

## ****Principal's Corner****



Teachers have returned to campus this week, and we are working closely to prepare for the next stage of instruction with some students returning to campus while some remain at home.

I want to offer some insight into staffing and our organizational structure for this next step, and help you feel a little more informed should you receive notification that your child’s teacher is out for either a short period of time, or that there is a more long-term change.  I feel like this year may present a few more challenges in this respect, and I want you to know we have plans in place to manage this type of situation.

**Standard Practice:** The standard practice is for all teachers to lead classes from campus for both groups of students, in person and virtual, using the 90-minute instructional cycle we have used throughout this first grading cycle.

**Short-term Absences:** Any time a teacher has symptoms that may overlap with common symptoms of COVID-19, the teacher may be told to self-quarantine at home for 10-14 days.  This will likely mean that teachers who feel well, or who will feel well within a day or two, will be required to continue teaching from home for a short period of time.  In this type of circumstance, I would prefer to have our certified, regular teacher provide the instruction from home, rather than depend on an associate teacher who may not be proficient with the content or the delivery system for students in person and at home.  In-person students may be asked to stay in their neighborhood in such an event and work online with their teacher who will instruct all students remotely.

**Long-term Absences:** We also must plan for the event that a teacher cannot return because he or she, or a family member, needs care for a longer period of time.  In these events, we will begin looking for qualified candidates to hire.  Particularly during this pandemic, qualified candidates are becoming more difficult to find.  We have built the master schedule of courses so that most teachers have at least one other teacher assigned to the same course.  For instance, there are four teachers in 9th grade who teach Algebra 1 REC, Algebra 1 PIB, and Algebra 2 PIB.  We will use existing teachers who already teach the course to support when teachers are out for extended time periods to ensure no curriculum is missed.  With some students remaining virtual during this time, we do not have to worry about overcrowding a physical classroom.

Rest assured, our goal is to provide experienced teachers, delivering excellent instruction for all students.  We are standing at the ready to make that happen no matter the curves in the road ahead.

**Excused Absences**

As the grading cycle closes tomorrow, it is important that we have properly documented attendance.  Please review your child’s attendance record today.  Please provide an email to the neighborhood clerk for each day your child was marked absent and one of these things is true:

* My child was marked absent and he or she was sick at home
* My child was marked absent because our wifi was down.
* My child was marked absent because he or she had an issue with their laptop and we needed tech support.
* My child was marked absent and he or she had a doctor’s appointment.
* My child was marked absent, but we were participating in a religious holiday as noted on the interfaith calendar for 2020.
* My child was marked absent, but he or she was on an approved college tour.

**Neighborhood clerks listed below:**

9A & 9B           Ms. Guzman   [Mguzman5@houstonisd.org](mailto:Mguzman5@houstonisd.org)

9C & 9D           Ms. Chavez    [Jchavez7@houstonisd.org](mailto:Jchavez7@houstonisd.org)

10A & 10B       Ms. Lewis      [Sheila.Lewis@houstonisd.org](mailto:Sheila.Lewis@houstonisd.org)

10C & 10D       Ms. Forbes     [sforbes1@houstonisd.org](mailto:sforbes1@houstonisd.org)

11A & 11B        Ms. McCourt     [Melissa.McCourt@houstonisd.org](mailto:Melissa.McCourt@houstonisd.org)

11C & 11D        Ms. Ramirez     [pramirez@houstonisd.org](mailto:pramirez@houstonisd.org)

12A &12B         Ms. O'Banner   [tobanner@houstonisd.org](mailto:tobanner@houstonisd.org)

12C &12D         Mr. Osborne     [SOSBORNE@houstonisd.org](mailto:SOSBORNE@houstonisd.org%C2%A0)

## ****Highlighted Events****

* **Sat. Oct. 17th- Band Rehearsal (LHS) 10 am - 2 pm**
* **Sat. Oct. 17th- Virtual College Fair Part 2 (Online) 10 am - 12 noon**
* **Mon. Oct. 19th- Students Return to Campus/Face-to-Face Instruction**
* **Wed. Oct. 21st- Teacher Work Day/ NO SCHOOL**
* **Wed. Oct. 21st- College Corner Workshop (Online) 6 pm**
* **Fri. Oct. 23rd- Report Card Day**
* **Tues. Oct. 27th- SAT for 12th Graders (On Campus) @8:30 am**
* **Thurs. Oct. 29th- 11th Grade PSAT/NMSQT Testing (On Campus) @8:30 am**
* **Sat. Oct. 31st- Senior Trick or Treat Drive Through (Transit Center) 11 am - 1 pm**

## ****1-800-STUCO****

Hey Texans! We can't wait to see some of you back in person next week! Make sure you continue to wear your mask, social distance from others, and wash your hands often!

Seniors! If you haven't already please make sure you vote on the senior class masks.

Be sure to follow us on Instagram (@lamarstudentcouncil) and Twitter (@lamarstucoo). Feel free to email us any comments, questions, or concerns to [lamarstudentcouncil@gmail.com](mailto:lamarstudentcouncil@gmail.com). Go Texans!

