

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

PRESS RELEASE

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DATE: 7/21/09

FOR RELEASE: Immediately

August 3 is deadline for in coming Freshman Physical Forms. LFHS has a first day exclusion policy for lack of immunizations and physical exams for freshman. We strongly urge all freshman physicals to be turned into the Health Office at LFHS East by August 3, 2009. Athletics begin on August 12, 2009. Freshman medical forms can be turned in to the Health Office at LFHS. The Health Office will forward a list of all compliant students to the Athletic Office in time for the first day of sports on August 12. Please call Nurse Diane Bower at 847-582-7335 with any questions.

Lake Forest High School senior parking applications were mailed home to all seniors in July. Applications must be received by August 15 by 3:00 p.m. Applications are also available in the Main Office and available at [www.lfhs.org](http://www.lfhs.org).

Class of 2010 must schedule yearbook portraits now. Senior Portraits must be taken by August 21, 2009 to be included in the yearbook. If a portrait was taken after July 30, it will be included in the yearbook, but retakes will not be available. Lake Forest High School Class of 2010 senior portraits will be taken by SRImage, a division of Stuart-Rodgers Photography. A mailing was sent to the parents of students in the Class of 2010 from Stuart-Rodgers in June. Summer Dates for Lake Forest High School: August 8, 12, 19, 21. All sittings will be at SRImage Highland Park office, 1580 Old Skokie Road. Senior sittings can be scheduled between 9:00 am - 7:00 pm and can be scheduled at RImage's other studio locations if necessary. Yearbook Senior Portrait Deadlines:

August 21 - Last day to be included in the yearbook, September 30 - Pose Selection for the Yearbook or SRImage will make the choice. For more information, visit [www.lfhs.org](http://www.lfhs.org).

Lake Forest High School Senior directed One Act Play Auditions will be on August 19. More information will be available during book buy August 17-19, but actors and actresses should mark their calendars for auditions on August 19 from 2 pm - 4 pm in the David Miller Theatre. Auditions are open to all students, including incoming Freshman. Questions can be directed to the faculty advisor, Brad Balonick at [bbalonick@lfschools.net](mailto:bbalonick@lfschools.net).

Lake Forest High School Junior/Senior Play-You Can't Take it With You Auditions begin Monday August 31, 2009 with performances Thursday – Saturday, October 15 -17, 2009. More information can be found on [www.lfhs.org](http://www.lfhs.org).

College Transcript requests will be processed beginning August 17 when Counselors return to the Student Services office. All college and NCAA transcript requests will be processed when the Transcript Office reopens on Monday, August 17. Students may complete their college applications on-line, register with the NCAA Clearinghouse and submit their test scores through ACT (319- 337-1270) or by visiting [www.actstudent.org](http://www.actstudent.org) prior to the start of school. Once school is back in session, the counselors will be able to have letters of recommendation and the Lake Forest High School secondary report form ready to be mailed with your student's official transcript, high school profile and class schedule to their colleges. Sending all of these materials together will insure a more streamlined process for both the high school and colleges. The transcripts for the NCAA Clearinghouse will also be mailed the second week of September. We look forward to assisting senior students in their college selection process beginning August 17, 2009.

On Friday, August 21 the LFHS Boys Soccer teams will be holding a Blue/Gold alumni game at 7:00 pm in between the team's games. The soccer teams will be sponsoring a

fundraiser for the Schewitz Foundation and Young Hearts for Life Cardiac screening. There will be a raffle and alumni participating in the game will be asked to make a donation to support the foundation.

Lake Forest High School students entering as freshman this fall can begin counting their service hours beginning with their 8th grade graduation. As soon as they receive their student ID numbers when school begins they can record service hours online by going to [www.lfhs.org](http://www.lfhs.org), clicking Student Activities and then Service Opportunities. Click on service hours and fill out and submit the online form. The Student Service office will keep track of all recorded hours and any student who has 100 hours or more of service between March, 2009 and March 2010 will be eligible for a Presidential Service Award. Please contact Kathy O'Hara at [kohara@lfschools.net](mailto:kohara@lfschools.net) with any questions.

Lake Forest High School Band and Orchestra Uniform Fitting & Band Auditions will take place on August 18-19 from 10:00 am -2:00 pm at East Campus—Orchestra Room. This is mandatory for all band and orchestra students. There are no appointments—it's simply first come, first served. Students will be fitted for formal concert tuxedos or dresses. Boys will also be able to purchase tuxedo shirts/bow ties, and band students will be able to purchase band jackets and other required supplies, so please bring a checkbook. This will also be the time for band students to play their audition for 1st quarter part assignments. Music is available at [https://www.edline.net/pages/Lake\\_Forest\\_High\\_School/Classes/76001001](https://www.edline.net/pages/Lake_Forest_High_School/Classes/76001001).

