

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



It has been so nice to have some of our Texans back on campus this week.  There are many new guidelines in place, and our students have done a fantastic job of respecting the health and space of our teachers and their classmates.

Next week will be a whole new adventure with two testing days mixed in.  Please review the following information:

**Monday**

**Blue A Day**

On Campus: In-person students with last names beginning with A-L and students identified as priority

Remote Virtual: In-person students with last names beginning with M-Z and all virtual students

**Tuesday**

**Gray B Day**

On Campus: 12th Graders taking SAT and priority students

Remote Virtual: All 9th, 10th and 11th grade students

**Wednesday**

**Red A Day**

On Campus: In-person students with last names beginning with M-Z and all priority students

Remote Virtual: In-person students A-L and all virtual students

**Thursday**

**Gray B Day**

On Campus: All 11th graders taking PSAT and all priority kids

Remote Virtual: All 9th, 10th and 12th grade students

**Friday**

**Blue A Day**

On Campus: In-Person students with last names beginning with A-L and priority students

Remote Virtual: In-person students with last names beginning with M-Z and all virtual students

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

* **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**
* **Tues. Nov. 3rd- Election Day- NO SCHOOL/ Teacher Workday**
* **Wed. Nov. 4th- College Corner Workshop (Online) @ 6 pm**
* **Thurs. Nov. 5th- Virtual Texan Roundup (Online) 5:30 - 6:30 pm**
* **Wed. Nov. 11th- College Corner Workshop (Online) @ 6 pm**
* **Wed. Nov. 18th- College Corner Workshop (Online) @ 6 pm**

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

Hey Texans! It was so great to see some of y'all back on campus this week! Make sure you continue to be safe and social distance. Also, seniors make sure to vote on which mask design you want. 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!

## ****Appointments****

Please try to schedule all appointments for days when students are virtual to help us limit the number of people on campus during the day.  This is an important part of our Communicable Diseases Plan and is important in maintaining in-person as an option for students.

In the event of a true emergency, please call in advance to let the Welcome Center know you are coming to campus.  **Please remember that we cannot check out students during the lunch period 11:45-12:45 p.m., or during the last 30 minutes of the school day (3:40-4:10 p.m.)**

## ****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/vSNj45qekCH6bNLgNxY_qw~~/AAAAAQA~/RgRhc2CTP0Q8aHR0cDovL3NpdGVzLmdvb2dsZS5jb20vdmlldy9sYW1hci10ZWNoLWhlbHAvaG9tZT9hdXRodXNlcj0wVwdzY2hvb2xtQgoARhMtkl-fV8B9UhdESk9ORVMxM0Bob3VzdG9uaXNkLm9yZ1gEAAAAAQ~~)

**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**

**-Tech Support will not be available Tues. Oct. 27th & Thurs. Oct. 29th due to testing.**

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)

**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 )

**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 |

Click: [2020-2021 A-B School Calendar Sept - Nov 2020 -10-22-2020.pdf](http://track.spe.schoolmessenger.com/f/a/ISnmb18wjaLhHWxG7z7mhw~~/AAAAAQA~/RgRhc2CTP0R1aHR0cHM6Ly9tc2cuc2Nob29sbWVzc2VuZ2VyLmNvbS9tLz9zPVpmVnYwZjRnLVJJJm1hbD01YmFiMDZhNGZhNWQxZTY5ZDg5ZTI4Y2EyMzQxMWJhNDJiZWM5NzZkY2NlNjQxNWU3YmU0MzU3NmY1NjE4ZDk2VwdzY2hvb2xtQgoARhMtkl-fV8B9UhdESk9ORVMxM0Bob3VzdG9uaXNkLm9yZ1gEAAAAAQ~~) for the latest version of the A/B Calendar Sept. - Nov.