## ****Helpful Tips****

**Not sure how to log in?  Check out our Technology website for videos and click sheets to help you get started.**

[https://sites.google.com/view/lamar-tech-help/home?authuser=0](http://track.spe.schoolmessenger.com/f/a/s0WFJWlC3YH3H-h2Voja9A~~/AAAAAQA~/RgRhagKrP0Q8aHR0cDovL3NpdGVzLmdvb2dsZS5jb20vdmlldy9sYW1hci10ZWNoLWhlbHAvaG9tZT9hdXRodXNlcj0wVwdzY2hvb2xtQgoARivPiF-ZddG_UhZETUVSTEFOQGhvdXN0b25pc2Qub3JnWAQAAAAB)

**Problems with your laptop or didn't pick up a laptop at Lamar?**

We have tech support on campus:

**-Monday, Wednesday, and Friday 9-11 AM in the Grand Hall**

**-Tuesday and Thursday 1-3 PM in the Grand Hall**

Please email [merlan@houstonisd.org](mailto:merlan@houstonisd.org) for assistance.

**Don't have access to wifi and need a hotspot?**

Email [Rachel.Rutledge@houstonisd.org](mailto:Rachel.Rutledge@houstonisd.org)

**Need help with something else?  Use your Advocacy Teacher to identify your Academic Dean or Assistant Principal and send them an email.**

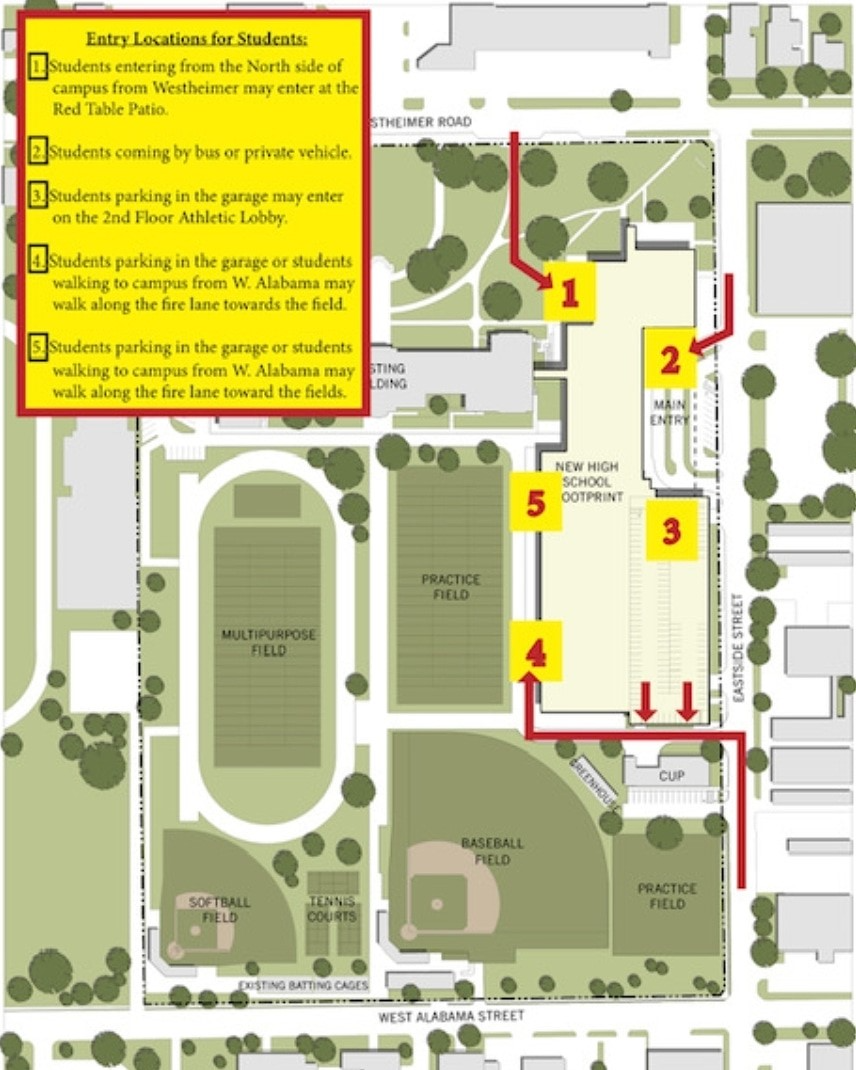
|  |  |
| --- | --- |
| If your Advocacy Teacher is … | Your Academic Dean is …  Your Assistant Principal is... |
| Mr. Arjon or Mr. A. Ryan | Mr. Jefferson  [pjeffer2@houstonisd.org](mailto:pjeffer2@houstonisd.org)  Dr. Cain  [rcain@houstonisd.org](mailto:rcain@houstonisd.org) |
| Ms. Argueta or Ms. Valle | Ms. Lawrence  [dlawren1@houstonisd.org](mailto:dlawren1@houstonisd.org)  Ms. King  [kking8@houstonisd.org](mailto:kking8@houstonisd.org) |
| Mr. Ross or Mr. Bajracharya/Ms. Langford | Ms. Kamla  [jkamla@houstonisd.org](mailto:jkamla@houstonisd.org)  Dr. Mosby  [gmosby@houstonisd.org](mailto:gmosby@houstonisd.org) |
| Mr. Rivera-Colon or Mr. Shalin | Ms. Ballard  [jballard@houstonisd.org](mailto:jballard@houstonisd.org)  Ms. Fernandez [mfernan7@houstonisd.org](mailto:mfernan7@houstonisd.org) |
| Mr. Sartor or Mr. Sarabia | Ms. Brooks  [fbrooks1@houstonisd.org](mailto:fbrooks1@houstonisd.org)  Ms. Mann [dmann1@houstonisd.org](mailto:dmann1@houstonisd.org) |
| Ms. Cobb or Mr. Firozi | Mr. Mahone [Erron.Mahone@houstonisd.org](mailto:Erron.Mahone@houstonisd.org)  Mr. Thompson [kthompso@houstonisd.org](mailto:kthompso@houstonisd.org) |
| Ms. Rancifer or Ms. Hicks | Ms. Pruitt  [cpruitt1@houstonisd.org](mailto:cpruitt1@houstonisd.org)  Ms. Pizana [mpizana@houstonisd.org](mailto:mpizana@houstonisd.org) |
| Mr. Mahendran or Ms. Wu | Ms. Quintero  [Monica.Quintero@houstonisd.org](mailto:Monica.Quintero@houstonisd.org)  Mr. Alaniz  [jalaniz1@houstonisd.org](mailto:jalaniz1@houstonisd.org) |

