

Upcoming School /Community Events & General Info

Week #2 of AP Exams

May 14th- May 18th

LSA will be involved in AP testing every day during the AP testing window. Students and parents are advised to review the following information concerning these upcoming exams:

*Students will need to remember that they are responsible for adhering to all LSA and AP procedures and policies throughout the AP testing window.

***Attendance during exam days**

LSA students are welcome to attend classes on their schedule AP exam days, but they are not required to be in classes on a day in which they will be participating in an AP exam IF the student sits for his/her exam AND if the student has brought in signed parent permission allowing the student not to be in classes for that AP exam day. Signed parent notes may be brought to the main office in advance of the exam or to the exam session. No email, faxes or phone calls are accepted. Parents with students taking more than one AP exam may write one note to apply to all of the student's exams if they wish.

Students with such permission for morning exams will need to report to their morning exam room at 8:20am and when testing is dismissed, they may sign out at the main office and leave campus. Students with such permission for afternoon exams (12pm start), may arrive late to school, signing in at the main office, and reporting to their exam no later than the scheduled posting time (varies depending on the day).

As always, students are responsible for work missed when not in class, and must check with teachers about what happened in their absence. Note that these are exam-excused absences and will not count toward students' cumulative days out of school nor will they be considered in senior final exam exemption.

***Things to bring...**

-Yourself!- on time!!! Exams begin promptly and late students will not be allowed in.

-Comfortable clothing- stay in dress code! Choose comfortable clothing within the dress code and bring a jacket/sweatshirt/other item you can put on if you get chilly. Hats and headwear are allowed in the building, of course, but not on you during the test session.

-non-mechanical #2 pencils and pens with black or dark blue ink only - these will be provided for you but if you have a preferred style or favorite pens/pencils, feel free to bring them. Pencils that are mechanical will not be allowed. Pens must be black or dark blue ink. No exceptions.

-College Board-approved calculator with extra batteries if you are taking AP Calculus AB, AP Physics I or AP Statistics exams. You may use only graphing calculators on the approved AP list. You may bring a back-up and you may bring extra batteries. Students are never allowed to share calculators. LSA will not provide you with graphing calculators or extra batteries so do plan ahead. Should you wish to test without a calculator, you will need to sign a College Board statement to that effect on exam day.

-water/beverage/snack

You are welcome to bring water, soda, etc. and snacks. You will be allowed to access water during the exam as needed. You will not be allowed to access other beverages or your snacks during testing. AP exams are scripted and contain a ten-minute break, at which time you can consume your goodies (not at your desk over test materials, of course).

***Things not to bring...**

-Your iPad, tablet, iPod/mp3 player, other electronic communication device

-A smart watch, fitbit or any other device other than a regular watch to keep time

-**Cell phone- If you bring a cell phone, or other electronic communication device, you will be required to turn it off prior to testing and give it to the test administrator to hold during testing. It is imperative that if you bring one that it is powered off completely and there is no way for it to beep, buzz, vibrate, or make any other kind of noise. You will not get your phone back until after testing has been dismissed. At that time only will you be allowed to leave the testing area to contact your ride if leaving campus.

-Bring as little "extra" stuff as possible into the exam room. If you bring bags/backpacks, they go under your table/desk, not to be touched during the test session, until exam dismissal.

Course Verification Sheets DUE, 3:45pm

Closes at 3:45pm on May 21st

Students received course verification sheets on Monday, May 7th, representing a list of primary and alternate classes for the upcoming school year. (These are NOT student schedules!) Students have until 3:45pm on Monday, May 21st to turn in their course verification sheets to Student Services with required student & parent signatures.

*Students will have from the 7th through the 20th to review their primary and alternate courses carefully, making any changes desired.

*Students who auditioned for and earned placement in higher level arts courses will need to make those adjustments on their course verification sheets.

*Students will need to rank their alternate courses in order of preference- #1, #2, #3.

*Students missing AP contracts or course waivers or needing to fill them out for course verification can do so. Forms are available on the "Course Registration" section of the Student Services web site, in the Student Services office, and on the display rack on the right side of the main office. Those forms are due at the same time, Monday, May 21st at 3:45pm.

*AP Summer assignments are available for students to review during this time so that students planning to take one or more AP course in the coming year fully understand their obligations for preparation and work required over the summer. AP Summer Assignments are posted in on the "Course Registration" section of the Student Services website. Additionally, all required summer work for English I, English II, English III and English IV courses are also available on the same site.

