



LCHS 9 - 12 PTSA online NEWS

Dear LCHS Family,

It was wonderful to see many of you at our last PTSA meeting of the year last week. We introduced next year's budget to our membership. We are thrilled to be supporting the Wellness Center in the amount of \$15,000. We continue to support the IRC and Technology needs at school for \$16,000 combined annually as well as helping provide funds for our Counselors, the Athletic Director, the all school musical, the arts, and many more needs which total over \$80,000.

The heart of our organization is to support our school financially and, with volunteer help, to run programs from registration to hearing tests, Servathon (campus beautification day), and disaster preparedness as well as fund programs for our students like Red Ribbon Week and Reflections among others. Thank you to all of you who signed up to be members of PTSA. Because of our increased membership numbers this year, our Council was awarded an additional Senior Scholarship award from First District PTA. Your \$10 membership counts and is so important to making our voice a prominent one in our school community.

As we wrap up this school year, please consider the importance not only of the individual achievements of our students, which are many, but also the need for collective achievements. Our students can thrive even more if they are part of a solid community comprised of Spartans from all walks of life. If we are successful in building a collective consciousness among all of our members, we will see Spartan Spirit soar.

Warmly,
Tamar Tujian
LCHS PTSA President

"Angst" Screening - Wednesday, May 22 - 7:00 p.m.

LCUSD was recently awarded a Community Engagement Mini-Grant from the California Mental Health Services Authority (CalMHSA) and Los Angeles County Department of Mental Health. Funds from this grant will support Mental Health Awareness Month activities at the high school and 7/8 campuses during the month of May, as well as a signature community event: a free screening of the documentary "Angst: Raising Awareness Around Anxiety."

Through candid interviews, "Angst" utilizes the power of film to tell the stories of tweens, teens and young adults who discuss their anxiety and its impacts on their lives and relationships, as well as how they've found solutions and hope. The film also includes a special interview with swimmer Michael Phelps, a mental health advocate and one of the greatest athletes of all time. In addition, the documentary highlights discussions with mental health experts about the causes of anxiety and its sociological effects, along with resources and tools available to address the condition. The film is suitable for ages 10+.

On Wednesday, May 22 at 7:00 pm, the La Canada Unified School District Wellness Initiative will hold a special screening of the documentary at the La Canada High School auditorium to open up a dialogue between local families, community leaders, school personnel and mental health experts. The event will feature a viewing of the 55-minute film, followed by an informal panel discussion led by LCHS Principal Jim Cartnal, with special guests Melissa Johnson, PhD, licensed psychologist and founder of Institute for Girls Development; Paul Royer, LCSW; and Rachel Zooi, LCUSD Counselor/Wellness Coordinator. Resource tables with mental health and wellness related resources and a fundraising bake sale will be set up before and after the screening.

Free tickets are now available, and the greater La Canada community is invited to attend. Seating is limited, so please [click here](#) to RSVP.

Questions? Email rzooi@lcsud.net

Athletic Clearance for 2019-2020 is Open Now!

Athletic Clearance for 2019-20 School Year Teams is open. Athletic clearance is required for tryouts. Make your doctor appointments now for Physicals. [DOWNLOAD PHYSICAL FORM HERE](#)

Tryouts will take place in summer prior to the start of the next school year, most immediately after the school year ends, some will be the week of school Registration. If you have any questions contact the Athletic Director, D.R. Moreland, at dmoreland@lcsud.net

PTSA Needs You!

Over the course of the last several weeks we have advertised open positions in the PTSA for next year. We have had a wonderful response to our call for help. We have some new positions that we would like you to consider. Most of these positions can be shared with a friend. Please contact Tamar Tujian with any questions ptapresident@lchs912.org.

Under Ways and Means, the fund-raising arm of PTSA we are in need of volunteers who can help take on:

Value card: The PTSA sells this card as a PTSA fundraiser. The job entails contacting vendors to confirm that they wish to continue participating in the value card and reaching out to any new local businesses as space on the card becomes available. Contact the printer at the end of summer to get cards into production and mail out cards after the online orders are complete. **Takes 10 to 20 flexible hours over the summer.**

Under Programs, we need:

Reflections Chairs The national PTA art contest is called Reflections. Many of our students participate in the program and are recognized locally, and some advance to state and national levels. We need two individuals who are willing to take on this position and coordinate student entries.

Founders Day: We are looking for a chair to coordinate the Founders Award nomination, selection and on-site ceremony. The PTA Founders award is given to teachers, staff and parents who have gone above and beyond to help our school. Nomination forms are circulated in late fall and selection made in January. The district wide reception is usually in March.

Total hours are 12 to 15 throughout the year.

Under Volunteers:

Servathon Chair: Servathon takes place in March. Help coordinate the biggest volunteer day on campus. Students, parents and staff come together to spruce up our campus by spreading bark in planters, washing walls, scraping gum off of floors, picking up trash and doing whatever else is needed to spruce up our campus. LCHS 718 already has a Chair, we need a high school chair to

needed to spruce up our campus. LCHS //o already has a Chair, we need a high school chair to coordinate the day's events.

Reflections Theme 2019-2020 - "Look Within"

The theme for the 2019-2020 PTA Reflections contest has been announced..."LOOK WITHIN". THIS SUMMER we encourage you to explore the theme through one or more of the artistic genres listed below. Formal entry forms will be available mid-August!

The PTA's national Reflections Art Program has brought the arts to life for more than 10 million students since 1969. Reflections encourages students of all ages to:

- Unleash creative talents and be inspired
- Express themselves imaginatively in their artwork
- Experience the fun and joy of making art
- Tap into critical-thinking skills to create art inspired by the annual theme
- Receive positive recognition for their original works of art.

Encourage your student to create new art inspired by this year's theme: "Look Within"

Categories are:

- Dance/Choreography
- Literature
- Photography
- Film Production
- Music Composition
- Visual Arts

Questions? Please email Billie Melillo at mommaraptor@gmail.com

LCHS 2019 -2020 Registration

Don't forget to mark your calendars for Fall 2019 Registration. The schedule is below.

SENIORS: August 8th from 8:00 - 10:00 a.m.

JUNIORS: August 8th from 10:00 a.m. - 12:00 p.m.

SOPHOMORES: August 8th from 1:00 - 3:00 p.m.

FRESHMAN: August 9th from 8:00 - 10:00 a.m.

www.lchsptsa.org | www.lcusd.net | www.lcfef.org |

STAY CONNECTED:



La Canada High School PTSA, 4463 Oak Grove Drive, La Canada, CA 91011

SafeUnsubscribe™_sugi@allegromedia.com

[Forward this email](#) | [About our service provider](#)

Sent by ptapresident@lchs912.org in collaboration with

Constant Contact 



Try email marketing for free today!