INSIDE

this Issue

Student Services

In the Spotlight... Testing Information **Athletics**

and more..

SGA News

A Message from the Principal

Dear Ram Families,

As we approach the end of the third guarter of instruction for the 2021-22 school year, there are many critical tasks our students should have accomplished to prepare for both the end of this year and the 2022-23 school year. For our seniors, all families should ensure you have ordered a cap and gown through herffjones.com. If you are a family who is struggling to pay this fee, or if you have questions about graduation, please contact our Assistant Principal in charge of graduation, Mrs. Ayala-Cruz, at melisa_ayala@scps.us or 407-320-9507. For our students in grades 9-11, you should have already signed up for your 2022-23 courses in Skyward and submitted your course registration cards to our school counselors. If you have not done so, please submit your registration cards to our Student Services department as soon as possible. If you have questions about registration, you may either email your counselor (email addresses available on our website at https://lakemaryhs.scps.k12.fl.us/student-services/contacts.stml) or stop by Student Services to set up an appointment to speak with your counselor.

The spring semester brings with it many high-stakes assessments that allow our school, our school district, and the Florida Department of Education to monitor the academic progress of our students. It is critical that students and their parents stay informed about testing dates and make a serious effort to participate in all required assessments. The best way to stay informed about testing requirements is to read the Ram Report that is emailed to all parents/ guardians each Sunday. The Ram Report is sent to all email addresses that are recorded in Skyward, so if you are not receiving this electronic newsletter, please check and update your email accounts in Skyward. You can also access the Ram Report from our website: http://www.lakemaryhs.scps.k12.fl.us/

Beyond academic requirements, Lake Mary High School works to support the socialemotional well-being of our students. We realize that the past few years have been very difficult for students and families, and we have many supports in place to meet the needs of students. Students in need of a safe space and professional support during the school day can take advantage of our Ram Student Lounge. Additionally, LMHS staffs certified mental health counselors and social workers to meet the varying needs of our students during the school day. Families seeking support for their children should begin by contacting their child's counselor.

Most importantly. Ram families should understand that Lake Mary High School has personnel in place to support both the academic and social-emotional needs of your children. Please reach out to let us know if your child has needs that are not being met. We are here for you!

Go Rams!

Mrs. Mickey Reynolds, Ed.D.

Principal



ADMINISTRATION

Mickey Reynolds, Ed.D. **Principal**

Assistant Principals

Melissa Flory Tom Oliver Michael Hennessy Melisa Ayala-Cruz

School Administration Managers

Kathy Aslin Andrea Fuhrer, Ed. D. Steve Longarzo Becca Southworth

Address

655 Longwood Lake Mary Rd. Lake Mary, FL 32746

407.320.9550

"Tell-A-Ram" developed by Andrea Fuhrer



@LakeMaryHighSchool



@LMHSRams



ISSUE 4





Mission-

Empowering RamNation to Be Responsible, Be Respectful, Be Engaged, and Be the Change we hope to see in the world.

Vision

Lake Mary High School will consciously work to establish a community of engaged educators and learners who will thrive in a safe and supportive environment. In the classroom, teachers will invest in and motivate students to help them achieve their personal best. Students will leave Lake Mary High School with a sense of purpose for their lives, equipped with tools and a plan for how to make an impact beyond high school.

LMHS School Wide Expectations

BE RESPONSIBLE
BE RESPECTFUL
BE ENGAGED
BE THE CHANGE!

IMPORTANT NOTE:
This information is
current as of
March 9th
and is subject to
change based upon
our response and
efforts to COVID 19.

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PTSA

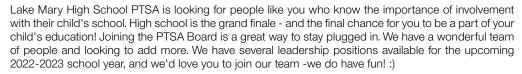
We all know how important it is to be involved in our children's education. Your involvement does not end with middle school!

Studies prove over and over again, parental involvement significantly improves student performance. When schools, families, and community groups like our PTSA work together to support learning, children flourish!