*All students are required to indicate their intention to endorse in an arts area if that is their plan AND their preference for academic classes or arts classes. The academics/arts preference is used in the case of scheduling conflicts.

Through course registration and scheduling and course verification we attempt to get students 100% of their primary courses when that is not possible, counselors look to alternate courses and student preferences to ensure the best possible schedule.

Course verification is the last opportunity students have to make changes in their course registration for the upcoming school year.

Red Cross Club

Monday, May 14th

Choral Concert

Tuesday, May 15th

6:00– 7:30pm

Hayes Barton United Methodist Church
2209 Fairview Rd
Raleigh, NC 27608

We hope you would join the Choral Dept. at their Spring Concert. Doors open at 5:30, and concert starts at 6:00.

Instrumental Music Concert

Thursday, May 17th

7:00-8:00pm

The instrumental concert will be held in the Gallery.

PowerSchool Maintenance Weekend

5pm, Friday, May 18th- 6am, Monday, May 21st

PowerSchool will be unavailable beginning at 5pm on Friday and returned to service no later than 6am on Monday.

Last Interims Go Home

Friday, May 18th

Interims will be distributed to students today. This will be the final set of interims for the school year.

Student Choreography Showcase

Friday, May 18th

Join LSA students at their Choreography Showcase in the Gallery at 6:00 pm.

Scholarships, Contests, Etc.

Last call! Pledge Your #Collegiance College Board Contest (for 12th graders)

Attention college-bound seniors! The College Board invites you to participate in a creative college admissions contest for the chance at cash prizes up to \$5,000. All you need to do is announce your college decision on Instagram in a video, Boomerang, or photo AND enter to win by tagging your post with #Collegiance . The 10 most creative entries win cash prizes, including \$5,000 for the best video. Deadline to enter is **May 15th**.

Ending soon! Citrix Scholarship (for seniors enrolling at NC Central, Shaw University or St. Augustine's University)

Citrix is renewing its commitment to diversity and partnering with Triangle Community Foundation to support students at historically black colleges and universities in the Raleigh-Durham, North Carolina area who are interested in pursuing STEM careers. Citrix sees a great need for diverse candidates in computer science and related STEM fields and hopes to foster future talent through scholarship support and connection with mentors at Citrix currently doing work in the field.

In order to be eligible to apply, students must:

- Be currently enrolled or planning to enroll in the upcoming fall semester at North Carolina Central University, Shaw University, or St. Augustine's University
- Be currently majoring in or intending to major in a STEM and/or computer science field
- Express an interest in and commitment to a career in computer science and/or STEM field

- Demonstrate family financial need
- Demonstrate academic merit

Awards will be valued at \$5,000 per academic year, renewable for up to four years, for a total award of up to \$20,000 per student. Payments will be sent each semester and the student must maintain at least a 2.5 cumulative grade point average and submit a short report at the conclusion of each semester in order to receive renewal payments. Scholarships can be used for tuition, required fees, textbooks, room and board and one-time computer purchase at North Carolina Central University, Shaw University, or St. Augustine's University. Payments will be sent directly to the school, not the student.

Application forms must be submitted using the Foundation's online system. You will be prompted to create a profile, upload a completed application form and attachments, and provide the name and email address of your recommender. Recommenders will be notified by email through the system and will be asked to submit their recommendations online on or before June 1st, so we encourage you to start your online application as soon as possible. Transcripts must be uploaded online or postmarked by June 1st and mailed to:

Triangle Community Foundation
Attn: Citrix Scholarship
PO Box 12729
Durham, NC 27709

Applications must be accessed and completed through the online scholarship portal. Visit:
<http://bit.ly/2JIwsTv> . Application Deadline is **June 1st**.

Couch Oil Cares Scholarship Program (*for seniors*)

Couch Oil Company of Durham has again partnered with the Durham Bulls and is pleased to offer the Couch Oil Cares Scholarship to six deserving high school seniors. The \$1,000 scholarship award is available to seniors who have been accepted to a four-year college/university or a community college and reside in one of the following counties: Alamance, Caswell, Chatham, Durham, Franklin, Granville, Harnett, Johnston, Lee, Moore, Nash, Orange, Person, Vance, Wake or Wilson.

Applications are available outside the main office in the display rack and online by visiting <http://bit.ly/2FZYeNk> . Application deadline is **June 30th** (postmark deadline). Note that all scholarship recipients must be able to attend the scholarship presentation on Thursday, August 9th at the Durham Bulls Athletic Park.

