



**Linn-Mar High School
Updates and Announcements
For Students and Parents
April 21, 2023**



Calendar

**April 24 – April 29, 2023
...ISASP Week...**

Monday,	April 24	Regular Daily Schedule (9:00 – 4:00 p.m.)
	All Day	LMHS Art Show (Pride Rock Commons) *FFA World Food Prize @ Ames (ISU)
	9:30 a.m.	*V Girls Golf @ Peosta (Thunder Hills G.C.)
	3:30 p.m.	RTI
	4:15 p.m.	*JV2 Boys (Black) Soccer vs. Iowa City West (Armstrong Field)
	4:30 p.m.	*JV1 Girls Tennis vs. Iowa City West (LRC Courts) *JV1 Boys Tennis @ Iowa City West *JV Girls Track and Field CRANDIC @ Iowa City Liberty *JV Boys Track and Field CRANDIC @ CR (Kingston Stadium)
	5:00 p.m.	Baseball Camp (Oak Ridge Complex)
Tuesday,	April 25	Regular Daily Schedule (9:00 – 4:00 p.m.)
	All Day	LMHS Art Show (Pride Rock Commons)
	8:15 a.m.	12th Grade Student Advisory (Presentation-Lecture Hall)
	11:00 a.m.	*V Girls Golf @ Marion (Hunters Ridge G.C.)
	3:30 p.m.	RTI
	4:00 p.m.	*V Girls Tennis @ Western Dubuque (Epworth) *V Boys Tennis vs. Western Dubuque (LRC Courts)
	4:30 p.m.	*V Girls Track and Field @ Xavier
	5:00 p.m.	Baseball Camp (Oak Ridge Complex)
	5:15 p.m.	*V/JV1 Girls Soccer @ Western Dubuque (Epworth)
	5:45 p.m.	JV1/V Boys Soccer vs. Western Dubuque (LM Stadium)
Wednesday,	April 26	*ISASP Schedule (9:00 – 4:00 p.m.)
	All Day	LMHS Art Show (Pride Rock Commons)
	8:00 a.m.	11th Grade Student Advisory (Presentation-Lecture Hall)
	9:00 a.m.	ISASP ISASP Schedule for April 26
	3:15 p.m.	*JV Girls Golf @ CR (Ellis G.C.)
	4:15 p.m.	JV2 Girls (Red) Soccer vs. Cedar Falls (Armstrong Field)
	5:45 p.m.	JV2 Boys (Red) Soccer vs. Cedar Falls (Armstrong Field)
	6:00 p.m.	Chamber Singers ICDA Festival @ CR (Coe College)
Thursday,	April 27	Regular Daily Schedule (9:00 – 4:00 p.m.)
	All Day	LMHS Art Show (Pride Rock Commons)
	All Day	*V Girls/Boys Track and Field Drake Relays @ Des Moines
	8:30 a.m.	10th Grade Student Advisory (Presentation-Lecture Hall)
	3:30 p.m.	RTI
	2:30 p.m.	*V Girls Golf @ Dubuque (Bunker Hills G.C.)
	4:00 p.m.	*V Girls Tennis vs. Dubuque Wahlert (LRC Courts) V Boys Tennis @ Dubuque Wahlert
	5:45 p.m.	V Girls Soccer vs. CR Washington (LM Stadium)
		JV1/V Boys Soccer @ CR Washington (Kingston Stadium)
	7:00 p.m.	Spring Musical <i>Les Miserables</i> (LM Auditorium)
Friday,	April 28	Regular Daily Schedule (9:00 – 4:00 p.m.)
		Deadline to Drop Classes for 4th Quarter
	All Day	LMHS Art Show (Pride Rock Commons)
	All Day	V Girls/Boys Track and Field Drake Relays @ Des Moines
	8:30 a.m.	9th Grade Student Advisory (Presentation-Lecture Hall)

3:30 p.m. RTI
 4:15 p.m. *JV2 Girls Soccer @ CR Kennedy HS Field
 4:30 p.m. *JV2 Girls Tennis @ CR Jefferson
 *JV2 Boys Tennis vs. CR Jefferson (LRC Courts)
 7:00 p.m. Spring Musical *Les Miserables* (LM Auditorium)

Saturday, April 29

All Day V Girls/Boys Track and Field Drake Relays @ Des Moines
 7:00 p.m. Spring Musical *Les Miserables* (LM Auditorium)

