

# Freshmen Newsletter



Your Guide to Success This Year & Beyond

September 2026 - 1<sup>st</sup> Edition

Throughout the year we will send out some tips for things you can do *right now* to help with your high school journey and beyond! Did you know that what you do right now can impact your options after high school? It's True! Keep reading for a few tips because ...

## Freshman Year Basics

**The Freshman Year is so important for laying a great foundation for future success!**

Let's look at 4 Basics that may seem simple but are so important to be successful in High School.

### MAKE IT COUNT

As a freshman, graduation can feel so far off. But we promise, it will go fast. It is VERY important to stay on top of your grades. Now that you are earning a GPA every grade/credit counts towards building evidence that you can be a successful student in college or a successful employee who can accomplish what is asked of you. If you fail a class, it is very difficult to raise your GPA. Your future self will thank you later ..... **Don't slack off!** Take the challenging classes, do your best work, and **MAKE IT COUNT!**

### GET INVOLVED

Not only is being involved fun, it is the best way to meet like-minded people and to quickly feel connected at LHS. We have so many Clubs, Sports and Activities to participate in!

An added bonus: The experiences you have while participating in various activities are often the best topics for your future job and college interviews and essays. Consider running for leadership positions within the organizations you are a part of, and don't feel like you have to be involved in EVERYTHING. **Pick a couple things you love and get super involved!**

## BE IN THE KNOW

There is nothing worse than missing out on important information. Don't be that person.

- **Check your email everyday!**
- Sign Up for our Class of 2030 group to receive updates and reminders on SportsYou!
- Read the Counseling Newsflash - Emailed to you!
- Follow us on Instagram @CounselorsLHS

## NEED HELP? REACH OUT

If you ever need help, do not hesitate to reach out. Ask or email your teachers, sign up for Tutoring or let us know and we can help support you! Don't just ignore it and get farther behind.

**Take Action!**

### 5 Simple Steps for a Perfect Email



- 1 Specific Subject Line** Missing Assignment
- 2 Greeting** Dear Mr. Winkler, Hello Mrs. Ahart,
- 3 Introduction** This is Ava Lynn from your 1st hour Physics class.
- 4 Request or Reason** I am writing to request... I would like to inquire about...
- 5 Closing** Sincerely, Sophie Thank you, Michael

## CONNECT WITH US ON SPORTS YOU!

Get a notified anytime we post important information! Scan the QR code to get started.

*Already have SportsYou?*  
Use this access code to connect: 9SFL-96YB



## NEED TO VISIT WITH YOUR SCHOOL COUNSELOR OR SOCIAL WORKER?

### COUNSELORS

**Mrs. Dorr** – A-Co\*

**Mr. Sims** – Cp-He\*

**Mrs. Baker** – Hf-Mc\*

**Mrs. Ward** – Md-Sa\*

**Mrs. Jensen** – Sb-Z\*

**Mrs. Duncan** – Special Programs  
(ELD & 504)



### SOCIAL WORKERS

**Shannon Richardson** - A-L\*

**Kris Boyle** - M-Z\*

\*based on student last names

Click [HERE](#) for our contact information.  
Feel free to send us an email or click on the link under your counselor's name to schedule an appointment.

## SAVE THE DATE

**September 21:** LPS College & Career Fair

5:30 - 7PM @ LHS Commons

**November 6&7:** Freshmen Counselor ICAP Lessons

**November 8:** Freshmen Individual Meetings Begin

**October 21:** College Planning Workshop

**December 3:** Off Campus Opportunities Night

**January 13:** Annual Academic Fair

**January 19-22:** Course Selection