The Power of Parental Involvement

The direct impact of family involvement helps students:

- Earn higher grades and enroll in higher-level programs
- Have better social skills, improved behavior, and adapt well to school
- Improve attendance
- Graduate high school and continue their education



- President
 - Vice-President
- Secretary
- Treasurer

- Food Pantry
- Hospitality
- School Store
- Membership
- Sunshine Birthday Club
- Respectful Rams
- Reflections
- Dividends

Please reach out to me if you have questions or need additional information about the above positions. We will need your notification of interest by **Friday, March 11th.**

Thank you, Linda Corless – LMHS PTSA President 2021 -2022, 407-466-4654 or ramptsa@gmail.com.

PTSA Scholarships!

Twelfth grade senior PTSA members: We are inviting you to apply for Lake Mary High School PTSA and Seminole County PTSA Scholarships! LMHS members have been emailed this information already, and for the county scholarship, you can apply at: http://www.sccpta.com/scholarships-for-seniors.html.

Contact Linda Corless (ramptsa@gmail.com) with questions.

Senior Ads

Parents! It isn't too late to purchase a Senior Ad for your graduate, but the cut off date is coming up quickly. To reserve your Senior Ad space, please visit www.yearbookordercenter.com and use the job number "21630" to navigate to the LMHS order page. The link can be found below the Yearbook ordering option. Don't miss out on this great opportunity to show your graduate some extra love in the 2022 Chrysomallus Yearbook! For more details, see Mr. Jordan in room 1-143 or email him at jordanjg@myscps.us.



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'Tell A Ram'
March 2022
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Lake Mary High School
655 Longwood Lake Mary Rd.
Lake Mary, FL 32746
Issue #4

Graduation Information

(Contact: Melisa-Ayala Cruz, Assistant Principal)

Date: Wednesday, May 25

Time: 9:00 am

Location: UCF - Addition Financial Arena

Grad fees for the Class of 2022 will be as follows:

- Cost for the primary package for all Seniors is \$90 (this includes grad fees).
 Cost will increase on February 1st to \$120.
- 10 tickets will be allotted per student.
- To order cap/gowns, go directly to Herff Jones website: http://www. herfforlando.com
- For information about Graduation and Senior events, visit http://www. lakemaryhs.scps.k12.fl.us/students/ seniors.stml

Any questions, please email Melisa Ayala-Cruz at melisa_ayala@scps.k12.fl.us.

SGA

By Elise Mecca

Hey there Seniors! As we approach the end of the school year, it's time to have some fun! We have a few weeks dedicated just for you! SGA is working on events such as Grad Bash. Senior Week, and A Victorian Night themed Prom. Senior week will be held April 18th -April 22nd. It will include some of our traditional events such as The Donnie's, which will be held on April 18th, and dress up days including Kindergarten Day. There will also be a Senior vs Faculty/Staff Kickball event on April 21th and Ramstock on April 22nd. To round out Senior Week, Prom will be held April 23rd at the Omni Orlando Resort at Championsgate. Tickets will be on sale online from February 1st - 28th for \$90.00 on myschoolbucks.com.

Essence Literary Magazine

(Contact: Jason Jordan, Teacher)

This year, the Essence Literary Club has been working diligently to create a literary magazine and continue to encourage Lake Mary High School students to submit their creations. We ask that students continue to submit their creations throughout the remainder of the year as a 2022 summer edition of the magazine is in the works. Student creations featured in the magazine include short stories, poems, drawings, sketches, paintings, sheet music, song lyrics, and any other medium of artistic expression. For more information on the Essence Literary club and our after-school meetings check out our Instagram @lmhsessencelit and join our Remind by texting @LMHSESS to 81010, see Mr. Jordan in room 1-143, or email him at jordanjg@myscps.us.

Yearbook

(Contact: Jason Jordan, Teacher)

Be sure to reserve your copy of the 2022 Chrysomallus Yearbook before they sell out! They are selling out fast and once they have all been sold, they will become unavailable. They are \$80 at the moment, but they will be rising up to \$85 soon. To reserve your copy, please visit www.yearbookordercenter.com and use the job number "21630" to navigate to the LMHS order page. For more details, see Mr. Jordan in room 1-143 or email him at jordanig@myscps.us.







