Freshmen Newsletter

Your Guide to Success This Year & Beyond

October 2026 - 2nd Edition

Congratulations! You've made it through your **FIRST QUARTER** of High School!
We hope you are having the best year! Take a moment and check in with yourself.

- How are you doing academically? Are you where you want to be?
- Are you finding a way to connect at LHS?
- Are you mentally feeling OK?

It's Time to Check Your Grades!

Are you struggling? Follow these tips for success.

Talk to your Teacher!
Communicate directly with your teacher first to know about your progress in the class and where to begin to get caught up.

Get Organized
Make a list of what you need to do? Focus on Big Ticket (big point) Items first! This will help your grade go up the quickest!

Attend Tutoring
We have amazing student Tutors available to help through Tutoring Club. Do not hesitate to sign up.

Reassess your Study Habits

- Schedule Study Time.
- Make a study space and time to do homework.
- Use your planner.
- Check your organization. Are you losing assignments? Forgetting to turn them in?
- Write down points of confusion to discuss with your teacher.
- Set a timer to help focus when doing homework. When the timer goes off, take a quick break.

Tutoring Options

Teachers
Visit with your teacher for their specific Tutoring availability. Typically before and after school during their contracted time.

Tutoring Club
Tutoring club is a free resource for students at LHS to get extra help or simply refine their skills through subject-certified student tutors.Here is the Tutoring Request Form.

Outside Tutoring
Mid-Continent Public Library subscribes to multiple online tutoring services from Tutor.com. Each resource offers free live one-on-one tutoring to MCPL customers. Tutors are available in both English and Spanish. Check it out HERE.

Check in with Yourself

High School can be challenging, but your mental health is so important. Take care of yourself with these tips!



Get Social
And we're not talking about social media. Look someone in the eye and have a conversation!



Don't DWELL on negative thoughts
Negative thoughts happen. Accept that and let it go!



Exercise
You've got to move it, move it. Aim for 30 min of exercise, 3 times per week!



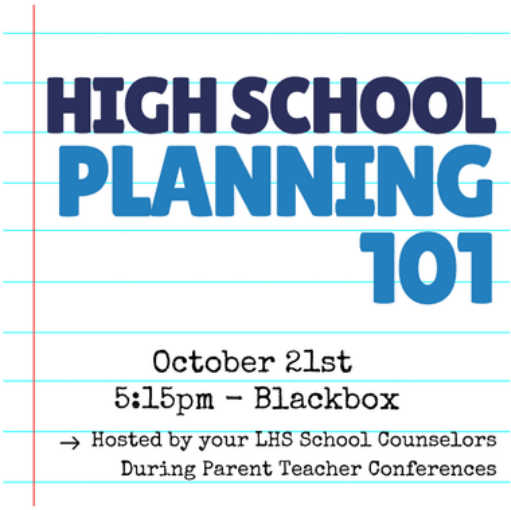
Eat Omega 3s
Hello fish, flaxseed, walnuts and eggs! A healthy diet with Omega 3s is so good for the brain.



Bring on the Sunshine
Take time to be outside and get your daily dose of vitamin D.



Get your ZZZs
Lack of sleep leads to all kinds of health issues. Make sleep a priority.



Join your LHS School Counselors during Parent Teacher Conferences this October as we present **High School 101**. Come learn all the ins & outs of high school. Diplomas, Credits, Grad Requirements, Course options... Oh My!
Come see what YOU can be doing now to have the best high school career!

SCHOOLINKS FOR YOU!

Build Your SchooLinks Profile
High school students are encouraged to update their SchooLinks profile regularly. Documenting your activities, real-world learning experiences, and accomplishments throughout your high school journey helps you reflect on your strengths, skills, and goals, and builds a record you'll be proud of.
Your **SchooLinks profile** also doubles as a ready-made resume, making it easy to pull together for applications, scholarships, or networking opportunities whenever they arise.
Learn more on our Real World Learning Website

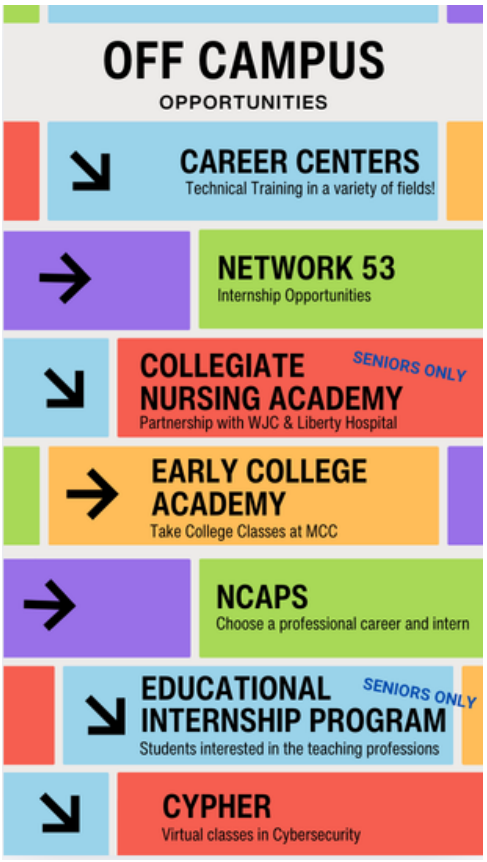
Explore YOUR Options

Did you know YOU can earn High School Credit while off-campus during your Junior & Senior Year? It's True!

Join us for an informational event on December 3rd. Representatives from our various programs will give an overview of their program and answer any questions you may have!

When: December 3rd @ 6:00pm
Where: Liberty High School

While Freshmen cannot apply to be in an Off Campus Program until next year, it is never to early to start planning for the future!



LET'S CONNECT!

Need to visit with your School Counselor?

View our Contact Information.
Feel free to send us an email or click the link under your counselors name to schedule an appointment.

Connect with us on SportsYou!

You will get a notification anytime we post something.
Use the access code to connect: 9SFL-96YB

SAVE THE DATE

October 21: High School Planning 101 @ 5:15 pm in the Black Box
November 6 & 7: Counselors present in Freshmen classes about the ICAP and course selection for next year
December 3: Off Campus Opportunities Night - Learn about off campus options for your Junior/Senior year!
January 19 - 22: Freshmen submit their course requests for next year