

Welcome

LHPS Class of 2015



Freshman Commitment

Upper School Student Government
Executive President: Rebecca Chong

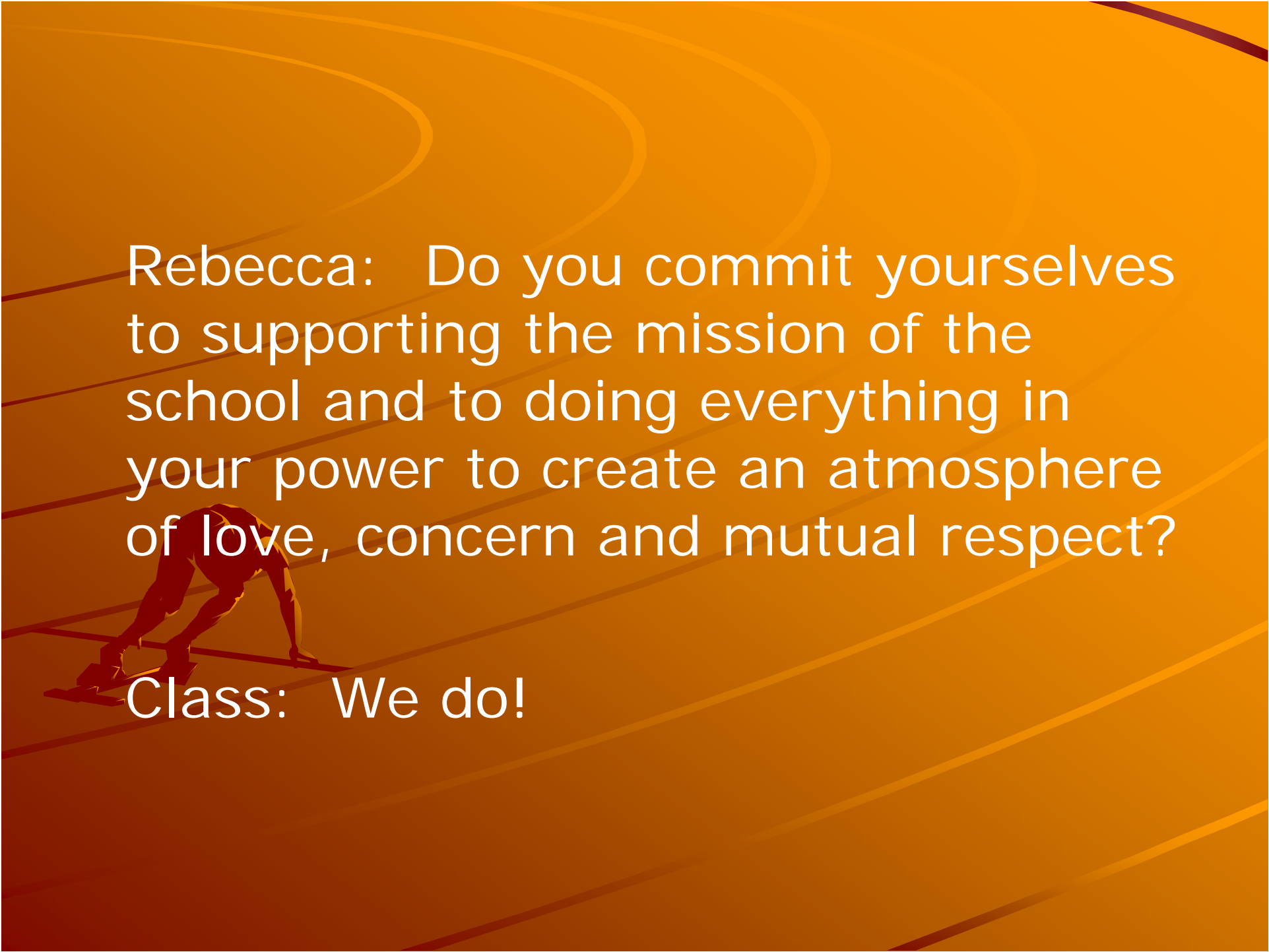
Response: We do!



Rebecca: Class of 2015 do you wish to join the ranks of Lake Highland students who have gone before you in seeking to cultivate your intellect and character?

Class: We do!






Rebecca: Do you commit yourselves to supporting the mission of the school and to doing everything in your power to create an atmosphere of love, concern and mutual respect?

