



# LEE'S SUMMIT HIGH SCHOOL

## The Original

Ten times named one of America's Best High Schools

2023-24



# LSHS 2022-23: Items to celebrate!



On May 21, LSHS graduated 443 outstanding seniors.



2023 graduates accepted over \$5 million dollars in scholarships. 97 finished high school with a 4.0 or higher cumulative GPA. 11 were named Bright Flight Scholars. 85% are headed to college or some type of post-secondary education, 6 graduates will serve in the military, while 4% will enter the world of work.



10 LSHS staff members were candidates for Lee's Summit R7's Teacher and Support Professional of the Year program, and one Support Professional was awarded with the LSR7 Excellence Award.



Across the 7 years of its existence, KC Scholars has awarded \$50,000 scholarships to 53 LSHS Tigers, totaling over \$2.6 million in awards.



Boys Swim and Dive had 4 athletes medal at state, and Girls Swim and Dive had 1 placing at state. Boys wrestling had 1 athlete place at state. Our student journalists won 3 city awards, 5 state awards, and 8 national awards. We had 9 all state music members and 74 musicians who qualified to compete at the state music festival. Our theatre students received 3 Blue Star nominations and 19 Cappies nominations, and our visual artists earned a variety of awards as well.



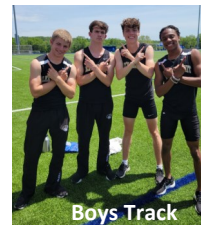
Tiger Teams won 1 conference championship in Boys Soccer and district championships in boys track and girls soccer. Robotics competed at the World Championships. LSHS produced 17 all-state athletes, and saw 29 student athletes sign letters of intent to compete in college.



LSHS Flying Tigers AFJROTC received the Distinguished Unit Award from Headquarters AFJROTC for the 2022-23 school year. The Team placed first for Unarmed Regulation Drill Team, Unarmed Inspection Team, and Best Commander at the Smith-Cotton Invitational Drill Competition, and placed first for Unarmed Regulation Drill Team at the TRIAD Invitational Drill Competition. Two of our cadets received Outstanding Cadet awards at the Cadet Leadership Camp.



Class of 2023



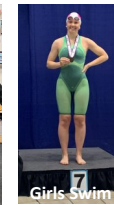
Boys Track



Boys Soccer



Tiger Broadcast



Girls Swim



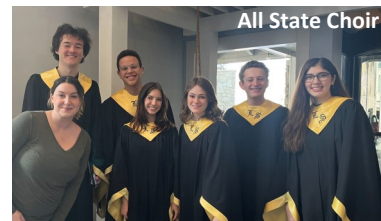
Robotics



Boys Wrestling



Theatre



All State Choir



Girls Soccer



AFJROTC



Boys Swim

# Lee's Summit High School

400 SE Blue Parkway

Lee's Summit, MO 64063

(816) 986-2000

**LSHS.LSR7.ORG**



*Tradition • Pride • Excellence*



*Tradition • Pride • Excellence*

## Meet the LSHS Administrative Team



**Dr. Kari Harrison**  
Principal

Dr. Harrison is entering her 5th year as lead principal. She also served as an Assistant Principal at LSHS for 7 years.

Dr. Harrison previously taught 7 through 12 grade Science.



**Mr. Kit Anderson**  
Director of Athletics & Activities

Mr. Anderson has been an Assistant Principal, Teacher, and Track Coach at LSHS for the past 7 years.

This will be his first year as Director of Athletics & Activities.



**Dr. Nacole Boan**  
Assistant Principal

Dr. Boan is starting her 5th year at LSHS, and her 8th year as an Assistant Principal.

Prior to her administrative experience, Dr. Boan spent 8 years teaching Geography, American History, and Government in Texas and Kansas.



**Ms. Tracie Gramkow**  
Assistant Principal

Ms. Gramkow is starting her first year at LSHS. She has served as an Assistant Principal for 17 years in another district.

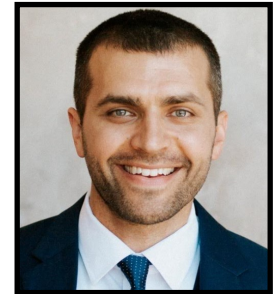
Prior to that she taught English, served as the Student Council Sponsor, and coached Volleyball.



**Dr. Shawn Sotheran**  
Assistant Principal

Dr. Sotheran has worked in education for 14 years, teaching Communication Arts and Special Education for 9 years, and serving as an Assistant Principal for the last 5 years.

This is his first year at LSHS.



**Mr. Bo Tiller**  
Assistant Principal

Mr. Tiller is beginning his 14th year in education and first year at LSHS after serving as an Administrative Intern in another district.

Previously, he taught Biology, Physical Science, and AP Environmental Science and served as a coach for Boys and Girls Basketball.



