



**Linn-Mar High School
Updates and Announcements
For Students and Parents
February 18, 2022**



Calendar for Next Week

Week 26...Last Full Week of February...

Monday,	February 21	Regular Daily Schedule (9:00 – 4:00 p.m.)
	All Day	*V Boys Bowling State Meet @ Waterloo (Maple Lanes)
	3:30 p.m.	9th Grade Connection
	7:00 p.m.	V Boys Basketball Substate vs. North Scott (LM Main Gym)
Tuesday,	February 22	Regular Daily Schedule (9:00 – 4:00 p.m.)
	8:00 a.m.	*Femineers Club (Mr. Patterson’s classroom D-131)
	8:15 a.m.	PLTW Capstone Class Presentations (Four Corners)
	3:30 p.m.	RTI
	4:00 p.m.	Chess Club (Dr. Mangano’s classroom, I-13)
		Dungeons and Dragons Club (Learning Center)
	6:30 p.m.	Music Dept. Florida Trip Parent Meeting (LM Auditorium)
	7:00 p.m.	*V Girls Basketball Regional Final @ TBD
Wednesday,	February 23	Regular Daily Schedule (9:00 – 4:00 p.m.)
	All Day	*V Girls Bowling State Meet @ Waterloo (Cadillac Lanes)
	3:30 p.m.	RTI
Thursday,	February 24	Two-Hour Early Release Schedule (9:00 – 2:00 p.m.)
	All Day	*FBLA Conference @ CR (Double-Tree)
	4:00 p.m.	*FFA Sub-District @ North Linn HS
	6:00 p.m.	Winter Band Concert (LM Auditorium)
		(Symphony Band, Wind Symphony)
	7:15 p.m.	Winter Band Concert (LM Auditorium)
		(Concert Band, Symphonic Winds, Wind Ensemble)
Friday,	February 25	Regular Daily Schedule (9:00 – 4:00 p.m.)
	3:30 p.m.	RTI
	7:00 p.m.	*V Boys Basketball Substate @ CR Kennedy
Saturday,	February 26	
	All Day	Jazz Bands Coe Jazz Summit @ CR (Coe College)
	All Day	Speech Individual Districts @ Central City

Notes for the Week

- 2/21 V Boys Bowling departing prior to 9:00 a.m.
- 2/22 V Girls Basketball if win on February 19.
- 2/23 V Girls Basketball departing prior to 9:00 a.m.
- 2/24 FFA dismissed at 1:50 p.m.
- FBLA departing prior to 9:00 a.m.
- 2/25 V Boys Basketball if win on February 21.

Future

- 2/28 LMHS Parent Advisory Council (6:30 p.m., Presentation-Lecture Hall)
- 3/1 Two-Hour Early Dismissal for Professional Development

Student Assistance Office

Student Assistance Counselors Available to All Students including Online-Only Students: Student Assistance Counselors are available to provide support for all LMHS students. This includes online-only students via virtual meetings, phone calls or on-site. Student Assistance Counselors are available in the Student Assistance Office located in the hallway adjacent to the Main Office. Please reach out to any of the counselors via email, phone call, or Teams to schedule a meeting:

Janessa Carr: janessa.carr@linnmar.k12.ia.us (319) 892-4884
Jessica Deahl: jdeahl@linnmar.k12.ia.us (319) 730-3559
Kevin McCauley: kmccauley@linnmar.k12.ia.us (319) 447-3047

Any student may contact Student Assistance Counselors, School Counselors, or Academic Assistance Counselors at any time during the school day.

Safe2SpeakUp is an application on all LMHS student school-issued computers that allows a student to report something unsafe or to ask for help for a personal crisis for self or someone else at any time. Safe2SpeakUp alerts are sent directly to LMHS Administrators, Student Assistance Counselors and School Counselors.

3rd Quarter

Two-Hour Early Release Schedule for Both Thursday, February 24, and Tuesday, March 1:

All Linn-Mar schools will release two hours early on Thursday, February 24, and Tuesday, March 1, for staff professional development. [The Two-Hour Early Release Schedule for February 24 and March 1](#)

Short-Term Framework for Building-Wide Celebrations/Recognitions/Drives/Awareness Initiatives: The following has been developed to establish more uniform expectations and protocols for any building-wide sponsored celebrations/recognitions/drives/awareness initiatives: (The 'short-term' implies that this framework being put in place now will be followed by a 'long-term' framework for making and maintaining LMHS as a welcoming and safe school environment for all.)