Scholarship Website Resources

www.fastweb.com , www.scholarships.com, www.zinch.com, www.cappex.com,
<https://bigfuture.collegeboard.org/scholarship-search> and more!

Volunteer, Employment, & Enrichment Opportunities...

***New addition!* Volunteers needed- ARTSPLOSURE- The Raleigh Arts Festival**

Saturday, May 19th & Sunday, May 20th

ARTSPLOSURE needs YOU! Each year, hundreds of volunteers to make Artspllosure - The Raleigh Arts Festival a success. Artspllosure will be the weekend of May 19 and 20. If you give just 2 to 3 hours of your time, you will receive an Artspllosure 2018 T-Shirt!

Support is needed in a variety of areas, including booth sitters, surveying audience members, assisting with Kidsposure crafts and more! Volunteer opportunities are available during the morning, afternoon and through the early evening during the weekend of May 19-20.

You can see a complete list of volunteer opportunities on the volunteer section of the web site- <http://raleighartsfestival.com/volunteer/> . Once there, click on "Volunteer Application form" to sign up! For specific questions, please contact Glynda at volunteer@artsplosure.org .

Your assistance is greatly appreciated!

Marlboro Pre-College Summer Programs (*Rising 11th & 12th graders*)

During a Pre-College Summer Program at Marlboro, students will explore interdisciplinary interests, gain new perspective, and meet passionate people. Aimed at rising juniors and seniors, this experience allows participants to get a taste of liberal arts education and to discover what college learning is all about.

Choose from the following sessions:

Creative writing, poetry and literature- Where do the words come from?

Performing arts, theatre- Inside/Out: Imaginative Theater

Visual Art, ceramics- Explorations in Clay

Biology, ecology- Green Mountain Ecology

Philosophy, religious studies, environmental studies- Awakening in the World

Chemistry, technology- Do-It-Yourself Chemistry

Film studies, video, writing- Documentary Filmmaking

Creative writing, theatre- Playwriting

Learn more about Marlboro's Pre-College Program by visiting marlboro.edu/summer . Application deadline is **June 5th**. Limited scholarships are available.

Looking Toward College Seminar at Meredith College (*Rising 10th-12th grade ladies*)

June 25th-28th

Meredith College

Looking Toward College is a residential seminar for high school women taking place at the end of June. Focused on decisions, goals and relationships, this program assists young women in exploring what college is "really like." This seminar will help participants examine their skills in decision-making, goal setting and preparing for college success.

Areas of focus include:

Making Decisions & Setting Goals

Values Clarification

Career Planning

College Selection

Study Skills

Communication Skills

Seminar cost is \$395 and includes housing, meals, programs, workshops, materials, social activities and event t-shirt. Learn more about the program, or access the registration form, by visiting <http://bit.ly/2tQ1DbM> .

Study Skills Camp hosted by NC State University

Preparing Middle and High School Students for Success! Study Skills Camp focuses on learning strategies, test-taking skills and organizational skills. Student/ teacher ratio for these classes is 7:1.

The 2018 session schedule is as follows:

Middle School Grade 6-8

High School Grades 9 -10:

9:30-11:30am OR 1:00-3:00pm

June 18th- 22nd

July 9th-13th

July 16th-20th

July 23rd-27th

July 30th-August 3rd

9:30-11:30am

July 9th-13th

July 16th-20th

July 23rd-27th

July 30th-August 3rd

Study Skills Camp costs \$200. A small number of scholarships will be available for students/families with financial need. For more information on study skills camp sessions, cost, or to register, visit go.ncsu.edu/studyskillscamp or <http://bit.ly/2EJyBup>.

FIDM Signature Summer Program

Join FIDM for their Signature Summer Program, in which you will spend nine days on campus in immersive college-level workshops. Workshops are instructed by FIDM faculty. While you're with them, embark on relevant and inspiring field trips. Gain exclusive network contacts. Access the FIDM library, museum and study collections. Learn about your housing options at FIDM.

This is a total immersion at the intersection of art, culture, creativity, and commerce in Downtown Los Angeles, the hub of the world's luxury and fashion brands. Test drive what it's like to be a FIDM student!

FIDM Los Angeles takes place from June 25th-July 6th

Choose your track- Business, Fashion, Visual Arts & Design

Cost is \$1,500 for the program, \$1,400 for housing and additional program excursions

Learn more and register by visiting go.fidm.edu/fidmsummer.

