

WELCOME BACK



Lake Havasu High School

November/December 2020 - 2021

NEWSLETTER

Inside this issue:

CALENDAR	2
ATHLETICS CORNER	3-7
YEARBOOK	8-9
NURSE'S STATION	10-11
CAREER CENTER	12-13
COUNSELORS CORNER	14-15

For more information,
visit these Facebook pages:

- *LHHS Knights in Action
- *LHHS Career Center
- *LHHS Counseling Program

What's Happening at LHHS

Calendar of Upcoming Events



NOV. 7 SAT

**NOV. 12 PICTURE MAKE UP DAY
& SENIOR PORTRAITS**

For the Calendar of All LHHS Events



[Click the calendar above to see the most up to date events at LHHS!!!](#)



ATHLETICS CORNER

Click the below to find out more about LHHS ATHLETICS

<https://lhhs.lhusd.org/athleticsinfo>

CALENDAR

<https://lhhs.lhusd.org/athleticscalendar>

ATHLETIC FORMS



[Click here to access all of the forms for LHHS Athletics.](#)

Athletic Corner**NOVEMBER 2020-2021****Athletic Corner**

Fall sport's season have been underway with modifications. We would like to thank all of our parents and athletes for their understanding and patience as we are experiencing things that are out of our normal operations. At this time we know that winter season will start a week later on November 9th. The game schedules are still being modified. Each school we will travel to will have a per site decision on fans and their own Covid policies. You are more than welcome to call the athletic office to find out if other schools will be allowing fans. Below is our current Lake Havasu High School Guidelines.

LHHS ATHLETICS SCHOOL GUIDELINES TO START 2020 FALL SPORTS - LAKE HAVASU HIGH SCHOOL

- Admission:** \$5.00 general admission, \$3.00 students (k-12), seniors (65+), and Military. AIA Passes are accepted. Exact change is preferred and appreciated. There will be no re-entry.
- Concessions:** Limited concessions will be available if possible. Coolers will not be allowed in the gym or in the football stadium. Food will not be allowed in the gym. Individual water will be allowed.
- PPE:** Masks must be worn by spectators and coaches at all times when inside and on the Lake Havasu High School Campus. Masks must be on when in the gym and inside the football stadium. Spectators are encouraged to bring their own hand sanitizer and wash their hands regularly.
- Fan Limitation:** Each member of the home team (players/coaches/managers/band/spiritline) will be provided three (3) guest passes and lanyards. Guest passes will be kept the entire season by the athlete and are good for their respective fall sport and athlete's specific game. **LHHS Guest Pass and Face Mask are required for entry into the facility. Facemasks are required to be worn at all times.** Admission will still need to be paid upon arrival.
- Seating:** Please seat away from others. Available seating on the bleachers is identified by an "X." You must sit at an identified "X." Additionally, please do not sit immediately behind the team bench and score table. Thank you.



Athletic Corner

Live Stream: A live stream of the home match/game will be provided most of the time, when available. The live stream link will be shared with the opposing team the day of the match. The link will also be posted on the HAVASU ONLINE TV LIVE Facebook page prior to the start of the match.

Spectators: We ask all home team spectators to socially distance as a family unit. Families who reside together can sit together. Once your athlete is done competing, we ask that you do not stay and socialize. **No Away Team Spectators Will be Allowed at This Time.** Please follow all posted signage and use common sense. Stay home if you show symptoms or if you have been in close contact with a positive case of Covid-19 in the last 14 days.

Visiting Schools: At this time, No Away Team Spectators Will be Allowed. Only those traveling with the team and are deemed necessary will be allowed.

Persons on the sidelines (sideline personnel) will be restricted to players, coaches, athletic trainers, athletic directors, school administration, and game administration personnel. Sideline personnel must wear face masks. Officials have the authority to notify game administration about unauthorized personnel and have them removed from the sideline.

