

Community High School District No. 115
Lake Forest High School
1285 North McKinley Road
Lake Forest, IL 60045

PRESS RELEASE

CONTACT: Joy B. Murawski, 847-582-7376

DATE: 1.26.10

FOR RELEASE: Immediately

The annual LFHS Winter Dance has been scheduled for Friday, February 5. Students are encouraged to come support the Boys' Basketball Team in their game against Zion-Benton and then stay for the dance. Doors will open at the end of the 4th quarter of the game and the dance will conclude at 11:00 pm.

There will be a regular meeting of the Board of Education of Lake Forest Community High School District 115, Lake County, Illinois on Tuesday, February 9, 2010 at 7:00 p.m., Board Rm, LFHS West Campus, 300 S. Waukegan Road, Lake Forest, Illinois.

February 12 is a Tri-Institute Day and no school for students on that day.

The deadline for City of Lake Forest Youth in Government Application is February 12. More information can be found at www.lfhs.org.

There will be no school for students or staff on February 15 in recognition of President's Day.

As registration for next year approaches, students are encouraged to consider Strategic Reading, a one-semester elective course offered through the Reading Department. This class has resulted in significant gains in reading performance. On the reading portion of the ACT, 63% of the students raised their scaled reading score between 1-7 points--as an example, from a 13 to a 20. On a metacognitive survey of reading strategy awareness, all of the students taking the pre- and post-test raised their score between

13-20%. This data reveals that students have grown in their awareness of what strategies to use, though they may still need help in application. Course instructors Becky Mueller and Linda Rich use three components of research-based reading instruction--vocabulary building, comprehension, and fluency—to help students improve reading performance. As students develop skills in the three identified areas, they also receive guidance in applying the strategies to content area classes (English, social studies, and science), thus giving them the additional support they may need to succeed in such courses. The teachers are very excited about the results and hope to build the program, perhaps with different levels of instruction, as they continue to work with students. If you have questions, please contact bmueller@lfschools.net or lrich@lfschools.net.

Lake Forest High School's Students Against Destructive Decisions (SADD), FOCUS teens, and the Speak Up! Prevention Coalition are collaborating on a new effort called "Project Sticker Shock" with the goal of keeping alcohol out of the hands of those under 21 years of age. This local effort is just one of many being held throughout Illinois thanks to a wide-ranging partnership of statewide industry and prevention groups. Sticker Shock is a public awareness campaign that places brightly colored stickers on multi-packs of beer, wine coolers, and other alcohol products that appeal to underage drinkers. These stickers have messages aimed at adults reminding them to comply with underage drinking laws. We will be out in the community with our first visit to a few liquor stores on February 6th armed with stickers that will carry the following message: **WARNING: It is illegal -To provide alcohol for anyone under age 21, - For a minor to use a fake ID.** Watch for a big splash of the yellow stickers in late March when LFHS teens coordinate with high school students across Lake County to reach as many liquor stores as possible to remind everyone that providing alcohol to minors is illegal.

There are many service opportunities available in which interested teens may participate. More information can be found at www.lfhs.org or by contacting Kathleen O'Hara, Student Service & Community Coordinator, Lake Forest High School at kohara@lfschools.net or 847-582-7774.

The APT is currently looking for individuals to fill the following two-year APT Executive Board positions: Treasurer and Recording Secretary. If you are interested in one of these positions, have someone you would like to nominate, or would like more information, please contact the APT Nominating Committee Chair, Chrystal Gannon at cmgannon@aol.com or 847 482 0369.

The LFHS APT is looking for 18 couples (husband/wife, friend/friend), to help chaperone the 2010 Prom on May 22, 2010. Responsibilities would include: riding the coach bus (but, not your child's bus) to and from the Marriott Chicago Downtown; overseeing designated areas at the prom, and to have fun. LFHS staff will be available to handle the rest. Please support your Junior Class Prom Committee and help chaperone this wonderful event. If you would like to help, please contact either Carol Sperry at goldieBeads@aol.com, 847.234.3017 or Pat Carollo at patcarollo6@aol.com, 847.234.8827.

The APT Student and Faculty Grants program aspires to support the efforts of students, faculty and organizations in their efforts to pursue enhancement of the learning experience at LFHS. The APT grants program funds various types of enrichment opportunities including leadership training, camps, seminars, summer programs, enrichment materials and guest speakers.

If your child is considering any type of academic enrichment experience this summer, or in the coming months, please encourage them to submit a grant application. Students are notified prior to attending whether the grant has been approved and in what amount. Typical amounts for student grants are in the \$200-\$300 range. Upon completion of the experience, the student is asked to write a brief description of the experience and funds are then distributed.

Examples of recent grants awarded include support for a student to attend the National Young Leaders Conference, and for a student to volunteer for Amigos de las Americas program in Panama, a non-profit volunteer organization whose mission is to provide leadership and service opportunities for young people while contributing to the well being of communities throughout Latin America, and for students to attend summer

academic programs at Duke University, Northwestern University and University of Illinois. The application and further information is available at www.lfhs.org under Parent Opportunities and APT. If you have any questions, please feel free to contact the APT Grants chair, Sue Wagener at 847-295-3781 or allwags@comcast.net.

All Senior theater and forensics students are encouraged to apply for the PALS/ITS Scholarships by Friday, March 19, 2010. Any senior student who has been active in theater and/or forensics is encouraged to apply for one of several \$500 scholarships offered by PALS (Producers-at-Large) in partnership with the LFHS Chapter of the International Thespian Society (ITS). Pick up an application in the CRC (or download at www.lfhs.org) and return it by March 19, 2010 with your essay about what LFHS Theatre Arts has meant to you and a resume which outlines all your involvement.

The LFHS Foundation is in the final months to help raise funds for this school year's grants and is seeking donations by March 15. More information regarding the diverse opportunities the Foundation has awarded in the last few years can be viewed at www.lfhsfoundation.org. Now, more than ever, teachers need your support to shape LFHS students into productive, creative, dynamic members of society. These four formative years are critical in paving a path to success for all LFHS students. Help us help them be the best they can be!

LEAD is sponsoring a book discussion and parents are encouraged to join local social workers and other parents to discuss "Just Because It's Not Wrong, Doesn't Make It Right: From Toddlers to Teens, Teaching Kids to Think and Act Ethically," by Barbara Coloroso (LEAD's keynote speaker at Parent University), on Monday, February 1, 9:30-11 am at the Lake Forest Library.

LEAD sponsored "Ladies' Night Out: A Celebration of Women" will be held on Friday, February 5, 6:30 pm at The Armour House at Lake Forest Academy. Attend inspiring, unique seminars, and enjoy the evening with friends. For more information, visit www.lead.org.