Sophia Parpia, DDS Andreina Alarcon, DDS

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Features

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Feature Teacher: Mrs. Lerza

Though she is as humble as they come, Mrs. Kelly Lerza is a pillar to the innerworkings of instruction at Lake Mary High. She has taught at LMHS for 19 years and is an LMHS Alum, class of 1997. She is a NEST lead teacher working closely to mentor new teachers to LMHS. She is also a UF Coaching Institute Graduate and the 2020 Lake Mary Teacher of the Year and 2020 SCPS Teacher of the Year Semi-Finalist. Behind the scenes of ensuring highest quality instruction, Kelly works tirelessly to help new and veteran teachers. She has modeled lessons, helped troubleshoot technology issues, and supported teachers in any way they needed. She always works towards the positive, whether that means taking on an additional class or provided an enriching environment for



students in an AP course. We appreciate all of her incredible work and dedication to students.

"She will do anything to help a student, a new teacher, is great at her craft, helps teachers prepare lessons, kind, compassionate, you will never see her upset with anyone. She is flexible and gets along great with all students and staff." –Administrator

What Inspires me as an educator?

As an educator I am inspired by my students' desires to effect change and make a difference in this world. I teach a class that fosters a better understanding of the complex issues facing our world today. I primarily teach freshmen, so one may assume that they don't know much about our world, but that is not the case. Daily, I am inspired by the ideas my students present in response to the world problems we uncover. Their perspectives are unique and innovative. Watching my students become global citizens who can think, question, and argue with respect and keep an open mind gives me hope for the future. I want to build them up, so that they are willing to take educational risks.

I value my students and I am motivated to wake up every day, so I can bring them the quality education they deserve. Meeting them at the door with a smile, I watch for changes in demeanor and ask them how they are doing because this is the most important job to which I have been tasked. They inspire me to always bring my best, regardless of how I am feeling. When I walk into my classroom, I am excited for what the day will bring, who I can challenge to think a little deeper, and to whom I may need to lend an ear.





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Features



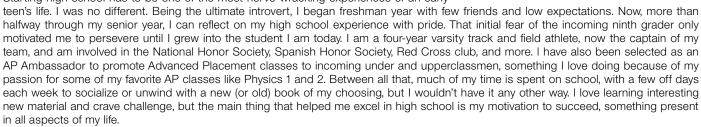
Feature Student: Taylor Sapp

Taylor Sapp, Grade 12, 4.683 Weighted GPA

Taylor Sapp is an extremely accomplished student. I have had her in my Drafting & Computer-Aided Design class for four years and during that time I have seen her grow into a wonderful young lady. Besides her successes in the classroom, she interacts well with student of all levels and is a winning athlete and inspiration to other students. I am eager to see where her travels take her, not just at University of Florida but beyond.

Mr. Whalen, Drafting\C.A.D. Instructor
 Lake Mary High School

Starting high school has to be one of the most nerve-wracking experiences of an early



Throughout my time at Lake Mary High School, I have worked hard to leave a lasting impact on the school, the students, and the teachers. I am proud of many of my accomplishments, including advancing to the state meet in track and field last year, being the only individual girl to go, and being rewarded with a captain position this year. I enjoy helping and inspiring the girls on my team and work hard to be a source of positivity out on the track. Moreover, I truly enjoy helping others in general. I love assisting my old coach in running an elementary level track program at Mount Dora Christian Academy; the smiles on the kids' faces and the enthusiasm they harbor every day, even through cold, rainy weather, never fails to brighten my day. I also help my friends when they have questions with school and love improving my community through donations and volunteer work. I have racked up many volunteer hours at places like The Sharing Center, Markham Woods Middle School, Breaking Barriers Martial Arts, and my own high school over the years. It is truly amazing what helping out every now and then can do for the community and your own mental wellbeing. I believe that being a good person means acknowledging areas of privilege and fortune and using those advantages to help others, which is exactly what I attempt to do already and plan to do in the future.

