



**Linn-Mar High School  
Updates and Announcements  
For Students and Parents  
January 21, 2022**



**Calendar for Next Week**

*Week 22...Last Full Week of January...*

<b>Monday, January 24</b>	<b>Professional Development Day (7:30 – 3:30 p.m.)</b>
4:00 p.m.	Science Olympiad (Mrs. Azelborn's classroom G-149) Jazz Bands State Competition @ CR Jefferson
4:30 p.m.	9 <sup>th</sup> Boys (Red) Basketball vs. Cedar Falls (Holmes JH) (Auxiliary Gym)
6:00 p.m.	JV1/V Girls Basketball vs. Dubuque Senior (LM Main Gym) 9 <sup>th</sup> Boys (Black) Basketball vs. Cedar Falls (Peet JH) (Auxiliary Gym)
<b>Tuesday, January 25</b>	<b>Regular Daily Schedule (9:00 – 4:00 p.m.)</b>
All Day	*FFA State Legislative Symposium @ Des Moines
8:00 a.m.	Femineers Club (Mr. Patterson's classroom D-31)
3:30 p.m.	<b>RTI</b>
4:00 p.m.	Chess Club (Dr. Mangano's classroom, I-13) HOSA Club visit from U. of Iowa Neuroscience Dept. (Lecture Hall)
4:15 p.m.	*JV2 Girls Basketball @ Cedar Falls (Peet JH)
5:00 p.m.	*JV Boys Swimming Invitational @ CR Washington
6:00 p.m.	*JV1/V Girls Basketball @ Dubuque Wahlert 10 <sup>th</sup> /V Boys Basketball vs. Dubuque Wahlert (LM Main Gym)
<b>Wednesday, January 26</b>	<b>Regular Daily Schedule (9:00 – 4:00 p.m.)</b>
3:30 p.m.	<b>RTI</b>
<b>Thursday, January 27</b>	<b>Regular Daily Schedule (9:00 – 4:00 p.m.)</b>
10:00 a.m.	*V Girls/Boys Bowling MVC Meet @ CR (CRBC)
3:30 p.m.	<b>RTI</b>
4:00 p.m.	Dungeons and Dragons Club (Learning Center)
4:15 p.m.	eSports Rocket League vs. Prince of Peace Catholic
6:00 p.m.	JV1 Girls/10 <sup>th</sup> Boys Basketball @ CR Washington
7:00 p.m.	9 <sup>th</sup> Boys (Black) Basketball vs. Xavier (Navy) (Auxiliary Gym) JV Boys Basketball vs. CR Prairie (LM Main Gym)
<b>Friday, January 28</b>	<b>Regular Daily Schedule (9:00 – 4:00 p.m.)</b>
3:30 p.m.	<b>RTI</b>
6:00 p.m.	V Girls/Boys Basketball vs. CR Washington (LM Main Gym) **LMHS Athletic Hall of Fame Inductions between games**
<b>Saturday, January 29</b>	
All Day	Show Choirs @ CR Prairie
10:00 a.m.	JV2 Girls Basketball @ Xavier Wrestling MVC Tournament @ CR Jefferson
12:30 p.m.	10 <sup>th</sup> Boys Swimming MVC Meet @ Waterloo (Central JH)
1:00 p.m.	10 <sup>th</sup> /V Boys Basketball @ Dubuque Senior
<b>Sunday, January 30</b>	
6:00 p.m.	V Pom National Performances Preview Show (LM Main Gym)

**Notes for the Week**

- 1/25 FFA departs at 7:00 a.m. Planned return at 4:00 p.m.  
JV Boys Swimming dismissed at 1:55 p.m.  
JV2 Girls Basketball dismissed at 2:10 p.m.  
JV1/V Girls Basketball dismissed at 3:25 p.m.
- 1/27 V Girls/Boys Bowling departing prior to 9:00 a.m.