# LSHS Construction Project Update

The LSHS building renovation and expansion project is beginning to wrap up. We are pleased to share some of the features of our project with you! With a completion goal of Fall 2023, here are the highlights for this school year:

- Renovation of the North Campus for the Art, English Language Arts, and Special Education departments
- Creation of two modern teacher collaboration spaces
- Completion of the new LMC in the campus center
- Opening of the Grand Learning Stairs
- Completion of the outdoor terrace, outdoor expansion of the cafeteria, and outdoor courtyards
- Construction of new outdoor walking paths to connect the east side of campus
- Addition of modern signage on the south end of campus



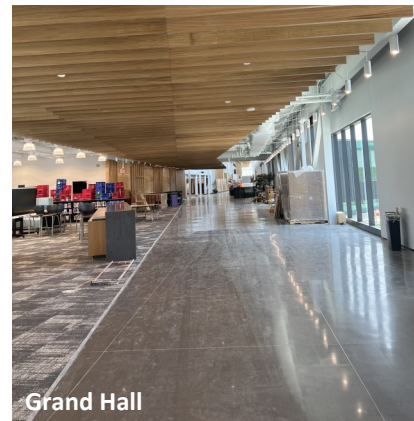
LMC Annex



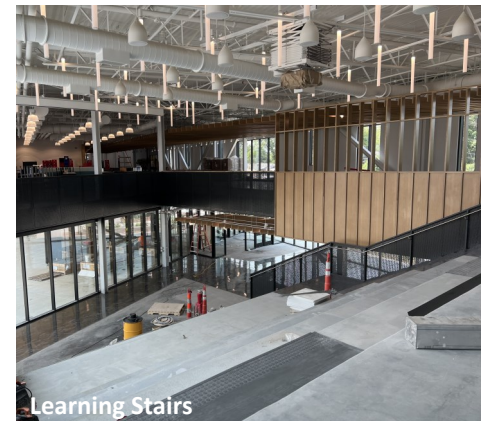
LMC Activity Center



Courtyard



Grand Hall



Learning Stairs



# Academic Excellence

There are several ways to be involved and monitor your student's academic progress:

- ◆ Course Syllabi: Access the syllabus for each course through the LSHS homepage at: [lshs.lsr7.org](http://lshs.lsr7.org) under Academics
- ◆ PowerSchool: See your student's class schedule, teachers, current grades, assignments, and missing work through your Parent Portal at: [powerschool.lsr7.org/public](http://powerschool.lsr7.org/public)
- ◆ Also through PowerSchool, you can request weekly or monthly grade reports to your email
- ◆ Schoology: Through this link, parents can access course calendars with assignment due dates; find the login for Schoology on the LSHS homepage - log in at [schoology.com/login](http://schoology.com/login)
- ◆ Attendance: PowerSchool displays 2 weeks of attendance information
  - ◇ Please contact (816) 986-2002 to report an absence
  - ◇ Students are assigned an unexcused absence when no parent call is received
- ◆ Teacher email: Communicate with individual teachers through email or voicemail. Contact information can be located here: [lshs.lsr7.org/stafflshs/alpha.html](http://lshs.lsr7.org/stafflshs/alpha.html)

In addition, LSHS strongly recommends students utilize a calendar planner system to promote organization. Students can use an electronic version, such as the one provided by their Schoology account, or a paper version. Some paper versions can be purchased in the Tiger Post school store.

## Meet the LSHS Student Services Team



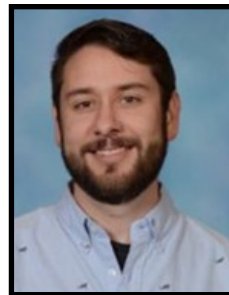
Stacey O'Connell  
A - C, CAPS



Rashaundra Brookins-Kirk  
D - He



Sally Sabata  
Hg - Me



Taylor Chandler  
Mi- Sh



Kayla Schroeder  
Si - Z



Kay Kelly  
School Psychologist



Cortney Ray  
Educational Therapist

## REGISTERING YOUR STUDENT

1. Gather all necessary documents (proof of residency and immunizations if required).
2. Log in to your PowerSchool Parent Portal at : [powerschool.lsr7.org/public/](https://powerschool.lsr7.org/public/)
3. Verify and update your student's record.
4. Upload required documents.
5. Submit registration for each student.
6. Make payment for all required items.



Girls Tennis

## LSHS Online registration help for parents:

Walk-in hours for registration assistance will be available July 17-21 and July 24-28, from 9a-3p. We will have extended hours on July 25 and 26, until 7p. During the registration window of July 17-28, call 816.986.2153 for registration assistance by phone.

After August 3, please call Leslie Guyton in the LSHS Student Services Office at 816.986.2120 for assistance.