**Tutorials**

**Afternoon tutorials - Monday - Thursday 4:15PM - 5:45PM**

**TUTORIAL CHANNEL LINKS**

**Dr. Dang - Click:**[**Biology**](http://track.spe.schoolmessenger.com/f/a/mp0Z8bUMGMUfLpu90omdPw~~/AAAAAQA~/RgRhc2CTP0TMaHR0cDovL3RlYW1zLm1pY3Jvc29mdC5jb20vbC9jaGFubmVsLzE5JTNhNjU3ZGUwMTdlNTFjNDhkOWE3MDc2NTkxNDVlODAyZjYlNDB0aHJlYWQudGFjdjIvRHIuJTI1MjBEYW5nJTI1MjBCaW9sZ3k_Z3JvdXBJZD00N2IzNThiYy02YTc5LTRkMjMtYmIyZi0wMDgwNzMxYTQ4NDYmdGVuYW50SWQ9ZjVlYjk5NjYtOTMzNi00YjMzLTg4OTUtOTk4MjQyNWIxM2VkVwdzY2hvb2xtQgoARhMtkl-fV8B9UhdESk9ORVMxM0Bob3VzdG9uaXNkLm9yZ1gEAAAAAQ~~)

**Mr. Bajracharya - Click:**[**Science**](http://track.spe.schoolmessenger.com/f/a/uQyJ3y1LjSL8dV_W-EWhAA~~/AAAAAQA~/RgRhc2CTP0TbaHR0cHM6Ly90ZWFtcy5taWNyb3NvZnQuY29tL2wvY2hhbm5lbC8xOSUzYTJhMTVkMzAxNTgwZTQ1NTE5NmJmMDg0YmQ1OGZkNjllJTQwdGhyZWFkLnRhY3YyL01yLiUyNTIwQmFqcmFjaGFyeWElMjUyMC0lMjUyMFNjaWVuY2U_Z3JvdXBJZD00N2IzNThiYy02YTc5LTRkMjMtYmIyZi0wMDgwNzMxYTQ4NDYmdGVuYW50SWQ9ZjVlYjk5NjYtOTMzNi00YjMzLTg4OTUtOTk4MjQyNWIxM2VkVwdzY2hvb2xtQgoARhMtkl-fV8B9UhdESk9ORVMxM0Bob3VzdG9uaXNkLm9yZ1gEAAAAAQ~~)

**Mr. Brown - Click:**[**SPED Math and Algebra**](http://track.spe.schoolmessenger.com/f/a/vlaF_VsBWSsQEoe1D6gp0w~~/AAAAAQA~/RgRhc2CTP0TuaHR0cDovL3RlYW1zLm1pY3Jvc29mdC5jb20vbC9jaGFubmVsLzE5JTNhNzg2MjVjNTJlMjNiNGQ0ZjhkZGI4NzA5NTZmY2FjOWQlNDB0aHJlYWQudGFjdjIvTXIuJTI1MjBCcm93biUyNTIwLSUyNTIwU1BFRCUyNTIwTWF0aCUyNTIwYW5kJTI1MjBBbGdlYnJhP2dyb3VwSWQ9NDdiMzU4YmMtNmE3OS00ZDIzLWJiMmYtMDA4MDczMWE0ODQ2JnRlbmFudElkPWY1ZWI5OTY2LTkzMzYtNGIzMy04ODk1LTk5ODI0MjViMTNlZFcHc2Nob29sbUIKAEYTLZJfn1fAfVIXREpPTkVTMTNAaG91c3RvbmlzZC5vcmdYBAAAAAE~)

**Mr. Fisher - Click:** [**English and TOK**](http://track.spe.schoolmessenger.com/f/a/uSpOOhakms-ATxAfyhUsAw~~/AAAAAQA~/RgRhc2CTP0TdaHR0cDovL3RlYW1zLm1pY3Jvc29mdC5jb20vbC9jaGFubmVsLzE5JTNhZGYwOWE5Y2U0NWMxNDI4ZjgyZDhmZDgxYjViMTc5N2QlNDB0aHJlYWQudGFjdjIvTXIuJTI1MjBGaXNoZXIlMjUyMEVuZ2xpc2glMjUyMC0lMjUyMFRPSz9ncm91cElkPTQ3YjM1OGJjLTZhNzktNGQyMy1iYjJmLTAwODA3MzFhNDg0NiZ0ZW5hbnRJZD1mNWViOTk2Ni05MzM2LTRiMzMtODg5NS05OTgyNDI1YjEzZWRXB3NjaG9vbG1CCgBGEy2SX59XwH1SF0RKT05FUzEzQGhvdXN0b25pc2Qub3JnWAQAAAAB)