***Notes**

4/24 V Girls Golf departing prior to 9:00 a.m.
 FFA departing prior to 9:00 a.m.
 JV2 Boys (Black) Soccer dismissed at 3:30 p.m.
 JV1 Girls Tennis dismissed at 3:45 p.m.
 JV1 Boys Tennis dismissed at 2:55 p.m.
 JV Girls Track and Field dismissed at 2:20 p.m.
 JV Boys Track and Field dismissed at 2:40 p.m.
 4/25 V Girls Golf dismissed at 9:30 a.m.
 V Girls Tennis dismissed at 1:55 p.m.
 V Boys Tennis dismissed at 3:15 p.m.
 V Girls Track and Field dismissed at 2:30 p.m.
 V/JV1 Girls Soccer dismissed at 2:55 p.m.
 4/26 JV Girls Golf dismissed at 1:40 p.m.
 4/27 V Girls/Boys Track and Field departing prior to 9:00 a.m.
 V Girls Golf dismissed at 11:20 a.m.
 V Girls Tennis dismissed at 3:15 p.m.
 V Boys Tennis dismissed at 1:50 p.m.
 4/28 JV2 Girls Soccer dismissed at 2:35 p.m.
 JV2 Girls Tennis dismissed at 3:25 p.m.
 JV2 Boys Tennis dismissed at 3:45 p.m.

Future

5/1 AP US Government & Politics Exam (8:00 a.m., LRC Gym)
 AP Chemistry Exam (12:00 p.m., LRC Gym)
 AP Spanish Literature & Culture Exam (12:00 p.m., LRC Room 6)
 5/2 AP Environmental Science Exam (8:00 a.m., LRC Gym)
 AP Psychology Exam (12:00 p.m., LRC Gym)
 5/3 AP English Literature & Composition Exam (8:00 a.m., LRC Boardroom)
 AP Computer Science A Exam (12:00 p.m., LRC Gym)
 5/4 AP Macroeconomics Exam (8:00 a.m., LRC Boardroom)
 AP Statistics Exam (12:00 p.m., LRC Gym)
LMHS Parent Conferences (4:30-7:30 p.m.)
 5/5 AP U.S. History Exam (8:00 a.m., LRC Gym)
 5/8 AP Calculus AB & BC Exams (8:00 a.m., LRC Gym)
Senior Recognition Night (7:00 p.m., LM Auditorium)
 5.9 AP English Language & Composition Exam (8:00 a.m., LRC Room 5)
 AP Physics C: Mechanisms (12:00 p.m., LRC Room 6)
 5/10 AP Biology Exam (12:00 p.m., LRC Boardroom)
 5/11 AP French Language & Culture Exam (8:00 a.m., LRC Boardroom)
 AP World History: Modern Exam (8:00 a.m., LRC Gym)
 AP Physics 1: Algebra-based Exam (12:00 p.m., LRC Boardroom)
 5/12 AP Music Theory Exam (8:00 a.m., LRC Rooms 5 & 6)
 AP Physics 2: Algebra-based Exam (12:00 p.m., LRC Boardroom)
 5/13 **Senior Prom (7:30 p.m., Grand March-Auditorium; 8:00 p.m., Dance-Main Gym)**
 5/17 **Seniors Last Class Day (Graduation rehearsal, 1:30 p.m., LM Main Gym)**
 5/26 **Semester Exams (Periods 1, 2, 3, 4; Blocks 1, 2)**
 5/28 **Commencement (1:00 p.m., Alliant Energy Powerhouse)**
 5/30 **Semester Exams (Periods 5, 6; Block 3)**
 5/31 **Semester Exams (Periods 7, 8; Block 4), End of 2nd Semester/4th Quarter**

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. Thanks to some hard work and efforts by some of our LMHS students, we now have a QR code and a link that can be used more easily for student reporting. The QR code will be posted at various locations around school and the link will be made available in the Updates as well as on the LMHS webpage on the district website.

High School Safe2Speakup

See Something. Say Something.

****This reporting tool is for High School students only. ****

Student reporting helps keep our schools safe. **Please click on the appropriate link below to report a concern to school administration and counselors.** Please note that if you report anonymously, the investigation may take longer to conduct. Reports to school administration are seen during normal school hours 7:30 am-4:00 pm Monday – Friday when school is in session. If it is outside of this time or an extreme emergency, please dial 911.

