

Dear LHS family,

Last week was a short week but good for everyone to get re-acclimated after break. EL Access Testing will be held Tuesday and Thursday this week, thanks to everyone for their support and encouraging words to our students who will be testing. Thanks to Arie Sullivan for her shout-out on the Raider Report last week so everyone would know about testing this week!

Wednesday is an early release day with your departments. Student Voice members will meet in the morning from 10:07-11:45am and then our Staff Voice members will meet from 12:00-2:00pm before heading to their department meetings. Looking forward to our first Staff Voice meeting!

## BRIGHT SPOTS!

Loading Dock Gallery at Western Ave Studios - Lowell



As shared by Marta Magnus and Faye O'Leary - some photos highlighting some of our LHS art students! At the Loading Dock Gallery at Western Ave Studios here in Lowell, there is a greater Lowell regional student art show on display for the month of January and this past Saturday they hosted a reception. Both Faye O'Leary and I submitted student work (4 pieces total), and a couple of the students and their families were able to attend. It's a nice show and another great way to get our students' work out there in the public.

Attached are photos of the 4 LHS student pieces and the two students who could attend next to their artwork. The participating students are Kevin Tuong, grade 11, Kai Vary, grade 11, Tyler Chan, grade 11 and Khiem Tran, grade 11.

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## Greenhalge School visit



On Monday, December 17th, 21 elves from the International Language Club at LHS visited the Greenhalge school for the annual Gifts for Greenhalge program. Kindergarten students were treated to piñatas, juice and cookies, and a surprise visit from Santa, who came bearing gifts for all students. Thanks to our students who participated and brought so much fun to the Greenhalge!

**CONGRATULATIONS:**

Dr. Julio C de Carvalho has been **nominated** for a **2019 Dr. Martin Luther King, Jr. Distinguished Service Award** presented to UMass Lowell faculty, staff, and students, and to community members of Lowell, Massachusetts. These awards honor the contributions of individuals who exemplify the dream, vision and work of the late Dr. Martin Luther King, Jr. by demonstrating a high level of commitment to social change, service and community engagement. Your nomination materials speak volumes about the great work and the amazing contributions you have made in the community.

The award winners will be announced at the **8th Annual Dr. Martin Luther King, Jr., Distinguished Service Awards on Tuesday, January 29, 2019**



Congratulations to Julio on his nomination!

## MORE CONGRATULATIONS:

Two LHS students received full-tuition, 4 year college POSSE scholarships. Thank you to our staff members Heather and Katie for nominating the students in the spring of their junior year. Thank you Karyn Cassidy for sharing the good news! Congrats to Moureen and Samuel!

### 1. Moureen Mathenge



Denison University POSSE Scholarship Recipient (4 year, full-tuition award)  
Nominated by: Heather Brunner

### 2. Samuel Pring



Bucknell University POSSE Scholarship Recipient (4 year, full-tuition award)  
Nominated by: Kathleen Keefe

## LOOKING AHEAD:

**Don't miss the** Winter Dance Concert: Dancin' Through the USA is Thursday January 10th at 7pm in the LHS Irish Auditorium. \$5.00 admission.

**Can you help** ~ National Honor Society is collecting brand new socks throughout Jan. Drop off in Rm. 204.

January 8 and 10	Tues and Thurs.	Access Testing		
January 9	Wednesday	Early Release		
January 9	Wednesday	1st Staff Voice Meeting	12:00pm	306
January 10	Thursday	LHS Dance Concert	7:00pm	Auditorium
January 12	Saturday	AFJROTC All School Dance	6:00pm	Gym
Jan. 14	Mon	Latin Lyceum Parent Assoc. Mtg.	6:00pm – 7:00pm	L.T.

Jan. 14	Mon.	Friends of Lowell High School Mtg.	7:00pm	L.T.
Jan. 19	Sat.	Mill City Show Choir Festival	8:00am-11:00pm	LHS Aud.
Jan. 21	Mon.	No School - Martin Luther King Jr. Day		
Jan. 22	Tues.	Honors Night Application Opens	Period 2	LHS Aud.
Jan. 25	Fri.	Schoolhouse Breakfast with all staff- Host:C House Office	7:15am-7:45am	L.T.
Jan. 22-25	Tues.-Fri.	First Semester Assessments		
Jan. 28	Mon.	Q3 Begins		

Enjoy your (mostly snowless) week!

Marianne



**Marianne E. Busted**  
Head of School  
Lowell High School

### Attached:

Some tips for 2019 by Jon Gordon - I like all of these, but my favorites are #11 and #17. What are yours?

# 20 TIPS FOR A POSITIVE NEW YEAR

2019

## 1 STAY POSITIVE

You can listen to the cynics and doubters and believe that success is impossible or you can trust that with faith and an optimistic attitude all things are possible.

## 2 TAKE A DAILY "THANK YOU WALK"

You can't be stressed and thankful at the same time. Feel blessed and you won't be stressed.

## 3 EAT HEALTHIER FOODS

that grow on trees and plants and less foods manufactured in plants.

## 4 TALK TO YOURSELF

instead of listen to yourself. Instead of listening to your complaints, fears and doubts, talk to yourself with words of truth and encouragement.

## 5 NO ENERGY VAMPIRES ALLOWED

Post a sign that says "No Energy Vampires Allowed." Gandhi said, "I will not let anyone walk through my mind with their dirty feet."

## 6 BE A POSITIVE TEAM MEMBER

Being positive doesn't just make you better, it makes everyone around you better.

## 7 DON'T CHASE SUCCESS

Decide to make a difference and success will find you.

## 8 GET MORE SLEEP

You can't replace sleep with a double latte.

## 9 DON'T WASTE YOUR ENERGY

Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control.

## 10 LOVE, SERVE AND CARE

You don't have to be great to serve but you have to serve to be great. Look for opportunities to Love, Serve and Care.

## 11 REMEMBER YOUR WHY

Live your purpose. Remember why you do what you do. We don't get burned out because of what we do. We get burned out because we forget why we do it.

## 12 LOVE THE PROCESS

Remember there's no such thing as an overnight success. Love the process and you'll love what the process produces.

## 13 HAVE TRUST

Trust that everything happens for a reason and expect good things to come out of challenging experiences.

## 14 NO COMPLAINING RULE

Implement the No Complaining Rule. If you're complaining you're not leading.

## 15 READ MORE

Read more books than you did in 2018. I happen to know of a few good ones. :)

## 16 DON'T SEEK HAPPINESS

Instead live with love, passion and purpose and happiness will find you.

## 17 FOCUS ON "GET TO"

Focus on "Get to" vs "Have to." Each day focus on what you get to do, not what you have to do. Life is a gift not an obligation.

## 18 GET BACK UP

The next time you "fall" remember that it's not meant to define you. It's meant to refine you.

## 19 SMILE & LAUGH MORE

They are natural anti-depressants.

## 20 ENJOY THE RIDE

You only have one ride through life so make the most of it!