**Ms. Mundy - Click:**[**Writing and Social Studies**](http://track.spe.schoolmessenger.com/f/a/nyKKF9XMsk-SMJF6E6ngXQ~~/AAAAAQA~/RgRhc2CTP0TzaHR0cDovL3RlYW1zLm1pY3Jvc29mdC5jb20vbC9jaGFubmVsLzE5JTNhOTU3NTkyOTRjMmJjNGJkY2EzYzExOWQyODRmN2ZhMGElNDB0aHJlYWQudGFjdjIvTXMuJTI1MjBNdW5keSUyNTIwLSUyNTIwV3JpdGluZyUyNTIwYW5kJTI1MjBTb2NpYWwlMjUyMFN0dWRpZXM_Z3JvdXBJZD00N2IzNThiYy02YTc5LTRkMjMtYmIyZi0wMDgwNzMxYTQ4NDYmdGVuYW50SWQ9ZjVlYjk5NjYtOTMzNi00YjMzLTg4OTUtOTk4MjQyNWIxM2VkVwdzY2hvb2xtQgoARhMtkl-fV8B9UhdESk9ORVMxM0Bob3VzdG9uaXNkLm9yZ1gEAAAAAQ~~)

**Ms. Rancifer - Click:**[**Physics**](http://track.spe.schoolmessenger.com/f/a/5ytIGrn41ZkhEbbAocSPVQ~~/AAAAAQA~/RgRhc2CTP0TXaHR0cDovL3RlYW1zLm1pY3Jvc29mdC5jb20vbC9jaGFubmVsLzE5JTNhNzA0Njk4Mzk0ODhkNGQxM2EzZmJlOWQ3NWQ0ZmIxNmElNDB0aHJlYWQudGFjdjIvTXMuJTI1MjBSYW5jaWZlciUyNTIwLSUyNTIwUGh5c2ljcz9ncm91cElkPTQ3YjM1OGJjLTZhNzktNGQyMy1iYjJmLTAwODA3MzFhNDg0NiZ0ZW5hbnRJZD1mNWViOTk2Ni05MzM2LTRiMzMtODg5NS05OTgyNDI1YjEzZWRXB3NjaG9vbG1CCgBGEy2SX59XwH1SF0RKT05FUzEzQGhvdXN0b25pc2Qub3JnWAQAAAAB)

**Ms. Wu - Click:**[**Math**](http://track.spe.schoolmessenger.com/f/a/J3ebB6PlICafR1FwpQ1hwQ~~/AAAAAQA~/RgRhc2CTP0TIaHR0cDovL3RlYW1zLm1pY3Jvc29mdC5jb20vbC9jaGFubmVsLzE5JTNhOGI3YjA3NGE0YjVmNDcyZGFmODBkYTYxMjFiNGFiM2UlNDB0aHJlYWQudGFjdjIvTXMuJTI1MjBXdSUyNTIwTWF0aD9ncm91cElkPTQ3YjM1OGJjLTZhNzktNGQyMy1iYjJmLTAwODA3MzFhNDg0NiZ0ZW5hbnRJZD1mNWViOTk2Ni05MzM2LTRiMzMtODg5NS05OTgyNDI1YjEzZWRXB3NjaG9vbG1CCgBGEy2SX59XwH1SF0RKT05FUzEzQGhvdXN0b25pc2Qub3JnWAQAAAAB)

