Upcoming Events & Activities (continued on pg. 4)

September 3
- Girls Varsity Volleyball vs. Lakeview HS (A) 4:30pm
- Girls JV Volleyball Skyline Tournament (A) 9:00am

September 4
- Boys Varsity Cross Country (A) 12:00pm Marauder Invite
- Girls Varsity Golf SVL Match #1 (A) 3:00pm
- Boys JV Soccer vs. Powers Catholic HS (A) 6:00pm

September 5
- SI/Staff Meeting 2:15pm
- Boys Varsity Tennis vs. H. H. Dow HS (H) 4:00pm
- Boys Varsity Cross Country SVL Jamboree #1 (A) 5:00 pm
- Girls JV Golf vs. Midland HS (H) 3:30pm
- Boys JV Football vs. H. H. Dow HS (H) 6:30pm

September 6
- Boys Varsity Football vs. Midland HS (A) 7:00pm
- Girls Varsity Cheer (A) at Midland HS 7:00pm

September 7
- Girls Varsity Volleyball Flushing Tournament (A) 9:00am
- Boys Varsity Soccer vs. Midland HS (A) 7:00pm
- Boys JV Soccer vs. Midland HS (A) 10:00am

September 9
- Boys Varsity Soccer vs. Powers Catholic HS (A) 4:30pm
- Boys JV Soccer vs. Powers Catholic HS (A) 6:00pm

September 10
- Boys Varsity Tennis vs. H. H. Dow HS (H) 4:00pm
- Boys Varsity Cross Country SVL Jamboree #1 (A) 5:00 pm
- Girls JV Golf vs. Davison HS (H) 3:30pm

September 11
- Girls JV Volleyball Skyline Tournament (A) 9:00am

September 13
- Boys Varsity Football vs. Arthur Hill HS (A) 7:00pm
- Girls Varsity Cheer (A) at Arthur Hill HS 7:00pm
- Boys Varsity Cross Country (A) MSU Spartan Invite

September 14
- Boys Varsity Soccer vs. Bay City Western HS (A) 10:00am
- Girls Varsity Volleyball Avondale Tournament (A) 9:00am
- Girls JV Volleyball Lake- land Tournament (A) 8:30am
- Boys JV Soccer vs. Bay City Western (A) 10:00am

September 15
- Powder Puff 6:00pm

Inside this issue:
- Daily Schedule 2
- Friends From Afar 2
- Healthy Habits 3
- Counseling Corner 3
- Athletic Clearances 4
- Homecoming Schedule 5
- Spirit Days 5
- Club / Activity List 6
<table>
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<td>1:25-2:10</td>
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<td>Single Hour Programs</td>
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LHS Welcomes Friends From Afar (Continued on pg. 3)

- **Lavanya Bhukya**
  - (Lav-on-ya Book-Ya)
  - Country: India

- **Miriam Cano Canovas**
  - (Mar-i-um Cano Can-oo-as)
  - Country: Spain

- **Frieda Gabath**
  - (Free-da Gab-ut)
  - Country: Germany

- **Lee Ngai (Vanessa)**
  - (Lee Nye)
  - Country: Hong Kong

- **Hannah Neumann**
  - (Han-nah Noy-mon)
  - Country: Germany

- **Thapanat Nopgarum (Putter)**
  - (Top-in-a Nop-ga-iun)
  - Country: Thailand
Lapeer High School is fortunate to be able to host ten exchange students for the 2019-20 school year. These students are able to bring to us their cultures and experiences as they spend the year learning about our culture. Please take a moment to welcome them as you see them around the building or in your classroom.

Interested in becoming a host family to an exchange student?

- ICES (International Cultural Exchange Services - www.icesusa.org
- International Student Exchange - iseusa.org
- Youth for Understanding - yfu.org

Healthy Habits

“The American Academy of Pediatrics strongly supports the efforts of school districts to optimize sleep in students and urges high schools and middle schools to aim for start times that allow students the opportunity to achieve optimal levels of sleep (8.5–9.5 hours) and to improve physical (eg, reduced obesity risk) and mental (eg, lower rates of depression) health, safety (eg, drowsy driving crashes), academic performance, and quality of life.”

-Source: pediatrics.aappublications.org

Counseling Corner: AP Testing

Registration for AP Testing will now be in the fall, in order to test in the spring.

