

# Lansdowne High School

## Family and Community Guide



#DoGreatBeGreat  
#VictoriousVikings

2022-2023

3800 Hollins Ferry Road, Baltimore, MD 21227  
(443) 809-1415

Twitter and Facebook: @LansdowneViking

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## **Lansdowne High School**

Main Office Phone: (443) 809-1415

School Fax: (443) 809-1461

School Counseling: (443) 809-1417

Health Suite: (443) 809-1477

Wellness Center: (443) 809-3956

Cafeteria: (443) 809-1420

Library Media Center: (443) 809-4009

LHS Distance Learning Program: (443) 809-1415

Website: <https://lansdownehs.bcps.org/>

## **Vision and Mission**

### ***Vision for the Students of Lansdowne High School***

Lansdowne High School is the center of an inclusive, culturally diverse community where we praise our collective contributions with honor and compassion. We provide students with the opportunities to create and define their purpose and encourage them to persevere through rigorous challenges with courage, commitment and creativity.

### ***Mission of Lansdowne High School***

At Lansdowne High School, we promise to honor and utilize the gifts each member of our school community possesses in order to achieve the purpose of creating habits of respect, responsibility, and readiness through a variety of academic and extracurricular opportunities that will influence future endeavors.

## **Administration**

Mrs. Allison Seymour, Principal

Ms. Kate Smith, Assistant Principal - Grade 9

Ms. Nehal Ghodasara, Assistant Principal - Grade 12 and Grade 10, Last Names A-

Mr. Mike McWilliams, Assistant Principal - Grade 11 and Grade 10, Last Names

Phone: (443) 809-1415

## **School Counseling**

Ms. Julie Cabaniss, Last Names P - Z

Ms. Sara Heldmann, Last Names A - G

Ms. Angela Montague, ESOL Students

Ms. Jennifer Stefanoski, Last Names H - O

Mr. Dan Bramer, College and Career Counselor

Phone: (443) 809-1417

## Who we are

Lansdowne High a comprehensive high school offering students a variety of academic opportunities to meet MSDE graduation requirements as well as a magnet school offering three different academy options for students who reside on the west side of Baltimore County.

- Our **Academy of Health and Human Services** affords students with the opportunity to explore ProStart, Teacher Academy of Maryland (new in 2022-23), Army JROTC, Carpentry Careers and Electrical Careers (the only program in BCPS).
- Our **Academy of Science** affords students with the opportunity to explore courses in our Project Lead the Way: Biomedical Science program.
- Our **Academy of Arts and Communication** affords students with opportunities for advanced study of dance, instrumental music, vocal music, theatre, visual arts and mass communications.

Besides the experiences in our Academies, students have the opportunity to take courses in Computer Science; Business and Accounting; French and Spanish; Career, Research and Development; AVID and Advanced Technology. We currently offer 12 Advanced Placement courses and are working to increase enrollment in these courses. We continue to build our World Language program and create opportunities for our students to earn the Seal of Biliteracy before leaving High School. Our 9th graders participate in our Freshman Foundations program, the goal of which is to support them in the transition into high school academically and socially.



### Lansdowne High School 2022-2023 Bell Schedule



A Lunch		B Lunch		C Lunch		D Lunch	
Pd 1	7:30 - 8:55	Pd 1	7:30 - 8:55	Pd 1	7:30 - 8:55	Pd 1	7:30 - 8:55
HR	8:55 – 9:00	HR	8:55 – 9:00	HR	8:55 – 9:00	HR	8:55 – 9:00
Pd 2	9:05 – 10:30	Pd 2	9:05 – 10:30	Pd 2	9:05 – 10:30	Pd 2	9:05 – 10:30
A Lunch	10:35 – 11:05	Pd 3	10:35 – 11:08	Pd 3	10:35 – 11:41		
Pd 3	11:08 – 12:45	B Lunch	11:08 – 11:38	C Lunch	11:41 – 12:11	Pd 3	10:35 – 12:14
		Pd 3	11:41 – 12:45	Pd 3	12:14 - 12:45	D Lunch	12:14 – 12:45
Pd 4	12:50 - 2:15	Pd 4	12:50 - 2:15	Pd 4	12:50 - 2:15	Pd 4	12:50 - 2:15