**Ms. Zhang - Click:** [**Chemistry**](http://track.spe.schoolmessenger.com/f/a/inv0ImrImt44NC8xvtAwlw~~/AAAAAQA~/RgRhc2CTP0TWaHR0cDovL3RlYW1zLm1pY3Jvc29mdC5jb20vbC9jaGFubmVsLzE5JTNhNWRiMGRlODYzYmViNDVhMzljNGI2YzIyYTY4YzUzY2QlNDB0aHJlYWQudGFjdjIvTXMuJTI1MjBaaGFuZyUyNTIwLSUyNTIwQ2hlbWlzdHJ5P2dyb3VwSWQ9NDdiMzU4YmMtNmE3OS00ZDIzLWJiMmYtMDA4MDczMWE0ODQ2JnRlbmFudElkPWY1ZWI5OTY2LTkzMzYtNGIzMy04ODk1LTk5ODI0MjViMTNlZFcHc2Nob29sbUIKAEYTLZJfn1fAfVIXREpPTkVTMTNAaG91c3RvbmlzZC5vcmdYBAAAAAE~)

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

**Schedule Change – Tuesday and Thursday**

**Tuesday, October 27 and Thursday, October 29 are Testing Days**. On these two days the students who are testing and priority students will come to campus. All other students will learn remotely. **On Tuesday, only the 12th graders** **who are taking the SAT and the priority students will come to campus.** **On Thursday, only the 11th graders who are taking the PSAT and the priority students will come  to campus.** As students arrive on campus, lists will be posted by each entry point where students should report. It is important for all students not testing to submit their assignments in the HUB on Tuesday and Thursday in order to be counted present. All teachers will be helping with testing at various times, but there will be asynchronous lessons posted in the HUB for all classes. Students present for testing will be excused from the assignments assigned on their test day.

Tuesday 10/27 – 12th grade SAT starts at 8:30 AM (approximately 5 hours)

Thursday 10/29 – 11th grade PSAT starts at 8:30 AM (approximately 6 hours)

**SAT and PSAT Updates**

On Tuesday, October 27, the Seniors will have an opportunity to take the SAT. Juniors will have an opportunity to take the PSAT/NMSQT on Thursday, October 29. All students (both virtual and in-person) have been registered to take these tests free of charge. The SAT/PSAT are not required, however our students are encouraged to take these tests for college admissions and scholarship opportunities. All students who are testing must arrive on campus by 8:30 AM. It is important that students are on time. Students arriving late will not be allowed to test. This will be the only opportunity to test for free this fall. There will be no make-up exams. All students coming to campus should be in the Lamar relaxed dress code and must wear a mask through-out testing. Students should bring two #2 pencils and if possible, an approved calculator. A list of calculators approved by the College Board can be found [here](http://track.spe.schoolmessenger.com/f/a/M-kepB6Dmwh9K0C1BTJETw~~/AAAAAQA~/RgRhc2CTP0R1aHR0cHM6Ly9jb2xsZWdlcmVhZGluZXNzLmNvbGxlZ2Vib2FyZC5vcmcvcHNhdC1ubXNxdC1wc2F0LTEwL3Rha2luZy10aGUtdGVzdHMvdGVzdC1kYXktY2hlY2tsaXN0L2FwcHJvdmVkLWNhbGN1bGF0b3JzVwdzY2hvb2xtQgoARhMtkl-fV8B9UhdESk9ORVMxM0Bob3VzdG9uaXNkLm9yZ1gEAAAAAQ~~).  Calculators will also be available to borrow. Students will have lunch following testing. Since lunch will be later than normal, students are allowed to bring a water bottle and snack into the testing room, but are only allowed to eat during the scheduled 5 minute breaks. Virtual students will be allowed to leave campus when all students have been released to go to lunch. In-person students will remain on campus until 4:10 PM. For additional helpful hints about taking the SAT/PSAT, please visit the College Board at  [https://collegereadiness.collegeboard.org/sat/taking-the-test/test-day-checklist](http://track.spe.schoolmessenger.com/f/a/176_AMQSSX9p0CjDeQuvJw~~/AAAAAQA~/RgRhc2CTP0RQaHR0cHM6Ly9jb2xsZWdlcmVhZGluZXNzLmNvbGxlZ2Vib2FyZC5vcmcvc2F0L3Rha2luZy10aGUtdGVzdC90ZXN0LWRheS1jaGVja2xpc3RXB3NjaG9vbG1CCgBGEy2SX59XwH1SF0RKT05FUzEzQGhvdXN0b25pc2Qub3JnWAQAAAAB)

