

12/11/2020

Good Afternoon, LHS Families,

Happy Friday!!! Going into the last week on instruction before we leave for Winter Break please make sure that student are checking with teachers and taking advantage of the academic supports we have put into place. We only have 6 more in person classes until the end of the semester, I cannot stress enough how important communication with teachers is this semester.

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

Physicians in Laramie are reporting that symptoms found in COVID positive people under the age of 18 are generally mild. Common symptoms are runny nose, congestion, headache. **COVID in teenagers is often mistaken for the allergies, a cold, or a sinus infection.**

Due to the rising number of positive cases in Albany County, school officials have implemented an increased level of protection in ACSD 1 schools. Per Superintendent Yennie's newsletter from Nov. 30th, the following measures were implemented for us to continue to safely operate schools:

- 1. Parents/students and staff must complete the revised Daily Health Screening**
- 2. Students or staff who have COVID-19 like symptoms (even very mild symptoms) must have a negative COVID test before they can return to school OR they must remain in isolation or quarantine for 10 days.**

Students having symptoms of COVID illness will be sent home from school and will be asked to have a negative test. If parents decide not to test their child, we will ask the parent to keep their child home for the 10-day isolation period.

One way to get in front of the negative result vs. the 10-day quarantine could be to order one of the free tests available through the Wyoming Department of Health. By using this [Free COVID Test Kit](#), you can have a free test mailed to your home and have it on "standby" in case you need it. This way, instead of having to wait for one to be mailed or to get into a medical facility, where the turnaround results could be several days, you could have results within 48 hours. This would be if you wanted to avoid the 10-day quarantine and return sooner rather than later.

If you were together with family or traveled for the Thanksgiving holiday, please watch for illness symptoms. CDC predicts that we will see an increase in COVID cases 8-10 days after the last time you were with family and/or had been traveling.

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

Have a great weekend and a great last week of school before Winter Break!!

Jeffery D Lewis

Principal

Laramie High School