## **Future**

- 1/31 9<sup>th</sup>-11<sup>th</sup> Grades Course Registration Begins for 2022-23
- 2/1 10<sup>th</sup> Grade Student Advisory (7:30 a.m., Presentation-Lecture Hall)
- 2/3 9<sup>th</sup> Grade Student Advisory (7:30 a.m., Presentation-Lecture Hall)
- Rescheduled Winter Play *You Can't Take it with You* (7:00 p.m., Little Theatre)
- 2/4 Rescheduled Winter Play *You Can't Take it with You* (7:00 p.m., Little Theatre)
- 2/7 8<sup>th</sup> Grade Parent Course Registration Night for 2022-2023

## **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](mailto:janessa.carr@linnmar.k12.ia.us) (319) 892-4884  
**Jessica Deahl:** [jdeahl@linnmar.k12.ia.us](mailto:jdeahl@linnmar.k12.ia.us) (319) 730-3559  
**Kevin McCauley:** [kmccauley@linnmar.k12.ia.us](mailto: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.

## **3<sup>rd</sup> Quarter**

**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**

- 1/31 9<sup>th</sup>-11<sup>th</sup> Grades Course Registration begins for 2022-23 School Year
- 2/4 Deadline to DROP Classes for 3<sup>rd</sup> Quarter
- 2/7 8<sup>th</sup> Grade Course Registration begins for 2022-23 School Year

## **12<sup>th</sup> 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 9<sup>th</sup> and 10<sup>th</sup> grades for screenings, however, 11<sup>th</sup> and 12<sup>th</sup> 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](mailto: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 14<sup>th</sup> by the end of the school day. Greater Cedar Rapids Foundation Scholarships are also posted on Xello. The deadline for these scholarships vary.

Job Shadows – Students in grades 10-12 can now sign up for a spring job shadow experience. Check out [www.kirkwood.edu/wlc/jobshadows](http://www.kirkwood.edu/wlc/jobshadows) to see what experiences are available and apply. **Applications are due Friday, January 28<sup>th</sup> at**

**noon.** Parents – You should receive an email from [info@workplacelearningconnections.com](mailto:info@workplacelearningconnections.com) to provide permission for your student to attend. Please check your junk or spam email if your student has applied, but you haven't seen the email come through.

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>.

February 1<sup>st</sup> is the last date to sign up for Late Start classes at Kirkwood. See your counselor for more info!

### **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](https://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](http://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!

## **11<sup>th</sup> Grade**

### **Depression Screening**

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### **Course Registration for 2022-23 will take place in February:**


Course registration for the 2022-23 school year will take place from January 31 – February 4.

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.

Job Shadows – Students in grades 10-12 can now sign up for a spring job shadow experience. Check out [www.kirkwood.edu/wlc/jobshadows](http://www.kirkwood.edu/wlc/jobshadows) to see what experiences are available and apply. **Applications are due Friday, January 28<sup>th</sup> at noon.**

Parents – You should receive an email from [info@workplacelearningconnections.com](mailto:info@workplacelearningconnections.com) to provide permission for your student to attend. Please check your junk or spam email if your student has applied, but you haven't seen the email come through.

February 1<sup>st</sup> is the last date to sign up for Late Start classes at Kirkwood. See your counselor for more info!

Informational Venture Video Link  [Venture Promo:](#)

### **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](http://BigFutureScholarships.org) to find out more.

10<sup>th</sup> and 11<sup>th</sup> 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](http://www.kirkwood.edu/wlc/internships).

Juniors can now register for Spring Kirkwood classes. See your school counselor for details.

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](http://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!

## 10<sup>th</sup> 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 9<sup>th</sup> and 10<sup>th</sup> grades for screenings, however, 11<sup>th</sup> and 12<sup>th</sup> 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](mailto:Kimberly.bowen@linnmar.k12.ia.us) or call 319-447-3175.

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Informational Venture Video Link  [Venture Promo:](#)

### **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](http://www.SP3.org) to sign up.

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


## 9<sup>th</sup> Grade

### **Depression Screening**

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### **Course Registration for 2022-23 will take place in February:**

Course registration for the 2022-23 school year will take place January 31 – February 4.

Informational Venture Video Link  [Venture Promo:](#)

### **Course Selection During 9<sup>th</sup> Grade Connections:**

This week, each 9<sup>th</sup> Grade Connections Group met with their School Counselor to learn about the courses for next year and should have inputted a tentative plan for their courses on to Xello for next year. We HIGHLY suggest parents/guardians having conversations about what courses were selected. On January 31, each 9<sup>th</sup> grader will formally register through Power School. If you want to know more about the course offerings, you can access the [2022-2023 Program of Studies](#).