## ****A Message from Grad Lab****

Dear Students,

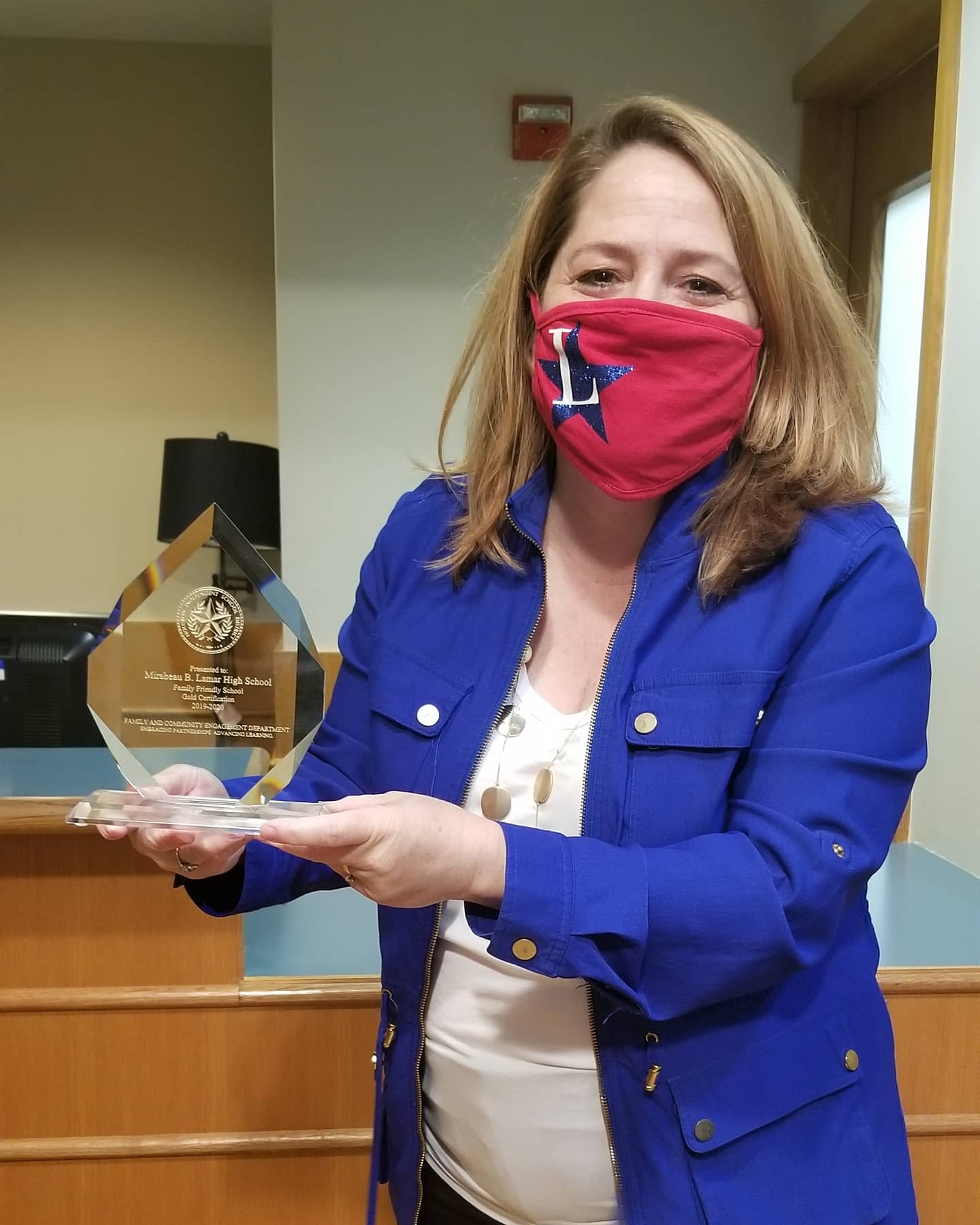
My name is Mr. Lozano, and I coordinate the Grad Lab at Lamar.

