

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: 7/28/09

FOR RELEASE: Immediately

August 3 is deadline for Freshmen physical forms. LFHS has a first day exclusion policy for lack of immunizations and physical exams for freshmen. We strongly urge all freshmen physicals to be turned into the Health Office by August 3, 2009. Athletics begin on August 12, 2009. Freshmen 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. When scheduling your child's physical over the summer, be sure to take along a copy of the Medication Authorization Form for the physician to sign. This form must be turned in annually and is necessary if you anticipate your child will need any non-prescription or prescription medication (e.g. aspirin, Tylenol, Ibuprofen) during the school day. No medication may be dispensed without this authorization on file. Forms can be found at [www.lfhs.org](http://www.lfhs.org) under "Student Services" "Health Services."

Students at LFHS are assigned to a counselor specifically trained and equipped to meet a variety of needs required by students and parents. Copies of student schedules were mailed to homes in July. Only schedule changes due to academic necessity may be accommodated. No change requests will be taken by phone, walk-in or email. A policy requiring the use of the Request for Change in Course Selections form has been initiated and accompanied the mailing. Only requests using this form will be considered and must have been turned in by August 6. Notifications of changes will be available at

Book Buy in August and updated schedules will be distributed then. Counselors return to the high school on Thursday, August 13.

LFHS 2009-2010 fall sports tryout dates begin August 12. All athletes are expected to attend tryouts. Visit [www.lfhs.org](http://www.lfhs.org) "Athletics" for the complete schedule for all sports. Students are prohibited to tryout or practice without: Current Physical Examination, Athletic Participation Card (APC), NEW Code of Conduct, and IHSA Steroid Test Policy. For more information, contact the Athletic Department at 847-582-7700. Forms can be found at [www.lfhs.org](http://www.lfhs.org) under "Athletics." Sports physicals will be available at LFHS East Campus Tuesday, August 11 and Wed., August 12 from 5:00 pm - 7:30 pm. To sign up contact Jennifer Regan at [jregan@lfschools.net](mailto:jregan@lfschools.net) or 847-582-7397.

August 13 is the deadline to submit [Senior Parking Applications. Applications must be returned by 3:00 pm](#) on that day. Applications can be found at [www.lfhs.org](http://www.lfhs.org).

College Transcript requests will be processed beginning August 13 when Counselors return to the Student Services office. All college and NCAA transcript requests will be processed when the Transcript Office re-opens on Monday, August 13. 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 13, 2009.

Lake Forest High School Book Buy and Registration will take place on August 17-19 at East Campus – Commons & Student Cafeteria. The alphabetical sequence below is for

all students regardless of class year. Please follow this alpha sequence, below. If you are unable to attend registration at your designated time, you may attend on Wednesday, August 19, during the OPEN time from 1:00 pm until 4:00 pm. Book Buy will follow this schedule: Monday, August 17 A–C; 9:00 am – 12:00 pm and I–Ma; 1:00 pm – 4:00 pm. On Tuesday, August 18 - Mc-R; 9:00 am – 12:00 pm and S–Z; 1:00 pm – 4:00 pm. On Wednesday, August 19 - D-H; 9:00 am – 12:00 pm. 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 be taken at a later date. More information can be found at [www.lfhs.org](http://www.lfhs.org). Books and fees can be paid with cash, check or Visa, Mastercard. Fees can be paid online at [www.lfhs.org](http://www.lfhs.org) at any time prior to Book Buy. Any remaining medical forms that have not be turned in to the Health Office by Aug 3, 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. All information regarding: Student Fees, Bus Registration, Book Buy Schedule, Book Buy Options can be found at [www.lfhs.org](http://www.lfhs.org). To provide additional information to Lake Forest families, Lake Forest High School is making available the list of book titles, index number (ISBN) and prices at [www.lfhs.org](http://www.lfhs.org). 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.

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 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).

August 20 is an Institute Day and there will be no school for students on that day.

Freshmen orientation will take place on Friday, August 21 at 7:50 am. Bus service will run for those receiving bus service. The day will end at 1:00pm. Freshmen Orientation is a unique opportunity for freshmen only to get to know the high school. Students will have the opportunity to find their lockers, work the combination lock, meet their counselor, dean, teachers and locate their classrooms as they run through their schedules. The shortened day enables students to hear from their teachers to prepare for Monday, August 24 which is the first day of school for all students. More detailed information about Freshmen orientation can be found at [www.lfhs.org](http://www.lfhs.org).

[Deadline for Senior Portraits to be included in Yearbook](#) is August 21. More information can be found at [www.lfhs.org](http://www.lfhs.org).

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. More information can be found at [www.lfhs.org](http://www.lfhs.org).

August 24 is the first day of school for all LFHS students.

Senior Directed One Acts Performance will take place on August 28 in the Raymond Moore Auditorium at 7:30 pm.

Junior/Senior Play "You Can't Take it With You" auditions will be on August 31. More information can be found at [www.lfhs.org](http://www.lfhs.org).

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).