



Student Support Newsletter

May 2021

Important MCAS Testing Information

MCAS Testing for 10th graders begins **THIS WEEK!** All 10th graders must report in person to their advisory on May 5th, 6th, 11th and 13th. All students must have a LHS chromebook. If you do not have one, please contact your house office ASAP. Some 11th graders may want or need to take the test, as their eligibility for some scholarships may depend on MCAS scores.

After Dark Program - Information Technology, Advanced Manufacturing & Automotive Technology Opportunities!

After Dark is a collaboration between Lowell High School and Greater Lowell Technical High School to provide LHS students the opportunity of technical skills training. The program requires a two year commitment. LHS students will have a modified class schedule - taking 5 academic classes at LHS during the school day - and taking technical training at GLTHS from 2:30 PM to 5:30 PM. Transportation will be provided for all students. After Dark is currently enrolling students in the following high demand career areas: Information Technology, Advanced Manufacturing , Automotive Technology.

For more information and to view our brochure, visit: <https://www.lowell.k12.ma.us/domain/2806> or contact Mr. Smith at aribaudo-smith@lowell.k12.ma.us

College and Career Center - Class of 2022

Class of 2022, The College & Career Center will be offering its second workshop in a series of short workshops on Preparing for the College Application Process. This second workshop will be on [Friday, May 7th at 12:25pm](#). We will be going over such topics as:

- Logging into and using Naviance
- College Search process in Naviance
- Spring & Summer Timeline - College Fairs, Tours, Rep Visits, Virtual tours
- Creating a Common App account and non-Common App applications
- SAT/ACT exams or Test Optional colleges
- 2 year & 4 year colleges - Mass State requirements
- How to request a teacher letter of recommendation
- The College Essay - How to choose a topic, why, and when to start writing
- FAFSA completion and paying for college
- Scholarships - LHS scholarships and beyond
- Q&A - we will answer any questions you might have about the college application process.

Please join our College & Career Center google classroom on **Friday, May 7th at 12:25pm** code: **ibdvbsi**. This meeting will take place in our google meet.

Welcome Back to our In Person students!

On **April 26th**, LHS welcomed students back to a hybrid instructional model for the remainder of the school year. We will be updating the school bell schedule and following the expectations listed below for all in-person students and staff.

Reminders for In-Person Students:

- Students must bring charged Chromebook and headphones to school.
- Everyone must properly wear a mask at all times.
- Students will have a 10-minute scheduled mask break each day.
- Lockers are not in use.
- Movement between classes is regulated to include one-way bridges and hallways.
- Students are not able to meet in groups and must maintain 3ft-6ft of social distancing at all times.
- Students must clean their individual desks when entering and exiting the classroom.
- The schedule will rotate daily and the first 5 periods would be in-person with a grab and go lunch (at 12:25) and a return home for the last two periods of the school day.
- No lunches will be consumed in the cafeteria.
- All members of the school community must follow all of the safety precautions.

Seniors - May 28th is your last day of school - FINISH STRONG!

Social Worker Corner

As we approach yet another transition period in the year, with changing to a cascading schedule in the coming weeks and some additional students returning to the building, we recognize that change can be difficult! All of us are having to make adjustments, which can be an added stressor in a time of many unknowns. Please don't hesitate to reach out to your Social Worker for support. We are here for you whether you're in person or remote-we want to connect with you!

Don't forget.....

May is Meditation Month! Meditation is a mind-body practice that can initiate moments of calm, bring about self-awareness, and allows people to stay connected with themselves. Meditation can help with sleep, focus, creativity, managing stress and your overall well-being. Take a few moments this month to breathe, clear your mind and be present with your surroundings. April was the month of Hope! As the weather turns warmer and the leaves start growing back on the trees, it is a time to start feeling more energized and hopeful, especially this year! We can all start looking for things to be hopeful about in our own lives, as well as take a moment to spread hope to others. Can we help to comfort a friend who is feeling sad? Can we share a story of a time someone helped us through a difficult time? Maybe our parents or grandparents have stories of hope from when they were younger that they can share with us. Let's take some time this month to spread hope to those around us.

OUR SOCIAL WORK STAFF IS HERE FOR SUPPORT:

Freshman Academy Social Worker: Ms. Gina Martel gmartel@lowell.k12.ma.us (978) 761-3325 Google Classroom Code: tkp7lk

B House Social Worker: Ms. Maureen Schwartz mschwartz@lowell.k12.ma.us (978) 937-8932 Google classroom code: n2ch5e

C House Social Worker: Carla Correa ccorrea@lowell.k12.ma.us (978) 822-6322 Google Classroom Code: pbwizf
<https://meet.google.com/lookup/aztr25gsas>
Lunch Bunch group every Tuesday 11:30am
<https://us04web.zoom.us/j/8754743525?pwd=Mk5GTVYzeUREMUhK3BzSVl0ZmdNUT09>

D House Social Worker: Ms. Amanda Hosmer ahosmer@lowell.k12.ma.us
(978) 233-1401_Google Classroom Code:w43buso

E House Social Worker: Ms. Daniela Ricciardi dricciardi@lowell.k12.ma.us
(781) 789-0281_Google Classroom Code: bafjof2

All Houses, Special Education Department: Ms. Allison Bernstein ABernstein@lowell.k12.ma.us 978-822-6362

All Houses, Special Education Department: Ms. Debbie Quattrocchi dquattrocchi@lowell.k12.ma.us 603-759-6011

Guidance Counselors Contact Link:

[Guidance Counselor Contact Information](#)