Sideline Personnel: Spectators are expected to follow LHUSD and Athletic Dept. guidelines. Failure to follow LHUSD and Athletic Dept. guidelines will result in removal from the event with no refund. No Re-entry.

Expectations: ** LHUSD Covid-19 guidelines are subject to change regarding spectators at events **



Athletic Corner

The Informed Consent Meeting is held in order to cover information and have a dialogue about the upcoming year. You will be able to find the 20-21 Athletic Packet by going to the high school webpage and clicking on the Athletic tab. Once there you will click on the 20-21 Athletic Packet for all the necessary paperwork for tryouts. Please make sure you fill out 20-21 paperwork some browsers can pick up paperwork from previous years. For completed paperwork due dates see the tryout schedule above.

The following 20-21 completed paperwork is mandatory for all athletes to be able to tryout or compete in sports.

- *A completed 20-21 AIA sports physical (4 pages, must be done after March 1, 2020)
- *Two emergency cards (parent and student signatures)
- *Handbook form, Inf. Consent & Enrollment Verification (parent and student signature)
- *AIA Concussion form (parent and student signature)
- *Proof of Health Insurance (student insurance is available if needed)
- *Booster Club Form
- *Copy of a birth certificate if you are a Freshmen or new student.
- *Brainbook Concussion Class Certificate (aiaonline.org website) if you are a Freshmen or new athlete.
- *Athletic Trip Consent Form A (required for each sport)
- *20/21 School Year Only Parent Waiver Form (for 19/20 physical usage)

Physicals Offered at Nextcare Urgent Care

Nextcare Urgent Care offers physicals for athletes for a fee of \$25.00 per athlete. Remember it is a walk in clinic; you do not need an appointment. If you have any question their phone number is 453-4600.



Athletic Corner

<u>2020-2021</u>	<u>Athletic Tryout Schedule</u>	<u>Paperwork due</u>
Basketball-REVISED	November 9, 2020	October 30, 2020
Soccer-REVISED	November 9, 2020	October 30, 2020
Wrestling-REVISED	November 9, 2020	October 30, 2020
Baseball	February 8, 2021	January 29, 2021
Softball	February 8, 2021	January 29, 2021
Tennis	February 8, 2021	January 29, 2021
Track	February 8, 2021	January 29, 2021

Sports Informed Consent Meetings for 20-21

Spring Season

January 25, 2021 -7:00pm in the PAC

AIA Position statement (parent and student signature)



LAST YEAR OF HIGH SCHOOL?

Senior Ads

One last way to celebrate your last year!

jostens.com

Purchase by 12/5/2020



YEARBOOK 2020-21

*Lowest price
of the year
\$75*

JOSTENS.COM

Sick Day Guidelines (When to keep your student home.)

SHOULD I KEEP MY CHILD HOME OR SEND HIM OR HER TO SCHOOL?

School policy requests a child **stay at home** if he or she:

Has a fever of 100.4 degrees or higher.

Keep your child home until his or her fever—100.4 or higher—has been gone for 24 hours without fever-reducing medication.

Has been vomiting or has diarrhea without a fever.

Keep your child home 24 hours after the last vomiting or diarrhea episode.

Has symptoms that keep him or her from participating in school, such as:

Very tired or lack of appetite.

Cough that he or she cannot control.

Shortness of breath or difficulty breathing.

Moderate to severe headache, body aches, or earache.

Sore throat—a minor sore throat is ok for school, but a severe sore throat could be strep throat, even if there is no fever.

New loss of taste or smell.



If COVID-19 is diagnosed or suspected, your student will need to stay home:

10 days from the first symptoms.

And, Symptoms are improved with 24 hours with no temperature and no fever-reducing medications taken.

If your student was exposed to someone with COVID-19 they will need to quarantine at home for 14 days from the last exposure.

If no symptoms occur, they can then return to usual activities. Including school.

We recommend that you contact your students' doctor for instructions.

