

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: 7.27.10

FOR RELEASE: Immediately

All “back to school” and registration information for the 2010-11 school year can be found at www.lfhs.org under “Back to School 101- everything you need to know about getting registered and ready to go!”

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.

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 for an appointment.

LFHS counselors resume for the 2010-11 school year on August 12. Visit www.lfhs.org for contact information.

2010 final registration and book buy will be held at LFHSEast 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 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.

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

LFHS band and orchestra uniform fitting will be held August 16-18, 10:00 am-3:00pm in

the East Campus—Orchestra Room. This is mandatory for all band and orchestra students! Please stop in on the same day you are assigned to Book Buy. Students will be fitted for formal concert tuxedos or dresses. Please make sure you know your usual dress or pant & jacket size before you come in. 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 your checkbook. Back-2-Band Nights will be held Tuesday, August 17, 5:30-9:30 pm in the East Campus—Band Room. This is the first rehearsal of the year. We will begin with a pizza dinner and social time from 5:30-6:00pm and continue with sectionals and a full band rehearsal. On, Thursday, August 19 from 7:00-9:00 pm at West Campus—Varsity Field, we will be learning fundamental marching skills on the field. Please wear sneakers, dress appropriately for the weather (bug spray), and bring a water bottle. (If it rains, we will meet at East Campus in the band room for another music rehearsal instead.)

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.

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 under the “Athletics” tab.

The LFHS varsity pom squad is sponsoring a pom/dance clinic for 3rd - 8th grade students on August 27. Dancers will perform at the half time of the varsity football

game. Registration begins at 4:45 pm at the West campus gyms. Cost is \$40 if pre-registered before August 20 and \$50 for those registering at the door. Additional information and registration forms can be obtained at the pom pon web page on www.lfhs.org under the Athletics tab.