NHS

Student Council, BSU, Tiger Pride



## Student Fee Balance

Check your student's fee balance in PowerSchool. All required fees must be paid in order to complete registration and view student schedules.

Questions about a fee or balance? Call our business office at (816) 986-2007.

Sounds of Summit Retreat



## My School Bucks

LSR7 uses an online platform to take payments for school lunches. Please visit [MYSCHOOLBUCKS.COM](https://myschoolbucks.com) to make payments.



AFJROTC



Tiger Transition Day



Banding Together



Girls Golf



**Please Note:**  
School meals will  
**NOT** be provided free  
of charge for the  
2023-24 school year!

## FREE or REDUCED LUNCH

All parents who qualify **SHOULD RE-APPLY** for Free/Reduced benefits for the 2023-24 school year. Please visit: [leessummitschoolnutrition.com](https://leessummitschoolnutrition.com) and click on 'My School Apps' under Apply for Free/Reduced Meals online to apply. If you have any questions, contact LSR7 Nutrition Services at 816.986.2200



Banding Together





Tigerettes



Golden Tiger Marching Band

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 PTSA Fireworks Tent 8a-10p
2 PTSA Fireworks Tent 8a-10p	3	4 Independence Day Offices Closed	5	6	7	8
6	10 School Picture Day #1 Seniors	11 School Picture Day #2 Seniors	12 School Picture Day #3 Seniors	13	14	15
16	17 Drumline, Soccer, and Tennis Camps Begin	18	19	20	21	22 Registration Window Open Registration Walk-In Help 9a-3p
23	24 Marching Band Camp Begins	25	26 Extended Registration Hours	27 Extended Registration Hours	28 Last Day to Register	29
30	31					

## Fall Sports Tryouts and Practice Information

All fall sports at LSHS begin on August 7, 2023. In order to try out for a sport or begin practice on August 7, the MSHSAA fee must be paid and the student must have a current physical exam on file with the online management system known as Final Forms at [LEESSUMMIT-MO-FINALFORMS.COM](http://LEESSUMMIT-MO-FINALFORMS.COM) - there is a link with directions for Final Forms on the LSHS website. The physical exam must meet MSHSAA and LSR7 standards. Please call the LSHS activities office at 816.986.2107 with questions.

If you have any sport specific questions, please contact the head coach of that sport using the email listed below.

### August 7 start times and practice locations

Boys Cross Country - 7:00 am  
on the LSHS track  
Head Coach Gabe Lutes  
[gabe.lutes@lsr7.net](mailto:gabe.lutes@lsr7.net)

Boys Soccer - 7:00 - 10:00 am  
at LSHS on the main field at  
Hertzog Stadium  
Head Coach Dave Wiebenga  
[david.wiebenga@lsr7.net](mailto:david.wiebenga@lsr7.net)

Boys Swimming/Diving - 6:00 am  
at the LSR7 Aquatic Center  
Head Coach Ryan Lee  
[ryan.lee@lsr7.net](mailto:ryan.lee@lsr7.net)

Football - 5:30 pm at LSHS  
in the Tiger Training Facility (TTF)  
and on the main field  
at Hertzog Stadium  
Head Coach Eric Thomas  
[eric.thomas@lsr7.net](mailto:eric.thomas@lsr7.net)

Girls Cross Country - 2:45 pm  
on the LSHS track  
Head Coach Elizabeth Andes  
[elizabeth.andes@lsr7.net](mailto:elizabeth.andes@lsr7.net)

Girls Golf - 1:00 pm  
at Shamrock Hills Golf Course  
Head Coach Jim Mellody  
[james.mellody@lsr7.net](mailto:james.mellody@lsr7.net)

Girls Tennis - 8:00 - 10:30 am  
on the LSHS tennis courts  
Head Coach Ashleigh Grumke  
[ashleigh.grumke@lsr7.net](mailto:ashleigh.grumke@lsr7.net)

Softball - 3:00 pm  
LSHS Softball Complex  
East Trails Middle School  
Head Coach Shanna Parker  
[shanna.parker@lsr7.net](mailto:shanna.parker@lsr7.net)

Volleyball - 2:45 pm  
in the LSHS Fieldhouse  
Head Coach Brittany Boerigter  
[brittany.boerigter@lsr7.net](mailto:brittany.boerigter@lsr7.net)

# TIGER TRANSITION DAY

Presented by Lee's Summit High School

Monday, August 21, 2023

What is it?

The first day of school for all students new to the building or attending in person for the first time.

Students will:

- Practice getting to classes, lunch, etc.
- Experience each component of their daily schedule including meeting their teachers
- Meet their Academic Coach and assigned Tiger Mentors (upper class student leaders)
- Sign up for school clubs and activities

When is it?

Monday, August 21, 7:25 am to 12:30 pm

Where is it?

Lee's Summit High School

How do I get there?