**BELL SCHEDULE:**

|  |  |
| --- | --- |
| 8:20 | First Bell |
| 8:30 | 1st/5th Period |
| 10:03 | Bell |
| 10:10 | 2nd/6th Period |
| 10:25 | ADA |
| 11:45 | Lunch |
| 12:15 | Student Support/Advisory/Club Meetings/Faculty Meetings |
| 12:48 | Bell |
| 12:55 | 3rd/7th Period |
| 2:28 | Bell |
| 2:35 | 4th Period |
| 4:10 | Dismissal |



**ENTRY LOCATIONS FOR STUDENTS:**



## ****College Corner****

Hi Texans!

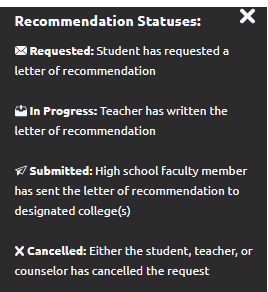
Over the weekend, Naviance made an update to their teacher and staff accounts. In doing so, this may have affected request for letters of recommendation.

We are asking all students to check the status of your request for letters of recommendation based on the information below:

**REQUESTED**- If Naviance says requested, that means that you have entered a request to your teacher. If you see this response, you need to **CANCEL** your request and submit another one.

**IN PROGRESS**- If Naviance says in progress, that means that your teacher has either started your request or was in the process of completing your request when the update happened. If you see this response, you need to **contact your teacher. They may need to load your LOR again for it to be sent out.**

**SUBMITTED**- If Naviance says submitted, then the request was fulfilled and sent to the university. If you see this response, you do not need to do anything. Your letter of recommendation is on file in Naviance.

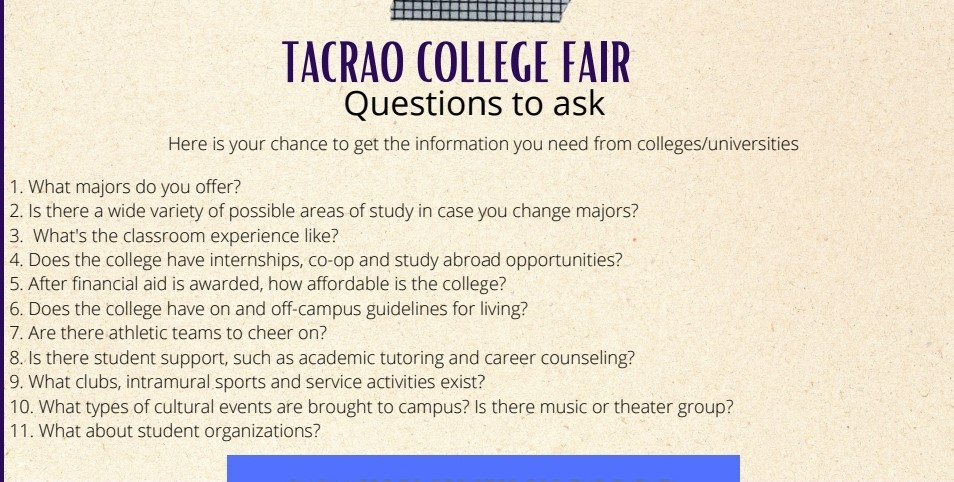


**PLEASE CHECK THIS BEFORE YOUR COLLEGE DEADLINE!** If you have deadlines of October 15th, please get this complete in the next 24 hours.

