

11/24/2020

Good Afternoon, LHS Families,

I wanted to extend a Happy Thanksgiving to everyone in our community, as well as my continued most sincere appreciation for all of the staff, parents and students of Albany County School District.

Daily Health Screener:

We are still trying to hit our 90% completion rate for daily health screeners for students. The [health screener](#) is accessed through the same parent PowerSchool account that you used to register your student. If you have questions about how to access the screener after setting up a parent PowerSchool account, please call LHS, and someone will help you.

Fridays & 4 day In-Person Opportunities at LHS

We continue to have a lot of students show up for additional support Friday mornings at LHS from 7:55am to 11:25am. This time is specifically designed to help support LHS Students.

If you are interested in more opportunities or support for your child ***please contact the LHS Counseling Department at 721-4488 for more information***

From the Nurses Office 11/23/20:

From the Nurses Office

I would like to thank all parents and guardians for doing such an excellent job in helping to keep our schools open and the kids and staff in the building healthy. We have had positive cases at LHS, but so far, we are not seeing Covid spread from student to student in the classrooms.

Below are ways to help us continue to keep it from spreading in school:

- If your student is sick (even with very mild symptoms), please keep them home.
- If you or a member of your family is sick and being tested for Covid, please keep your student home until you have all the result(s) back.
- If your student has been exposed to a Covid positive person, please keep them home & call the school nurse to help you figure out if they can be at school.
 - A negative test *does not* mean you can be at school.
- If your student is Covid positive, please tell their close contact to quarantine for 14 days & notify the school nurse.

- Students participating in school, sports, or activities when they should be on quarantine is a sure way for Covid to spread in school.
- MOST IMPORTANTLY: Please remind your students to wear their masks at all times while in the school building. Masks must cover the **mouth & nose!**

COVID Information:

1. Covid symptoms in teenagers tend to be mild (congestion, mild headache, fatigue) and are often mistaken for allergies or a "head cold".
2. Because symptoms can be mild, teenagers are more likely to continue on with "normal life". Increasing the chance of spreading it unknowingly to each other or people around them.
3. Covid is starting to spread among friend groups, this is most likely to happen at lunch, after school, during sports and activities, or on the weekends.
4. Many teenagers are getting positive test results or symptoms 8-12 days after exposure to a positive person, so it is very important to maintain the 14 day quarantine
5. A negative test result is only negative on the day the test was done. A person can become sick or have a positive result anytime during the 14 days after an exposure to Covid.

If you have questions or concerns regarding illness or Covid, please contact the school nurses. We are diligent in keeping up with the newest information.

Call 721-4420 or e-mail us at kquillinan@acsd1.org or bwoodhouse@acsd1.org

From the LHS Counselors

- Your school counselors want to meet with you! Please send your school counselor an email if you'd like to set up a time to meet in person or over Zoom on one of your virtual days or Fridays.
- Follow Laramie High School Counseling on Facebook, Instagram & YouTube for regular announcements and information and even some occasional entertainment.
- The Counseling Page on the LHS website is full of good information, please check it out!

Seniors,

- If you plan to attend college next year, now is the time to complete your college application(s) and start applying for Financial Aid. The first step to applying for Financial Aid is to complete the FAFSA at fafsa.ed.gov
- It's not too late to start playing the Chase Your Future GooseChase game to win prizes and scholarships.

- If you plan to join the military next year, please talk to your school counselor who can help you get in touch with a local area recruiter.

Your ACT score may gain you admittance into college and set you up financially with scholarships. The ACT cost \$55 a test unless your student is enrolled in GEAR UP, and then it is covered for as many times as you'd like to take it. Apply for GEAR UP now at <http://lccc.wy.edu/highschool/gearup/apply.aspx>

- Many schools are not requiring an admission test (ACT/SAT) due to COVID, however a score is still required for the **Hathaway Scholarship**. The ACT cost \$55 a test unless your student is enrolled in GEAR UP, and then it is covered for as many times as you'd like to take it. Apply for GEAR UP now at <http://lccc.wy.edu/highschool/gearup/apply.aspx> and learn more about the ACT at <http://www.act.org/>

Reminder: LHS Website:

We are keeping the LHS website up to date with all of our information as we get it. This includes updates to activities. You can print off the current Fall Activities schedules for the programs that have finalized schedules, and you can sign up as an observer for your child(ren). Directions to sign up can be found on the LHS website. Below is the address to the LHS website: <https://www.acsd1.org/lhs/>. It is another active weekend for LHS sports and activities.

If you ever need anything please feel free to reach out to any of the LHS Administrative Team:

Principal: Jeff Lewis – JLewis@acsd1.org

Asst Principal: 10th & 11th Grade - Jeff Stender - JStender@acsd1.org

Asst Principal 9th & 10th Grade - Brady Humphrey – BHumphrey@acsd1.org

Asst Principal Jeremy Qualls – 12th Grade – JQualls@acsd1.org

Activities Coordinator Ron Wagner – RWagner@acsd1.org

Thank you all again for everting and have a restful and health Thanksgiving Break!

Jeffery D Lewis, Principal

Laramie High School