## **Who to Contact for Support**

### **Department and Program Contacts**

Army JROTC: Lt. Col. Glenn Cook  
AVID: Ms. Monica Jett  
BARR Coordinator: Ms. Katherine Showalter  
Business and Computer Science: Mr. Ted Thompson  
English/Language Arts: Ms. Jennifer Gish  
ESOL: Ms. Jill Henofer  
ESOL Support Facilitator: Ms. Antonette Lalia  
Magnet Coordinator: Ms. Lindsey Backes  
Mathematics: Ms. Darlene Joyner  
Performing Arts: Mr. Rob Tracy  
Physical Education and Technology: Ms. Dee Ellis  
School to Career: Ms. Kelly Olds  
Science: Ms. Jennifer Joslyn-Mahuta  
Social Studies: Mr. Chris Harter  
Special Education: Ms. Karyn Mills  
Special Education IEP Facilitator: Ms. Laura Collins-Sawicki  
Student Support Team Facilitator: Ms. Nehal Ghodasara  
Visual Art: Mr. Brandon Nicklas  
World Languages: Ms. Kelly Potter

### **Social Worker**

(443) 809-1417

### **Health Suite**

Ms. Jennifer Alvey  
*School Nurse*

Ms. Lorelle Cure  
*Health Assistant*

### **Wellness Center**

Ms. Eun Cho  
*Nurse Practitioner*

Ms. Loraine Banks  
*Health Assistant*

### **School Psychologist**

Ms. Krystal Topper  
(443) 809-2644

### **School Resource Officers (SRO)**

Officer Brad Tippin  
Officer James Saunders

## **Behavior Expectations**

The foundation of Lansdowne Pride can be found in the virtues of **Respect, Responsibility and Readiness**. When all members of the school community are respectful of themselves and others; assume responsibility for their own actions; and come to school prepared and ready to engage in learning, we are better able to maintain a safe and orderly environment for all members of our school community.

Below are examples of behaviors that are considered to be in opposition to our beliefs as a community:

**1. Behavior that shows a lack of respect to self and others:**

- Calling attention to another's personal characteristics in a derogatory manner
- Group isolation or ostracism
- Dress that is inappropriate for the school setting
- Intimidation (bullying, threatening)
- Insubordination (failure to follow school rules)

**2. Other behaviors that are designed to devalue or hurt another human being.**

- Use of obscene language
- Use of terms that refer to others in a negative manner, not exclusive of slang that references race, ethnicity, body image, gender, or sexual preference
- Inappropriate use of social media (Instagram, Snapchat, TikTok, etc.) that disrupt the learning environment and/or create an environment that is threatening towards others

**3. Behavior that will damage, destroy or misuse personal or school property:**

- Irresponsible use of materials (school issued devices, supplies, equipment, etc.)
- Destruction, defacement, and/or graffiti but not limited to vandalism in shared spaces throughout the building, intentional destruction of school issued devices, or destruction of other students' personal property and work.
- Theft

**4. Behavior that interrupts the educational program:**

- Wandering the halls during class time
- Small group "meet ups" during instructional time in the halls, at the water coolers or in the bathrooms
- Frequent tardiness
- Unexcused absences
- Skipping of class

**5. Behavior that interferes with academic progress and growth:**

- Copying another student's work
- Plagiarism
- Cheating
- Refusing to submit work

## General Expectations

### Student Cell Phone Expectations

The pandemic has increased our reliance on our cell phones for a variety of reasons. Both our young people and adults have been impacted by the immediacy of communication and an opportunity for escape from stressors by turning to our cell phones. Unfortunately, many of our students are struggling with managing their cell phone use and this is having a negative impact on social interactions and academic achievement.

The BCPS Student Handbook (pages 5 and 6) clearly outline expectations surrounding the use of Personal Electronic Communication Devices (PECD). These devices include, but are not limited to, cell phones, Bluetooth watches, personal computers, and gaming devices that allow for messaging. It reads: “The Board of Education of Baltimore County recognizes the ever-increasing importance of technology in students’ lives and the beneficial role it can play for student education and communication with responsible use. The Board believes, however, that the possession and use of such devices should not interfere with academic instruction, student safety and a positive school climate. Students may possess their personal electronic communication device (PECD) on school property and during school-sponsored activities; however, students may not use their PECD until the end of the instructional day with the following exceptions:

1. When instructional staff, in Grade 3 and above, has permitted such use for instructional purposes during instructional time.
2. High school students may use their PECD during student lunch periods.”