### College and Career Center Information:

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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:*

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!

**LM JV Poms** took 3<sup>rd</sup> Place in both Poms and Jazz at the Chicago Regional Competition last weekend!

**LM Varsity Poms** took 1<sup>st</sup> Place in Jazz and 3<sup>rd</sup> Place in Poms at the Chicago Regional Competition last weekend!

**LM Lion Wrestlers** won the Linn-Mar Invitational Duals Championship on Saturday!

##### LMHS Girls Tennis Player/Parent Meeting at 6:30 p.m. on Monday, January 31

Any LMHS Girls interested in participating in Tennis this spring, a player/parent meeting will be held at 6:30 p.m. on Monday, January 31, in the Presentation-Lecture Hall. Contact the Athletic Office or Coach Paternostro with questions.

#### *C. Fine Arts:*

##### Winter Play Rescheduled to February 3 and 4

The LMHS Drama presentation *You Can't Take It with You* at 7:00 p.m. in the Little Theatre has been rescheduled for Thursday, February 3, and Friday, February 4. All seats are \$5.00. Activity passes and Thespian membership cards are honored.

##### State Large-Group Speech Parent and Student Volunteers Needed

Parent and Student Volunteers are Needed for State Large-Group Speech on **Saturday, February 5**, at Cedar Rapids Kennedy High School. LMHS students who qualify for State Large-Group Speech will also be performing at this location. LMHS students will be able to receive volunteer CORDS hours for this event. Thank you for your consideration in helping at State Large-Group Speech. For any questions, please contact Mrs. Feilmeier-Marzen at 319-447-1535 or stop by classroom KL102. The link to sign up as a volunteer for State Large-Group Speech is:

<https://www.signupgenius.com/go/10C0F4EA9A929A7FFC43-ihssa>

##### Congratulations to the following Lion Performers!

**Hi-Style Show Choir** took 1<sup>st</sup> Place in the Treble Prep Division at the Ankeny Centennial Show Choir Competition on Saturday! Hi-Style also received Best Vocals and Best Band in the Treble Prep Division!

**In-Step Show Choir** took 1<sup>st</sup> Place in the Mixed Prep Division at the Ankeny Centennial Show Choir Competition on Saturday! In-Step also received Best Vocals, Best Band, and Best Choreography in the Mixed Prep Division!

**Tenth Street Edition Show Choir** took Grand Champion in all divisions and 1<sup>st</sup> Place in the Varsity Division at the Ankeny Centennial Show Choir Competition on Saturday! Tenth Street also received Best Vocals, Best Band, and Best Choreography in the Open Division! **Maddie Nuss** was named Outstanding Performer!

#### *D. Clubs/Organizations:*

##### LMHS HOSA Club visit from University of Iowa Dept. of Neuroscience

On Tuesday, January 25, at 4:00 p.m. in the Presentation-Lecture Hall, the LMHS HOSA Club is having a speaker from the University of Iowa Dept. of Neuroscience meet with LMHS students.

##### 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**

The LMHS Science Olympiad Teams meet each Monday at 4:00 p.m. in Mrs. Azelborns' classroom (G-149). See Mrs. Azelborn or Mr. Garcia for more information about Science Olympiad.

### **LMHS eSports Winter and Spring Seasons has started:**

Any student interested in being involved in LMHS eSports winter season (Overwatch and Rocket League) is encouraged to reach out to Brian Johnson ([bjohnson@linnmar.k12.ia.us](mailto:bjohnson@linnmar.k12.ia.us)), Luke Johnson ([luke.johnson@linnmar.k12.ia.us](mailto:luke.johnson@linnmar.k12.ia.us)) or Zach Mixdorf ([zmixdorf@linnmar.k12.ia.us](mailto:zmixdorf@linnmar.k12.ia.us)) for more information on intramural play.

### **[LMHS Student Ambassador Application](#)**

## **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 for This Week (through Thursday): **86.8 %**

The next *LMHS Updates and Announcements for Students and Parents* will be sent on **Friday, January 28.**