**If you have any period “99” classes on your schedule, please make sure that you contact me.  My email is** [**mlozan10@houstonisd.org**](mailto:mlozan10@houstonisd.org)**.**

**All classes listed must be completed on your own time before the end of this school year.  If not completed this school year, the class history will be erased – and you will have to start from the beginning.  The courses are crucial to getting back on track towards graduation.  Please use this link for details:**  [https://www.houstonisd.org/Page/184950](http://track.spe.schoolmessenger.com/f/a/cowE1MRK-zn5UbLsICGhjg~~/AAAAAQA~/RgRhc2CTP0QmaHR0cHM6Ly93d3cuaG91c3RvbmlzZC5vcmcvUGFnZS8xODQ5NTBXB3NjaG9vbG1CCgBGEy2SX59XwH1SF0RKT05FUzEzQGhvdXN0b25pc2Qub3JnWAQAAAAB).

## ****Family Friendly School 2019 - 2020 Gold Certified!****

Congratulations faculty and staff!  You did it!  Lamar has been recognized by the Houston Independent School District as a family friendly school!  Keep up the good work and remain Lamar proud!



## ****PTO News****

**National Principals Month**

Principals across the nation work hard to provide the best education and leadership possible. Let's show Principal Rita Graves how much we appreciate her by participating in one of the activities below:

**\*Send Mrs. Graves an e-card expressing your appreciation.**

[https://www.principalsmonth.org/e-cards/](http://track.spe.schoolmessenger.com/f/a/CePyrYEpqmEyXQQXJ0xuJQ~~/AAAAAQA~/RgRhc2CTP0QoaHR0cHM6Ly93d3cucHJpbmNpcGFsc21vbnRoLm9yZy9lLWNhcmRzL1cHc2Nob29sbUIKAEYTLZJfn1fAfVIXREpPTkVTMTNAaG91c3RvbmlzZC5vcmdYBAAAAAE~)

**Principal Graves Email:** [Rgraves1@gmails.com](mailto:Rgraves1@gmails.com)

**\*Make a contribution to the PTO Big & Bright Campaign in honor of Principal Graves and include a personal message. Your message will be shared with Principal Graves and your contribution will benefit Lamar students and staff.**

[https://](http://track.spe.schoolmessenger.com/f/a/mtb-FimrdSl1f7JMZdm3pg~~/AAAAAQA~/RgRhc2CTP0QwaHR0cHM6Ly9sYW1hcnB0by53dWZvby5jb20vZm9ybXMveGIwaDlsZTA4OXF2bGovVwdzY2hvb2xtQgoARhMtkl-fV8B9UhdESk9ORVMxM0Bob3VzdG9uaXNkLm9yZ1gEAAAAAQ~~)[lamarpto.wufoo.com/forms/xb0h9le089qvlj/](http://track.spe.schoolmessenger.com/f/a/old-_FtB9uJPPtJICW9RBw~~/AAAAAQA~/RgRhc2CTP0QvaHR0cDovL2xhbWFycHRvLnd1Zm9vLmNvbS9mb3Jtcy94YjBoOWxlMDg5cXZsai9XB3NjaG9vbG1CCgBGEy2SX59XwH1SF0RKT05FUzEzQGhvdXN0b25pc2Qub3JnWAQAAAAB)

**\*Make a contribution to the Lamar Wraparound Services closet, The Alamo, in honor of Principal Graves to benefit Lamar students in need.  The list of items donated on her behalf along with the names of the donors will be shared with Principal Graves.**