Superintendent’s Rule 5552 also allows for the following considerations related PECDs:

“E. School administrators may use their discretion to permit the use of a PECD in certain areas of the school, during certain portions of the school day and/or designate areas of the school where a PECD may not be used.

F. During times when the use of a PECD is permitted, students must wear earbuds/headphones if sound is being emitted, unless otherwise authorized by instructional staff or a school administrator.

G. Students may use their PECD while being transported on school buses, as long as such use does not impact the safe operation of the bus, as deemed by the bus driver, bus attendant and/or school administrator.”

Members of the Principal’s Student Advisory Council have proposed the following regarding cell phone use at LHS during instructional time:

#### **Students will be RESPECTFUL in the use of their phones by:**

- Understanding that it is at the discretion of the teacher to allow use of phones or other PECDs during the class period.
- Wearing headphones when allowed to use their PECD in the classroom.
- Silencing phones during the school day or turning off the notifications.
- Communicating with teachers if there is a personal situation that might require access to their phone during the instructional period.

#### **Students will be RESPONSIBLE in the use of their phones by:**

- Refraining from using their PECD to violate the privacy of others.
- Refraining from using their PECD to bully or harass others; and/or to send abusive, threatening or obscene messages.
- Refraining from using their PECD in ways the jeopardizes the health or safety of members of the school community.

- Refraining from using their PECDs in a manner that creates a disruption to school activities and/or on the school bus.
- Refraining from using their PECD to plagiarize the work of others.
- Turning off and putting out of sight PECDs during assessments (not exclusive of classroom assessments or state testing).
- Accepting consequences assigned by a staff member for the misuse of their PECD that violates the BCPS Student Handbook and/or school procedures.

**Students will be READY for class each day by:**

- Coming prepared with a fully charged device to eliminate the need to use a PECD.
- Turning off notifications during the school day to limit distractions caused by the PECD.
- Putting the phone away at the start of class.

Teachers will assist students in managing their cell phone use by identifying, verbally and/or through the use of a visual cue, the times during the period in which the PECD may be used. Students who repeatedly fail to comply with the request of their teacher to follow BCPS policy of having their phone off and away during instructional time will face disciplinary consequences.

### Attendance to School

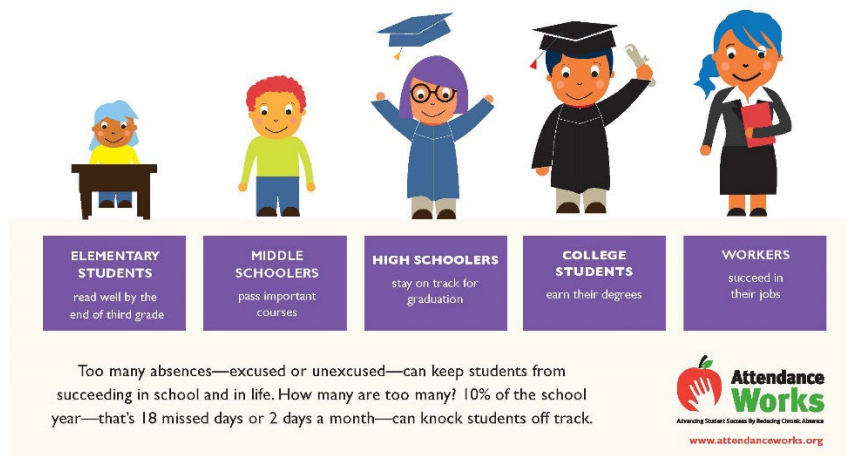
Attendance to school has a direct impact on academic achievement. Students who miss more than 10 days of school per year are considered chronically absent.

As we continue to navigate the effects of COVID-19 on our students and their families, we want families to remember that students are responsible for the missed learning when they are absent. There are a number of ways that we can provide additional supports to students who miss significant amounts of time from school. Please take note of these ongoing opportunities for students:

- Before and/or afterschool coach classes for students with teachers.
- Attending grade level Achievement Centers throughout the marking period to (1) either make up missing work, or (2) receive additional opportunities for tutoring.
- Enrollment in Lansdowne's site-based Distance Learning Program (modeled after BCPS' Virtual Learning Program).