Buses will run normal routes to pick up students. Even if you plan to arrive at school differently during the year, we encourage you to ride the bus for this event so you will know the bus number, driver, and route.

What should I bring?

All that is needed is a great attitude and money for lunch! The usual hot plate lunch will be available for \$3.00. Other options, at various prices, will also be available.

Who is involved?

Besides all the new students, look for the entire teaching faculty, and many upper-grade students involved in numerous programs, clubs, activities, and rigorous courses.

Why are we doing this?

To help you get excited about having a great year at LSHS!

What if I have questions?

Call 816.986.2000

## 9th Grade School Supply List

- ♦ Pens (blue or black)
- ♦ Pencils (No. 2)
- ♦ 1-inch 3 ring binder
- ♦ Scientific calculator (TI-30XIIS or similar)
- ♦ Composition notebook (90 pages or more; college ruled)
- ♦ 8.5 x 11 lined notebook paper
- ♦ Highlighters
- ♦ Grading pens (different color than black or blue)
- ♦ Homework planner





Softball

**IT'S A  
GREAT DAY  
TO BE A  
LSHS  
TIGER!**



Football

**August 2023**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 Parent Band Performance	5
6	7 AFJROTC Orientation Week Fall Athletic Practices Begin	8	9	10 School Pictures Seniors Makeup Date	11	12
13	14	15	16	17	18	19
20	21 Tiger Transition Day 7:25a—12:30p IB/New Parent Orientation Back to School Night	22	23 First Day of School Classes Begin at 7:25a	24	25 First Late Start Friday Classes begin at 8:25a First Home Football Game	26 Band Mattress Fundraiser
27	28 First Home Volleyball Match	29 First Home Softball Game	30	31		

- AFJROTC
- Archery
- Art Club
- Band
- Baseball
- Basketball
- Bass Fishing
- Black Student Union
- Book Club
- Bowling Club
- Tiger Broadcast
- Cheerleading
- Chess Club
- Chinese Club
- Choir
- Club 121
- Coding Club
- Cross Country
- Debate
- DECA
- Drumline
- eSports
- Earth Club



- Orchestra
- Poetry Club
- Project Positive
- Robotics
- Scholar Bowl
- Soccer
- Softball
- Steppers
- Student Senate
- Swim & Dive
- Teacher Academy
- TEAM
- Technology Association

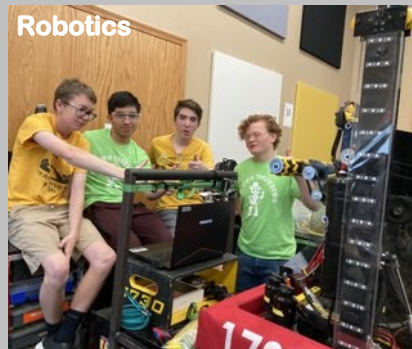


- |                  |                       |                                   |
|------------------|-----------------------|-----------------------------------|
| • FBLA           | • Graphic Novels Club | • Music                           |
| • FCA            | • Harmony Council     | • National Art Honor Society      |
| • FCCLA          | • HOSA                | • Newspaper                       |
| • Flag Football  | • Jazz Band           | • Organization of Strategic Gamer |
| • Football       | • Latin Language Club |                                   |
| • French Club    | • LatinX (Spanish)    |                                   |
| • German Club    | • LS in Action        |                                   |
| • GSA            | • LOUD Crowd          |                                   |
| • Girls Who Code | • Math Club           |                                   |
| • Golden Guard   | • MO Fine Arts        |                                   |
| • Golf           | • Missouri Scholars   |                                   |



- Tennis
- Theatre
- Tiger Act
- Tiger Smart
- Tigerettes
- Track & Field
- Trapshooting
- Volleyball
- Woodworking
- Wrestling
- Yearbook
- Youth in Government

## Find Your Place!



**Get Involved!** Your student absolutely needs to get involved in a club, activity, or sport. If this happens, research is crystal clear that they will have a better high school experience. Please reference the LSHS Activities, Clubs and Sports Information booklet found online at [ls.hs.lsr7.org](http://ls.hs.lsr7.org) or call the Activities Office at 816-986-2107. Practice and tryouts for fall sports begin Monday, August 7.





