

LHS Update - January 28, 2022

Good Afternoon,

It looks like we are in for a pretty good weekend snowstorm. I hope everyone stays safe and can enjoy the snow. Quarter 2 ended on Monday, January 28. Although grades have closed, final quarter two grades for the high school will be available next week.

LHS Administration will be contacting students and families of seniors whose grades indicate they may be in jeopardy of not graduating in the spring. The earlier identification of a student possibly not graduating may be helpful in pulling the students grades up.

Here are some positive things happening in our schools:

Parent Survey

Dear Lunenburg High School Parent/ Guardian,

As part of our relationship with the National School Climate Center (NSCC), we are asking all parents/ guardians to complete the Comprehensive School Climate Inventory (CSCI) survey. Different versions of the survey will be given to students and staff, which will allow us to hear from every single member of our school community.

The survey is designed to assess perceptions of school climate, including feelings about safety, relationships, learning, the environment, and communication within the school. The survey should take approximately 20 minutes to complete. Your feedback is important to helping LHS understand and improve the specific climate issues in our school. All responses are anonymous. There are no names or other personally identifying information attached to the survey. Furthermore, results will not be disaggregated for sub-groups with ten or fewer constituents in order to protect their confidentiality. (Please click on the link below to fill out the survey, if you have any questions please e mail ascott@lunenburgonline.copm

All surveys must be completed no later than Wednesday, February 2, 2022.

NSCC will compile all of the results and conduct a thorough data analysis. When this process is completed, NSCC will send us a detailed report with our results. These findings will be analyzed by the school's representative leadership team and will be used to inform future school planning initiatives. We plan to hold a community meeting to discuss the results when the report is received. We will provide more information about this meeting and hope you will join us in this effort to make our school an even better place to learn. Thank you for your help!

[Parent Survey](#)

A Message to seniors from Mrs. Cooney, Administrative Secretary, LHS

Attention Seniors:

I will be ordering diplomas on February 11th. I ask that you please log in to PowerSchool and double-check that the information that we have is 100% accurate as this is where I pull the information for the diploma. I will need to know as soon as possible if there is a spelling correction needed to be made, if you would like to omit the Middle name from the diploma or if we should be adding a suffix to the name. (EX. Carl Smith Jr., Carl Smith III) Please let me know if you have any questions. Tina Cooney tcooney@lunenburgonline.com

Breakfast and lunch menus for February

[Breakfast February 2022.doc](#)

[Lunch February 2022.doc](#)

Small Group Supports at Lunenburg High School

Beginning in March, the school counselors and clinical social worker will begin running tier 2 groups targeted for students struggling with mental health related symptoms. Groups will meet once a week for 10 weeks utilizing the evidence based TRAILS to Wellness curriculum. TRAILS skill building sessions are grounded in Cognitive Behavioral Therapy (CBT) and mindfulness and are designed to equip students with tools to reduce their symptoms of anxiety and depression. For questions and referrals, please reach out directly to Jamie Millett, LICSW (LPS Behavioral Health Coordinator/LHS Clinical Social Worker) via email jmillett@lunenburgonline.com

Reminder to seniors

It is time to order your cap and gown. All orders can be made at the Balfour website. The price of the cap and gown is \$29.00 which includes everything. If you would like to order an extra tassel the cost is an additional \$5.00. All payments can be made on the website. The deadline for ordering is January 21st. Please get your orders in as soon as possible. Please email Mrs. Cooney if you have any questions.

tcooney@lunenburgonline.com

<http://www.buildagrad.com/lunenburghs>

Athletics

Basketball: Girls MS	01/31/2022 2	4:00pm	Murdock	Lunenburg High School
Basketball: Boys MS	01/31/2022 2	5:00pm	Murdock	Lunenburg High School