In addition to the pride I take in being able to help others, I am proud of my own academic success as a straight A, AP student. I do believe that grades aren't everything, that Skyward should not be an indicator of intelligence, but even still, I am glad to see my time and effort reflected

in my transcript. As I head off to college later this year, I look forward to the new opportunities and experiences I will receive. I am a STEM enthusiast, being part of the Manufacturing and Technical Design programs at Lake Mary and having physics and math as my favorite subjects, all of which led me down the path of engineering. I hope to study Aerospace Engineering for my undergraduate and eventually earn a Master's degree or higher in the field. My ultimate goal is to either work for NASA or another similar company, designing and creating air and spacecrafts, or to become a professor and continue conducting research.

All in all, I look back on my high school experience with joy and gratification. Our class has been through so much, through so many changes and uncertainties, but we've done it together and will leave with our heads held high.





Graduate Photos

Contact: Jason Jordan, Teacher)

If you would like to have graduation photos taken of your graduate in a cap and gown, Leonard's will be taking graduation photos in their Orlando studio on Saturday, March 5th from 10:00am-3:00pm. Space is limited, so be sure to reserve your slot at: www.signupgenius.com/go/LeonardsOrlandoCapandGown/.

Parents can also schedule a photo session with our very own photography students. Contact our Photo Teacher, Kathy Tubbs at Kathy_tubbs@scps.k12.fl.us for more information.



























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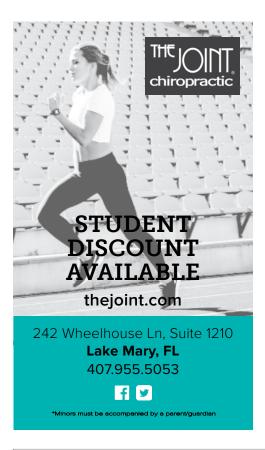
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Feature Business Partners: Texas Roadhouse Grill

Texas Roadhouse Grill has supported LMHS in a multitude of ways. To help us recognize upstanding students, they offer our students free meal coupons. Whenever students exhibit our school mission, Be Responsible, Be Respectful, Be Engaged, and Be the Change, staff refer them for this positive

recognition. Schoolwide, it affords LMHS the opportunity to highlight students who are influencing a positive culture at LMHS. Congratulations to Junior, Zachary Jimenez, on being awarded a positive behavior referral! Thank you to Texas Roadhouse for your partnership and support to LMHS!

A special thank you to those businesses who have supported Lake Mary High School students through Business Partnerships. Your contributions have helped us acknowledge hard working students and staff. If you would like to be a business partner, please contact Dr. Andrea Fuhrer at (407) 320-9511.

- Noodles & Company
- Zaza New Cuban Diner
- Orlando Health
- Bagel King
- 4th Street Bar & Grill
- Gator's Dockside
- Jeremiah's Italian Ice
- Jason's Deli
- Lake Mary Church
- Menchies of Lake Mary
- RDV Sportsplex
- CareSpot of Lake Mary
- Texas Roadhouse Grill
- Orange Theory Fitness of Lake Mary

- Burn Boot Camp
- On the Mark Apparel
- Smoothie King
- Firehouse Subs
- First Watch
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Feature Program: AP Ambassadors

(led by Mrs. Lerza & Ms. Aslin)

As students consider what courses to take next school year, an important consideration is whether they should take AP courses, and if so, how many. Counselors are an important part of this decision making, and in addition to them, we have AP Ambassadors on campus who can speak to our AP courses with first-hand experience. If you are interested in taking an AP course, but are not sure, talk with your counselor, an AP teacher, or an AP Ambassador.

Has your child signed up for a course that will prepare them for life after high school?