## PARENT SUPPORT GROUPS

**PTSA**

[WWW.LSHSPTSA.COM](http://WWW.LSHSPTSA.COM)

**AFJROTC Boosters**

[WWW.LSHSFLYINGTIGERS.COM](http://WWW.LSHSFLYINGTIGERS.COM)

**Music Boosters**

[LSHSMUSIC.COM](http://LSHSMUSIC.COM)

**Theatre Boosters**

[LSHSTHEATRE.COM](http://LSHSTHEATRE.COM)

**Athletic Boosters**

[WWW.LSHSABC.ORG](http://WWW.LSHSABC.ORG)



**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

					1	2
3	4 Labor Day No School	5 First Home Boys Soccer Match	6	7 First Home Girls Tennis Match	8	9 ACT Exam
10	11	12 School Picture Day #1 Underclassmen	13 School Picture Day #2 Underclassmen	14 Junior Class Ring Meeting	15	16 Drummit at the Summit 1-4p
17	18	19	20 Music Department Ice Cream Social	21 Junior Ring Family Order Day 4-6p	22 LSHS 150th Birthday Celebration Mini Tigerette Performance	23
24	25	26	27	28	29	30



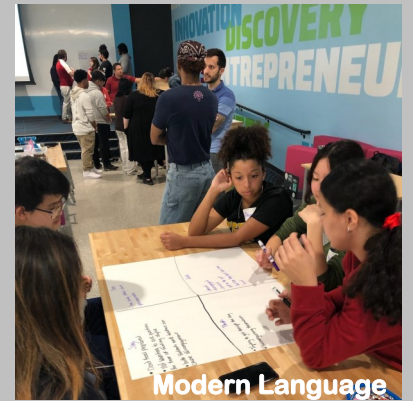


Volleyball

## LSHS PTSA

PTSA: Parent-Teacher-Student Association exists to represent and support each and every Tiger student. From offering Parent Nights, to welcoming freshmen, to putting on Project Grad for seniors, PTSA actively supports your child. Support our students and staff by joining the LSHS PTSA!

Membership information at: [LSHSPTSA.COM](http://LSHSPTSA.COM)



Modern Language

### Missouri School Violence Hotline

Courage2Report Missouri  
1-866-748-7047 toll free

LSHS SAFESCHOOLS  
Tip Report Line

Call/Text - 816.399.3228

Email - 1562@ALERT1.US

[LSHS-LSR7-MO.SAFESCHOOLSALERT.COM](mailto:LSHS-LSR7-MO.SAFESCHOOLSALERT.COM)

## Missouri Department of Mental Health Support Access Crisis Intervention Hotline 1-888-279-8188



Tigerettes



FBLA



Boys Basketball

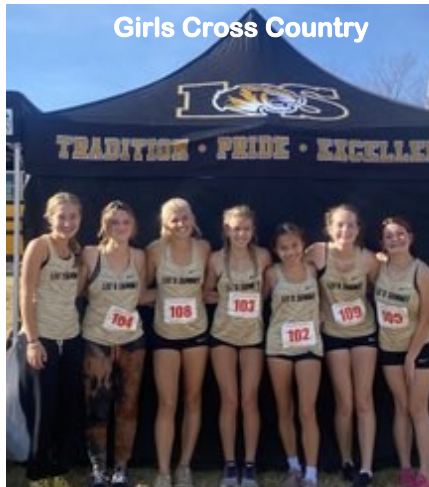


NHS Volunteer Event



Pep Band





Girls Cross Country



Theatre - Fall Musical

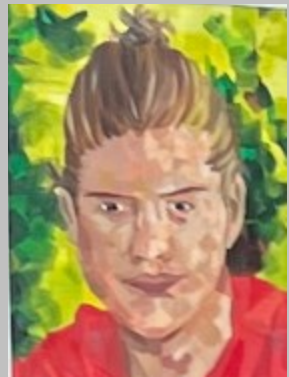
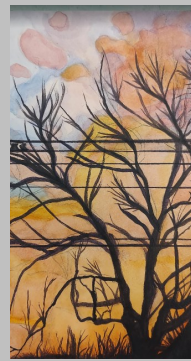
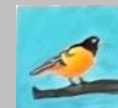


Soccer

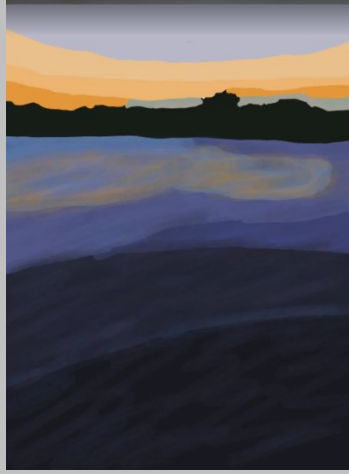
# October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 School Picture Day Retakes	4	5 End of 6 Week Grading Period Cap & Gown Orders with Jostens	6 Progress Reports Emailed Homecoming Assembly Parade-4p Game-7p	7 Homecoming Dance 8p
8	9	10	11	12 Fall Orchestra Event 7p	13	14
15	16	17	18	19 Fall Choral Concert 7p	20 Teacher Professional Development Day <b>No School</b> Repertory Children's Performances Begin	21
22	23	24	25 Parent-Teacher-Student Conferences	26 Parent-Teacher- Student Conferences	27 Offices Closed <b>No School</b>	28 ACT Exam
29	30 Winter Sports Begin Boys & Girls Basketball Girls Wrestling Marching Band Concert with East Trails Middle School	31				