Lake Forest High School Back-to-Band Nights will take place on Wednesday, August 19 from 6:00-9:00 pm at East Campus—Band Room with dinner from 6:00 pm - 6:30 pm and continuing with a music rehearsal. On Thursday, August 20 from 7:00-9:00 pm at West Campus—Varsity Field we will be learning fundamental marching skills on the field. Participants should wear sneakers, dress appropriately for the weather (bug spray), and bring a water bottle.

Lake Forest High School Music Honors Program students in Symphony Orchestra, Wind Ensemble, Advanced Percussion, Foresters, and Balladiers, are eligible to apply for Honors Credit. Detailed program information will be given during the first week of classes, but interested students should begin preparing for auditions now. Auditions will take place on Thursday, September 3 from 3:30-5:30 pm. Choir and Orchestra students should prepare a solo piece and Band students should prepare all of the IMEA etudes for their instrument.

LFHS Aquatic Center Employment Opportunities are still available. Lifeguarding jobs (weekday evenings and weekend rotating shifts) along with Swim Aide and American Red Cross certified Water Safety Instructor positions (Saturday morning Swim School) are available throughout the school year. For more information contact: Ms. Koepke, 847-582-7323, [LKoepke@lfschools.net](mailto:LKoepke@lfschools.net).

The Lake Forest High School APT is looking for student artwork for the cover of the LFHS 2009-2010 Student Directory. The cover will be blue, and should be done in black/white/gray ink. Designs can be submitted in any size, but the final cover size will be 8.5 x 11 inches, folded in half to 8.5 x 5.5 inches. Artwork designs should relate in some way to Lake Forest High School. Please mail your submissions (with your name on back) to Lesley Guido at 320 Park Lane, Lake Bluff, IL 60044. The cover design will be selected over the summer. Any questions? Contact Lesley Guido at 847-295-9959 or email at [lguido5@comcast.net](mailto:lguido5@comcast.net).

Lake Forest High School incoming Freshman from District 67 need to create a new account for using NutriKids for lunch at LFHS. Both District 67 and District 115 use NutriKids for lunch money and lunch account payments. District 67 students who had on-line accounts will need to create a new on-line account for High School. To do this, students will need to use a different e-mail address than the one that was used for the District 67 account. Access to viewing a student's lunch account will still be available through [mynutrikids.com](http://mynutrikids.com). In addition, all positive lunch balances from District 67 have been transferred to District 115 for student to use at the High School. If your student

had a negative lunch account balance please pay that balance through your District 67 account. If you have any questions about this transfer of funds or paying off your account please call Anne Simons at District 67 at 847-604-7476.

The award-winning LFHS cheerleading squads are sponsoring a cheerleading clinic for 1st through 8th grade students on Friday, September 4, from 4:30 – 8:30 pm at the West Campus gyms. The fee is \$45 for pre-registered students and \$50 for those registering at the door. The fee includes an LFHS Cheer T-shirt, bows, poms and dinner. The last day to pre-register is August 28. Come learn a top-notch cheer/dance routine, complete with simple stunts and then perform your routine at the first 2009 home varsity football game at the varsity football field—West Campus. More information and registration forms are available on the LFHS web site at <http://lfhs.org/athletics/girls/cheerleading/index.html>

Questions may be directed to Jody Elliott at [jelliott@lfschools.net](mailto:jelliott@lfschools.net) or Char Ash at [cash@lfschools.net](mailto:cash@lfschools.net).

The nationally-ranked varsity pompon squad is sponsoring a pom/dance clinic for 3rd through 8th grade students on Thursday, September 17, from 4:00 – 7:00 pm at the West Campus Gyms. Dancers will learn a dance routine at the clinic and then perform their routine between the sophomore and varsity football games under the lights at the Varsity Field—West Campus. The registration fee is \$45 for pre-registered dancers and \$50 for those registering at the door. The fee includes a team shirt, ribbons and dinner. The last day to pre-register is September 11. Lake Forest will be playing Stevenson. More information and registration forms are available on the LFHS web site at <http://lfhs.org/athletics/girls/pompons/index.html>. Contact Candice Davenport at [cdavenport@lfschools.net](mailto:cdavenport@lfschools.net) or Char Ash at [cash@lfschools.net](mailto:cash@lfschools.net) with questions. Proceeds are used to help defray competition costs. The team extends their thanks to the community for their enthusiastic support of previous clinics.