AP tests are college level tests that have been designed to assess the level of mastery accomplished in high school AP courses. With a qualifying AP score, students can earn college credit, advanced placement, or both.

Please contact our counseling office for any questions regarding AP course, or AP testing questions:
(810) 667-2418 ext. 3121
Events & Activities  (continued from pg. 1)

September 16
- Boys Varsity Soccer vs. Carman-Ainsworth HS (H) 6:45pm
- Boys JV Soccer vs. Carman-Ainsworth HS (H) 5:00pm
- Girls JV Golf vs. Powers Catholic HS 3:30pm (A)

September 17
- Boys Varsity Cross Country County Press Invitational (A) 12:00pm
- Girls Varsity Golf SVL Match #3 3:00pm (A)
- Boys Varsity Tennis vs. Midland HS (A) 4:00pm
- Girls Varsity Swimming vs. Midland HS (H) 4:00pm
- Girls Varsity Volleyball vs. Carman-Ainsworth HS (A) 7:00pm
- Girls JV Volleyball vs. Carman-Ainsworth HS (A) 5:30pm

September 18
- Girls JV Golf vs. Grand Blanc HS 3:30pm (A)

September 19
- Staff PD 2:15pm
- Boys Varsity Tennis vs. Mt. Pleasant HS (H) 4:00pm
- Girls Varsity Swimming vs. John Glenn HS & Mr. Pleasant HS (A) 6:00pm
- Boys Varsity Soccer vs. Adams HS (H) 6:45pm
- Boys JV Soccer vs. Adams HS (H) 5:00pm
- Boys JV Football vs. TBA 12:00pm

September 20
- Homecoming: Pep Assembly, and Parade

September 21
- Boys Varsity Football vs. Normal Community HS (H) 7:00pm
- Girls Varsity Cheer (H) 7:00pm

September 23
- Boys Varsity Soccer vs. Grand Blanc HS (A) 7:00pm
- Boys JV Soccer vs. Grand Blanc HS (A) 5:30pm
- Girls JV Golf vs. Carman-Ainsworth HS 3:30pm
- Varsity Boys Tennis vs. Lapeer Quad (H) 8:00am
- Varsity Boys Soccer vs. North Branch (A) 4:30pm
- JV Boys Soccer vs. North Branch (A) 6:00pm

September 25
- Boys Varsity Soccer vs. Davison HS (A) 6:45pm
- Boys JV Soccer vs. Davison HS (A) 5:00pm
- Girls JV Golf SLV Tournament (A) 12:00pm

September 26
- Dept. Chair Meeting

September 27
- Girls Varsity Swimming Genesee County Meet (A) 12:00pm
- Boys Varsity Football vs. Powers Catholic HS (H) 7:00pm
- Girls Varsity Cheer (H) 7:00pm

September 28
- Girls Varsity Swimming Genesee County Meet (A) 12:00pm
- Girls Varsity Volleyball Mount Morris Tournament (A) 9:00am
- Girls JV Volleyball Mt Morris Tournament (A) 9:00am

September 29
- Picture Re-Takes
- Girls Varsity Golf vs. Davison HS SVL Match #4 (A) 3:00pm
- Boys Varsity Tennis vs. Lake Orion (H) 4:00pm
- Boys Varsity Cross Country SVL Jamboree #2 (A) 5:00pm
- Girls JV Volleyball vs. H.H. Dow High School 5:30pm

September 30
- Boys Varsity Soccer vs. Davison HS (H) 6:45pm
- Boys JV Soccer vs. Davison HS (A) 5:00pm
- Girls JV Golf SLV Tournament (A) 6:45pm

October 1
- Girls Varsity Cross Country, Birch Run Fall Invite: TBA
- Undergrad Awards:
  - 10th graders 6:30pm
  - 11th grade 7:30pm

October 2
- Girls Varsity Golf Valley Championship: 10:00am
- Boys Varsity Soccer (H) SVL Cross Over: 6:45pm

Athletic Clearance Process

The 2019-2020 Lapeer High School Athletic Clearance is fast approaching. The LHS athletic office will begin clearing student-athletes for this upcoming athletic season starting on August 6th from 8am-3:30pm and will continue throughout the reminder of the year. Please see the list below for information required to complete the athletic process. Student-athletes will NOT be able to practice or tryout for their sport until all paperwork has been turned in and they have received their athletic bracelet. For questions, please contact the LHS athletic office.