Ice Hockey: Boys Varsity	01/31/202 2	7:00pm	Dracut	Tsongas Arena
Basketball: Girls JV	02/01/202 2	5:30pm	Quabbin Regional High School	Quabbin Regional High School
Basketball: Boys JV	02/01/202 2	5:30pm	Quabbin Regional High School	Lunenburg High School
Basketball: Boys Varsity	02/01/202 2	7:00pm	Quabbin Regional High School	Lunenburg High School
Basketball: Girls Varsity	02/01/202 2	7:00pm	Quabbin Regional High School	Quabbin Regional High School
Ice Hockey: Boys Varsity	02/02/202 2	5:30pm	Gardner High School	Wallace Civic Center
Basketball: Girls MS	02/03/202 2	4:00pm	Quabbin Regional Middle School	Quabbin Regional High School
Basketball: Boys MS	02/03/202 2	5:00pm	Quabbin Regional Middle School	Quabbin Regional High School
Alpine Ski: Varsity	02/03/202 2	3:00pm	Race	Nashoba Valley Ski Area
Indoor Track: Girls Varsity	02/04/202 2	5:00pm	League Meet	Fitchburg High School
Indoor Track: Boys Varsity	02/04/202 2	5:00pm	League Meet	Fitchburg High School
Basketball: Girls JV	02/04/202 2	5:30pm	Littleton	Littleton High School

Basketball: Boys JV	02/04/2022 2	5:30pm	Littleton	Lunenburg High School
Basketball: Girls Varsity	02/04/2022 2	7:00pm	Littleton	Littleton High School
Basketball: Boys Varsity	02/04/2022 2	7:00pm	Littleton	Lunenburg High School
Ice Hockey: Boys Varsity	02/05/2022 2	4:00pm	Ludlow	Wallace Civic Center

Spectator Change

January 26, 2022

Re: Winter Sport Spectators Update

The Midland-Wachusett League met to re-evaluate the spectator limitations that were put in place at the beginning of January due to the surge of COVID-19 cases. As of January 28, 2022, all spectator restrictions voted on by the League for competitions are lifted. Individual schools may still have restrictions based on local rules. If visitors are restricted in any facility, that information will be sent to the visiting school.

While we are excited to welcome all fans back to our facilities, we ask that you please keep the following in mind: All mask mandates per the Department of Elementary and Secondary Education (DESE), the Massachusetts Interscholastic Athletic Association (MIAA), and local health departments will remain in effect and strict adherence to these mandates will be strictly enforced.

- All student-athletes, coaches, officials, and spectators must wear a properly fitting mask that covers the nose and mouth.
- Fan attending contests are encouraged to cheer loudly for THEIR team. Unsportsmanlike behavior towards opposing teams and officials will not be tolerated.
- The spectator policy for swimming and indoor track league events remains status quo. No fans at league indoor track meets and swim meets are on a case-by-case basis.

As the season progresses, the league will continue to monitor the COVID positivity rate and make adjustments to spectator policies as needed.

Thank you for your understanding and cooperation.

The Midland-Wachusett League Principals and Athletic Directors

Yearbook Info

Yearbook ordering is still available online. If you would like personalization on the cover (name-stamps and icons), this feature is only available until January 27. Please follow this link to order:

<http://jostensyearbooks.com/?REF=A03488600>

Senior Families! We are looking for pictures of your student from grade school years (PK-6) to include in the Yearbook. This is not the Yearbook recognition ads, but a page of 'little seniors' and we need your help! Any pictures submitted will also be used in the Senior Video. Please email or share with:

yearbook@lunenburgschools.net.

Seniors: emails were sent to students who still need to submit a formal picture and the Senior Info form. Please reach out with any questions.

ALL Students, please take a look at the Doc with links to forms for the Yearbook and fill out as many as you would like! The more the better! You must be signed into your school account to answer the questions- Thank you!

<https://docs.google.com/document/d/1i16Q2vdoVZUvaJz1gSVZDugRCsZ5nhINfjzJyAfw38U/edit?usp=sharing>

Mental Health Services for our community

Our district fosters a culture that promotes the health, safety, and well-being of students, parents, guardians, and staff. In an effort to continuously support this commitment, the district has partnered with Care Solace and William James College INTERFACE at no cost to families and staff.

Care Solace is an online resource with live 24/7 concierge meant to assist families and individuals in finding local mental health support. Care Solace is a tool for school staff and families to connect with community-based mental healthcare resources and providers. The vast database of mental health resources includes vetted local therapists and programs. All information entered at Care solace is confidential and securely stored.

LPS families and staff may access Care Solace service in three ways:

1. Call 888-515-0595 to speak with someone from your concierge team.
2. Visit www.caresolace.com/lps
3. Contact your child's building social worker/adjustment counselor, school psychologist, or guidance counselor. With parent/guardian consent, LPS behavioral health staff are trained to initiate a "warm hand off" with Care Solace to begin the referral process.

Williams James College INTERFACE is a referral service for any community member in Lunenburg. INTERFACE works to increase awareness of mental health issues impacting children, families, and adults and to facilitate access to appropriate services. Information shared with INTERFACE caseworkers is confidential.