[https:/](http://track.spe.schoolmessenger.com/f/a/DsvyK6VL0bYm2i-EPHRj5Q~~/AAAAAQA~/RgRhc2CTP0QxaHR0cHM6Ly9sYW1hcnB0by53dWZvby5jb20vZm9ybXMvejFyZnYwYWQwbDhhYXFuL1cHc2Nob29sbUIKAEYTLZJfn1fAfVIXREpPTkVTMTNAaG91c3RvbmlzZC5vcmdYBAAAAAE~)[lamarpto.wufoo.com/forms/z1rfv0ad0l8aaqn/](http://track.spe.schoolmessenger.com/f/a/Z0Vrj2FIBYLRMlxvNGbQYQ~~/AAAAAQA~/RgRhc2CTP0QwaHR0cDovL2xhbWFycHRvLnd1Zm9vLmNvbS9mb3Jtcy96MXJmdjBhZDBsOGFhcW4vVwdzY2hvb2xtQgoARhMtkl-fV8B9UhdESk9ORVMxM0Bob3VzdG9uaXNkLm9yZ1gEAAAAAQ~~)

**College Workshop Wednesdays**

Lamar PTO and College Corner are hosting FREE College Workshop Wednesday virtual seminars. Mark your calendars and plan to attend these upcoming presentations.

**November 11th** College Dreams will present on **Financial Aid - FAFSA and CSS profile**

**November 18th** Great Expectations will present on **Testing Strategies**

## ****Jersey Day****

Show your support for LHS football by participating in Jersey Day!

**When: Friday, October 23rd**

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**Send your jersey photos to** [**djones13@houstonisd.org**](mailto:djones13@houstonisd.org)**for social media postings.**

## ****Lamar vs Bellaire****

**When: Saturday, October 24th**

**Time: 2:00 pm**

**Where: Delmar Stadium**

**Join Us Virtually:**[**https://youtu.be/EV\_zwyo\_hNo**](http://track.spe.schoolmessenger.com/f/a/hFv4aF62Kv9tvEotPUMpJg~~/AAAAAQA~/RgRhc2CTP0QcaHR0cHM6Ly95b3V0dS5iZS9FVl96d3lvX2hOb1cHc2Nob29sbUIKAEYTLZJfn1fAfVIXREpPTkVTMTNAaG91c3RvbmlzZC5vcmdYBAAAAAE~)

**Participation:  Show your virtual support by sending your photos to** [**djones13@houstonisd.org**](mailto:djones13@houstonisd.org) **for social media postings**



**Please see links for this week's games:**

**Lamar Varsity Football vs Bellaire**-Saturday 10/24th @ Delmar (Note location change)

[https://youtu.be/EV\_zwyo\_hNo](http://track.spe.schoolmessenger.com/f/a/hFv4aF62Kv9tvEotPUMpJg~~/AAAAAQA~/RgRhc2CTP0QcaHR0cHM6Ly95b3V0dS5iZS9FVl96d3lvX2hOb1cHc2Nob29sbUIKAEYTLZJfn1fAfVIXREpPTkVTMTNAaG91c3RvbmlzZC5vcmdYBAAAAAE~)

## ****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/hvMbeCjfxRt_gFA3bu8--g~~/AAAAAQA~/RgRhc2CTP0T-aHR0cHM6Ly9zaG9wY2hhcmxlc3RvbndyYXAuY29tLz9zY2hvb2xOYW1lPVNjaG9vbCZzdHVkZW50MUlEPTIwMjkzMzAwMSZzdHVkZW50MUZOTT1TY2hvb2wmc3R1ZGVudDFMTk09Q3JlZGl0X09ubHkmc2Nob29sMUlEPTE5OTE1JnNjaG9vbDFOTT1MYW1hcl9GRkFfUGFyZW50X0Jvb3N0ZXImc2Nob29sMUNPPVVTQSZzY2hvb2wxU1Q9VGV4YXMmc2Nob29sMVNUU0U9MjAyMF8xMF8zMCZzY2hvb2wxU1RTWD0mc2Nob29sMUdSPV8mc2Nob29sMVRDPV9XB3NjaG9vbG1CCgBGEy2SX59XwH1SF0RKT05FUzEzQGhvdXN0b25pc2Qub3JnWAQAAAAB)**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/qn944_Pxow33D9hWIwlgmw~~/AAAAAQA~/RgRhc2CTP0Q0aHR0cDovL0xhbWFyIFZldCAmIEFuaW1hbCBTY2llbmNlIFQtU2hpcnQgRnVuZHJhaXNlclcHc2Nob29sbUIKAEYTLZJfn1fAfVIXREpPTkVTMTNAaG91c3RvbmlzZC5vcmdYBAAAAAE~)**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/aUOli7Dvk2FW77vwMfSA1g~~/AAAAAQA~/RgRhc2CTP0QlaHR0cDovL3JhbGx5YXJvdW5kdXMuY29tL2NhbXBhaWduLzcwN1cHc2Nob29sbUIKAEYTLZJfn1fAfVIXREpPTkVTMTNAaG91c3RvbmlzZC5vcmdYBAAAAAE~)