- a. Only official LMHS clubs/organizations/teams/groups/classes may sponsor building-wide celebrations/recognitions/drives/awareness initiatives.
- b. All celebrations/recognitions/drives/awareness initiatives will last no longer than one week. Any extension will require administrative approval that will only be granted for unforeseen circumstances (e.g. school weather cancellations). [For national month-long celebrations (October-Breast Cancer Awareness Month, February-Black History Month, etc.), the sponsoring group will work with the administration to change the approved displays/signs/posters from any natural wear].
- c. Any celebration/recognition/drive/awareness initiative must have administrative approval no later than Tuesday of the preceding week.
- d. The celebration/recognition/drive/awareness initiative will be made known to the LMHS staff in the weekly *FYI* and to LMHS students and parents in the weekly *LMHS Updates for Students and Parents*.
- e. All signs/displays/posters must have administrative approval.
- f. All signs/displays/posters will only be in the Four Corners area extended to the double-doors in each adjacent hallway.
- g. Any student found to have damaged any approved signs/displays/posters or to be found disrupting the celebration/recognition/drive/awareness initiative will be subject to discipline.
- h. All signs/displays/posters must be removed by the sponsoring LMHS club/organization/team/group/class by Friday evening of the approved week.

2021-2022 LMHS ADJUSTED DAILY SCHEDULE LINK: [Adjusted Daily Schedule beginning on September 20](#)

District 'Return To Learn' Plan (includes protocols for Covid-19):

[District Covid-19 Protocols within the District Return to Learn Plan](#)

LMHS Attendance Phone Number

(319) 447-3050 – this is the phone number for attendance calls to LMHS this year.

Process for Calling Students Out for Appointments during the School Day:

Parents are asked to call the day prior or early in the morning for an appointment during the school day. Students then pick up passes for appointment to show teachers when they need to leave. Students leaving for appointments must check out from the Deans Office and then check back into the Deans Office upon return. Thank you for your help when appointments are necessary during the school day.

LMHS 2021-22 Student Handbook

The 2021-22 LMHS Student Handbook can be found at this site: [2021-22 LMHS Student Handbook](#)

Academic Dates and Deadlines

3/4 Deadline to DROP classes for 2nd Semester.

12th Grade – LMHS Class of 2022

Depression Screening

The teen years, not even factoring in the pandemic, are marked by a rollercoaster ride of emotions – difficult for teens, their parents, and educators. Linn Mar counselors will be offering Depression Screening the first two weeks in March for those who have a [consent form](#) with parental approval. They are focusing on 9th and 10th grades for screenings, however, 11th and 12th

students will be screened upon parent request. This tool cannot provide a diagnosis of depression, but it does give an indication of whether a young person should be referred for evaluation by a mental health professional. If you have any questions, please contact Kim Bowen at Kimberly.bowen@linnmar.k12.ia.us or call 319-447-3175.

Linn-Mar Foundation Scholarships have been added to Xello. **Applications are due to the Counselors' Office on Monday, February 14th by the end of the school day.** Greater Cedar Rapids Foundation Scholarships are also posted on Xello. The deadline for these scholarships vary.

Seniors interested in participating in an apprenticeship after high school are encouraged to sign up for the University of Iowa Labor Center's Pre-Apprenticeship Program. Check out the details and register at <https://laborcenter.uiowa.edu/preapprenticeship-program>.

College and Career Center Information:

Scholarships – Local Scholarships are being added to Xello weekly! Be sure to login and check them out through the College Planning link. See this video for how to find them: <https://youtu.be/184m6jnhEaU>.

FAFSA – If you have not yet filed the FAFSA, many [priority deadlines](#) are quickly approaching. Follow these easy steps to file at home:

1. Create an FSA ID for your student and one parent. – studentaid.gov/FSA-ID
 - a. Make sure to save your username and password for future FAFSA filings and verify your email and phone number
2. Go to www.FAFSA.gov to start your application.
 - a. [List of items you need to file the FAFSA.](#)
 - b. File the 2022-2023 Form for students starting college in Fall 2023.
 - c. Check out the Federal Student Aid Page Dedicated to the FAFSA Process: <https://studentaid.gov/apply-for-aid/fafsa/filling-out>.

File the FAFSA with assistance from ICAN by [making an appointment on their website](#). If you have questions about the FAFSA, please contact your school counselor or Mrs. Bass for assistance.

Senior transcript requests: Seniors must request transcripts through Xello. You can learn how to complete the request by watching this short video: <https://youtu.be/rd1O95uHatg>

Follow the College/Career Center on Instagram @LinnmarHScounseling.

Looking for a part-time job? Check out the Jobs Board across from the Main Office to see who is hiring!

