



Hello Trojan Families,

This is Principal Bender with your Trojan updates for the week of August 11–15.

As we begin the second week of school, please continue supporting your student in maintaining a consistent schedule that includes designated study time and plenty of rest. Encourage the importance of being present, arriving on time, and fully participating in every class, every day.

This is also a great time to help your student develop an organizational system to keep track of assignments, tests, and due dates.

We are the Trojans — One Team. One Dream.

Kat Bender
Principal

Parking Lot Safety Reminders

Thank you for helping us keep the parking lot safe for the drivers and pedestrians by doing the following:

- When in the front parking lot, student drop off is at the front of the school. Always drive as far forward as possible before stopping to drop off your student. This keeps the line moving.
- Quickly drop off. Have backpacks, instruments, and projects ready before you arrive at the curb to keep things moving quickly.
- Use Designated Crosswalks. Students must cross only at marked crosswalks.
- Follow Staff Directions. Our staff is there to guide traffic for safety; please follow their instructions at all times.
- Be aware when walking in the parking lot. Stay off of your device.
- Drive slowly and watch for pedestrians.



Let's Talk About It!

Open, honest conversations with your teen will help build trust, strengthen your relationship, and prepare them to navigate life's challenges with confidence. This week take some time to talk to your teen about the dangers of drugs.

Please review the information below sent to all LUSD families from Superintendent Dextraze:

We want to take a moment to address a growing concern affecting communities across the nation, including here in our region — the presence of dangerous substances, particularly fentanyl.

Fentanyl is an extremely powerful synthetic opioid. Even a very small amount can be life-threatening, and it is often mixed into other substances without the user's knowledge. It can appear in many forms, including pills, powders, and other drugs that may look harmless.

We are asking all parents and guardians to take some time to have an open, age-appropriate conversation with your child about the dangers of any unknown or unprescribed substance. Please remind them:

- Never accept or take any pills, powders, or other substances from anyone.
- Only take medication that is prescribed to them and provided by a trusted adult.
- If they see something unsafe, they should tell a staff member or trusted adult immediately.

Together, through awareness and open communication, we can help keep our students safe. If you have questions or need resources on how to talk to your child about this issue, please contact the school office.

Thank you for your partnership in keeping our students and community safe.

Athletics

General Information

Conditioning/Tryouts: You can find athletics information for all LHS sports on the [LHS Athletics website](#) linked on our school website (www.lincolnhigh.org)

HUDL: Lincoln High School has an account with HUDL. This means that many of our home athletic events will be livestreamed. You can access it here: [Trojan Sports](#)

Scores: You can find scores for all games/matches for fall sports on Max Preps. Here is the link for [Lincoln's page](#).

Tickets: You can purchase tickets for upcoming Trojan sporting events on [Go Fan](#).

Athletic Boosters: We are looking for new members to be a part of the Athletic Boosters. This group organizes fundraisers to support our sports teams. Meetings are held the 1st Thursday of every month 7:30 am in the Lincoln Admin board room.

ATHLETIC CLEARANCE STEPS

- Students can participate in only one sport at a time. In order to participate in conditioning or season of play, students must be cleared through Athletics.
- Students need to be cleared through the Athletic Department **EVERY** year.

IMPORTANT: ALL ITEMS NEED TO BE UPLOADED TO THE STUDENTS HOME CAMPUS ACCOUNT BEFORE ATTENDING OR PARTICIPATING IN CONDITIONING OR TRYOUTS.

1. Go to Homecampus.com to create an account (You will need to print the Confirmation Message (last page) showing an account has been set up)
2. **Physical** completed within a year and signed by doctor
3. **Random Drug Testing Agreement** signed by student and parent
4. Upload all ALL documents to the home campus website.
5. **Email** Athletic Director at bgray@lUSD.net to notify all documents were uploaded to the Home Campus website.

Clearance will be issued once ALL documents have been submitted online and reviewed by the Athletic Director. Clearance can take 24-48 hours.

If you have any questions or issues uploading documents, please contact Brian Gray via email at bgray@lUSD.net or call athletic office at (209) 953-8924

Trojan Sports this Week

Date	Sport	Place	Time	Opponent
Sat, 8/16	JV Volleyball	A	8:00 am	OPEN Scrimmage at Omni Ranch
	FR Volleyball	A	8:00 am	OPEN Scrimmage at Omni Ranch
	V Flag Football	A	10:45 am	OPEN @Rocklin HS
	V Volleyball	A	8:00 pm	OPEN Scrimmage at Omni Ranch

Homeroom Information - Trojan Time

Trojan Time (Wednesdays after 2nd period)

Trojan Time is a homeroom period and is time devoted to student success. Students are in grade-level groups with a teacher who will stay with them for their 4 years at LHS. During this valuable time, we will focus on exploring college and career information, developing habits for success, review school policies and more!