Class: We do!

Rebecca: Do you commit yourselves to the honor code, and to doing everything in your power to make Lake Highland a community of integrity?


Class: We do!





Rebecca: Do you commit yourselves to the goals of the mission statement: to growing spiritually, to love of country, to growth in leadership, and to becoming life-long learners?

Class: We do!



Rebecca: Then it is my pleasure, as president of the Lake Highland student government, and on behalf of the upper school student body, its faculty and administration, and the alumni who have gone before us, to welcome you into the community of learners and to pledge the support of upper-classmen in helping you to live up to your commitments. Welcome freshmen!

Administrative Welcome and Invocation

◆ Mr. Mike Jakubisin:
Director of Upper School

◆ Student Government
Executive Chaplain:
Michael Saxton



LHPS Mission Statement

Within an atmosphere of love, concern and mutual respect, Lake Highland Preparatory School is committed to instilling Christian values, to inspiring patriotism, to developing future leaders, and to preparing students for college and lifetime learning through academically challenging programs and affirming competitive experiences.

Year Verse



*He has shown you O man, what is
good; and what does the Lord
require of you*

But to do justly,

And to love mercy,

And to walk humbly with your God?

Micah 6:8



**LIVE FAITH
OUTLOUD.
TURN IT ON LET IT
FLOW.**

EASIER EXPERIENCED THAN EXPLAINED

LHPCHAPELEXPERIENCE


A Four Year Journey: What are Your Hopes, Dreams, Goals?

- ◆ **Given:** Admission to a college which is a good match for your strengths, interests and goals
- ◆ **Share with your neighbor one or two outcomes you hope to see at the end of four years of high school.**



Ninth Grade...Being and Becoming

The start of a four year
journey of seeking to be
and to become good and
honorable men and women.



Demonstrating Integrity

- Honesty
- Doing the right thing
- Learning about ethical decision making

Love, concern, mutual respect

- Protecting the powerless

A Learning Community

- ◆ Mr. Mike Jakubisin: Director of Upper School
- ◆ Mrs. Jacqui Collazo: Associate Director: Student Services
- ◆ Mrs. Michelle Odell: Associate Director: Curriculum and Instruction
- ◆ Mr. Steve Labadie: Dean of Students
- ◆ Rev. Joe Sims: LHPS Chaplain
- ◆ Mr. Anthony Fiorica, Ms. Tammy Keenan, and Mrs. Christina Head: 9th-11th grade counselors

LHPS Faculty

◆ Caring Professionals

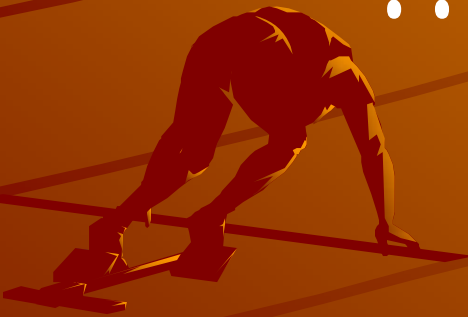
◆ Subject Area Specialists

◆ People Oriented



Your faculty...

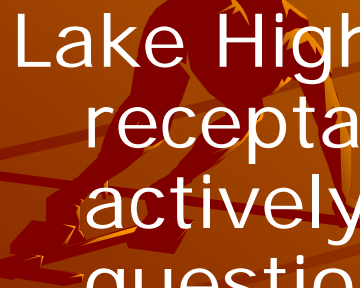
...takes YOU
seriously.



Academic Expectations

In a college preparatory program students arrive on time for classes, prepared with the necessary materials and with a ready mind to engage in active learning.

Lake Highland Students are not passive receptacles for knowledge, but learners actively engaged in asking and answering questions, gaining skills, and applying learning to new situations.



Academic Expectations

Your work is your own! Questions about plagiarism or collaboration should be addressed to your teachers before trouble arises.

Deadlines are serious and are regularly enforced. Work is due the day it is assigned for, and during the period in which you have the class.



Academic Expectations

Homework helps solidify learning of the day or prepare for the learning of the coming day. Students who do not take homework seriously should not expect to reap the same results in learning and grades as those who do.

Assignments missed due to absences (school related or otherwise) are the responsibility of the student to keep track of and to complete.

Attendance



- ◆ Studies show that regular attendance is the single most important indicator for predicting academic success.
- ◆ Our goal is to successfully encourage families to avoid all elective absences.
- ◆ Doctors notes are required on return to school (unexcused until note is received).