11th Grade

Depression Screening

The teen years, not even factoring in the pandemic, are marked by a rollercoaster ride of emotions – difficult for teens, their parents, and educators. Linn Mar counselors will be offering Depression Screening the first two weeks in March for those who have a [consent form](#) with parental approval. They are focusing on 9th and 10th grades for screenings, however, 11th and 12th students will be screened upon parent request. This tool cannot provide a diagnosis of depression, but it does give an indication of whether a young person should be referred for evaluation by a mental health professional. If you have any questions, please contact Kim Bowen at Kimberly.bowen@linnmar.k12.ia.us or call 319-447-3175.

Sophomore and Juniors interested in [Career Academies at Kirkwood](#) should contact your school counselor or Mrs. Bass to attend an information session about available academies. Information sessions will be hosted during RTI over the next few weeks.

College and Career Center Information:

The College Board is offering a new scholarship called BigFuture Scholarships. As you complete various activities for college planning, you will earn entries into monthly drawings for \$500 and \$40,000 scholarships. Simply login to your College Board account or create one to get started! Check out BigFutureScholarships.org to find out more.

10th and 11th grade students can now sign up for Summer Internships through Workplace Learning Connection. Earn high school credit by completing 45-90 hour internships over the summer. Hours can be flexible around other activities. Check out all of the details at www.kirkwood.edu/wlc/internships.

Want to help your student earn money for college? Sign up for SP3 email updates for an opportunity to win a \$500 529 deposit, go to www.SP3.org to sign up.

Looking for a part-time job? Check out the Jobs Board across from the Main Office to see who is hiring!

10th Grade

Depression Screening

The teen years, not even factoring in the pandemic, are marked by a rollercoaster ride of emotions – difficult for teens, their parents, and educators. Linn Mar counselors will be offering Depression Screening the first two weeks in March for those who have [a consent form](#) with parental approval. They are focusing on 9th and 10th grades for screenings, however, 11th and 12th students will be screened upon parent request. This tool cannot provide a diagnosis of depression, but it does give an indication of whether a young person should be referred for evaluation by a mental health professional. If you have any questions, please contact Kim Bowen at Kimberly.bowen@linnmar.k12.ia.us or call 319-447-3175.

Sophomore and Juniors interested in [Career Academies at Kirkwood](#) should contact your school counselor or Mrs. Bass to attend an information session about available academies. Information sessions will be hosted during RTI over the next few weeks.

College and Career Center Information:

Counselors would like to encourage students to **consider completing career interest assessments using Xello. Students can sign on to Xello by clicking on the app on their Office 365/MyApps page. The “Matchmaker” assessment is a great interest inventory to start your career search.** Take 15-20 minutes choosing how you feel about various tasks to be matched with careers.

Want to help your student earn money for college? Sign up for SP3 email updates for an opportunity to win a \$500 529 deposit, go to www.SP3.org to sign up.

10th and 11th grade students can now sign up for Summer Internships through Workplace Learning Connection. Earn high school credit by completing 45-90 hour internships over the summer. Hours can be flexible around other activities. Check out all of the details at www.kirkwood.edu/wlc/internships.

Looking for a part-time job? Check out the Jobs Board across from the Main Office to see who is hiring!

9th Grade

Depression Screening

The teen years, not even factoring in the pandemic, are marked by a rollercoaster ride of emotions – difficult for teens, their parents, and educators. Linn Mar counselors will be offering Depression Screening the first two weeks in March for those who have [a consent form](#) with parental approval. They are focusing on 9th and 10th grades for screenings, however, 11th and 12th students will be screened upon parent request. This tool cannot provide a diagnosis of depression, but it does give an indication of whether a young person should be referred for evaluation by a mental health professional. If you have any questions, please contact Kim Bowen at Kimberly.bowen@linnmar.k12.ia.us or call 319-447-3175.

College and Career Center Information:

Counselors would like to encourage students to **consider completing career interest assessments using Xello. Students can sign on to Xello by clicking on the app on their Office 365/MyApps page. The “Matchmaker” assessment is a great interest inventory to start your career search.** Take 15-20 minutes choosing how you feel about various tasks to be matched with careers.

Want to help your student earn money for college? Sign up for SP3 email updates for an opportunity to win a \$500 529 deposit, go to www.SP3.org to sign up.

Looking for a part-time job? Check out the Jobs Board across from the Main Office to see who is hiring!

Student Activities

A. Activities:

LMHS Student Council Food Drive on February 26:

The LMHS Student Council will be holding a Food Drive on Saturday, February 26 (next Saturday) from 8:00-12:00 p.m. in the South Circle Drive (near the Main Gym). We are collecting for our LMHS Lion Pride Food Pantry and HACAP. With the high cost of food prices at this time, our students and our community need our help more than ever. No need to even get out of your car! We will have student helpers take these donated directly from you. Quick and easy! Please help pass the word, and we hope to see you next Saturday.