## ****Virtual College Night Part 2****

**Students have another opportunity to attend the College Fair!**  
**Go to:**[**https://falltacrao.swoogo.com/2020Virtual**](http://track.spe.schoolmessenger.com/f/a/A82NxA6ppk7dcVznAp0TMQ~~/AAAAAQA~/RgRhagKrP0QpaHR0cHM6Ly9mYWxsdGFjcmFvLnN3b29nby5jb20vMjAyMFZpcnR1YWxXB3NjaG9vbG1CCgBGK8-IX5l10b9SFkRNRVJMQU5AaG91c3RvbmlzZC5vcmdYBAAAAAE~)**to register.  
\*\*\*Make sure to turn off pop-up blockers on your computer so you can chat with college admissions advisors**





## ****SAT/PSAT Testing****

All 11th and 12th grade students (whether learning virtually or in-person) will be allowed to come to Lamar to take the PSAT/SAT for free on their assigned testing day.  Students are highly encouraged to take this test, but since these tests are only available in an in-person format,  students will not be required to participate in this testing.  If your child has not already notified us if they will be participating, please have them complete the questionnaire which can be found at  [https://forms.gle/Vj9nCGqPSaz472Di6](http://track.spe.schoolmessenger.com/f/a/UIDKDzzoDqIb-t_jbtlYbA~~/AAAAAQA~/RgRhagKrP0QjaHR0cHM6Ly9mb3Jtcy5nbGUvVmo5bkNHcVBTYXo0NzJEaTZXB3NjaG9vbG1CCgBGK8-IX5l10b9SFkRNRVJMQU5AaG91c3RvbmlzZC5vcmdYBAAAAAE~) Students must be logged into their HISD Google account to access the form. All responses must be received by the end of Friday, October 16.

Test Dates -

**Tuesday, October 27 (8:30 AM) – SAT for 12th graders**

**Thursday, October 29 (8:30 AM) – PSAT/MNSQT for 11th graders (This is the National Merit Scholarship Qualifying Test)**

**PSAT testing for 9th and 10th graders has been rescheduled for January/February 2021.**

All students coming to campus will be required to follow all safety procedures. Students’ temperatures will be taken upon entry and students must wear a mask throughout testing. Students must arrive by 8:30 AM and stay throughout the school day (4:10 PM). No late testing or make-ups will be given. Testing room assignments will be posted at each entry point and in each hallway for students to find out where they are testing. Students should bring their own #2 pencils, erasers, and approved calculator, if possible. Click [here](http://track.spe.schoolmessenger.com/f/a/xI2_scPtk08VFx06lKOogA~~/AAAAAQA~/RgRhagKrP0RPaHR0cHM6Ly9jb2xsZWdlcmVhZGluZXNzLmNvbGxlZ2Vib2FyZC5vcmcvc2F0L3Rha2luZy10aGUtdGVzdC9jYWxjdWxhdG9yLXBvbGljeVcHc2Nob29sbUIKAEYrz4hfmXXRv1IWRE1FUkxBTkBob3VzdG9uaXNkLm9yZ1gEAAAAAQ~~) to see a list of calculators approved by the College Board. Students will eat lunch once all testing is completed.

For more information about the PSAT and SAT, please visit the [College Board website](http://track.spe.schoolmessenger.com/f/a/-Vd4ZSx8of9t3rE2dOcuYA~~/AAAAAQA~/RgRhagKrP0QqaHR0cHM6Ly9jb2xsZWdlcmVhZGluZXNzLmNvbGxlZ2Vib2FyZC5vcmcvVwdzY2hvb2xtQgoARivPiF-ZddG_UhZETUVSTEFOQGhvdXN0b25pc2Qub3JnWAQAAAAB).  To help prepare, students are encouraged to complete practice on [Khan Academy's Official SAT Practice website](http://track.spe.schoolmessenger.com/f/a/J2wftbxjF0htPILkiWaO4Q~~/AAAAAQA~/RgRhagKrP0QfaHR0cHM6Ly93d3cua2hhbmFjYWRlbXkub3JnL3NhdFcHc2Nob29sbUIKAEYrz4hfmXXRv1IWRE1FUkxBTkBob3VzdG9uaXNkLm9yZ1gEAAAAAQ~~). When students connect their College Board account with Khan Academy a free personalized SAT test preparation plan is developed just for them. Students who use Khan Academy’s SAT practice average a 115 point increase on their SAT score, as well as qualify for scholarships from the College Board.

On Testing Days (October 27/29), only students who are testing and priority students will be allowed on campus. All other students will remain at home and participate in asynchronous lessons posted in the HUB.

## ****Curbside Pick-up - Final Call****

Student Parking Stickers and Pre-purchased Uniforms available for pick up

**Saturday October 17th, 8 am – 11 am**

**in the Lamar Transit Center on Eastside street**

Student identification cards will be needed to pick up the Lamar Parking Sticker.

Students who provided a Toll or EZ tag do not have to attend the Curbside pick up the sticker will be activated for use Monday October 19th.

Prepaid orders will be available for pick up by students in the School Store beginning **Monday October 19th 8 am until 2 pm.**

## ****Lamar FFA Booster Fundraiser- Charleston Wrap****

The Lamar FFA Booster is hosting a Charleston Wrap Fundraiser. Charleston Wrap is an online catalog that sells holiday wrapping and home goods. With over 1,500 items, there is something for everyone. Get your holiday shopping done early! There are even customizable items.