## ATTEND TODAY, ACHIEVE TOMORROW

### GOOD SCHOOL ATTENDANCE MEANS...



The infographic illustrates the long-term benefits of good school attendance. It features five cartoon characters representing different stages of education and career, each standing on a purple box that lists the outcomes of consistent attendance.

STAGE	OUTCOME
ELEMENTARY STUDENTS	read well by the end of third grade
MIDDLE SCHOOLERS	pass important courses
HIGH SCHOOLERS	stay on track for graduation
COLLEGE STUDENTS	earn their degrees
WORKERS	succeed in their jobs

Too many absences—excused or unexcused—can keep students from succeeding in school and in life. How many are too many? 10% of the school year—that's 18 missed days or 2 days a month—can knock students off track.

**Attendance Works**  
 Advancing Student Success By Reducing Chronic Absence  
[www.attendanceworks.org](http://www.attendanceworks.org)



## **Lateness to School**

Lateness to school continues to be a significant concern as missing parts of instruction has a direct impact on student achievement. We acknowledge that close to 65% of our students are considered walkers. We ask that families work together to make a commitment to arrive to school by 7:25 AM each morning so that students may be on time for their first period class.

There is a large number of students who are bus riders that leave campus after arriving to school. Students and families should understand that this is a violation of the BCPS Student Handbook (Category 1c, page 16). Moving into the 2022-23 school year, lateness to school for students who are assigned bus riders will be closely monitored and as appropriate, consequences may be assigned.

## **Student Dress Expectations**

Dress codes are in place with a purpose to maintain a safe and orderly environment. LHS Community members are encouraged to dress in a manner that is comfortable for them as long as they are appropriate for *the school environment and the classroom environment*. These expectations were developed by the members of the Principal's Student Advisory Council.

In general, LHS community members are asked to NOT wear clothing that reveals their chests or their buttocks, references drugs, or contains offensive language. Examples of clothing items that are NOT *school appropriate* include:



The BCPS Student Handbook (page 4) explicitly outlines dress expectations for students.

“Students will not wear attire that is disruptive to the school environment, that promotes illegal or harmful activities, or that could endanger the health and safety of the student or other students which includes, but is not limited to, that which:

1. Depicts messages that are lewd, vulgar, obscene, plainly offensive, violent, sexually explicit, or that reference items that are illegal in general or illegal specifically for underage students.
2. Promotes use of tobacco, drugs, alcohol, or other illegal or harmful products.
3. Contains sexually suggestive messages.
4. Depicts gang affiliation, including but not limited to the wearing of bandanas, flags, hats or clothing of a particular color on a daily basis
5. Causes or is likely to cause a substantial or material disruption to school activities or the orderly and safe operation of the school or at school-sponsored activities.
6. Contains rude, disrespectful, or discourteous expressions inconsistent with civil discourse and behavior.
7. Contains language and/or displays images, symbols, materials or other items that promote hatred, racial or ethnic violence, intimidation or harassment, such as but not limited to swastikas, the confederate flag, and nooses.”

***Dress in Physical Education (PE) Classes:*** Students enrolled in Fitness and Foundations class must wear the following clothing in order to safely participate in PE: LHS issued PE uniform (compression pants and leggings are permitted under shorts if preferred.) No hoodies/sweatshirts/coats/jackets are permitted when indoors. Starting in 2022-23 school year, PE uniforms will be free to students taking Fitness and Foundations for the first time. Students taking Fitness and Foundations and/or a PE Elective course will be required to purchase a uniform or supply their own at the discretion of the teacher.

***Dress in Electrical, Carpentry and Technology/Advanced Technology courses:***

1. Long hair (hair past ear lobe) is pulled back and secure.
2. No headphones in your ears or around your neck.
3. All necklaces are tucked under your shirt and safely secure.
4. Long shirt sleeves are rolled up and secure.
5. Baggy or oversized shirts are tucked in.
6. All rings and watches are off when using the equipment.
7. Gloves are never to be worn when operating the equipment.
8. All lanyards, belts, wallet chains, and anything else hanging out of your pockets or on your pants are securely tucked away.
9. You must have on closed toe shoes that are comfortable to stand in. No flip flops or high heels in the work area.

