



ISSUE 1
NOVEMBER 12, 2020

LEMON BAY HS
2201 Placida Road
Englewood, FL 34224
(941) 474-7702

Principal's Message

It is great to be back at school and hard to believe we have completed the first quarter. Although this has been a different start to the school year, the students and staff have done an outstanding job of adjusting to the new COVID requirements. Quarter one is complete, and the school is in full go mode. Fall sports are taking part in district, regional and state competitions and winter sports are having tryouts. In light of not having our traditional homecoming events, the Student Government Association (SGA) along with the Positive Behavior Intervention and Support (PBIS) team have been sponsoring activities during the school day to promote school spirit. SGA sponsored a spirit week where students were able to dress up in a theme each day of the week. Monday was decades day, Tuesday was tacky tourist day, Wednesday was western day, Thursday was twin day and Friday was our traditional crazy spirit day. I'd like to congratulate

SGA on a great week and all the students who took part by dressing up. This week SGA is sponsoring a pumpkin decorating contest for clubs, classes and sports teams. PBIS sponsored a door decorating contest and it was great to see many of the teacher's doors decorated by 5th period.

As we start the 2nd quarter, we will continue to focus on student attendance as we know there is a direct correlation between attendance and grades. Please take a minute to read the following related to students attending school.

ATTENDANCE

Showing up for school has a huge impact on a student's academic success. Even as children grow older and more independent, families play a key role in making sure students get to school safely every day and understand why attendance is so important for success in school and on the job.

... continues on page 2

MIANTTA MESSENGER

<http://lbhs.yourcharlotteschools.net>



Principal's Message

continues...

DID YOU KNOW?

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other potentially serious difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, regular and high attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10 percent, or about 18 days, of the school year can drastically affect a student's academic success.
- Students can be chronically absent even if they only miss a day or two every few weeks.
- Attendance is an important life skill that will help your child graduate from college and keep a job.

WHAT YOU CAN DO:

Make school attendance a priority.

- Talk about the importance of showing up to school every day on-time, make that the expectation.
- Help your child maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and medical appointments during the school day.
- Don't let your child stay home unless truly sick. Complaints of headaches or stomach aches may be signs of anxiety.

Help your teen stay engaged.

- Find out if your child feels engaged by his classes and feels safe from bullies and other threats. Make sure he/she is not missing class because of behavioral issues and school discipline policies. If any of these are problems, work with your school.
- Stay on top of academic progress and seek help from teachers or tutors if necessary. Make sure teachers know how to contact you.
- Stay on top of your child's social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- Encourage meaningful afterschool activities, including sports and clubs.

Communicate with the school.

- Know the school's attendance policy – incentives and penalties
- Talk to teachers or school counselors if you notice sudden changes in behavior. These could be tied to something going on at school.
- Check on your child's attendance on FOCUS to be sure absences are not piling up.
- Ask for help from school officials, afterschool programs, other parents or community agencies if you're having trouble getting your child to school.
- As we continue the second quarter and make our way to mid-term exams, it is my hope that your child is making academic progress and is regularly attending school. If you have questions or concerns about your child's attendance or academic progress, please contact the high school.

Go Mantas!!!



Manta Rays "RIP" into Bullying

Student conflicts occur on any high school campus. Those conflicts typically result in a difference of opinions. Overcoming differences and embracing diversity is what we believe makes Lemon Bay High School a great school for our students. Our students strive to support each other and demonstrate kindness and compassion. Our school district and school take a strong stand to ensure bullying behaviors do not occur. Keep in the mind, the following "RIP" acronym if you are unsure if bullying is occurring and should be reported:

R = Repeated (occurs more than once)

I = Imbalance of Power (is the victim perceived as younger, weaker, less smart, or less socially accepted)

P = Purposeful (it was deliberate or intended, not accidental)

What is Bullying? Bullying, which includes cyberbullying, occurs when a person or group of people repeatedly hurt, embarrass, or frighten another person. Cyberbullying means bullying through the use of technology or any electronic communication regardless of whether the bullying occurs on or off school grounds. Examples of cyberbullying include but are not limited to: text/instant messaging, e-mails, creation of a webpage impersonating another person and/or other electronic means through the internet.

Bullying is not:

- An altercation between equals
- Good natured playful teasing among equals or peers
- An isolated incident

You can report a bully situation on our school's website using the "Report Bullying" button. You can also talk to an Assistant Principal about a situation you feel needs reported. Remember, we are here to help!