When to Seek Emergency Medical Attention

Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately**:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19 Arizona COVID-19 Hotline: **1-844-542-8201**

SYMPTOMS for COVID-19, Flu, Common Cold, and Allergies		
	Primary Symptoms	Less Frequent Symptoms
COVID-19	<ul style="list-style-type: none"> • cough • fever • shortness of breath • fatigue 	<ul style="list-style-type: none"> • chills • repeated shaking with chills • headache • loss of taste or smell • muscle aches and pains • sore throat • runny or stuffy nose • nausea or diarrhea
SEASONAL FLU (Influenza)	<ul style="list-style-type: none"> • fever or feeling feverish/chills (not all flu cases include fever, however) • cough • muscle or body aches • headache • fatigue 	<ul style="list-style-type: none"> • sneezing • sore throat • runny or stuffy nose • nausea • diarrhea
COMMON COLD	<ul style="list-style-type: none"> • sneezing • stuffy nose • sore throat • mild to moderate chest discomfort and cough 	<ul style="list-style-type: none"> • fatigue • body aches
SEASONAL ALLERGIES (Hay Fever)	<ul style="list-style-type: none"> • runny or stuffy nose • itchy eyes, mouth, or skin • sneezing 	<ul style="list-style-type: none"> • wheezing • shortness of breath • fatigue due to lack of sleep



CUTTING EDGE INFORMATION ABOUT YOUR FUTURE

The EDGE

Career Center News

Only as high as I
reach can I grow,
only as far as I seek
can I go, only as
deep as I look can I
see, only as much
as I dream can I be.

Find us on  **LHHS Career Center**

We also have Google classrooms!

Google Classroom for **Students**

Code: vwrvuun

Google Classroom for **Parents**

Code: zb3nsl3

College Career EXPO



"It's Your Future"

Explore Options

Virtual Video

Coming soon!

It will be posted on the
LHHS Career Center FB &
LHHS Career Center Google
Classroom Class code: vwrvuun



Planning to Play in College?

Students athletes who are considering continuing their sport in college can now register with the eligibility centers for the NCAA www.ncaa.org/student-athletes/future/eligibility-center

NAIA www.PlayNAIA.org



Great article about using social media for recruiting:
<https://www.ncsasports.org/recruiting/contacting->

Take FREE MCC classes:



Business, Culinary, Education, Industrial Tech, HVAC, EMT, NAP, Visual Communication, Computer Info Systems, Fire Science & Welding and more!
Stop by the Career Center for info.



SCHOLARSHIPS -LOCAL/STATE

This means your competing with seniors from our city, state or county

Community Scholarship - Any LHHS senior planning to attend a college, university or tech school can apply for this scholarship. The deadline is Dec. 11

*Application on the Career Center Google Classroom

WHO: Senior planning to attend ASU, U of A or NAU

WHAT: Arizona Milk Producers Scholarship "Show Us Your Best Milk Moustache"

DEADLINE: Jan 21

Apply at <https://arizonamilk.org/reel-milk-moments-scholarship-contest/>

WHO: Senior planning to attend ASU, U of A or NAU who has a minimum 3.5 GPA, 1300 SAT, 29 ACT and leadership/community service activities, ranked in top 5% of class

WHAT: The Flinn Scholars Program

Apply on line: www.flinnscholars.org

WHO: Senior planning to earn a bachelor's at a university but may start at a community college, has a minimum 2.0 GPA, participates in community service and has financial need

WHAT: Horatio Alger Scholarship

DEADLINE: Check website

Apply on line:

<https://scholars.horatioalger.org/scholarships/>

SCHOLARSHIPS—NATIONAL

This means you are competing with seniors across the nation

WHO: Seniors who are involved in community service

WHAT: Coca-Cola Scholarship

DEADLINE: Oct. 31

www.coca-colascholarsfoundation.org/applicants/

CONTESTS

WHO: 9– 12 grades

WHAT: Voice of Democracy Essay Contest

DEADLINE: Oct. 31

- This essay contest starts locally and the winning essay has potential to earn lots of scholarship

College or technical school bound?