- Courses with Industry Certification (allow students to graduate with certifications to aid in gainful employment if they pass the industry certification exam)
- Dual Enrollment Course (college credit awarded)
- AP Courses (college credit awarded to most universities when students pass AP exam)

Students can earn certifications for successful completion of both the course and industry certification testing in the following areas:

- Digital Design: Adobe Certified Associate in Photoshop, InDesign, Illustrator, Anime, and Premiere
- 2. Web Development: Adobe Certified Associate in Photoshop, Dreamweaver, and Flash
- 3. Drafting & Illustrative Design: Autodesk Certified User
- 4. TV Production: CIW Social Media Strategist
- 5. Commercial Photography Technology: Adobe Certified Associate in Photoshop
- 6. Automation and Production: NIMS Certification
- 7. Introduction to Information Technology (DIT): CompTIA+ Fundamentals
- 8. **Early Childhood Education:** ServSafe Certification
- 9. **Building Trades and Construction:** HBI PACT Certification
- 10. Nutrition and Food Science: ServSafe Certification

Congratulations to Mr. Mayato and our stellar performing band students who were selected to participate in the All-County Band Performance in January.

- Brennan Salerno (Clarinet)
- Aubrey Whitt (Baritone Saxophone)
- Anika Kinnear (Horn)

Congratulations to our incredibly talented students who participated in the Chorus District Solos (led by Ms. Baeta):

Nacosi Rosemond Vriti Shah John Tubbs Taggart Connor Carole Gurguis Shardae Ridley Juliana Rodriguez Abigail Murray Amanda Pollitto Kalli Wheaton Allison Ryder Carlissa Gudino Payton Stever James Hinkley Mallory Stinehelfer Ellerie Lusignan Victoria Bernhardt Olivia Mahnken Dariana Torres Natalee Gerboc Joshua Otero Kayla Lagmay Silverio

HeroK12

This year, LMHS is utilizing a new system for tracking tardies and assigning discipline consequences. On the Hero website (https://www.herok12.com/), they describe their software platform this way, "Hero gets students in class and on time, changing negative attendance patterns. And it motivates students to make good choices, more often, through positive behavior reinforcement." Another helpful feature is that parents will receive an email immediately upon your child being assigned a discipline consequence for excessive tardies. Check out the HeroK12 website for more information.

Positive Behavior Supports

At LMHS, we make a concerted effort to focus on positive behaviors. We do this through an initiative known as *Positive Behavior Supports* (*PBS*). PBS offers a systematic approach to promoting a school wide culture focused on respect and positive behavior. Because students come from different backgrounds and cultures, they may view behavior in their own, unique ways. When a student acts out, LMHS views it as a skill deficit; as a result, students are taught appropriate school behaviors and expectations. Consequences are still given for inappropriate behavior; however, students are also rewarded when they model citizenship.











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board and residents

"Lake Mary High School...We are RAMNATION!"

Spring Football
(Coach Scott Perry)

Lake Mary Ram Football Dates Mark your calendars!

- Football Parent Meeting on April 11, 2022, at 6:30 pm in the media center.
- Spring Football starts on April 25 (Athletes must have physicals on file).
- Spring Red/Grey Football Expo on May 13.
- Spring Game on May 20.

www.lmhsfootball.com www.facebook.com/lmramsfootball https://twitter.com/LMRamsFootball



We are RAMNATION!

Please contact The Lake Mary Athletic Office for more information - 407-320-9557 or contact Doug Peters at Doug_Peters@scps.k12.fl.us/407-416-1153.

February 28 & March 1 Poyou want to ensure that your pet will receive

Do you want to ensure that your pet will receive first-rate pet care while you're at work or traveling?

Tever since I hired them over a year ago, I'm always relaxed when I know Courage the Cat is being taken care of by FurBabies. They know animals, they're trustworthy and are attentive to your needs". – Andrea W.

To you want to ensure that your pet will receive the work or traveling?

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are attentive to your needs". – Andrea W.

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Testing Calendar (Second Semester)