## Art Fair







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6 Winter Sports Begin Girls Swim & Dive Boys Wrestling	7 Teacher Professional Development Day No School	8 National Letter of Intent Signing	9 Group Photo Day	10 Veterans Day Assembly (any veteran related to a LSHS student is invited) Fall Musical Opening Night	11
12	13	14	15 End of 12 Week Grading Period	16	17 Progress Reports Emailed	18
19	20	21	22	23	24	25
			Thanksgiving Break - No School			
26	27	28	29	30		





Scholar Bowl



Culinary



Tiger Broadcast



Girls Wrestling



Girls Who Code Mini Camp



Wrestling



Girls Basketball



Tigerettes



AFJROTC



Cheer





Track Fundraising Event



Volleyball



Girls Swim and Dive

# December 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 First Home Girls Swim Meet Tiger Smart Freeze Out	2
3	4 First Girls Home Basketball Game	5	6 First Girls/Boys Home Wrestling Match	7 Class of 2025 Ring Delivery & Commitment to Graduation Ceremony	8	9 ACT Exam
10	11	12 Holiday Band Concert First Boys Home Basketball Game	13	14 Winter Choral Concert	15	16
17	18	19 Holiday Orchestra Concert	20 Final Exams National Letter of Intent Signing	21 Final Exams	22 Final Exams Candlelighting End of Semester 1 Early Release	23
24	25	26	27	28	29	30
	Winter Break - No School					
31						





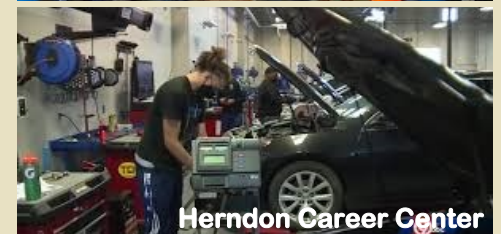
**Biomedical  
Innovation Program  
STA and UCM**



**Cass Career  
Center**

## Off Campus Programs

Off Campus Career Educational Programs include Cass Career Center, Herndon Career Center, Innovation Track, Missouri Innovation Campus, and Summit Tech Academy. Click on Student Services/Career & Educational Planning Guide on the LSHS Website to explore possibilities.



**Herndon Career Center**



**Summit Technology  
Academy**



**Summit Technology  
Academy**



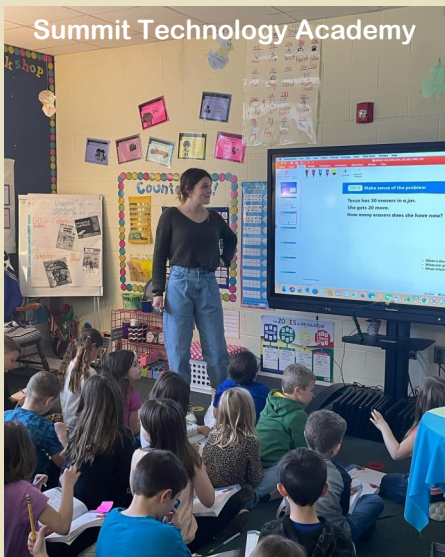
**Cass Career  
Center**



**Cass Career  
Center**



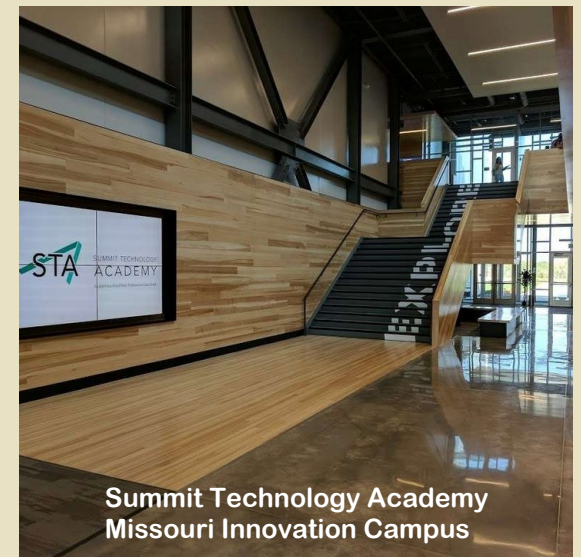
**Herndon Career Center**



**Summit Technology Academy**



**Summit Technology  
Academy**



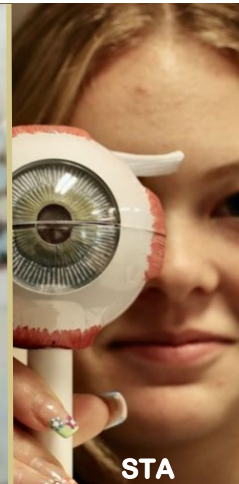
**Summit Technology Academy  
Missouri Innovation Campus**