***Dress in Dance Courses:*** Clothing that allows for free and flexible movement during class. For example, leggings/sweatpants and a t-shirt.

***Dress in Army JROTC Courses:*** Wear complete dress uniform on designated days, once a week. Short hair and/or natural hair color. Appropriate dress and footwear for PT days (i.e. sweatsuit and sneakers).

***Dress Code in Science Classes:*** For days students are engaged in the completion of a lab, the following is expected: Hair tied back; no loose clothes or jewelry; close-toed shoes; and wearing of safety equipment such as goggles, aprons (depends on the lab), and/or gloves (depends on the labs)

**Student Behavior on School Bus**

Travel on the school bus, whether it be to and from school, on a field trip or to an athletic event, falls under the concept of scope of authority (BCPS Student Handbook, page 2) and violation of the policies outlined in the student handbook may result in disciplinary action.

Our bus drivers and bus attendants are important members of our school community. They are to be treated with the same level of respect as school staff. In collaboration with the Office of Transportation the following bus discipline and consequences have been developed.

**Bus Discipline Procedures and Consequences**

The code below classifies unacceptable behavior into four levels. The examples are not exhaustive but illustrative. Additionally, all consequences are dependent upon the severity and frequency of the behavior. The Office of Transportation reserves the right to consider extenuating circumstances in determining disciplinary action.

## Behavior on the School Bus

Riding the school bus is a privilege. This privilege may be temporarily denied or permanently revoked if misconduct jeopardizes the safe operation of the school bus or the safety of students riding the bus. School suspension is a possible sanction.

Behavior or activity jeopardizing the safe operation of the school bus or interfering with the welfare of other vehicle occupants is prohibited. The school bus operator will report promptly and in writing to appropriate administrative staff any conduct appearing to require disciplinary action. After administrative staff evaluation, appropriate disciplinary action will follow. A copy of the disposition will be returned to the school bus operator.

Level 1	
Infraction	Consequences
Infractions that interfere with the orderly transportation of students. Some examples are: <ul style="list-style-type: none"><li>• Screaming</li><li>• Failure to stay seated</li><li>• Littering on the bus</li><li>• Tampering with the possessions of other passengers</li></ul>	The bus driver reports infractions on the bus. The school administrator administers consequences. This action may include any or all of the following: <ul style="list-style-type: none"><li>• Verbal warning <b>and referral issued</b></li><li>• Contact with parent</li><li>• Assigned seat at the discretion of driver</li></ul>

Level 2	
Infraction	Consequences
More severe infractions that interfere with the safe transportation of students. Some examples are: <ul style="list-style-type: none"><li>• Repeated occurrences of Level 1 behaviors</li><li>• Bullying other passengers, including verbal abuse</li><li>• Profanity towards staff</li><li>• Damage to the bus interior/exterior</li></ul>	The bus driver reports infractions on the bus. The school administrator administers consequences. This action may include any or all of the following: <ul style="list-style-type: none"><li>• <b>Referral issued</b></li><li>• Contact with parent</li><li>• Assigned seat at the discretion of driver</li><li>• <b>Loss of bus privileges for up to 5 days</b> and cost of repairs</li></ul>

Level 3	
Infraction	Consequences
Actions that endanger the safety of the driver or students and which impairs the driver's ability to drive safely. Some examples include: <ul style="list-style-type: none"><li>• Repeated occurrences of Level 1 or 2 behaviors</li><li>• Refusal to remain in seats</li><li>• Sexual misconduct</li><li>• Throwing objects</li><li>• Refusal to follow staff directions for safety</li></ul>	The bus driver reports infractions on the bus. The school administrator administers consequences. At more serious levels, the Director of Transportation may be involved. This action may include the following: <ul style="list-style-type: none"><li>• <b>Referral issued</b></li><li>• Contact with parent</li><li>• <b>Loss of bus privileges for 6 to 9 days</b></li><li>• Repeated incidents of Level 2 behavior may result in removal from transportation for the remainder of the school year</li></ul>