Date	Assessment	Who Does It Affect?
February 28 & March 1	Spring FSA Algebra 1 EOC Retake	11th & 12th grade students who have not met the FSA
		Algebra 1 graduation requirement
		*Students will test on 2 specified days (Session 1=90 minutes, Session 2=90 minutes)
		All 11th grade students will participate (reportable)
March 2	SAT	Any 12th grade student that has not yet met their reading and/or math graduation requirement (reportable SAT)
March 3 & March 4	Spring FSA Geometry EOC Retake	11th & 12th grade students who have not met the FSA
		Algebra 1 graduation requirement
		*Students will test on 2 specified days (Session 1=90 minutes, Session 2=90 minutes)
March 7	FSA ELA/ Algebra/Geometry EOC Make-Ups	Students that participated in the retake exams that need to complete one portion of their exam
March 8-11	3rd Quarter Exams	3rd Quarter Exams (all C9A exams)
March 22 - April 29	FSAA	Alternate Assessment Students (ACCESS)
	ELA Reading & Writing; Algebra 1, Geometry, US History, Biology EOC	*Students will test on specified days within the testing window*
March 23	SAT	Any 12th grade student that has yet to meet their ELA and/or math graduation requirement (non-college reportable SAT)
		All 11th grade students (reportable ACT)
March 29	ACT	Any 12th grade student that has yet to meet their ELA and/or math graduation requirement (non-college reportable ACT)
April 4-15		Grade 9-10 students
(specific dates to be determined)	FSA Writing	*Students will test on 1 specified day (Writing=120 minutes) in smaller groups on dates within the testing window*
April 27	Civics Literacy Exam	12th grade students who did not sit for or pass the Civics Literacy Exam administered in Semester 1
May 2-13	Advanced Placement Exams	Students taking Advanced Placement courses
May 2-25	FSA ELA Reading, Algebra 1, Geometry, Biology, US History EOC	Specific Dates to be Determined
May 20, 23, 25 & 25	4th Quarter Exams	4th Quarter Exams

Student Services



Student Services Update

Transcript Requests Seniors!!!

As you are applying for colleges and requesting transcripts, please make sure to CONSISTENTLY check your STUDENT email. Ms. Torres emails every student once a request has been placed to see if you have an active application with the schools you have selected. Once you respond to her, the transcripts will be sent THAT DAY. The process is simple and goes quickly IF you check your STUDENT email.

Letters of Recommendation

Complete the "Counselor Letter of Recommendation" form located in the Student Services Office or on our school website. You may email this directly to your counselor or give it to Ms. Torres in Student Services to submit to your counselor. Please allow two weeks before you return to pick up your letter. Please ensure all information requested on the form is completed so that your counselor can provide you with an appropriate letter.

Bright Futures Application

This application lets the state of Florida know you are graduating this year. It is recommended that you use your Social Security number. This application should take only 15 minutes to complete at the most. YOU DO NOT NEED ALL THE REQUIREMENTS MET BEFORE YOU APPLY APPLY TODAY! All requirements are completed while in high school (GPA, SAT/ACT test scores and volunteer hours). See attached document to help you complete this application process.

Community Service Volunteer Hours

We encourage students desiring to qualify for the Bright Futures Scholarship to complete and turn in your volunteer hours no later than May 1st. Students can obtain SCPS Volunteer Service Program Guidelines & Service Plan form in the student services office or the school website.

Seniors, all SCVS/FLVS classes must be completed by May 1st!

Testing Information

(Contact: Kathy Aslin, School Admin. Manager)

Save the Date

The SAT will be given to all 11th grade students on Wednesday, March 2 during the school day. Students can set up a College Board account at www.collegeboard.org and can link their account to Khan Academy where they have access to official SAT practice items.

The ACT will be given to all 11th grade students on Tuesday, March 29 during the school day.

All students, including students taking any classes on SCVS, will automatically be signed up to take the above assessments. Students do not need to register and there will be no charge.

ACT/SAT: All colleges, universities, and community colleges require the SAT or ACT for admission or placement. Most colleges/universities will accept both the SAT or ACT. Lake Mary High School's code number is 100883. (Be sure to bubble the high school code on your registration form so that your scores are sent to us.)

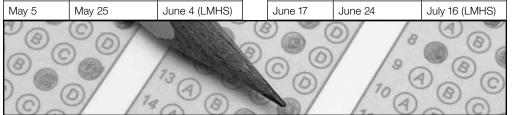
2021-2022 SAT/ACT Test Schedule

SAT (www.collegeboard.com)

(,				
Registration Deadline	Late Registration (fee applies)	Test Date		
February 11	March 1	March 12 (LMHS)		
April 8	April 26	May 7 (LMHS)		
May 5	May 25	June 4 (LMHS)		

ACT (www.act.org)

Registration Deadline	Late Registration (fee applies)	Test Date
March 25	March 11	April 2 (LMHS)
May 6	May 20	June 11 (LMHS)
June 17	June 24	July 16 (LMHS)













Business Partners & Corporate Sponsors 2021 - 2022

In the Spotlight...