Last week, students received the **Mandated Signature forms**. Please make sure that your student returns the completed form to their Trojan Time teacher this week on Wednesday.

Handbook Highlights

Attendance/Tardies

- Regular and punctual attendance is expected and essential for students to succeed.
- **Any student tardy for class will be assigned detention!**

Cell Phone/Electronic Device Policy

Cell phones/smart watches/headphones and other unauthorized electronic devices are to be off and put away during class hours including time out of the classroom on a hall pass, and during ALL school and state tests. Students are required to turn their phones off and place them in the secured area designated by the teacher each class period. All other unauthorized electronic devices should not be brought to school.

Dress Code

This is a brief summary of the dress code. You can find more specific details in the LHS Student Handbook. Clothing must cover from armpit to armpit, include shoulder straps, and cover the midsection. Bottoms must fully cover undergarments and allow movement. Shoes are required and must be safe for school. See-through clothing must have appropriate coverage underneath. Some courses may require specific attire like uniforms or safety gear.

Schedule Change Requests

If a student has a compelling reason to request a schedule change, they must see their counselor at lunch or after school during the first 5 days of the semester with a signed Schedule Change Request Form. There is no guarantee a student's schedule will be changed. Students must attend their originally scheduled classes until a counselor confirms that a change has been made. Schedule

Change Request Forms can be found at the Student Service Center and the front office. Forms must be submitted to the Student Service Center by **Tuesday, August 12th at 4:30 pm.**

Reminders

1. Photos & Student ID's ⇒ Make up photos will be on August 20th.
2. You can purchase the Student Activities Punch for discounts at athletic events and student activities [online](#).
3. If you need a Locker ⇒ Bring a lock to the front administration office to register for a locker.
4. If you need PE Clothes you can purchase [online](#) or at the Student Store
5. Yearbook ⇒ order online choose Lincoln High School with code 6556
(<https://yearbookordercenter.com/?event=general.displayLanding&jobnumber=6556>)
Make sure to use the BACKTOSCHOOL code for a discount.
6. If you are taking an AP class you can make AP Exam Donations at the Student Service Center
(Check for 98 dollars per AP test made out to Lincoln High School)

Off Campus Pass (Juniors & Seniors)

Attention families of juniors and seniors:

We will begin issuing off-campus lunch passes soon. Please make note of the following requirements below, and discuss these requirements with your students before signing the permission slip.

Lincoln High School students in grades 11 and 12 will be permitted to leave campus only if the following criteria are met:

- A GPA of 2.0 or greater in the most recent progress report/quarter, no F's
- No more than 7 unexcused (single period) absences
- No more than 10 tardies
- A signed parent/guardian permission slip
- No outstanding bills or fines
- No unserved Saturday Schools

Digital Student ID on 5 Star



At Lincoln High School, we use 5 Star for student ID's and so much more. Students should download the 5-Star Students app on their cell phone, and register with Lincoln High School to access their digital student ID's, view activities, events, and more. Students can also access eligible surveys, log tutoring hours, use the activities punch and off campus passes, use voting polls, get school news and notifications, and even self check-in to events!

Important Dates

August

- 5** • Student Orientation Make-Ups from 8 am - 11 am
- 6** • 1st Day of School
- 14** • Double 3rd Period Schedule - Back to School Rally
- 20** • Picture make-ups
 - Back to School Night
- 22** • Senior Sunrise
- 28** • Club Rush (Aug 28 & 29)

LINCOLN HIGH SCHOOL

COMMUNICATION

 Athletics (209) 953-8924

 Attendance (209) 953-8926

 Front Office (209) 953-8920

 Registrar (209) 953-8915

 Teacher Message Line
(non-confidential) (209) 953-9508

STUDENT SERVICE CENTER – BY LAST NAME

 A-Es (209) 953-8933

 Et-Lop (209) 953-8932

 Lor-Rod (209) 953-8934

 Roe-Z (209) 953-8935

 STAY CONNECTED  Aeries

 @lhs_trojan_pride  ParentSquare

 lincolnhigh.org

LHS website - www.lincolnhigh.org

Use Aeries to monitor your student's academic progress and attendance.
[Aeries Parent Portal](#)

You can purchase PE Clothes, Spiritwear, Activities Punch and more on our online [Student Store](#).

The 2025-2026 [School Calendar](#)

[ParentSquare](#) is the communication platform for all school information.

[Lunch Menu](#)