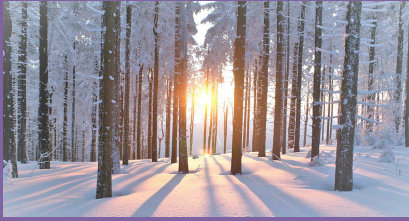


# February 2022



## Newsletter

### ATHLETICS

- [Spartan Sports Page](#)
- [February Sports Calendar](#)

- Check Spartan Sports Page for updates due to changes in sporting events



### Guidance Information

- 8th Grade Scheduling nights occur on Feb. 15 and Feb. 16 from 4 PM to 7 PM in the LFHS atrium

February 2022



### CLUB INFORMATION

#### FFA

- STRAWBERRY SALES ENDS ON FEB. 25; SEE AN FFA MEMBER TO ORDER
- NATIONAL FFA WEEK STARTS FEB. 20 TO FEB. 26

#### FCCLA

- STATE CONFERENCE STARTS FEB. 25 TO FEB. 26

#### SPANISH CLUB

- THE TRIP TO SPAIN HAS BEEN RESCHEDULED TO JUNE. TENTATIVE DEPARTURE IS JUNE 11, 2022.

#### TSA

- WEEKLY MEETINGS EVERY THURSDAY FROM 2:30 TO 3:30 PM

#### YEARBOOK

- YEARBOOK ADS ARE AVAILABLE FOR PURCHASE THROUGH FEBRUARY; USE THE LINK BELOW TO PURCHASE AN AD AND THE CODE 4784 TO ACCESS THE SITE

[YEARBOOK Ad PURCHASE LINK](#)

## LAKE FOREST AQUATICS CENTER

- [AQUATICS CALENDAR](#)

## REMINDERS OF IMPORTANT DATES

- **FEB 7–PARENT/TEACHER CONFERENCES FROM 12 PM TO 5 PM; OPEN HOUSE 5:30 PM TO 7 PM**
- **FEB. 9–PSCC MEETING AT 5 PM**
- **FEB. 15–8TH GRADE SCHEDULING NIGHT FROM 4 PM TO 7 PM**
- **FEB. 16–8TH GRADE SCHEDULING NIGHT FROM 4 PM TO 7 PM**
- **FEB. 16–BAND BOOSTERS MEETING AT 6:15 PM**
- **FEB. 18–INTERIMS**
- **FEB. 21–PRESIDENT’S DAY (NO SCHOOL)**
- **FEB. 25–AFRICAN AMERICAN HISTORY MONTH CELEBRATION AT 6 PM**
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## WELLNESS CENTER INFORMATION

Wellness Corner!

## Beating the winter blues

It's thought the winter blues, or seasonal affective disorder (SAD), affects around 5% of the population in the United States. Key symptoms:

- depression
- sleep problems
- lethargy
- overeating
- irritability
- feeling down and unsociable

According to Sue Pavlovich of the [Seasonal Affective Disorder Association \(SADA\)](#), these 10 tips could help. "Everyone's affected differently by SAD, so what works for one person won't for another," she says. "But there's usually something that will help, so don't give up if the first remedy you try doesn't work. Just keep trying."

1. Keep active
2. Get outside
3. Keep warm
4. Eat healthily
5. See the light
6. Take up a new hobby
7. See your friends and family
8. Talk it through
9. Join a support group
10. Seek help

