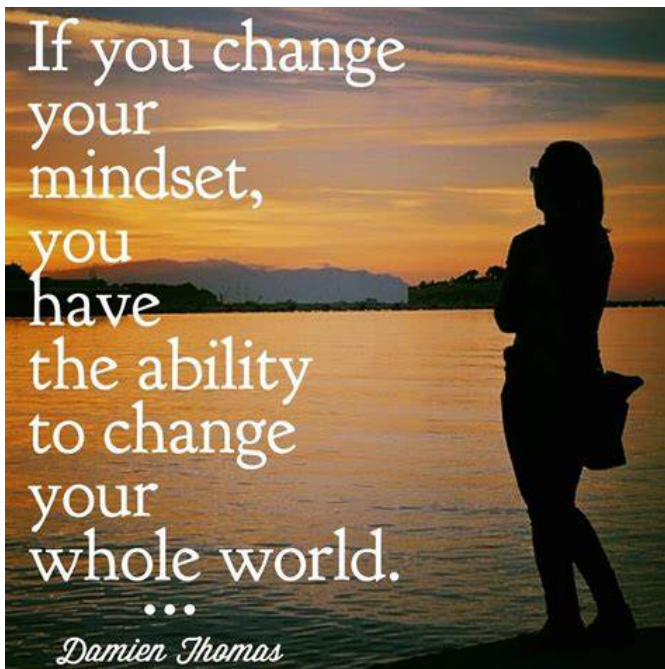


September 2021 Newsletter



ATHLETICS

- [Spartan Sports Page](#)
-Check the sports page to purchase Spartan apparel. Sale ends 9/30/2021.
- [September Calendar of Sporting Events](#)
- Check Spartan Sports Page for updates due to changes in sporting events



September 2021



CLUB INFORMATION

DRAMA

- **DRAMA MEETING IN AUDITORIUM FROM 3-4 PM ON SEPTEMBER 15.**

BAND

- **TOURNAMENT OF THE BANDS IS ON SAT. SEPTEMBER 25.**

FFA

- **MUM SALE ENDS ON SEPT. 10, PLEASE CONTACT AN FFA MEMBER OR ADVISOR IF YOU WOULD LIKE TO PURCHASE.**

FRENCH CLUB

- **FIRST FRENCH CLUB MEETING WILL BE IN EARLY SEPTEMBER....PLEASE LISTEN TO ANNOUNCEMENTS FOR INFORMATION.**

SPANISH CLUB

- **FIRST SPANISH CLUB MEETING ON SEPT. 7 IN ROOM 107 AT 2:35 PM**

BPA

- **FIRST BPA MEETING WILL BE THE SECOND WEEK OF SEPTEMBER....PLEASE LISTEN TO ANNOUNCEMENTS FOR INFORMATION.**

September 2021

LAKE FOREST AQUATICS CENTER

- [AQUATICS CALENDAR](#)

WELLNESS CENTER INFORMATION

Mental Health Corner

The new school year can be filled with anxiety, excitement and both sometimes. Be kind to yourself. It is okay to feel worried, struggle getting back into a routine, or apprehensive about what the school year holds. The good news is there are so many resources available to help you. First are your teachers. They are excited to see you back, and will be happy to get you going in the right direction. They also welcome positive conversations with parents/guardians for support. Next is our guidance/school counseling department. They are fully staffed and amazing resources for our students. Nurse Wise and the Wellness Center work together to make sure students get what they need and are happy to answer parent/guardian questions. Finally, we have so many clubs, activities, sports and social groups for students to join. It is proven that being involved in clubs, sports, and activities helps students be more successful in school, in moderation of course. This school year will be whatever you make of it. Just use your resources and don't be afraid to reach out for support as needed. I know I am proud of all the SPARTAN community offers.

REMINDERS OF IMPORTANT DATES

- **9/7/2021: LFHS OPEN HOUSE**
 - 6-7PM 9TH & 12TH
 - 7-8PM 10TH & 11TH
- **9/9 AND 9/10/2021: SENIOR PORTRAIT MAKE-UPS**
- **9/10/2021: DROP/ADD CLASSES CLOSES**
- **9/13/2021: LAST DAY TO SIGN UP FOR THE PSAT/NMSQT FOR JUNIORS. COST IS \$18 AND SIGN UP IS IN GUIDANCE.**
- **9/17/2021: No SCHOOL (STAFF DEVELOPMENT)**
- **9/27/2021: SENIOR PARENT NIGHT AT 6 PM**