# January 2024



STA Environmental Studies Capstone Course



STA



UCM Center for Music Technology

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5 Teacher Professional Development Day No School	6
	Winter Break - No School					
7	8 School Resumes Semester 2 Begins	9	10	11	12	13
14	15 Martin Luther King Jr. Day No School	16	17	18	19	20
21	22	23	24	25	26 Courtwarming Assembly Game 7p	27 Courtwarming Dance 8p
28	29	30	31			



## Choosing classes for fall enrollment:

- ♦ Review the Career and Educational Planning Guide, found under 'Student Services' on the school website
- ♦ Explore Naviance for careers and recommended classes
- ♦ Choose classes that are needed to graduate
- ♦ Choose classes to help support your career choice
- ♦ Consider post-secondary acceptance requirements

LSHS Website: [lshs.lsr7.org](http://lshs.lsr7.org)

### AFJROTC

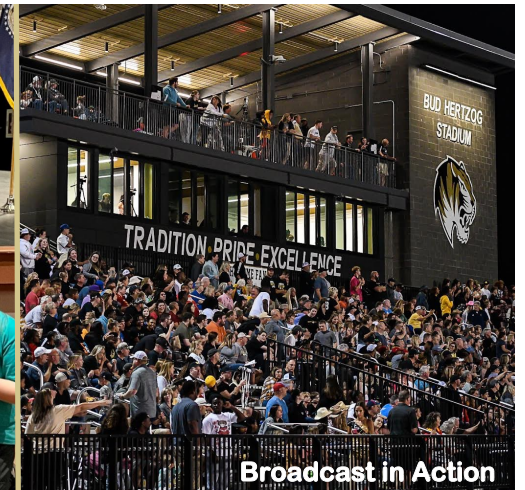
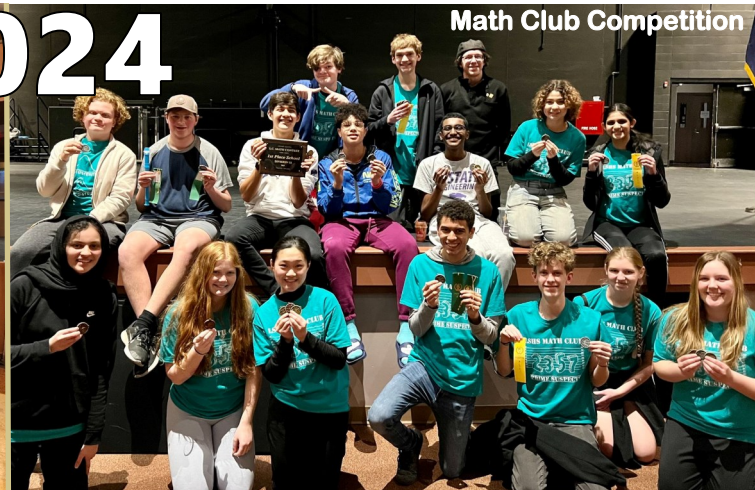
AFJROTC is now recognized under Career and Technical Education and is available to Cadets to receive the JROTC Leadership and employability Skills credential. Receiving the CTE credential is also part of the Market Value Asset under Real World Learning.

AFJROTC offers Science and Personal Finance credits – see the LSHS Career and Education Planning Guide.





# February 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Repertory Review Performances Begin	2	3 AFJROTC Flying Tigers Invitational
4	5	6	7 National Letter of Intent Signing	8	9	10 ACT Exam
11	12	13	14	15	16	17
18	19 President's Day No School	20	21 End of 6 Week Grading Period	22	23 Progress Reports Emailed Winter Play Opening Night	24
25	26 Spring Sports Begin	27	28 Enrollment Conferences	29 Enrollment Conferences		





Math Club



LS Teacher Academy



Golden Guard



AVID Volunteer Event



Wrestling



Tiger Smart



Art



Football

## AVID: Advancement Via Individual Determination

AVID is now in its 6th year at LSHS. A college preparatory program designed to close the achievement gap, LSHS now boasts over 100 students in the AVID Elective courses grades 9-12. Through discrete skill-building and college preparation, AVID seeks to develop students ready to persist and succeed in college systems.