**Click:**[**Lamar FFA Booster Fundraiser- Charleston Wrap**](http://track.spe.schoolmessenger.com/f/a/NeKHXaxRX-1khYiBCss_9Q~~/AAAAAQA~/RgRhagKrP0T-aHR0cHM6Ly9zaG9wY2hhcmxlc3RvbndyYXAuY29tLz9zY2hvb2xOYW1lPVNjaG9vbCZzdHVkZW50MUlEPTIwMjkzMzAwMSZzdHVkZW50MUZOTT1TY2hvb2wmc3R1ZGVudDFMTk09Q3JlZGl0X09ubHkmc2Nob29sMUlEPTE5OTE1JnNjaG9vbDFOTT1MYW1hcl9GRkFfUGFyZW50X0Jvb3N0ZXImc2Nob29sMUNPPVVTQSZzY2hvb2wxU1Q9VGV4YXMmc2Nob29sMVNUU0U9MjAyMF8xMF8zMCZzY2hvb2wxU1RTWD0mc2Nob29sMUdSPV8mc2Nob29sMVRDPV9XB3NjaG9vbG1CCgBGK8-IX5l10b9SFkRNRVJMQU5AaG91c3RvbmlzZC5vcmdYBAAAAAE~)**to order today**

All proceeds benefit the Lamar FFA Show & Auction and the students of the Lamar FFA Organization.

For questions, email: [lamarffaparents@gmail.com](mailto:lamarffaparents@gmail.com)

## ****Lamar Vet & Animal Science T-Shirt Fundraiser****

The LHS Veterinary & Animal Science Program is fundraising for our incoming grooming clinic and supplies. All proceeds will benefit the students in the Small Animal Management, Vet Medical Applications, Advanced Animal Science, and Vet Practicum courses. We are hoping to be able to purchase 2 stainless steel dog washing systems for our NEW grooming clinic, grooming stands, and other useful items.

**Click:**[**Lamar Vet & Animal Science T-Shirt Fundraiser**](http://track.spe.schoolmessenger.com/f/a/1ws_qkowFXtkEDlAwgcv0A~~/AAAAAQA~/RgRhagKrP0Q1aHR0cHM6Ly93d3cuY3VzdG9taW5rLmNvbS9mdW5kcmFpc2luZy9sYW1hcnZldHNjaWVuY2VXB3NjaG9vbG1CCgBGK8-IX5l10b9SFkRNRVJMQU5AaG91c3RvbmlzZC5vcmdYBAAAAAE~)**to donate today.**

Students and Teachers can wear these approved spirit items on Fridays and other sanctioned spirit days. We can't wait to see your pride in our program! There are 6 different color/style options.

For questions, email: [einfante@houstonisd.org](mailto:einfante@houstonisd.org)

## ****Wrestling Fundraiser****

It’s Fundraiser Time!!

Wrestling is running their first fundraiser of the school year!

Please support them in trying to raise funds for new uniforms, warm up gear, travel bags, water bottles, head gear, and so much more.

**Donate at the link below.**

[**rallyaroundus.com/campaign/707**](http://track.spe.schoolmessenger.com/f/a/qB-XlPyJe9X0R7hlwSsj-w~~/AAAAAQA~/RgRhagKrP0QmaHR0cHM6Ly9yYWxseWFyb3VuZHVzLmNvbS9jYW1wYWlnbi83MDdXB3NjaG9vbG1CCgBGK8-IX5l10b9SFkRNRVJMQU5AaG91c3RvbmlzZC5vcmdYBAAAAAE~)

Lamar Wrestling Booster, Athletes & Coaches thank you for any support you all can offer us!!

## Tutorials

**Afternoon tutorials start October 19th.  Monday - Thursday 4:15PM - 5:45PM**

**TUTORIAL CHANNEL LINKS**

**Dr. Dang - Biology**

[https://teams.microsoft.com/l/channel/19%3a657de017e51c48d9a707659145e802f6%40thread.tacv2/Dr.%2520Dang%2520Biolgy?groupId=47b358bc-6a79-4d23-bb2f-0080731a4846&tenantId=f5eb9966-9336-4b33-8895-9982425b13ed](http://track.spe.schoolmessenger.com/f/a/qtf98ZvoxFYbp4rbze0SQA~~/AAAAAQA~/RgRhagKrP0TMaHR0cDovL3RlYW1zLm1pY3Jvc29mdC5jb20vbC9jaGFubmVsLzE5JTNhNjU3ZGUwMTdlNTFjNDhkOWE3MDc2NTkxNDVlODAyZjYlNDB0aHJlYWQudGFjdjIvRHIuJTI1MjBEYW5nJTI1MjBCaW9sZ3k_Z3JvdXBJZD00N2IzNThiYy02YTc5LTRkMjMtYmIyZi0wMDgwNzMxYTQ4NDYmdGVuYW50SWQ9ZjVlYjk5NjYtOTMzNi00YjMzLTg4OTUtOTk4MjQyNWIxM2VkVwdzY2hvb2xtQgoARivPiF-ZddG_UhZETUVSTEFOQGhvdXN0b25pc2Qub3JnWAQAAAAB)

