

Dear LHS family,

Our "real" fall weather has finally arrived - I hope everyone is ready and excited to pull out their sweaters, jackets and hats! Today was a beautiful day for everything fall! Now about those Red Sox and Patriots, fingers crossed!

We held a successful Parent/Teacher Open House last week with the help of our AFJROTC students who welcomed and directed approximately 600 parents and students as they arrived at different entry points to the school. AFJROTC students were also on hand to help on Thursday night at the College Fair. It was a very informative evening where many students and parents were able to gather a large amount of information in one place. Thank you to Karyn Cassidy and her team for an awesome LHS night!

Our Open House greeters in the Main Lobby!



Main Lobby display cases were carefully prepared for Open House night, thanks to the Fine Arts Department!



College Fair Night!



We are also grateful for our National Honor Society students who helped at the Red Cross Blood Drive held recently at LHS.

SHOUT OUT!

Emily Steinberg and her team hosted the Science League meet on Thursday. There were eighteen area high schools in attendance (despite the heavy rain which created some bus delays). They look like they were having a great time sharing and learning together!



I'm sharing an excellent article I read today just published by Jessica Lander, "Secondary Traumatic Stress for Educators: Understanding and Mitigating the Effects". I hope you have time to read it as this is applicable to all educators. Our work can be difficult and sometimes overwhelming as we try to attend to each student in front of us. Secondary traumatic stress is real and something educators are dealing with more and more.

<https://www.kqed.org/mindshift/52281/secondary-traumatic-stress-for-educators-understanding-and-mitigating-the-effects>

TEACHPOINT REMINDER:

All educators need to complete their self-assessment, and goal setting plans in TeachPoint by 10/31!

LOOK AHEAD

| Date | Day | Description | Time | Location |
|------------|-------------|--|------------------------------|---------------------------------|
| 10/15 | Mon | Senior Night Boys Soccer | 7:00pm | Cawley |
| 10/16 | Tues | National Honor Society Induction | 6:30 pm | Aud |
| 10/17 | Wed | PINK OUT Volleyball | Fr: 4:00pm Varsity 5:30pm | |
| 10/19 | Fri | HOME COMING! Senior Night for Band, Cheer and Football | 6:45pm | Cawley |
| 10/20 | Sat | 2nd Annual Latino Parents Conference on Education | 8-2pm | LT |
| 10/25 | Thurs | Distinguished Alumni Event | 12:30pm | Aud |
| 10/26 | Fri | SchoolHouse Breakfast brought to you by the Main Office plus many more | Teacher's Cafe | 7:15-7:45am |
| 10/27 | Sat | MIE Study Session for AP Science students | | |
| 11/8-11/15 | Thurs-Thurs | MCAS ELA and Math Retests | | (Thurs, Fri, Tues, Weds, Thurs) |

Have a purposeful week everyone!

Marianne

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