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Guidance Team 2020-2021

- Mrs. Bedford Grade 12 and Grade 11 A-G
- Ms. Patterson Grade 9 and Grade 11 H-N
- Mrs. Ragazzone Grade 10 and Grade 11 O-Z
- Mrs. Dailey College and Career Counselor
- Ms. Robinson School Social Worker
- Mrs. Diaz- Rawlins Guidance Office Administrative Assistant
- Mrs. Henry Data Management Technician

Manta Messenger
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 Port Charlotte, FL 33948-1042
 Issue #1



Think Pink Club

Members of the Think Pink Club (Charlotte Carly, Jordan Shirley, Emilie McCall & Taylor Moarmann) host a PINK OUT at a volleyball match. Think Pink is a philanthropic club that raises money for breast cancer research and to help find a cure. Over the past few years, the club has donated over \$1500 annually to the American Cancer Society Making Strides Against Breast Cancer campaign.



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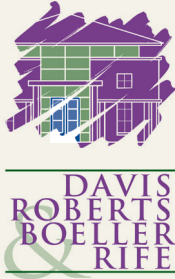
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SAC

Parents are invited to join our School Advisory Council (SAC). SAC meets online monthly. All parents are invited to join us for as many meetings as you can make. Our SAC committee is vital to our school's success. These dedicated parents help us make informed decisions that affect our students and families and help us communicate upcoming initiatives and events. To join a virtual SAC meeting, please go to Lemonbayhigh.com and click on LBHS SAC under the quicklinks section.

Dates for Upcoming SAC Meetings/ 7pm/ Virtually:

- November 18, 2020
- December 16, 2020
- March 2021
(No Meeting due to Spring Break)
- January 20, 2021
- February 17, 2021
- April 21, 2021
- May 19, 2021

National Honor Society

NHS is proud to announce this year's officers: Trayton White (President), Lauren Ragazzone (Vice President), Katelyn Ziarnicki (Secretary), Nicole Pulaskie (Treasurer). Applications for new members were delivered on 10/16 and we look forward to inducting new members in November. Current members have been working hard tutoring fellow students after school every week and we are exploring our ideas for a service project within our community. Information regarding the NHS bylaws or membership can be found on the Lemon Bay website.

Career Resource Center (CRC)

Who can benefit from the CRC? ALL STUDENTS GRADES 9-12

What goes on in the CRC? POST-SECONDARY HELP, INTEREST SURVEYS, COMMUNITY SERVICE OPPORTUNITIES, SCHOLARSHIP OPPORTUNITIES, LUNCH & LEARNS – INFORMATION ON TECHNICAL COLLEGES, COLLEGES, UNIVERSITIES, MILITARY & CAREERS, ASVAB, EMPLOYMENT OPPORTUNITIES, KHAN ACADEMY PRACTICE FOR SAT.

When can a student visit the CRC? During their lunch, before and after school or a pass from their teacher - MONDAYS & WEDNESDAYS 7:00am-3:00pm / TUESDAYS, THURSDAYS & FRIDAYS 6:30am-2:30pm

Where is the CRC located? NEXT TO THE CAFETERIA – VERY CONVENIENT TO STOP IN ON THE WAY TO LUNCH.

Why is the CRC a great resource for students? STUDENTS CAN EXPLORE AND PLAN FOR THEIR FUTURE!

PARENTS & STUDENTS - sign-up for the CRC's REMIND Text based on graduation year

Career Resource Center - Class of 2021
 Text to: **81010**
 Message: **@8892ef**

Career Resource Center – Class of 2023
 Text to: **81010**
 Message: **@696b9g**

Career Resource Center – Class of 2022
 Text to: **81010**
 Message: **@322k7h**

Career Resource Center – Class of 2024
 Text to: **81010**
 Message: **@crc2024**

FL Statewide Assessment Program 2020-2021 Schedule

English Language Arts (ELA)	
Dates	Assessment
4/5-4/9	ELA Writing
5/3-5/11	ELA Writing
Florida Standards Assessments (FSA) Retakes	
Dates	Assessment
2/23-2/25	Grade 10 ELA Reading & Writing Retake
End-of-Course Assessments	
Dates	Assessment
12/1-12/4	Algebra 1 Retakes
3/2-3/3	
5/12-5/21	Algebra 1, Biology, Geometry & U.S. History EOC
Other Statewide Assessments	
Dates	Assessment
1/25-3/5	Access for ELLs
3/3 or 3/24 (TBD)	SAT School Day (Juniors & Seniors)
5/3-5/14	AP Testing
TBD	AICE Testing



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2020-2021 CCPS Code of Student Conduct Related To Student Attendance & Makeup Work

All absences are considered unexcused until the school receives explanation, written or oral, from the parent/guardian. The Written Parent/Guardian Absence Notification Form can be found on our school website and in the front student office. Please complete and submit this form to the front student office. If you prefer to call in your student's absence, you may call 941-474-7702 and press 1 or dial ext. 3031 to report a student absence. It is only necessary to send in the written form OR to call in to report your student's absence. It is not necessary to do both.