AVID Commitment Ceremony



Drumline



Boys Tennis



March 2024



Girls Track

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 No School District Solo and Ensemble Vocal	2 District Solo and Ensemble Instrumental
3	4	5 Pre-Contest Orchestra Concert 6:30p Pre-Contest Band Concert 8p	6	7 Pre-Contest Choral Concert 7p	8	9
10	11 Large Group Choir Contest	12	13 Large Group Orchestra Contest	14 Large Group Band Contest	15	16
17	18	19 First Home Boys Tennis Match First Home Girls Soccer Match	20 First Home Baseball Game	21 Student Directed One-Act Plays Begin	22	23
24	25	26	27	28	29	30
31						



FBLA



Broadcast



## PREPPING FOR EXAM SEASON

Standardized tests begin in April and continue through May. These include Missouri End-of-Course exams, International Baccalaureate exams, and Advanced Placement exams. This can be a difficult and stressful time for students. As an adult supporter, here are a few ways to help your student perform to the best of their ability and manage the additional stress:

- Begin reviewing and studying material early, ideally at least 2 weeks prior to the exam date.
- Study small chunks of information each day.
- Focus on healthy sleep habits. Teenagers should get 9-10 hours of sleep each night. This is critical to physical and mental health, as well as academic performance.
- Fuel the body with healthy food choices, including plenty of water, fruits, and vegetables. A typical teen diet of pop, chips, caffeine, and sugar does not best support the body and brain.
- Monitor your teen for stress overload. If your student is struggling, don't hesitate to address it with them, and cut back on some activities to de-stress your child.

Culinary



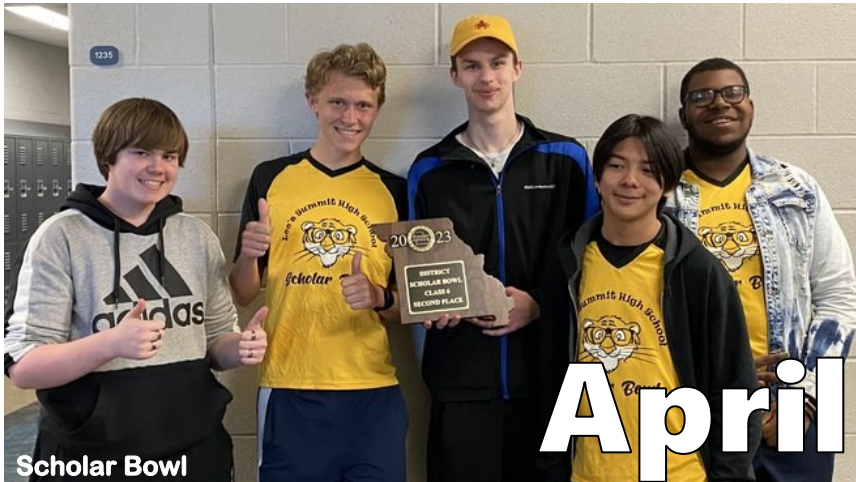
Drumline



Robotics







Scholar Bowl

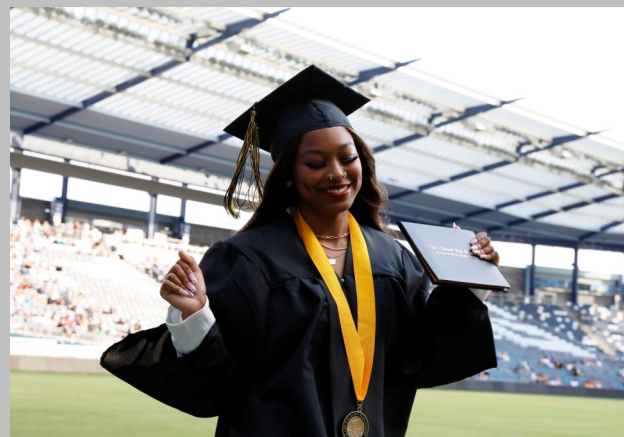


Baseball

# April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Spring Break - No School					
7	8	9	10 End of 12 Week Grading Period National Letter of Intent Signing	11	12 Progress Reports Emailed	13 Prom John Knox Pavilion ACT Exam Hall of Fame Banquet
14	15	16	17	18 Parade of Choirs Concerts 6p & 7:30p	19 Repertory Theatre Performances Begin	20
21	22 Festival of Strings	23 Festival of Strings	24	25	26	27 State Solo & Ensemble Competitions
28	29	30 Cavalcade of Bands Concert 7p				









SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Academic Awards	3 LOUD Drumline Concert 7p	4 LOUD Drumline Concert 7p
5	6 Teacher Appreciation Week AP Exams Begin	7 Music Awards & Honor Concert 7p	8	9 Theatre Awards	10 Pop & Jazz Concert 7p	11
12	13 Senior Final Exams	14 Senior Final Exams	15 Senior Final Exams and Seniors Last Day	16	17 Graduation	18
19	20	21 Final Exams	22 Final Exams	23 Final Exams Last day of school End of Semester 2 Early Release	24	25
26	27 Memorial Day Offices Closed	28	29	30	31	

**Lee's Summit High School**  
**400 SE Blue Parkway**  
**Lee's Summit, MO 64063**

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It's a great day to be a LSHS Tiger!