PARKS Lincoln of Longwood



Tell-A-Ram is proud to introduce our new Spotlight feature saluting corporate sponsors of Lake Mary High. Our first honoree is long-time booster PARKS Lincoln of

Longwood. For more than 40+ years PARKS Lincoln has been "catering to a finer taste in automobiles" for their discerning Greater Orlando clientele and generously supporting Lake Mary High student activities. Be sure to visit PARKS and experience the full line of 2022 Lincolns from the fuel-efficient, 8-speed Corsair to the Twin Turbocharged Aviator and watch for their new showroom, coming soon.

Dapore Realty

The Dapore Family has been involved with Lake Mary High School since Day 1. Chris Dapore walked through the doors of Lake Mary High that



very first day in 1981, and graduated in 1985. Every year since 1981, the Dapore Family & Dapore Realty have been involved with Lake Mary High School in all facets of the school from academics, to fundraising, to the sports programs as well. Forty years later, three generations of Dapore's have graduated from Lake Mary High School. Chris and his Family still live and work in Lake Mary.

Dapore Realty is a full service, family-owned 2nd Generation Real Estate Company in Seminole County, specializing in all aspects of Residential Sales & Property Management. Dapore Realty brings with it nearly 100 years of combined experience between Chris, his wife Debbi, and his sister, Diane Dapore Rosser, also a Lake Mary High Graduate in 1988. Dapore Realty can provide you with a wealth of experience for all your Real Estate needs, and with a personalized service not found with the larger corporate Real Estate Companies.

Congratulations to Lake Mary High School on 40 Years, Dapore Realty looks forward to supporting the next 40 years as well.

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NAPA Auto Parts

Nidy Company Sports Construction

Orlando Health

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Bully Prevention Awareness & Reporting

Bullying means systematically and chronically inflicting physical hurt or psychological distress on another person that includes: unwanted and repeated written, verbal, or physical behavior that is severe or pervasive enough to:

- create an intimidating, hostile, or offensive educational environment
- · cause discomfort or humiliation
- unreasonably interfere with an individual's school performance or participation



800-423-8477 WWW.SPEAKOUTHOTLINE.ORG

SEE SOMETHING! SAY SOMETHING! DO SOMETHING!





If your child feels as if he or she is being bullied, please direct him or her to do the following:

- 1. Report the situation:
 - a. To any adult on campus
 - b. Speak Out Hotline (1-800-423-8477)
 - c. Through the P3 Campus App
- Fill out a witness statement in the discipline office explaining the situation in detail.
- 3. The situation will be investigated by an administrator.

If you have any questions about bullying procedures, please feel free to contact the discipline office (407-320-9532). For more information about Seminole County Public Schools Bully Prevention Awareness please visit the follow website.

https://www.scps.k12.fl.us/district/ departments/student-support-school-safety/ bullying-prevention.stml

Athletics

Winter Season Review

Girls Soccer:

The varsity girls soccer team had a fantastic regular season, finishing with a 10-2 record. The team won the Seminole Athletic Conference and finished as the second seed in the district heading into the district tournament under the guidance of Head Coach Christian Eissele. The team finished 2nd in the district. The girls soccer JV team also had a great season, finishing the year at 6-1-2.

Boys Soccer:

The varsity boys soccer team made it all the way to the state semi-finals last year. Coming into this year, Head Coach Tyler Weston and the team had to overcome the loss of a lot of players whether it be to graduation or club team obligation. Counting on a lot of young players, the team finished with a 6-8-4 regular season which left them as the sixth seed in the district tournament. In the quarterfinals of the district tournament the team travelled to the third seed Ocala West Port and came away with a great 1-0 victory. They finished 2nd in the district.