LPS families, staff, and Lunenburg community members can access INTERFACE by:

Calling 888-244-6843 (toll free) or 617-332-3666 (local) Monday through Friday, 9am to 5pm.

More information can be found online at <https://interface.williamjames.edu/community/lunenburg>

Please note, these services are an optional resource available by choice and are not mandatory in any way. Care Solace and INTERFACE are not emergency response services or emergency mental health providers. In the event of a life threatening emergency, please call 9-1-1, the National Suicide Hotline 1-800-273-8255, or Umass Memorial Community Healthlink Crisis Team at 1-800-977-5555.

Spread the Word

March is Spread the Word: Champions of Change month. In an interest to promote inclusion within our school, Best Buddies is having t-shirts made for us to wear during the month of March. Depending on how many shirts are ordered, the price will vary. Orders are due by January 21, 2022 using the link below.

<https://www.createmytee.com/Join/145075>

Message From the Health Office

Information from the Health Office

COVID-19 Dashboard

Please use the link below to access the COVID-19 numbers for the district and community.

COVID-19 Dashboard

<https://sites.google.com/lunenburgschools.net/lps-covid-19/home>

Daily Attestation

A vital component to reduce the transmission of COVID-19 is “When you are sick, stay home.” Please review the Student Daily COVID-19 Screening. It is important for students not to attend school or participate in afterschool activities if they are ill or have been exposed to COVID-19.

[**Student Daily COVID-19 Screening**](#)

Mask Reminder

Please remember to send your child to school with their own mask and an extra, each day. We will provide masks to students on an as needed basis, but it would be greatly appreciated if students would bring a mask or two to school each day. A cloth mask with two or more layers of washable, breathable fabric that completely covers the nose and mouth and fits snugly against the sides of the face, with no gaps is recommended.

Also, cloth masks tend to not break as easily and are better for the environment.

[Your Guide to Masks](#)

Water Bottle Reminder

Water fountains are currently unavailable for student use. We have water bottle refill stations so students should plan to bring a water bottle each day to make sure they stay hydrated. Reusable water bottles are less costly and better for the environment.

COVID-19 Vaccine

The Pfizer COVID-19 vaccine was authorized by the CDC for use in children ages 5-11 on November 2. The Pfizer COVID-19 Vaccine for children 5 through 11 years of age is administered in 2 doses 3 weeks apart. It is a lower dose than vaccines used for individuals 12 years of age and older.

Below is information about the COVID-19 vaccine. As with any health care decision, it is strongly recommended that you consult your child's Primary Care Provider if you have any questions or concerns about the vaccine.

American Academy of Pediatrics

[AAP Applauds CDC Advisory Group Recommendation on COVID-19 Vaccine for Ages 5-11 - Florida Chapter - American Academy of Pediatrics](#)

Mass DPH COVID-19 Vaccine

[COVID-19 vaccinations for children ages 5-11](#)

Pfizer Vaccine Fact Sheet

[Recipients and Caregivers 5-11 years of age](#)

COVID-19 Booster

[Baker-Polito Administration Encourages COVID-19 Boosters for All Fully Vaccinated Individuals 18+](#)

Disability-friendly Vaccination Events

[VaxAbilities](#)

Vaccination Clinic

Please use the link below for the information about the second dose, 5-11 year old vaccination clinic on December 21, 3pm-6pm at LMHS.

Vaccination Clinic

<https://docs.google.com/document/d/1WtzR1L46G5T0ptn2lm89YSJMdCzWR4HsE8SA7a6kogM/edit#heading=h.cew3mbz81njf>

Holiday Travel and Gathering

With the Holidays approaching we want to share some information for safe travel and gatherings. Please see the links below from the CDC for guidance on masks, vaccine and testing post-travel. Have a happy and safe holiday!

- [Safer Travel Tips for Families with Unvaccinated Children](#)
- [Domestic Travel During COVID-19](#)
- [Travel](#)
- [Activities, Gatherings & Holidays](#)

National Honor Society Tutoring

The National Honor Society is continuing to offer peer tutoring for students in the LHS project room on Tues and Thursday afternoons until 3:30 PM. Students are encouraged to attend if they need some help in addition to what they are getting in the classroom. Any questions, reach out to NHS Vice President Molly Kimball (2022mollyk@lunenburgschools.net) for details.

Have a great weekend,

Mr. Santry

LHS Principal