[I need to make a report \(THIS IS THE LINK\)](#)

[I have been/Someone I know has been Sexually Assaulted](#)

[Weapon on School Grounds](#)

[I am/Someone I know is thinking about Suicide](#)

4th Quarter

Iowa Statewide Assessment of Student Progress (ISASP) will be given at LMHS on Wednesday, April 26:

The Iowa Statewide Assessment of Student Progress (ISASP) will be given to students in **grades 9, 10, and 11**. This will take place on **Wednesday, April 26**, and will have a separate schedule for this testing day. This schedule will be made available the week of April 10. ISASP testing is required of all LMHS students in grades 9, 10, and 11. 12th grade students will not have classes on Wednesday, April 26. Students with IEP testing accommodations will be notified individually of their schedule for ISASP testing to be taken on April 17 (10th only), 19th, 21st, and 24th. **[ISASP Schedule for April 26](#)**

Post Prom 2023 is May 13

Here is information regarding Post Prom 2023:

<https://www.linnmar.k12.ia.us/school/linn-mar/419-autosave-v1/linn-mar-post-prom/>

For those who would like to donate to Post Prom 2023: https://www.paypal.com/donate/?cmd=_s-xclick&hosted_button_id=RJP6JZGMLIGUA&source=url&ssrt=1681578357186

Where: CR Ice Arena

When: May 13th 11pm-3:30am

Cost: FREE

Games, Hypnotist, food and drinks—lots of great prizes and \$500 scholarship.

Juniors are allowed to attend Post Prom

FAQs are listed on the **Linn Mar Post Prom Website** on the school's site and a Facebook group titled "Post Prom 2023 Linn Mar High School"

ATTENDANCE PHONE NUMBER:

Our Attendance Phone line is **(319-447-3050)**. Parents are asked to use this number to call regarding any absences. If for an illness, parents are asked to call prior to 8:00 a.m. or as soon as you are able. For appointments, parents call the same phone line

(319-447-3050) and leave a message for when the student is to be dismissed for the appointment. Students then pick up passes for the appointment in the Deans Office 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.

THE TUTORING CENTER IN THE LEARNING CENTER IS OPEN DAILY

Students wanting/need assistance with coursework may visit the Tutoring Center before school (8:15-8:45 a.m.) or during class periods/blocks during the school day. This can be drop-in or by appointment by contacting Mrs. Gettemy in the Tutoring Center.

12th Grade – LMHS Class of 2023

SENIOR 'PRIDE WALKS' FOR THOSE WHO ATTENDED LMCS D ELEMENTARY SCHOOLS:

The LM Foundation helps sponsor Senior 'Pride Walks' for Seniors who attended a LMCS D Elementary School. Sign up is required for the 'Pride Walks'. The link to sign up for Senior 'Pride Walks' is below. Sign up must be completed by May 17. <https://www.linnmarfoundation.org/home/events/senior-pride-walks/>

Important 12th Grade Planning Dates

- 4/26 ISASP for Grades 9, 10, 11. 12th grade does not have classes on this day.
- 5/8 Senior Recognition Night (7:00 p.m., LM Auditorium)
- 5/13 Senior Prom (8:00-10:30 p.m. LM Main Gym) (Grand March at 7:30 p.m., LM Auditorium)
- 5/17 Seniors' Last Day of School (1:00 p.m., Graduation Rehearsal, LM Main Gym)
- 5/28 Commencement (1:00 p.m., Alliant Energy Power House)

From the College and Career Center

College/Career Planning Checklists:

LMHS School Counselors have developed checklists for each grade level to help you focus your college and career planning process. Check out the list for your grade below:

12th Grade

Xello Webinar:

Xello is partnering with [CollegeWise](#) to offer a webinar to help students and families plan summer activities that can enhance their college applications. The webinar will be presented by college admission professionals and consultants who help students apply to college. Register at <https://www.eventbrite.com/e/xello-families-creative-summer-planning-tickets-515152463887>.

Need help filing the FAFSA? ICAN provides free FAFSA application assistance at their Hiawatha location or virtually. Check out www.icansucceed.org/apt to make an appointment.

Senior Transcript Requests

Transcript requests should be sent via Xello. [Follow the step-by-step directions HERE to complete this process.](#) Common App accounts should also be connected to your account so all forms will be sent correctly to your colleges by following [THESE STEPS](#).

11th Grade

2023-2024 LMHS Program of Studies

College and Career Center Events:

We have a few events and opportunities for Career and College Planning over the next month. Please check out the activities coming up and plan to attend. Directions for registration/how to attend are included below.

