

Dear LHS Family

It's hard to believe its fall with the weather we've been having, it will be fall soon, right? I hope everyone had a chance to get outdoors and enjoy family and friends this weekend! I had the opportunity to see some of our students compete at the swim meet on Friday (great diving) and I also attended the football game Friday night for our sweet victory against Chelmsford.

I also had the chance to wish our LHS Adventure Club safe travels on Friday as they were off to hike and sleep in the White Mountains for two nights - what beautiful weather they enjoyed! I know there were many other events throughout the week and I can't help but notice our students continuously give it all they have - we are so proud of them! Please make sure you keep me updated on any special events happening at the school during the week so I can stop by when I can. I love seeing our students in action! 😊

Now that we have picture/id days behind us (thankfully), the expectation is that all students should have their id on a lanyard around their neck at all times. The House Deans have been diligently checking IDs and reminding students what we expect.

KINDNESS MATTERS:

Thanks to Jen McGlaulin for sharing this Kindness Donut idea she saw on Instagram!

If you follow twitter, consider some of the quotes and ideas on:

Kindness Matters

@Kindnessgive

and

SimpleReminders.com

@SimpleReminders.

You can also follow me @lowellhighHOS.



DID YOU KNOW?

Here is the information I mentioned during our Early Release all staff meeting last week. Remember, this is a confidential, no-cost program for any staff member.

Employee Assistance Program

<https://www.lowellma.gov/177/Employee-Assistance-Program-EAP>

Jeans Days - we will be holding fundraisers on special Friday Jeans Days throughout the school year, we will try to limit them to once a month. We plan to announce the purpose for the fundraiser and hope that many will participate in donating \$5.00 for a worthy cause. Keep up the Red and Grey school spirit days on Fridays, I promise to do a better job participating as I've finally been able to add a few spirit pieces to my wardrobe! ☺ As a reminder to new staff, you can head to our school store located off the cafeteria for all your school spirit gear needs!

Dress code, specifically head coverings - we need help reminding all students that the following are prohibited: hats, hoods, rags, and bandana's (paisley print in all different colors). Students are allowed to wear head bands. If you need assistance communicating this information to students, please be sure to send them to their House Office. If you ever need a reminder of the dress code, please refer to the student handbook.

PLEASE WELCOME:***Angela Lawler Brennan - D-House School Guidance Counselor***

Angela has worked in the field of education for the past seventeen years, as a high school guidance counselor and college academic advisor. Last school year Angela worked in the College and Career Center. Education: B.A Psychology, University of Massachusetts Lowell, Master of Education in School Counseling and CAGS in Counseling from Rivier University, completed fifteen credits in Education Administration from University of Massachusetts Lowell

Angela has come to realize that in this profession your patience will be tested, the rewarding moments outweigh the most stressful days. That it's important to be resilient, flexible, and open minded, willing to grow and change, to be a lifelong learner, be empathic and most of all have a Sense of Humor.

Angela and her husband have two dogs Rocco and Oliver, both are rescues. In her spare time, she practices yoga, enjoys cooking, traveling, spending time with family and friends. She is quite happy that Pumpkin Spice Lattes are back and she is also a country music fan.



James Mitchell - Security Officer

James was born in Douglas, Georgia and raised in Lowell, MA. He is a proud graduate of Lowell High School (class of 1981). Before joining LHS, he worked for 20 years as a prison guard at Middlesex Billerica House of Correction. James enjoys refereeing high school basketball and has been doing so for 25 years. Welcome James!

SHOUT OUTS:

We held an AP Mass Insight Education (MIE) kick-off pep rally for all AP English, Math and Science students. The purpose of the rally was to celebrate the collaboration between LHS and Mass Insight as well as share all the opportunities available to our students in this area. Through this work we hope to increase our AP enrollment, and our student's success on the AP exam. Teachers will have an opportunity for professional development while working with Mass Insight and other teachers in the cohort. Students will attend Saturday sessions with a cross-section of students in the cohort and participate in a mock exam. This partnership has been in the works since last year. I would like to thank **Amy McLeod** for all of the work she did to bring this exciting work to fruition and to our entire faculty now participating in this three year endeavor.

Thanks to **Jim Lutz** our Band Director for providing the peppy music for the MIE kick-off!

Special thanks to **cafeteria ladies** for all the work they do each day moving large numbers of humans through the lines at incredible speed and with a smile on their faces! 😊

UPCOMING:

- 10/4 Early Release (agenda out next week)
- 10/10 Meet and Greet before Open House 5-6pm
PALS Family Meet and Greet 5-6:30pm
Open House 6-8pm
Freshman Parent Night 5:30-8:00pm
- 10/11 PSAT exams for all Soph and Jrs.
Freshman and Senior schedule out soon

Have a good week everyone!

Marianne