Level 4	
Infraction	Consequences
<p>Infractions that endanger the safety of the driver or students and may require local police to intervene. Some examples include:</p> <ul style="list-style-type: none"> <li>Fighting, including pushing and/or wrestling</li> <li>Sexual misconduct</li> <li>Possession of dangerous objects or weapons</li> <li>Possession or use of tobacco, alcohol, drugs or controlled substances</li> <li>Opening emergency exits and/or exiting the bus without authorization</li> </ul>	<p>The bus driver reports infraction on the bus. The school administrator administers consequences. At more serious levels, the Director of Transportation may be involved. This action may include the following:</p> <ul style="list-style-type: none"> <li><b>Referral issued</b></li> <li>Contact with parent</li> <li><b>Loss of bus privileges 10 days</b></li> <li>Repeated incidents may result in removal from transportation for the remainder of the school year</li> <li>Illegal activity will be referred to Baltimore County Police Department</li> <li>Suspension from school and/or extended suspension</li> </ul>

Consequences for repeat infractions related to transportation include, but are not limited to:			
1st Offense	2nd Offense	3rd Offense	4th Offense
<p><b>Parent notification required</b>  <b>Appropriate Action required</b>            Student Conference            Seat change on bus            Bus or School Suspension commensurate with offense            Code of Student Conduct implemented as appropriate</p>	<p><b>Bus Suspension</b>            (up to 5 days)</p>	<p><b>Bus Suspension</b>            (6 to 9 days)</p>	<p><b>Bus Suspension</b>            (remainder of the school year)</p>
	<p><b>Appropriate Action Required</b>            Additional Bus or School Suspension commensurate with offense            Implement Code of Student Conduct as Appropriate            For students with disabilities, bus suspension is counted as a suspension from school if transportation is included as a related service on the IEP/504 Plan</p>		

### Video/Digital Cameras and Audio Recording Devices

School buses are equipped with video/digital cameras and audio recording devices. These tools monitor the passenger area of the bus. As such, you are subject to audio surveillance. The objective is to provide an important additional tool to assist the driver and administration in managing student conduct on school buses, an important safety consideration that benefits all.

# **General Procedures at Lansdowne High School**

## **Arrival to School**

The building opens to students at 7:15 AM each morning.

- A safety assistant will be present starting at 6:45 AM each morning to supervise students.
- In the case of inclement weather, a safety plan will be developed to bring students inside the building for supervision.
- Students wanting to eat breakfast may enter the building at 7:00 AM through the **loading dock doors** located by the gym. Students will be supervised in the cafeteria and must remain there until the building opens at 7:15 AM for students.

## **Late Arrival to School**

Students arriving between 7:30 AM and 8:10 AM should enter the building through the auditorium doors. Students will sign in and receive a pass to class.

Students arriving after 8:10 AM should enter the building through the main doors. The safety assistant will sign the students in and provide them with a pass to report to class.

## **Early Dismissals**

We acknowledge that there are times that students must leave school early. We ask that families follow these procedures to ensure accurate attendance recording for your student.

- **Planned early dismissal:** Please write a note and have the student bring it to the main office in the morning. Note should include the name of the parent/guardian and a phone number. Parent/guardian will be called to confirm early dismissal. Student should return to the main office after period 1 to pick up their early dismissal pass which they should show their teacher.
- **Unplanned early dismissal:** A parent/guardian, or an emergency contact, is required to sign the student out of the building. Please make sure you have photo ID when coming to pick up your student. In cases where the student is NOT being picked up, the early dismissal is to be approved by an Assistant Principal.

## **Leaving the Building**

Our campus experiences a quite a bit of foot traffic during the school day by members of the community. In an effort to keep our student safe, students are reminded that they are NOT allowed to leave the building without permission and supervision. This includes going to their car during the school day. Students needing to leave the building to get something from their car will be escorted by the Safety Assistant.

Leaving school grounds without permission to go to a location off campus is subject to disciplinary action.

## **Deliveries**

If a student forgets an item at home that is needed for school (i.e their device, athletic equipment, school books), we welcome family members to drop those items off to the main office. Staff will ensure that the student receives the item by the end of the period.