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

## ****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**

**Class of 2021 Senior Dues**

**Click:**[SENIOR FEES INFORMATION FLYER.pdf](http://track.spe.schoolmessenger.com/f/a/pC-5wesCyOiHjyTBnUgfdg~~/AAAAAQA~/RgRhc2CTP0R1aHR0cHM6Ly9tc2cuc2Nob29sbWVzc2VuZ2VyLmNvbS9tLz9zPVpmVnYwZjRnLVJJJm1hbD05ODg0ZTBmNDhmOWU4OGZhODlhZDYzZDY5NjhmZmIxMjYwMGYwNDViMzhiNWFiMzFmOTU3YWM0M2NlMTNhNmY3VwdzY2hvb2xtQgoARhMtkl-fV8B9UhdESk9ORVMxM0Bob3VzdG9uaXNkLm9yZ1gEAAAAAQ~~) for further details.

## ****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/MIenLKBY1qa7IGSetlhqig~~/AAAAAQA~/RgRhc2CTP0QzaHR0cHM6Ly93YWl2ZXIuc21hcnR3YWl2ZXIuY29tL3cvNWY0ZmM2M2U0YTNiOC93ZWIvVwdzY2hvb2xtQgoARhMtkl-fV8B9UhdESk9ORVMxM0Bob3VzdG9uaXNkLm9yZ1gEAAAAAQ~~) or in [Spanish](http://track.spe.schoolmessenger.com/f/a/8zBQIoWorf06uvniHad8_A~~/AAAAAQA~/RgRhc2CTP0QyaHR0cDovL3dhaXZlci5zbWFydHdhaXZlci5jb20vdy81ZjRmYzY0OTgwYmMwL3dlYi9XB3NjaG9vbG1CCgBGEy2SX59XwH1SF0RKT05FUzEzQGhvdXN0b25pc2Qub3JnWAQAAAAB)

## ****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/55p0ijVohwodLRg2t_4Dkg~~/AAAAAQA~/RgRhc2CTP0R1aHR0cHM6Ly9tc2cuc2Nob29sbWVzc2VuZ2VyLmNvbS9tLz9zPVpmVnYwZjRnLVJJJm1hbD03MjczNzU1ZjMwZTgxOTE1MzhmMjgzYjdlYTU5MzEzMGRiYjllZmJiOTlkZjQzNDVkZDcyOTA2YjNkN2RkZjQyVwdzY2hvb2xtQgoARhMtkl-fV8B9UhdESk9ORVMxM0Bob3VzdG9uaXNkLm9yZ1gEAAAAAQ~~) 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/v_Y8H1emUXP0fBNcdd3_OQ~~/AAAAAQA~/RgRhc2CTP0QUaHR0cDovL2xhbWFybGlmZS5vcmdXB3NjaG9vbG1CCgBGEy2SX59XwH1SF0RKT05FUzEzQGhvdXN0b25pc2Qub3JnWAQAAAAB)**.**

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

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

"Doubt kills more dreams than failure ever will."

Author:  Karim Seddiki