**Mr. Bajracharya - Science**

[https://teams.microsoft.com/l/channel/19%3a2a15d301580e455196bf084bd58fd69e%40thread.tacv2/Mr.%2520Bajracharya%2520-%2520Science?groupId=47b358bc-6a79-4d23-bb2f-0080731a4846&tenantId=f5eb9966-9336-4b33-8895-9982425b13ed](http://track.spe.schoolmessenger.com/f/a/E4b4DvapgKtkhS66rgqMYA~~/AAAAAQA~/RgRhagKrP0TaaHR0cDovL3RlYW1zLm1pY3Jvc29mdC5jb20vbC9jaGFubmVsLzE5JTNhMmExNWQzMDE1ODBlNDU1MTk2YmYwODRiZDU4ZmQ2OWUlNDB0aHJlYWQudGFjdjIvTXIuJTI1MjBCYWpyYWNoYXJ5YSUyNTIwLSUyNTIwU2NpZW5jZT9ncm91cElkPTQ3YjM1OGJjLTZhNzktNGQyMy1iYjJmLTAwODA3MzFhNDg0NiZ0ZW5hbnRJZD1mNWViOTk2Ni05MzM2LTRiMzMtODg5NS05OTgyNDI1YjEzZWRXB3NjaG9vbG1CCgBGK8-IX5l10b9SFkRNRVJMQU5AaG91c3RvbmlzZC5vcmdYBAAAAAE~)

**Mr. Brown - SPED Math and Algebra**

[https://teams.microsoft.com/l/channel/19%3a78625c52e23b4d4f8ddb870956fcac9d%40thread.tacv2/Mr.%2520Brown%2520-%2520SPED%2520Math%2520and%2520Algebra?groupId=47b358bc-6a79-4d23-bb2f-0080731a4846&tenantId=f5eb9966-9336-4b33-8895-9982425b13ed](http://track.spe.schoolmessenger.com/f/a/ezFqnOlPDzN-3GPivTvkgA~~/AAAAAQA~/RgRhagKrP0TuaHR0cDovL3RlYW1zLm1pY3Jvc29mdC5jb20vbC9jaGFubmVsLzE5JTNhNzg2MjVjNTJlMjNiNGQ0ZjhkZGI4NzA5NTZmY2FjOWQlNDB0aHJlYWQudGFjdjIvTXIuJTI1MjBCcm93biUyNTIwLSUyNTIwU1BFRCUyNTIwTWF0aCUyNTIwYW5kJTI1MjBBbGdlYnJhP2dyb3VwSWQ9NDdiMzU4YmMtNmE3OS00ZDIzLWJiMmYtMDA4MDczMWE0ODQ2JnRlbmFudElkPWY1ZWI5OTY2LTkzMzYtNGIzMy04ODk1LTk5ODI0MjViMTNlZFcHc2Nob29sbUIKAEYrz4hfmXXRv1IWRE1FUkxBTkBob3VzdG9uaXNkLm9yZ1gEAAAAAQ~~)

**Mr. Fisher - English and TOK**

[https://teams.microsoft.com/l/channel/19%3adf09a9ce45c1428f82d8fd81b5b1797d%40thread.tacv2/Mr.%2520Fisher%2520English%2520-%2520TOK?groupId=47b358bc-6a79-4d23-bb2f-0080731a4846&tenantId=f5eb9966-9336-4b33-8895-9982425b13ed](http://track.spe.schoolmessenger.com/f/a/iuKJXpjyqDgDgwvZD-7yOQ~~/AAAAAQA~/RgRhagKrP0TdaHR0cDovL3RlYW1zLm1pY3Jvc29mdC5jb20vbC9jaGFubmVsLzE5JTNhZGYwOWE5Y2U0NWMxNDI4ZjgyZDhmZDgxYjViMTc5N2QlNDB0aHJlYWQudGFjdjIvTXIuJTI1MjBGaXNoZXIlMjUyMEVuZ2xpc2glMjUyMC0lMjUyMFRPSz9ncm91cElkPTQ3YjM1OGJjLTZhNzktNGQyMy1iYjJmLTAwODA3MzFhNDg0NiZ0ZW5hbnRJZD1mNWViOTk2Ni05MzM2LTRiMzMtODg5NS05OTgyNDI1YjEzZWRXB3NjaG9vbG1CCgBGK8-IX5l10b9SFkRNRVJMQU5AaG91c3RvbmlzZC5vcmdYBAAAAAE~)