U/S Attendance Policy

- ◆ Five Day Rule: for every day missed above 5 days in a 9 weeks (except SA and doctor excused illness) one % point deducted from 9 weeks grade
- ◆ Sixteen day rule: No credit received for classes in which more than 16 days are missed for any reason (with generous appeal process; especially where 50% are SA or ill)
- ◆ 16 days = 20% of classes in the semester

School Day Communications

- ◆ Cell phones are to be completely silenced or turned off during class periods.
- ◆ We are working to become a community which values cell phones as tools. We understand that every tool has appropriate and inappropriate uses.
- ◆ We are committed to being fully present to the people around us. We give precedence to face to face communications.

Substance Free Campus

- ◆ Respect the community standards.
- ◆ Alcohol or drugs on campus or at school events result in expulsion.
- ◆ The school expects that no LHPS parent will provide alcohol or drugs to minors.
- ◆ Expectation of campus searches.



This & That

- ◆ Chain of Command (Communication)
- ◆ Wednesday dress begins this week!
- ◆ Spirit Days
- ◆ Care for Campus
- ◆ Hurricane Days: follow OCPS for dismissal, listen for LHPS directions for return

This and That

- ◆ Pick-up time: **not before 3:20**
- ◆ No I-pods or MP3 players allowed during the day. Lock them in a secure place.
- ◆ Morning announcements on U/S webpage

Mr. Sympathy

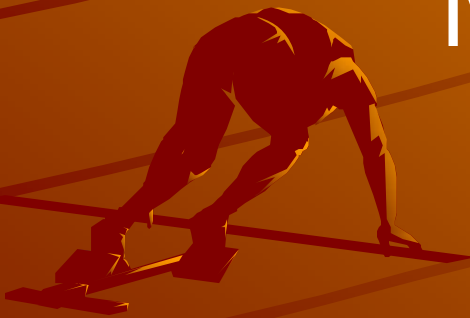
Mr. Sensitivity

Mr. Subtlety

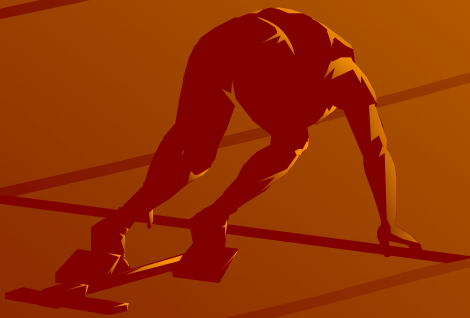


Our Dean of Students

Mr. Labadie



Stupid



Stoopid



Honor Code

- ◆ A Highlander's word is the truth
- ◆ A Highlander's work is completely his or her own.
- ◆ A Highlander respects the rights, feelings and property of others.



TRAFFIC PATTERNS

- MORNING
- AFTERNOON



Have

a

Great Year!



Thoughts for Parents



Questions/Answers

Ask a student:

- ◆ Nick Buoniconti, junior
- ◆ Alyson Cotter, senior
- ◆ Ben Miller, senior
- ◆ Shivani Shah, senior

Parents: Testing Ourselves

- ◆ Responsibility/Independence
 - ◆ Sleep
 - ◆ Technology
 - ◆ Substances/Parties
 - ◆ Pressure/College Admissions
 - ◆ Effort = Success
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Our task as Parents/Educators...

“is to prepare the child
for the path, not the path
for the child.”

Theo Wilkes Coonrod,
Head of School at St. Mary's

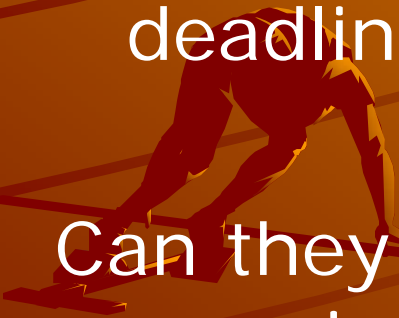


A Major Lifetime Objective:

Successfully launch our children into independence. Deadline: age 18

Can they fulfill responsibilities, meet deadlines, plan ahead?

Can they get themselves out of bed in the morning, make doctors appointments, handle their own mistakes?