At the high school level, students with excused absences will be permitted and encouraged to make up work, tests, and quizzes and will not receive an academic penalty unless the work is not made-up within the allowable time frame. Two days for each absence shall be given to complete all work. Exams, tests and quizzes shall be rescheduled at the discretion of the teacher. Long term projects shall be due on the date the student returns to class.

In the case of unexcused absences, a teacher may deduct up to 30% from the earned grade for work made up.

If a pattern of non-attendance develops, the principal or designee may require documentation to excuse an absence. The principal or designee has the authority to determine whether or not an absence is excused. Excessive excused absences for illness may result in the student being required to provide a doctor's note or other substantiating medical evidence.

• Please see pages 16-22 of the CCPS Code of Student Conduct for specific guidelines and policies pertaining to attendance and makeup work.



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Lemon Bay High School

SPORTS



Manta Athletic Leadership Academy

The Manta Athletic Leadership Academy (M.A.L.A.) is proud to announce the selection of the 2020-2021 Officers. This group of individuals graduated from the M.A.L.A. class last year, participated in several events and went through a rigorous application process in order to attain this honor. There are four categories of focus and the athletes will rotate the leadership position* with every sports season.

- **Spirit** - Taylor Mason*, Brooke Knapp and Mason Dowd
- **MALA Curriculum** - Lauren Ragazzone*, Brennan Hedderman, Riley St. Louis and Reece Willis
- **Rising Leader Curriculum** - Krista Leo*, Trey Scott, Dimitri Saaby and Matt Hutcherson
- **Event Planning and Fundraising** - Izzy Ferjani*, Garrett Bauer and Victor Fazler

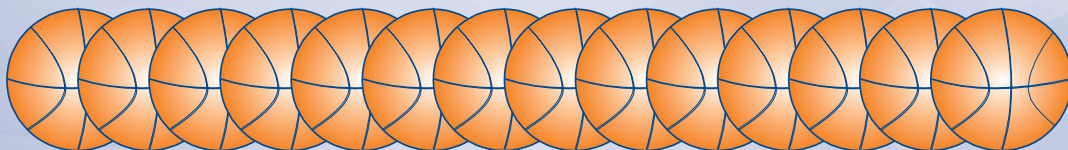
There is also a new M.A.L.A class underway with athletes representing many of the Varsity sports here on campus. These classes are held Monday and Tuesday morning before school. These student athletes were nominated by their coaches in order to learn how to become a better leader to their teams. M.A.L.A. will also hold a Rising leader class consisting of younger athletes to help them understand what their role is on their respective teams.

Boys Basketball

Date	Day	Schedule	Time
11/16,17	Mon/Tue	Pre-Season Tip Off	4:30,6,7:30
11/23	Mon	@ Charlotte	5:30/7
11/25	WED	OASIS	5:30/7
11/28	Sat	JV @ LKWD Ranch	TBA
12/1	TUE	PORT CHARLOTTE	5:30/7
12/4	Fri	@ Comm School Naples	5:30/7
12/7	MON	RIVERDALE	5:30/7
12/8	Tues	@ 'Desoto	6/7:30
12/12	Sat	@ St John Neumann	12/1:30
12/15	TUE	VENICE	5:30/7
12/18	Fri	@ Imagine	5:30/7
12/19	Sat	@ St Stephens	1:30/3
12/28,29	MON,TUE	PROVO H/D SHOOTOUT	10:30AM-9:00PM
1/5	TUE	COMM CHRISTIAN	5:30/7
1/8	FRI	DESOTO	5:30/7
1/9	Sat	@ Parrish	1:30/3
1/12	TUE	ECS	5:30/7
1/15	Fri	@ Port Charlotte	5:30/7
1/16	Sat	JV Shootout @ CHS	TBA
1/19	TUE	CHARLOTTE	5:30/7
1/21	Thur	@ Comm Christian	4:00/7:00
1/23	Sat	@ Wally Keller Classic	TBA
1/26	Tue	@ Venice	5:30/7
1/28	Thur	PARRISH	5:30/7
1/29	Fri	@ North Port	5:30/7
2/2	Tue	@ Bishop Verot	5:30/7
2/4	Thur	IMAGINE SR NT	5:30/7