Location: Lapeer High School Athletic Office
(810) 667-2457

Required Steps:
- Turn in a Current Physical (Dated after April 15, 2019)
- Complete a Medical Emergency Card
- Sign a Code of Conduct (completed once during high school athletic career)
- Meeting with building administrator

The Lightning Update
Homecoming Assembly Schedules

**Tuesday, September 17**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
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<td>9:56</td>
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<td>10:54</td>
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<tr>
<td></td>
<td>A-Lunch</td>
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<td></td>
<td>B-Lunch</td>
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<tr>
<td></td>
<td>C-Lunch</td>
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<tr>
<td>12:19</td>
<td>5th</td>
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<tr>
<td>1:17</td>
<td>6th</td>
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*Students will be released by PA at the end of 2nd period to report for the assembly.*

**Friday, September 20**

<table>
<thead>
<tr>
<th>Time</th>
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<td>12:19</td>
<td>5th</td>
</tr>
<tr>
<td>1:17</td>
<td>6th</td>
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</table>

*Students will be released by PA after attendance is taken at the start of 6th period to report for the assembly.*

Homecoming Week

**Homecoming Events**

**Friday September 13:**
- *Guest Request Forms Due!*
- *Homecoming Court Voting, 9:20am-2:15pm (online)*

**Sunday September 15:**
- *Powderpuff, 6:00pm (CFI)*

**Tuesday September 17:**
- *Assembly, 9:21-9:51am (LHS)*

**Friday September 20:**
- *King/Queen Voting, 9:20am-2:15pm (Online)*
- *Pep Assembly, 1:17-2:10pm (LHS)*
- *Parade, 5:00pm (Downtown)*
- *Homecoming football game vs. Normal Community HS, 7:00pm (CFI)*