It is standard practice in BCPS to not allow for food deliveries during the school day. The deliveries are disruptive to the operations of the school day and often arrive at times when students are supposed to be in class. Students who are found to have made arrangements for food deliveries to the school will have the food held in the main office until the end of the school

day. *If there is a special dietary need for a student, please reach out to our Food Services Manager to discuss menu options that are available to your student.*

### **Dismissal From School**

Students are dismissed from school at 2:15 PM. Unless students are remaining after school for extracurricular activities or sports, students are asked to leave campus by 2:30 PM.

Students who are remaining after school for additional assistance from a teacher or to participate in clubs must return to the building by 2:25 PM. At the end of the activity, students are asked to leave the building. In the case of inclement weather or extreme cold, students may remain in the main lobby as long as (1) there is an administrator in the building, and/or (2) until the last administrator leaves the building. Students who are disruptive, participate in destructive behaviors and/or wander throughout the building will lose the privilege of participating in afterschool activities.

Athletes who return to school for practice or a game are to return to the building through the Gym Lobby doors.

## **Additional Supports for Students and Families**

### **Academic Support**

This school year we are excited to introduce grade-level Achievement Teams that will be available at strategic times throughout the year to provide students with a space and place to complete missing work and/or receive additional instructional support. For many, these opportunities will be optional. For some students, they will be referred to the Achievement Team in an effort to provide targeted academic support. More details about our Achievement Teams will be shared with families by the end of September.

### **Social-Emotional Supports**

The students and staff of Lansdowne High School have a variety of opportunities to engage with support staff to address any social-emotional concerns they may have. We have 5 school counselors assigned to support students as well as a full-time social worker and school psychologist.

We also partner with Villa Maria Counseling Services for students and families who may need additional supports. Families interested in learning more about the services provided by Villa Maria should reach out to your child's school counselor.

Starting this school year, there will be a directed effort to support students and staff in a variety of ways. The school community will participate in monthly lessons focused on teaching and learning about self-awareness, self-management, social awareness, responsible decision-making and relationship skills. We will also be providing resources to students on topics such as suicide prevention, bullying prevention, coping strategies, mindfulness, stress and other mental health challenges. It is our hope that this work will help to address some of the needs of our students and staff as we reimagine what school can offer our community in ways of support.

### **Physical Health Supports**

Lansdowne High School is home to our very own Wellness Center. Open two days a week, the Nurse Practitioner is able to offer a variety of services to address any health concerns your student may have. The Wellness Center offers services such as, but not limited to, sports physicals, immunizations, vaccinations, and well-being check-ups. Students must register with the Wellness Center in order to receive services. Families can learn more about the Wellness Center by visiting the Health Suite to pick up a registration packet or by scanning here



### **Food Supports**

All students will continue to be eligible for free breakfast and lunch moving into the 2022-23 school year. Returning this year will be the opportunity to purchase a-la-carte items such as chips, cookies, and drinks. Families are still encouraged to complete the Free and Reduced Meal Application if your family qualifies for *all students* enrolled in BCPS as there are benefits besides free or reduced meals associated with this benefit for families. Complete the application by scanning here:



Families can also fund a student lunch account through the My School Meals website. Student ID numbers (if needed) can be found by logging into Focus.



Did you know that LHS has a **Food Pantry** in partnership with Maryland Food Bank? The Food Pantry is open twice a month. A schedule for the new year will be forthcoming. We ask families to complete this survey to provide us with input on how we can better support our community with this resource.



## **We invite you to get involved and stay connected!**

Consider joining the PTSA! Our first meeting will be in September 2022.



Follow our Twitter and/or Facebook pages. @lansdowneviking

Check our website regularly for updates: <https://lansdownehs.bcps.org>

Update your email address by completing and returning the student contact sheet to receive updates, important notices, and general community information.

Encourage your child to participate in athletics or one of our numerous clubs or activities. Students who are involved in extra-curricular activities have higher GPAs, better attendance and are more likely to graduate on time.

Create your OWN Schoology and FOCUS accounts to monitor your child's progress. Having access to your own account will also allow you to email directly with your child's teachers. Access to Schoology allows you to view interim grades as well.



FOCUS allows for you to check report cards, especially final report cards which are NOT mailed home as well as daily and period by period attendance.

