 31 and Tuesday, March 26 during the school day. (This will be paper based testing.)

The SAT will be given to all 11th grade students in March, 2024 during the school day. This will be computer based and specific testing dates will be set closer to the time.

Students will **not** need to register for these assessments and there will be **no charge**. More information will be sent out closer to each testing date.

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 Sat. National Testing Date.

SAT - October 7, November 4, December 2, March 9, May 4, and June 1

ACT - October 28, December 9, February 10, April 13, June 8, July 13

Testing Update

SAT School Day

The SAT will be given to all 12th grade students on Wednesday, October 11 (straight 7 bell schedule) during the school day. Students can set up a College Board account at www.collegeboard.org and can link their account to Khan Academy where they have access to official SAT practice items. 12th grade students will take the SAT free of charge and there will not be any make-ups. Students do not need to register for this. This will be a paper/pencil test.

The SAT will take place during periods 1-5 and will begin at 7:20am. Students will go to lunch from 11:50-12:32pm (6th period) and will then attend their regular 7th period class.

Students should bring pencils, a calculator, and snacks. Calculators will not be provided. The SAT School Day Parent Letter and SAT Calculator Policy is attached.

Students will receive the SAT Student Guide through their English class or can get one from Media. The guide can also be found at: https://satsuite.collegeboard.org/media/pdf/sat-school-day-student-guide.pdf?SFMC_cid=EM817729-&rid=47216065

Students and parents will be sent an email with the student testing room information before the testing day.

HISPANIC HERITAGE MONTH

Join the LMHS Latinos in Action
during lunch on Tuesday in the
REF Room for a celebration!

CONGRATS *Ryleigh Knaub*



This past week, Lake Mary High's very own girls golfer, Ryleigh Knaub, competed with the US Amateur Team at the Solheim Cup at La Sogaleta, Spain. On Friday, Ryleigh won a grueling match against German golfer, Helen Briem. Way to go, Ryleigh! RamNation is proud of you!