**Saturday September 21:**
- *Homecoming Dance, 6:00pm (LHS)*

**Homecoming Spirit Days**

**Monday, September 16**
- *Twin Day*

**Tuesday, September 17**
- *City Day*

**Wednesday, September 18**
- *Dress Like a Teacher Day*

**Thursday, September 19**
- *Alien Day*
  - (no gore & no masks)

**Friday, September 20**
- *Lightning Gear Day*
# Club and Activity Opportunities at LHS

<table>
<thead>
<tr>
<th>Club</th>
<th>Sponsor</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anime Club</td>
<td>Kim Tetmeyer</td>
<td><a href="mailto:ktetmeyer@lapeerschools.org">ktetmeyer@lapeerschools.org</a></td>
</tr>
<tr>
<td>Art Club</td>
<td>Amy Linton</td>
<td><a href="mailto:alinton@lapeerschools.org">alinton@lapeerschools.org</a></td>
</tr>
<tr>
<td>Book Club</td>
<td>Kim Tetmeyer</td>
<td><a href="mailto:ktetmeyer@lapeerschools.org">ktetmeyer@lapeerschools.org</a></td>
</tr>
<tr>
<td>Choir</td>
<td>Olivia Bloomer</td>
<td><a href="mailto:obloomer@lapeerschools.org">obloomer@lapeerschools.org</a></td>
</tr>
<tr>
<td>Class Council (2020)</td>
<td>Tom Brown</td>
<td><a href="mailto:tombrown@lapeerschools.org">tombrown@lapeerschools.org</a></td>
</tr>
<tr>
<td>Class Council (2020)</td>
<td>Amee Murphy</td>
<td><a href="mailto:amurphy@lapeerschools.org">amurphy@lapeerschools.org</a></td>
</tr>
<tr>
<td>Class Council (2021)</td>
<td>Nichole Fidler</td>
<td><a href="mailto:nfidler@lapeerschools.org">nfidler@lapeerschools.org</a></td>
</tr>
<tr>
<td>Class Council (2022)</td>
<td>Erin Lane</td>
<td><a href="mailto:elane@lapeerschools.org">elane@lapeerschools.org</a></td>
</tr>
<tr>
<td>DECA</td>
<td>Tom Brown</td>
<td><a href="mailto:tombrown@lapeerschools.org">tombrown@lapeerschools.org</a></td>
</tr>
<tr>
<td>Drama / Thespian Club</td>
<td>Bill Spruytte</td>
<td><a href="mailto:bspruytte@lapeerschools.org">bspruytte@lapeerschools.org</a></td>
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<tr>
<td>Engineering Club</td>
<td>Kim Kent</td>
<td><a href="mailto:kkent@lapeerschools.org">kkent@lapeerschools.org</a></td>
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<td>Cheryl Butterfield</td>
<td><a href="mailto:cbutterfield@lapeerschools.org">cbutterfield@lapeerschools.org</a></td>
</tr>
<tr>
<td>Game Club</td>
<td>Chris Wasinski</td>
<td><a href="mailto:cwasinski@lapeerschools.org">cwasinski@lapeerschools.org</a></td>
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<tr>
<td>Grow to Glow</td>
<td>Nichole Fidler</td>
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<tr>
<td>Guitar Club</td>
<td>Oscar Rodriguez</td>
<td><a href="mailto:orodriguez@lapeerschools.org">orodriguez@lapeerschools.org</a></td>
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<tr>
<td>HOSA Club</td>
<td>Erin Lane</td>
<td><a href="mailto:elane@lapeerschools.org">elane@lapeerschools.org</a></td>
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<td>Dawn Summerlee</td>
<td><a href="mailto:dsummerlee@lapeerschools.org">dsummerlee@lapeerschools.org</a></td>
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<tr>
<td>LINKs</td>
<td>Stacy Sahr</td>
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<td></td>
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<td>Marching Band</td>
<td>Dan Hundt</td>
<td><a href="mailto:dhundt@lapeerschools.org">dhundt@lapeerschools.org</a></td>
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<tr>
<td>National Honor Society</td>
<td>Rejean Wolski</td>
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<tr>
<td></td>
<td>Kathy McKee</td>
<td><a href="mailto:kmckee@lapeerschools.org">kmckee@lapeerschools.org</a></td>
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<tr>
<td>Problem Solving Club</td>
<td>Patrick Lothrop</td>
<td><a href="mailto:plotrop@lapeerschools.org">plotrop@lapeerschools.org</a></td>
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<tr>
<td>Quiz Bowl</td>
<td>Kim Kroll</td>
<td><a href="mailto:kkroll@lapeerschools.org">kkroll@lapeerschools.org</a></td>
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<tr>
<td>Recycling Club</td>
<td>Theresa Roberts</td>
<td><a href="mailto:troberts@lapeerschools.org">troberts@lapeerschools.org</a></td>
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<tr>
<td>Robotics (Chimeras)</td>
<td>Jon Uren</td>
<td></td>
</tr>
<tr>
<td>Robotics (Mechanical Joules)</td>
<td>Dawn Peskey</td>
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<tr>
<td>Robotics (Strike Zone)</td>
<td>Matt Schneider</td>
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<tr>
<td>Science Olympiad</td>
<td>Kim Kent</td>
<td><a href="mailto:kkent@lapeerschools.org">kkent@lapeerschools.org</a></td>
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<tr>
<td>Ski Club</td>
<td>Dennis Behrens</td>
<td><a href="mailto:dbehrens@lapeerschools.org">dbehrens@lapeerschools.org</a></td>
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<tr>
<td>Spectrum Club</td>
<td>Kim Kent</td>
<td><a href="mailto:kkent@lapeerschools.org">kkent@lapeerschools.org</a></td>
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<tr>
<td>Student Council</td>
<td>Lori Davis</td>
<td><a href="mailto:ldavis@lapeerschools.org">ldavis@lapeerschools.org</a></td>
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<tr>
<td></td>
<td>Kim Kent</td>
<td><a href="mailto:kkent@lapeerschools.org">kkent@lapeerschools.org</a></td>
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<tr>
<td>Students for School Improve-</td>
<td>Cheryl Butterfield</td>
<td><a href="mailto:cbutterfield@lapeerschools.org">cbutterfield@lapeerschools.org</a></td>
</tr>
<tr>
<td>ment (SSI)</td>
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<td><a href="mailto:sschons@lapeerschools.org">sschons@lapeerschools.org</a></td>
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<td>Tennis Club</td>
<td>Oscar Rodriguez</td>
<td><a href="mailto:orodriguez@lapeerschools.org">orodriguez@lapeerschools.org</a></td>
</tr>
<tr>
<td>Yearbook</td>
<td>Amy Linton</td>
<td><a href="mailto:alinton@lapeerschools.org">alinton@lapeerschools.org</a></td>
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</tbody>
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