Strategic Plan:

- ◆ Lives by a moral compass and demonstrates integrity
- ◆ Seeks out a purpose in life
- ◆ Handles adversity with perseverance
- ◆ Honors mother and father
- ◆ Makes healthy, responsible decisions
- ◆ Respects self and others
- ◆ Serves others
- ◆ Demonstrates initiative and seeks responsibility
- ◆ Exhibits a strong, positive work ethic
- ◆ Uses available knowledge to adapt, and to deal with real life situations



Making Tough Decisions

◆ Help your child to make choices. Many times each individual option is good, but options may also be conflicting.

◆ Teach them to weigh the pros and cons, make the decision, and move on. No looking back!



Attention, Sleep & Learning

The effects of poor technology use and brain function



Partial Attention Inhibits Deep Thinking & Learning

Partial attention can take many forms : multi-tasking, techno interruptions, sleepiness, "habit mode" rather than "declarative mode," stress, etc.



Brain Functioning

- ◆ Shallow learning- the type that occurs during partial learning, distraction and emotional stress- stimulates a different part of the brain than deep memory learning.
- ◆ Deep learning molds the brain differently and leads to learning "flow," motivation, strong memory (enhancing short term and long term memory), creative thought, patience in problem-solving.
- ◆ Over time young and adolescent brains are molded by repeated shallow learning or repeated deep learning.

Multi-tasking

1. *Synthesizing multi-tasking* can be good: doing several related tasks to solve a single complex problem.
2. *Distracting multi-tasking* interrupts deep cognitive processes: writing a paper while receiving IMs, doing math assignments while socializing on the phone, trying to comprehend new material in a text while watching TV, etc.
 - *When the interruption is emotionally charged, it can take 20 min. to return to original focus.
 - *The less complex the task the less effect on the cognitive process.

Techno interruptions & sleep

- ◆ Youngsters and teens need 8-9 hours of *uninterrupted* sleep for proper brain functioning including memory consolidation.
- ◆ Computer screens and bright lights reduce secretion of melatonin which naturally brings on sleep.
- ◆ Poor sleep = poor performance
- ◆ Sleep deprivation leads to partial attention, shallow learning, moodiness, impatience, impairment of short term and long term memory.
- ◆ It takes 7 days to recover completely from lost sleep.

Sleep Health

- ◆ Create sleep patterns: consistent bedtime, preparation rituals, sanctity of uninterrupted sleep.
- ◆ Avoid computer and bright light use a half hour before sleep time.
- ◆ Computers should be in family community rooms, not in bedrooms.
- ◆ Cell phones and lap tops in bedrooms after bedtime welcome sleep interruptions.
(Place recharging stations in kitchen, not in bedrooms.)

Awareness leads to self-regulation...

- ◆ Young students cannot self-regulate due to brain maturation.
- ◆ Parents need to regulate technology use and sleep patterns until student is ready for self-regulation.
(May not be until late teens or longer...)
- ◆ Discuss the “why” but continue parent regulation of good habits.

In our new technological world old adages remain viable...

- ◆ "Give it your undivided attention..."
- ◆ "Early to bed, early to rise makes a man healthy, wealthy and wise..."
- ◆ "Don't sit so close to the screen..."
- ◆ "Don't get the kids wound up; it's almost bedtime!..."
- ◆ "Sleep on it..."

References

- ◆ K. Bradley, Ph.D & J. Brakeman, Ph.D. INMAX workshop "Techno-Multitasking, Sleep, Learning and Performance" June 2009.
- ◆ Laurel A. Graves & Allan I. Pack of Penn's School of Medicine, Penn undergraduate Elizabeth A. Heller. "Sleep Deprivation Within Five Hours of Learning Impairs Memory Consolidation..." *Science Daily* July 2003.
- ◆ David Miller. "Sleep Deprivation & Learning" *High School Psychology APA* 2009.

School Expectations of Parent Behavior

Supportive of school policies and initiatives.

Respectful of other parents' authority.

Do not allow drugs or alcohol to be served to, or consumed by, minors in your home or under your protection.



Mindset: the New Psychology of Success by Carol Dweck

★ Students will name many possible explanations for success in school: luck, effort, innate ability, easy challenges.

★ In actuality the single greatest determiner of success is EFFORT.



A Rewarding Life Phase

- ◆ Watching our children mature into young adults

- ◆ Watching our children develop unique gifts, skills and strengths

- ◆ Celebrating our children's' growing awareness of their ability to make a mark in the world



Have

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Great Year!