Girls Basketball

Date	Day	Schedule	Time
11/10, 12	Tue,Thu	Pre-Season Classic TBA	5:30/7
11/17	Tues	@ Hardee	6/7:30
11/19	Thu	@ Oasis Charter (VAR)	6:30
11/20	FRI	IMAGINE	5:30/7
11/23	MON	HARDEE	5:30/7
12/1	Tue	@ Pt Charlotte	5:30/7
12/3	THU	COMM CHRISTIAN (VAR)	6:00
12/4	Fri	@ Lakewood Ranch	6/7:30
12/8	TUE	BAYSHORE (VAR)	6:00
12/10	THU	BONITA SPRINGS	5:30/7
12/12	Sat	@ St John Neumann (Var)	3:00
12/14	Mon	@ Desoto (VAR)	7:30
12/17	Thur	@ Venice	5:30/7
12/28	MON	IDA BAKER (SM GYM)	6:00
12/29	TUE	NAPLES	6:00
1/6	WED	RIVERVIEW	5:30/7
1/8	Fri	@ North Port	5:30/7
1/12	Tue	@ Imagine	5:30/7
1/13	WED	OASIS CHARTER (VAR)	6:30
1/15	FRI	PT CHARLOTTE	5:30/7
1/19	Tue	@ Bonita Springs	5:30/7
1/21	THU	LAKEWOOD RANCH	5:30/7
1/22	FRI	VENICE	5:30/7
1/26	Tue	@ Comm Christian (VAR)	6:00
1/29	FRI	DESOTO (SR NT) VAR	7:00
2/1	WK	DISTRICTS	TBA



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Lemon Bay High School

SPORTS

Girls Soccer

Date	Day	Schedule	Time
11/3	Tue	Pre-Season @ N. Fort Myers	7:00
11/5	Thur	Pre-Season @ N. Fort Myers	7:00
11/13	Fri	@ Braden River	5:30/7
11/17	TUE	VAR H CARDINAL MOONEY	5:00
11/21	SAT	KEY WEST	10:00
11/30	Mon	@ Mariner	5:30/7
12/7	MON	RIVERDALE	5:30/7
12/8	Tue	VAR '@ Cardinal Mooney	5:00
12/11	FRI	@ Sarasota	5:30/7
12/14	Mon	@ Manatee	5:30/7
12/17	THUR	PORT CHARLOTTE	5:30/7
12/18,19	Fri,Sat	@ Nature Coast Tampa	TBA
1/5	TUE	NORTH PORT	5/7:00
1/7	Thur	@ Cape Coral	6/7:30
1/8	Fri	@ Estero	6/7:30
1/12	Tue	@ Riverdale	5:30/7
1/13	Wed	@ Palmetto	5:30/7
1/14	THUR	BISHOP VEROT	5/6:30
1/18	Mon	@ Port Charlotte	5:30/7
1/22	Fri	@ Lakewood Ranch	6/7:30
1/25	Mon	SARASOTA	6/7:30
1/27	WED	NORTH FORT MYERS	6/7:30
1/28	Thur	@ North Port	5:30/7

Boys Soccer

Date	Day	Schedule	Time
11/9	MON	VAR H CARDINAL MNY	6:00
11/11	WED	BONITA SPRINGS	5:30/7
11/14	Sat	Tarpon Cup @ Charlotte	TBA
11/16	Mon	@ North Port	5:30/7
11/18	WED	BOOKER	5:30/7
11/30	Mon	@ ODA	5/7:00
12/2	Wed	@ Booker	7:00
12/9	Wed	@ Port Charlotte	
12/11	FRI	VENICE	5:30/7
12/14	Mon	@ Desoto	
1/6	WED	NORTH PORT	5:30/7
1/8	Fri	DESOTO	5:30/7
1/11	Mon	@ Riverdale	
1/15	FRI	CHARLOTTE	5:30/7
1/19	TUES	PT CHARLOTTE SR NT	5:30/7:30
1/21	Thur	Var @ Cardinal Mooney	7:00
1/25	Mon	@ Sarasota	5:30/7
2/1	WK	Districts	TBA