**Ms. Mundy - Writing and Social Studies**

[https://teams.microsoft.com/l/channel/19%3a95759294c2bc4bdca3c119d284f7fa0a%40thread.tacv2/Ms.%2520Mundy%2520-%2520Writing%2520and%2520Social%2520Studies?groupId=47b358bc-6a79-4d23-bb2f-0080731a4846&tenantId=f5eb9966-9336-4b33-8895-9982425b13ed](http://track.spe.schoolmessenger.com/f/a/aJbqsU_2qwiPboW6rgXoeQ~~/AAAAAQA~/RgRhagKrP0TzaHR0cDovL3RlYW1zLm1pY3Jvc29mdC5jb20vbC9jaGFubmVsLzE5JTNhOTU3NTkyOTRjMmJjNGJkY2EzYzExOWQyODRmN2ZhMGElNDB0aHJlYWQudGFjdjIvTXMuJTI1MjBNdW5keSUyNTIwLSUyNTIwV3JpdGluZyUyNTIwYW5kJTI1MjBTb2NpYWwlMjUyMFN0dWRpZXM_Z3JvdXBJZD00N2IzNThiYy02YTc5LTRkMjMtYmIyZi0wMDgwNzMxYTQ4NDYmdGVuYW50SWQ9ZjVlYjk5NjYtOTMzNi00YjMzLTg4OTUtOTk4MjQyNWIxM2VkVwdzY2hvb2xtQgoARivPiF-ZddG_UhZETUVSTEFOQGhvdXN0b25pc2Qub3JnWAQAAAAB)

**Ms. Rancifer - Physics**

[https://teams.microsoft.com/l/channel/19%3a70469839488d4d13a3fbe9d75d4fb16a%40thread.tacv2/Ms.%2520Rancifer%2520-%2520Physics?groupId=47b358bc-6a79-4d23-bb2f-0080731a4846&tenantId=f5eb9966-9336-4b33-8895-9982425b13ed](http://track.spe.schoolmessenger.com/f/a/XH1bIQ6arLk2P7OwYEn4Sg~~/AAAAAQA~/RgRhagKrP0TXaHR0cDovL3RlYW1zLm1pY3Jvc29mdC5jb20vbC9jaGFubmVsLzE5JTNhNzA0Njk4Mzk0ODhkNGQxM2EzZmJlOWQ3NWQ0ZmIxNmElNDB0aHJlYWQudGFjdjIvTXMuJTI1MjBSYW5jaWZlciUyNTIwLSUyNTIwUGh5c2ljcz9ncm91cElkPTQ3YjM1OGJjLTZhNzktNGQyMy1iYjJmLTAwODA3MzFhNDg0NiZ0ZW5hbnRJZD1mNWViOTk2Ni05MzM2LTRiMzMtODg5NS05OTgyNDI1YjEzZWRXB3NjaG9vbG1CCgBGK8-IX5l10b9SFkRNRVJMQU5AaG91c3RvbmlzZC5vcmdYBAAAAAE~)

**Ms. Wu - Math**

[https://teams.microsoft.com/l/channel/19%3a8b7b074a4b5f472daf80da6121b4ab3e%40thread.tacv2/Ms.%2520Wu%2520Math?groupId=47b358bc-6a79-4d23-bb2f-0080731a4846&tenantId=f5eb9966-9336-4b33-8895-9982425b13ed](http://track.spe.schoolmessenger.com/f/a/0QKwsqlNedtMYyBce2NGaw~~/AAAAAQA~/RgRhagKrP0TIaHR0cDovL3RlYW1zLm1pY3Jvc29mdC5jb20vbC9jaGFubmVsLzE5JTNhOGI3YjA3NGE0YjVmNDcyZGFmODBkYTYxMjFiNGFiM2UlNDB0aHJlYWQudGFjdjIvTXMuJTI1MjBXdSUyNTIwTWF0aD9ncm91cElkPTQ3YjM1OGJjLTZhNzktNGQyMy1iYjJmLTAwODA3MzFhNDg0NiZ0ZW5hbnRJZD1mNWViOTk2Ni05MzM2LTRiMzMtODg5NS05OTgyNDI1YjEzZWRXB3NjaG9vbG1CCgBGK8-IX5l10b9SFkRNRVJMQU5AaG91c3RvbmlzZC5vcmdYBAAAAAE~)

**Ms. Zhang - Chemistry**

[https://teams.microsoft.com/l/channel/19%3a5db0de863beb45a39c4b6c22a68c53cd%40thread.tacv2/Ms.%2520Zhang%2520-%2520Chemistry?groupId=47b358bc-6a79-4d23-bb2f-0080731a4846&tenantId=f5eb9966-9336-4b33-8895-9982425b13ed](http://track.spe.schoolmessenger.com/f/a/fgO75uHAwRaEFVkPKMwdhw~~/AAAAAQA~/RgRhagKrP0TWaHR0cDovL3RlYW1zLm1pY3Jvc29mdC5jb20vbC9jaGFubmVsLzE5JTNhNWRiMGRlODYzYmViNDVhMzljNGI2YzIyYTY4YzUzY2QlNDB0aHJlYWQudGFjdjIvTXMuJTI1MjBaaGFuZyUyNTIwLSUyNTIwQ2hlbWlzdHJ5P2dyb3VwSWQ9NDdiMzU4YmMtNmE3OS00ZDIzLWJiMmYtMDA4MDczMWE0ODQ2JnRlbmFudElkPWY1ZWI5OTY2LTkzMzYtNGIzMy04ODk1LTk5ODI0MjViMTNlZFcHc2Nob29sbUIKAEYrz4hfmXXRv1IWRE1FUkxBTkBob3VzdG9uaXNkLm9yZ1gEAAAAAQ~~)