Boys Basketball:

The varsity boys basketball team had a record of 8-14 in regular season. Although the team had some challenges, they scored a big victory over rival Seminole High School late in the season. Most recently, Giovanni Toscanini was selected as 1st Team All-County in the Seminole Athletic Conference, and Gavin Smith was selected as 2nd Team All-County. Congratulations to these outstanding seniors!

Girls Basketball:

The varsity girls basketball team finished the regular season with a record of 11-12 under new Head Coach Logan Malmberg. The team finished second in the Seminole Athletic Conference with a 7-1 record. The team had only two seniors, and as such, has a very bright future ahead.

All girls basketball players interested in participating with Coach McClenton for training sessions this spring should check their school email, reference the weekly Ram Report, or visit the LMHS Athletic Office for details.

Boys Wrestling:

The boys wrestling team, led by first-year Head Coach Matt Myers, got off to a great start winning preseason tournament duals against Apopka, and East River, then at their first regular season home dual against Edgewater. During the regular season, the team faced the top teams and wrestlers in the state gaining valuable experience and mat time for a young team. In district duals, the team wrestled Flagler Palm Coast in the first round who went on to make it to the semifinals of the state championships. Our boys and girls teams also hosted one of the largest Ron Peters Tournament of Champions and first ever Lady Rams TOC in Lake Mary history. 35 teams were in attendance, on 6 mats in 2 gyms, over 460 matches and 1,000+ in attendance!

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Lake Mary High School

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Athletics

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Girls Wrestling:

The inaugural Lady Rams wrestling team, led by Head Coach Billy Strickland, had a phenomenal year with multiple dual wins, multiple 1st -3rd place finishes in tournaments and even freshmen ranked top ten in the state. The Lady Rams, hosted their first ever Lady Rams Tournament of Champions which was a huge success. The girls are set to travel to regional competition in Panama City with hopes of making it to the state tournament! The coaches are looking forward to the years ahead with a young team ready to build a legacy!

Girls Weightlifting:

The girls weightlifting team, led by Head Coach Pat Barrett, welcomed many new lifters this season and all made great strength gains throughout the season. The team beat rivals Seminole and Lake Brantley and had a great showing at districts, advancing 8 lifters to the Regional meet. Congratulations to the girls weightlifting team for finishing 13th at the state tournament meet. Senior Alexa Mandujano placed third in the state while Senior Katy Garcia got 6th. Sophomores Avery Curtis and Tegan Larrimore finished 8th and 12th respectively. Great season for the girls weightlifting team and Head Coach Pat Barrett.

Competitive Cheer:

Since **November 20**, the Lake Mary Varsity Competition team has competed 6 times and are undefeated! Led by Head Coach Paige Black, the team won their 6th State title as FHSAA 2A Extralarge all girl tumbling division on **February 1st** at the University of Florida. *Go LMHS Cheer!*

Additionally, the JV Game Day team has won first place in 4 out of 5 of their competitions. They had the highest score out of all teams attending at the first annual Seminole County Competition. Both Varsity and JV teams were honored to win 1st place at that competition in their respective divisions.

Both the varsity and JV cheer teams ended their season by competing in the UDA National Competition. Varsity cheer placed 8th overall while JV placed 7th overall. RamNation is very proud of our outstanding cheer program!

Thank You to Our Mentors

(Contact: Mentor Coordinator, Gi Garcia)

"A mentor is someone who allows you to see the hope inside yourself" — Oprah Winfrey

Four years ago, we started our Rams Connections Mentoring Program at Lake Mary High School. From that point on, our mentors became unstoppable, unconditional, relentless, soldiers of love helping our students develop and grow their own dreams and goals. Nothing could stop their commitment to them, even a pandemic.

Our Rams Connections mentors found ways to connect with their mentees, via emails, videos and even driving to their homes to meet with them outside to motivate and reassure them that they were loved and supported. Mentors are truly valuable members of our Ram Family, and because of them, many of our students stay engaged in school.

We are grateful and honored to have mentors serving our students. If you would like to get involved in our Ram Connections mentoring program, contact Gisela Garcia at gisela_garcia@scps.us.

RamNation values and appreciates its mentors!