

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:** 7.20.10

**FOR RELEASE:** Immediately

Thursday, July 29 is the deadline for requesting a change in course selection for LFHS students. The "Request for Change in Course Selection" on-line form is available at [www.lfhs.org](http://www.lfhs.org) or it is available in the main office and must be submitted directly to Student Services Office at LFHS. Please remember the form, whether electronically sent or delivered in print form to the office, must be submitted by Thursday, July 29 by 3:00pm. We will email a response to the student's Outlook e-mail account to inform you whether or not the change was possible. Any changes we are able to make will also be reflected on Power School August 9 via the Parent/Student portal. For more detailed information, visit [www.lfhs.org](http://www.lfhs.org).

There will be a "College Essay and Resume Writing Workshop" to be held at Lake Forest High School (East Campus Library- please enter through the front doors of the school) on Tuesday, August 10 from 1:00 pm - 2:00 pm. All students interested are encouraged to attend! This is a repeat of the session held earlier on June 24 in case you missed it. It will be presented by Barbara Selvaggio, LFHS Counselor and Carol Clark, LFHS English Teacher. Please join us for this informative session on college essay and resume writing workshop. No RSVP's are necessary. Any questions, contact, Dr. Merry Quinn at 582-7319 or email at [mquinn@lfschools.net](mailto:mquinn@lfschools.net).

LFHS Athletics fall tryouts may begin on Wednesday, August 11, 2010. Sports physicals are required for all student athletes and will be offered on Tuesday, August 10 and

Wednesday, August 11 at 5:00 pm at East Campus located at 1285 N. McKinley Road, Lake Forest. Please contact Jen Regan at 847-582-7397 or email [jregan@lfschools.net](mailto:jregan@lfschools.net) for an appointment.

LFHS counselors resume for the 2010-11 school year on August 12. Visit [www.lfhs.org](http://www.lfhs.org) for contact information.

2010 final registration and book buy will be held at LFHS East Campus – Commons & Student Cafeteria according to the following alphabetical sequence for all students regardless of class year. Please follow this alpha sequence. If you are unable to attend registration at your designated time, you may attend on Wednesday, August 18, during the OPEN time from 1:00 p.m. until 4:00 pm: Monday, August 16, 9:00 am – 12:00 pm D-H; 1:00 pm – 4:00 pm S-Z; Tuesday, August 17, 9:00 am – 12:00 pm I-Ma; 1:00 pm – 4:00 pm MC-R; Wednesday, August 18, 9:00 am – 12:00 pm A-C; 1:00 pm – 4:00 pm Open. Fees may be paid by check (made out to Lake Forest High School), VISA/MasterCard or cash. Pays can be paid on-line at [www.lfhs.org](http://www.lfhs.org) until August 5.

The Technology Department will be taking student ID photos of students new to the district and all freshmen at this time. All students are required to carry their ID at all times for identification purposes as it will be needed for entry to many areas of the building. Underclassman Yearbook photos will no longer take place at Book Buy but will be scheduled at a later date during lunch hours. Any remaining medical forms that have not be turned in to the Health Office by Aug 2, can be turned in at this time for Freshmen only.

The Athletic office needs to receive upperclassman emergency and physical forms. Students will receive their final schedule, their personalized fee sheets including the list of required books and locker assignment, a Student ID and other info. To provide additional information to Lake Forest families, Lake Forest High School is now making available the list of book titles, index number (ISBN) and prices here. Students have the option to purchase textbooks from the Lake Forest High School Bookstore or a vendor

of your choice. Please note: Lake Forest High School will only purchase back books originally purchased at the Lake Forest High School Bookstore. For more information, visit [www.lfhs.org](http://www.lfhs.org).

The LFHS Transcript Office will reopen on Monday, August 16. All college and NCAA transcript requests will be processed beginning at that time.

August 19 is an Institute Day and there will be no school for students on that day.

August 20 is Freshman Orientation from 7:50 am -1:00 pm. A detailed schedule can be found at [www.lfhs.org](http://www.lfhs.org).

August 23 is the first day of school for all students.

There will be a Field Hockey Clinic for incoming 5th – 8th Grade Girls, all skill levels on Sunday, August 22 (Rain Date is August 29) from 1:00 – 4:00 p.m. (Check in at 12:45 p.m.) at Lake Forest High School Front Lawn – East Campus. The fee is \$40.00, or multiplayer family discount for \$35. This clinic will be led by the Lake Forest High School Varsity Team State Champions – 2000, 2001, 2002, 2004, 2005, 2006, and 2008. Come meet our coaches and play with the team! Participants are required to bring mouth guard, shin guards, stick & water bottle. A signed waiver is also required. Forms are available at [www.lfhs.org](http://www.lfhs.org) under the “Athletics” tab.