Wrestling

Date	Day	Schedule	Time
12/5	SAT	LEMON BAY DUALS	9:00
12/9	WED	DISTRICT DUALS H	2:00
12/12	SAT	@ Captain Archers IBT CHS	
12/18,19	Fri,Sat	@ Spring Hill IBT	
1/7	Thur	@ Pt Charlotte	
1/9	Sat	@ SFCA IBT	
1/14	Thur	REG'L DUAL CHAMPIONSHIPS	2:00
1/15,16	Fri,Sat	Pvt School Challenge CCC	
1/22,23	Fri,Sat	Osceola or S. Ft Myers	
1/30	Sat	Massung IBT/McKeel Academy	
2/3	WED	VENICE SR NT	6:00
2/6	Sat	Southeast Duals	
2/13	SAT	BIDWELL	9:00
2/19	Fri	District IBT TBA	
2/26,27	Fri,Sat	REGIONAL IBT HOME	
3/5,6	Fri,Sat	States @ Silver Spurs Arena	



Girls Weightlifting

Date	Day	Schedule	Time (WI / Start)
1/9	SAT	LBH INVITE	8/10:00A
1/23	SAT	DISTRICTS	
1/29	FRI	REGIONALS	

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FortifyFL is a suspicious activity reporting tool that allows you to instantly relay information to appropriate law enforcement agencies and school officials. FortifyFL was created and funded by the 2018 Florida Legislature as part of the Majority Stolenman Douglas High School Public Safety Act.

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FLORIDA DEPARTMENT OF EDUCATION

Drug Free Charlotte County



As we head into the final stretch of 2020, I think we can safely say that this has been an extraordinarily stressful year! It has been stressful for parents, and it has been stressful for kids. If you have scrolled through your news feed lately you have probably seen all the memes about the stresses of dealing with working from home, homeschooling kids, nothing is normal, etc. Sad to say most of those memes seem to suggest that drinking large amounts of alcohol is how to get through these stressful situations. Sure, memes are just supposed to be jokes, but did you know that according to Nielsen, alcohol sales have increased dramatically since covid-19. This would lead me to believe that perhaps many people are using alcohol as a coping method, which can be not only very unhealthy but also not such a great example for our kids.

So, what can we do to relieve stress? Well, there are many things: listen to music, draw, exercise, sports, write, paint, build, garden, walk, swim, breathe, imagery, start a gratitude journal, help others, seek counseling or other professional help, talk about it with someone you trust, the list really goes on and on, everyone has a different technique that will work for them. One method of stress relief that has garnered a lot of attention in recent years due to its proven positive effects is Mindfulness. Mindfulness is a technique that parents can use, and so can our teens.

Maybe you're wondering what is Mindfulness? Mindfulness is really a method of focusing in on your surroundings, and on yourself. It is a way of training your brain to focus, and in doing so, you gain more control over feelings of anxiety, anxiousness, worry, and stress, and your able to replace those automatic negative thoughts with positive thoughts until the positive though becomes the norm rather than the negative one.

If you think this sounds good to you, and you would like to give it a try, you can start simply with breathing. Close your eyes and really pay attention to the air as it enters your nostrils. Feel the way that it fills your lungs. When you exhale take note of the way your body releases the air. Feel your body in your seat. Feel your feet on the ground. Continue breathing in and out and focusing on the breathing. When you notice your mind wandering to other thoughts, force yourself to focus back in. You can try to do this by repeating a word in your head, like "breathe". If you practice this technique regularly, and not just when you feel stressed, but also when you are calm, you will begin to see the positive outcomes it brings. This is something you can teach to your teens and even model the behavior for them.

If you enjoy the mindfulness breathing exercise, there are many other types of mindfulness exercises that you can try. This may be the most challenging time that our teens have ever faced, let's be the example to them on healthy ways to manage stress so that they will know exactly what to do throughout their life when it comes to difficult situations.

Submitted by Jen Bernardi

Reporting Suspicious Activities Or Threats

Students, parents, CCPS employees, and members of the community have a responsibility to report suspicious activities and potential threats to schools. Any suspicious activity or threat shall be promptly reported to one of the following individuals, agencies or reporting tools:

- School Resource Officer or local law enforcement agencies.
- School Administrator or any available staff member.
- The **FortifyFL Reporting APP** or to the Crimestoppers Tipline (1-800-780-TIPS).
- Contact the Supervisor of District Security & Emergency Management at (941) 255-0808
- Calling 9-1-1.