- **ICAN Presentations, Wednesday, April 26th** - ICAN will be presenting 2 sessions to families virtually on Wednesday, April 26th. Check out the sessions below and choose the topics most relevant to you. Pre-registration is required to join the webinars on the 26th. ICAN is a nonprofit, educational organization that serves families across Iowa. They have an office located in the Kirkwood Linn Regional Center in Hiawatha. For more information about their services, check out www.icansucceed.org.
 - **Career and College Planning 5:30-6:30PM** - Both Sophomores and Junior students and families will benefit from this session that will cover career exploration, how to use career assessments, academic preparation, the admissions process, and understanding costs. Register for this presentation at https://us06web.zoom.us/webinar/register/WN_Ai582n3NR000_HpaUv3RBQ.
 - **Understanding Financial Aid 6:30-7:30PM** - This session is best suited for juniors planning to attend college in the future. The session will cover information about the Free Application for Federal Student Aid, the scholarship process, and where to find help. Register for this presentation at https://us06web.zoom.us/webinar/register/WN_V8cEQ8bnTz2qv_AS1w0g4g.
- **College Admissions Visits** - Colleges continue to visit Linn-Mar in the spring to talk with juniors. Check out our upcoming college admissions visits hosted in the College/Career Center at <https://sites.google.com/a/linnmar.k12.ia.us/linn-mar-high-school-counseling/career>.

If you have specific questions about college and career planning, please reach out to your school counselor.

10th Grade

2023-2024 LMHS Program of Studies

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9th Grade

Future 9th Grade Connection Dates (3:30-4:00 p.m.)

Monday, May 8, 3:30 p.m.

2023-2024 LMHS Program of Studies

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9th grade

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Activities

REACH Booklet

This link is for the LMHS REACH Activities Booklet. Not all activities are listed in this booklet, but almost all of them are in here.

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

Athletics

Congratulations to our LMHS Senior Athletes who signed National Letters of Intent on Wednesday:

Savannah Sonenstahl (Cornell College, Soccer), **Caden Postma** (Central Methodist University, Golf), **Nicholas Gorsich** (Univ. of Northern Iowa, Track), **Brayden Parke** (US Coast Guard Academy, Wrestling), **Meredith Koenen** (Loras College, Basketball), **Ian Mindrup** (Univ. of Dubuque, Basketball), **Ethan Cozine** (St. Olaf College, Track & Cross Country), **Boston Stoffel** (Mt. Mercy Univ., Baseball), and **Athena Sheets** (Loras, Soccer)!

Congratulations to LMHS Varsity Girls Golf for winning the CRANDIC meet on Wednesday!

Congratulations to LMHS Varsity Girls Track and Field for winning the Clark Weaver Relays on Friday and the Dubuque Hempstead Relays on Tuesday!

Congratulations to LMHS Varsity Boys Track and Field who currently (as of 4-20-23) have four events as the state's fastest or highest (400 Hurdles, 110 High Hurdles, Shuttle Hurdle Relay, High Jump), and two events that are currently top three in the state (400 Meters, Long Jump)!

Congratulations to Girls and Boys Soccer on big wins versus ranked opponents last night.

Congratulations to Boys Tennis on a big win versus a ranked opponent this week!

Good Luck to Girls and Boys Soccer and Girls and Boys Tennis as they compete this weekend!

2023 Spring and Summer Athletic Camps and Clinics are now online to register/sign up for!

Attached is a List of camps and clinics with dates and times! Click on link below to sign up! They fill up fast!

[2023 Linn-Mar Spring & Summer Camps](#)

LMHS HOMECOMING 2023 Has Been Determined

LMHS Homecoming 2023 will be September 11-16, 2023. Parade (anticipated) on 9/13, Football Game vs. Bettendorf on 9/15, Dance (LMHS students only) on 9/16.

Fine Arts

Congratulations to the LMHS Music Department for receiving 118 Division 'I' (Superior) ratings at the State Solo and Ensemble Contest on Saturday! Also, Congratulations to the seven (of twelve possible) musicians recognized at 'Outstanding Performers' at the Contest! Congratulations to 'Outstanding Performers': Kate Flugstad (Alto solo), Michael Lemos (Violin solo), Christian Maakestad (Marimba solo), Parker Nicks (Tuba solo), Richard Phan (Violin solo), Abbey Vezina (Soprano Saxophone solo), and Brock Whitham (Clarinet solo)!

Congratulations to Chamber Singers, who have been selected to perform at the Iowa Choral Directors Association Conference at Coe College on Wednesday, April 26!

Best Wishes to the Cast and Crew of Les Miserables on April 27-29!

Clubs and Organizations

Other Information

Attendance for this week (Thursday-Thursday): **94.1 %**

The next weekly LMHS Updates and Announcements for Students and Parents for the 2022-23 school year will be sent on **Friday, April 28.**