1. Start college or tech school application

2. Have transcript sent – use Parchment

<https://lhhs.lhusd.org/transcriptrequests>

3. Seek and apply for scholarships:

___ Check the LHHS Career Center FB

___ LHHS Career Center Google classroom Code: wvrvuun

___ Online free searches such as FastWeb.com

___ Check with the scholarship site affiliated with the colleges you are applying

___ Stop by the Career Center

4. Take or retake ACT SAT (before end of Dec is best)

5. Oct. 1 - Prepare and apply for FAFSA

<https://studentaid.gov/h/apply-for-aid/fafsa>

6. Continue applying for scholarships

7. Check in with college admissions rep to make sure all on track and transcript has been received



COUNSELORS' CORNER

School Counseling Update – October/November 2020



Registrar's Report

SECOND SEMESTER SCHEDULES

You can view your 2nd semester schedule Synergy and contact your counselor (preferably by e-mail) prior to December 4, 2020 if changes need to be made.

Second semester schedules will not be printed for students. Please check Synergy to review the 2nd semester schedule. It is the responsibility of the student/parent to review the schedule and if an error/missing period is found to submit a "schedule change request form" to the counselor no later than Friday, December 11, 2020. **Teacher or lunch changes cannot be honored.**

First semester report cards will be distributed to students on Monday, January 4, 2021. Payment for 2nd semester fee-based classes must be made **after** you return from break and recommended before January 22, 2021. Second semester fees **cannot** be paid prior to January 4, 2021.

Counselor Updates

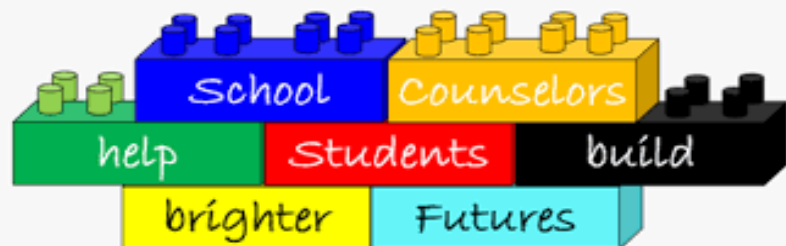
LHHS Counselors look forward to continuing our communication with all to assist our students with having an awarding school year.

REASONS FOR A STUDENT OR PARENT TO VISIT A SCHOOL COUNSELOR

*Emotional Support *Career or College Planning *Individual or Group Counseling *Problem Solving
 *Personal (relationships/anger/grief) *Health & Mental Health *To Have a Voice
 *Academics

HOW TO COMMUNICATE WITH YOUR HIGH SCHOOL COUNSELOR

Please do not hesitate to contact your child's counselor with any questions or concerns. You can email or schedule an appointment through the counselor's calendar. See below for information



Ms. Ainsworth	Hero - Ril	dainsworth@lhUSD.org	www.calendly.com/deannaainsworth
Ms. Skemp	Garci-Hern & Rim- Z	sskemp@lhUSD.org	www.calendly.com/sskemp
Mrs. Pressley	Online Academy	tpressley@lhUSD.org	www.calendly.com/tpressley

Students can meet with their counselor on LHHS campus on their assigned HYBRID group day. Please utilize the following link (a pass will be sent to class): [www.bit.ly/](http://www.bit.ly/lhscounselorappointment)

[lhscounselorappointment](http://www.bit.ly/lhscounselorappointment)

Online Academy Update

Are you curious about what the Online Academy has to offer? Mrs. Pressley can be reached for additional questions and assistance.

Lake Havasu Unified School District (LHUSD) is providing a virtual option for the 2020-2021 school year for K - 12th grade students who would like to remain in an online learning environment for medical or personal reasons. A student may elect to return to the distance learning or in-person option at any time. The LHUSD Online Academy is only available to students enrolled in Lake Havasu Unified School District. The District is using SchoolsPLP for course content and has selected AZ Bright Thinker, eDynamic and Lincoln Learning for core and elective classes. The District has utilized this vendor for credit recovery courses prior to the adoption of the platform for the 2020-2021 school year. There are no honors or AP courses offered through the Online Academy. The Lake Havasu High School grading scale is used for all grade 9 - 12 courses.