Student Council Winter Fling Dance on March 5:

Save the Date! The Spring Fling Dance (*formerly WPA Dance*) will be held on Saturday March 5th. Outside Guests will be allowed at this Dance. Approval Form will need to be completed for non-LMHS students. Dress is NOT formal, but nice. More details will be shared next week. In the meantime, please share the news with your friends and classmates.

The *Reach* document listing all of the current LMHS Student Activities can be found at this site:

<https://sites.google.com/linnmar.k12.ia.us/lmhsreach/home>

B. Athletics:

Congratulations to the following Lion Athletes!

To the **LM Varsity Poms** for placing **3rd in Poms** and **8th in Jazz** at national competition! National place winners are: **Grace Dewitt, Jaycee Frantz, Reina Gilbertson, Larkin Hamilton, Maclynn Hannan, Katy Hand, Camryn Heying, Lauren Lensch, Natalie Loecher, Sophia McDonald, Grace Nicholson, Bennett Papendick, Emma Schminke, Sara Schmitt, Natalie Severson, Devyn Shock, Celia Smith, Faith Winfield, and Sophia Yerke!**

To the **Lion Wrestlers** for placing 4th at the **State Dual Team Wrestling Tournament!**

To the **LM Lion Boys Swimming Team** for placing 4th at the **State Swimming Meet!**

State Place-winners were: Aiden Carstensen (2nd-100 Backstroke, 3rd-200 Medley Relay, 3rd-50 Free, 3rd-400 Free Relay), Cooper Callahan (2nd-500 Free, 3rd-200 Free, 3rd-400 Free Relay, 9th-200 Free Relay), Ian Steffen (3rd-100 Backstroke, 3rd-200 Medley Relay, 3rd-400 Free Relay, 6th-100 Free), Ryan Horsey (3rd-200 Medley Relay, 200 Free Relay), Luke Kelley (3rd-400 Free Relay, 8th-500 Free), Blake Behrens (3rd-200 Medley Relay, 9th-200 Free Relay, 16th-100 Breaststroke), Colin Taylor (9th-200 Free Relay), Connor Schaffel (12th-500 Free)!

To **Lion Boys Swimmers Aiden Carstensen** and **Cooper Callahan** for being named to the **Iowa Swim Coaches Association Academic All-State Team!**

To the **Lion Girls Bowling Team** for **qualifying for the State Bowling Meet!**

To **Porter Chmelicek** of the **Lion Boys Bowling Team** for **qualifying as an Individual to the State Bowling Meet!**

Good Luck to the **Lion Wrestlers** during the final rounds of the **District Individual Tournament** this weekend!

Good Luck to the **Lion Bowlers** competing at the **State Bowling Meet** next week!

C. Fine Arts:

Large Group Speech All-State Qualifiers:

Congratulations to LMHS Speech for qualifying **Television Broadcasting** for **All-State Speech Large-Group** competition! All-Staters are **Ian McKinney, Jacqueline Anderson, Sam Vint, Alec Helmle, Nahom Fikreselassie, and Abigail Richard!**

D. Clubs/Organizations:

LMHS Student Ambassador Application

LMHS Femeiners Club

The LMHS Femeiners Club meets each Tuesday (8:00-8:50 a.m.) in Mr. Patterson's classroom (D-31). See Mr. Patterson or Ms. Lentz for more information.

LMHS Chess Club

The LMHS Chess Club meets each Tuesday (4:00-5:00 p.m.) in Dr. Mangano's classroom (I-13). See Dr. Mangano for more information.

LMHS Dungeons and Dragons Club

The LMHS Dungeons and Dragons Club meets each Thursday (4:00-6:00 p.m.) in the Learning Center. See Mr. Griggs for more information.

LMHS Science Olympiad Teams Compete at Regional Competition:

The LMHS Varsity Science Olympiad team, Kinetic Klawns, placed 1st at Regional competition while the JV Science Olympiad team, Potential Paws, placed 5th at Regionals! Both will compete at State Competition in March!

LMHS eSports Winter Season has qualified for State Competition:

Both LMHS eSports teams have qualified for the **Iowa High School eSports State Competition** to be held in March! Congratulations to Team **Overwatch** and **Rocket League!**

Other Information

Ordering the Linn-Mar High School 2021-22 Yearbook

All 2021-22 LMHS Yearbooks are purchased directly through the vendor, Jostens. The link to order the 2021-22 LMHS Yearbook is: <https://www.jostens.com/>

Attendance this Week (Thursday – Thursday): **92.6%**

The next *LMHS Updates and Announcements for Students and Parents* will be sent on **Friday, February 25.**