## Calling All Seniors!!!



**Come drive or bike through the Transit Center for a spooky Halloween treat. Prizes will be given for Best Car Costume, Best Bike Costume, Best Group Costume and Best Individual Costumes.**

**Upcoming Senior Dates:**

* **Senior Trick or Treat Through- Sat. Oct.31st (Transit Center) 11 am - 1pm**
* **Tentatively- Senior Movie Night- Wed. Nov. 11th (LHS) 6:30 pm**
* **Senior Theme Jeans Dress Day- Fri. Nov. 20th (LHS/Virtually) All Day**

## ****Communities in Schools****

We at Communities In Schools (CIS) understand that virtual learning can be difficult. We also recognize that there can be a lot of anxiety about what the next academic year has in store, including returning to campus for those who have selected in-person learning. CIS is here for you during remote learning and will continue to be here for you, whether you are learning from home or at the school, this year.

**Quick Tips for Managing Anxiety During COVID:**

* Gratitude: Try responding to anxious thoughts or starting and ending your day through reflecting on at least one thing you are grateful for.
* Mindfulness: Bring your attention to your surroundings, senses, and thoughts and embrace whatever comes up for you (i.e. feel your feelings!).
* Brain Dump: Grab a piece of paper and write down everything that comes up in your mind until you run out of things to write about. Tear, cut up, or crumple the paper when you are done and throw it away.
* Box Breathing: Slowly breathe in for 3 seconds, hold your breath for 3 seconds, slowly breathe out for 3 seconds, and hold your breath for 3 seconds. Repeat 3 times.
* Support: Reach out to family, friends, or CIS staff for additional support.

If a student needs support from CIS, you are welcome to contact Joe Hartsoe at [Joseph.Hartsoe@houstonisd.org](mailto:Joseph.Hartsoe@houstonisd.org) to make a referral and get more information. Our consent forms for CIS assistance can also be found in[English](http://track.spe.schoolmessenger.com/f/a/S5Zh-DSu_CYcsZlV7iVPIA~~/AAAAAQA~/RgRhagKrP0QzaHR0cHM6Ly93YWl2ZXIuc21hcnR3YWl2ZXIuY29tL3cvNWY0ZmM2M2U0YTNiOC93ZWIvVwdzY2hvb2xtQgoARivPiF-ZddG_UhZETUVSTEFOQGhvdXN0b25pc2Qub3JnWAQAAAAB) or in [Spanish](http://track.spe.schoolmessenger.com/f/a/ZZYDF2SOWE0OpnIJ14yB9g~~/AAAAAQA~/RgRhagKrP0QzaHR0cHM6Ly93YWl2ZXIuc21hcnR3YWl2ZXIuY29tL3cvNWY0ZmM2NDk4MGJjMC93ZWIvVwdzY2hvb2xtQgoARivPiF-ZddG_UhZETUVSTEFOQGhvdXN0b25pc2Qub3JnWAQAAAAB)

## ****Wraparound Information****

**2020-2021 Lamar HS WRAPAROUND RESOURCE SPECIALISTS ARE:**

Mrs. Gregory, who will oversee the 9th-10th graders (Special cases of 11th-12th Graders)

Office: 713-522-5960 EXT: 008156

Ms. Harris, who will oversee the 11th-12th graders (Some 9th-10th)

Office:713-522-5960 EXT: 008358

Click: [WRS-Media Flyer.docx](http://track.spe.schoolmessenger.com/f/a/IGhDeFVypcg9W8zQFPo34Q~~/AAAAAQA~/RgRhagKrP0R1aHR0cHM6Ly9tc2cuc2Nob29sbWVzc2VuZ2VyLmNvbS9tLz9zPXpTbEpLOVhMc2lrJm1hbD0yOTFmNzY1OWQ0Yjk3MTI5MDI5MTE2ZWVkZWI4Y2QzOGRkN2QyNzQ2NDViMzIxMGY2NDZhMWZmNzZjMDRjNGEzVwdzY2hvb2xtQgoARivPiF-ZddG_UhZETUVSTEFOQGhvdXN0b25pc2Qub3JnWAQAAAAB) for additional information.

## ****Lamar Life and Socials****

Hey Texans! Have you seen our new website?

Lamar Life has built a student-led online publication for all things Lamar!

**Keep up with the latest news with our NEW STORIES AND MORE at**[**www.lamarlife.org**](http://track.spe.schoolmessenger.com/f/a/K-a0Q51PobttHQY3dWH2NA~~/AAAAAQA~/RgRhagKrP0QYaHR0cDovL3d3dy5sYW1hcmxpZmUub3JnVwdzY2hvb2xtQgoARivPiF-ZddG_UhZETUVSTEFOQGhvdXN0b25pc2Qub3JnWAQAAAAB)**.**

**Follow our student-led social media platforms**

## ****An Inspirational Moment****

"Never a failure, always a lesson."

Author:  Unknown