These courses are designed to be self-directed, self-paced and aligned to Arizona State content standards. The online courses are NOT the same as LHUSD courses taught in person by LHUSD teachers. Students will be assigned a licensed teacher who can help troubleshoot problems with content, the online system itself, and pacing; however, there will not be daily interaction with their assigned teacher.

Students in grades 9 - 11 will be enrolled in six courses, while those in grade 12 must enroll in a minimum of 4 courses. Online courses in grades 9-12 will allow students to earn credits towards graduation. These classes will align as closely as possible with our in-person learning classes which will allow students to seamlessly transition back to the LHHS campus.

Students enrolled in the LHUSD Academy will continue to have the opportunity to participate in extra-curricular activities and athletics.

9 th Grade (Freshman)	10 th Grade (Sophomore)	11 th Grade (Junior)	12 th Grade (Senior)
English	English	English	English
Math	Math	Math	Math
Science	Science	Science	Civics/Economics
PE	World History	US History	Elective
Elective	Elective	Elective	
Elective	Elective	Elective	
Based on 23 credits needed to graduate: See Graduation Requirements https://content.schoolinsites.com/api/documents/c989d319c77f4bcb9ede3c4f1247dce2.pdf			

ELECTIVE OPTIONS:

DRESS CODE/PERSONAL APPEARANCE

It is the philosophy of the Lake Havasu Unified School District #1 Governing Board that student appearance, dress and conduct reflect the individual school and the school district. Dress should be clean, neat and appropriate in material and style for a businesslike educational atmosphere. Students must have appropriate hygiene. Attire that is distracting, disruptive, or derogatory interferes with the orderly operation of the school (POLICY JFCA). The Board has approved standardized shirts available in several colors. Standardized wear is available for purchase only at the high school:

More information look on page 33-35 in the Student Handbook.

LHHS standardized apparel REQUIRED for the 2020/2021 school year:

- Short-Sleeved T-Shirts
- Short-Sleeved Polo Shirts
- Standardized winter outerwear
- Solid covered Face Mask—No Gators or Bandanas

LHHS Bookstore

Open daily from 8:00-3:30
(Closed for lunch 11:30-12:00)

Visit our school store at
<https://lhhs.lhusd.org/>
to purchase your standardized apparel.



UNACCEPTABLE DRESS

The **standardized shirt** must be long enough to cover the midriff, navel, stomach and underwear when worn with low-rider pants or skirts.

Bottoms must be fingertip length. This means long enough so that when standing straight, hand at sides, the hem is at the edge of the fingertips. Leggings must be thick enough that the behind or underwear is not showing. **From waist to fingertip, clothing must be opaque with no holes, rips, tears, or frays.** Pants or shorts may not be worn so low that underwear can be seen.

Caps, hats or head coverings, including but not limited to bandanas and hair nets, are not permitted on campus between 6:30 a.m. and 4:00 p.m.

Clothes, jewelry, or accessories, such as belt buckles made to look like fake knives, bullets, etc. or bearing phrases or slogans which are sexually suggestive, show nudity, promote use of drugs/alcohol/tobacco/ pornographic material/offensive or vulgar language (or are suggestive), or contain racial or ethnic slurs or other inappropriate references are not allowed.

Chains, including wallet chains, studded dog collars or clothing adorned with safety pins are not permitted.

Shoes: No metal-toed shoes and boots. No slippers may be worn.

No altering of standardized wear, including coloring, writing on, tying or cutting shirts or jackets in any way; nothing may be added, attached or affixed to standardized wear



Students are expected to wear the approved clothing when they enter the campus each morning and until 4:00 p.m.