GALS Summer Science Program

GALS is a free summer science program for high school students to engage with science while backpacking through the wilderness. GALS was created to increase hands-on science opportunities for students who identify as female or gender nonconforming, students of color, students from low socioeconomic backgrounds, and other groups underrepresented in fields of STEM (Science, Technology, Engineering, and Math).

In Summer 2018, GALS will run sessions in multiple states – we encourage you to apply to the program specific for your location. During this two-week experience, you will learn ecology, earth science, and other topics by exploring your surroundings with local scientists. This mentally, physically, and academically challenging trip rewards you with a deep understanding of your natural surroundings and your own leadership strengths.

GALS strives to cultivate a passion for environmental science and stewardship, develop leadership abilities, enhance critical thinking skills, and promote teamwork. This program provides you with the unique opportunity to gain hands-on experience in science and experiential education while immersed in a supportive community of peers.

Learn more about this opportunity by visiting <https://sciencegals.org>.

UNC School of the Arts Summer Programs

Welcome to the University of North Carolina School of the Arts, where summer is intense, exhilarating and all about the students. Whether your passion is dance, drama, filmmaking, music or visual arts, you'll find all the hands-on experience, all the performance opportunities, and all the individual attention from professional artists you've dared to dream of.

Program dates, costs and application deadlines vary by discipline.

Dance

UNCSA Summer Dance is comprised of four Intensives and two Choreographic Residencies, providing gifted emerging artists with the experience, knowledge, and skills needed to excel in their disciplines and in their lives. Consisting of six separate programs, UNCSA Summer Dance fits the needs of serious dance artists at any point in their training or career. View opportunities by visiting <http://bit.ly/2pbNhwX>.

Drama

In the School of Drama, the heat gets turned up in the summer. Grab a sword for the Stage Combat summer program or polish your acting technique with the Drama Summer Intensive. All of the summer programs feature expert UNCSA faculty and include rigorous courses designed to fuel your passion for the stage. Learn more by visiting <http://bit.ly/2tOmQCY>.

Filmmaking

The School of Filmmaking offers exciting Summer Intensives for budding filmmakers in the areas of Animation and Filmmaking. Open to high school students and rising college freshmen, these programs offer comprehensive curricula in these areas of filmmaking. In the Animation Summer Intensive, you will explore elements of visual storytelling, cinematography, directing, editing and more in our state-of-the-art animation facilities, with your work screened at an animation festival at the end of the program. The Filmmaking Summer Intensive includes components such as cinematography, editing, producing, culminating in a screening of your work. Learn about opportunities in these areas by visiting <http://bit.ly/2Dpcf0T>.

Music

At UNCSA, summer offers aspiring musicians of all ages rich learning experiences and an abundance of opportunities to perform. As a SummerMusic student, you will be immersed in an intensive and supportive musical environment with School of Music faculty and guest artists who are both world-class performers and dedicated teachers. Wonderful concert halls, an extensive music library and a conservatory campus that brings together students and teachers in all the arts make SummerMusic @ UNCSA a one-of-a-kind program.

Most music workshops are for age 12 and up, with some exceptions as stated in the program curriculum. An audition is required for admission to most of the SummerMusic workshops. Learn more by visiting <http://bit.ly/2Flvkgo>.

Visual Arts

In UNCSA's Visual Arts Summer Intensive, you will find a demanding and stimulating program designed to unlock your artistic talent and hone your skills in the visual arts. During studio classes in drawing, design, and sculpture, you'll explore the philosophical as well as the mechanical aspects of the art experience. Beyond the studio you'll dive into historical art concepts and practices and contemporary imagery through slide shows, lectures, library assignments and field trips. You'll participate in classroom critiques throughout the four-week session, and in a gallery exhibition and reception for families and friends as a grand finale.

No prior experience or portfolio is required, just your serious passion for developing your own artistic understanding and expression. This program is for ages 14-18. Visit <http://bit.ly/2lmyHLI> for more information.

Summer Day Camp Employment- Alexander Family YMCA (Ages 16 & up)

Alexander Family YMCA is looking for a few responsible, enthusiastic students to work with their Summer Day Camp programs. They offer many camp experiences for children in the downtown Raleigh area and camp counselors serve as positive role models for children, helping to build strong core values of Caring, Respect, Responsibility and Honesty. If you are interested in working with children in a day camp setting, and you are 16 years or age or older, complete an online application as soon as possible.

Applications and additional details are available by visiting www.ymcatriangle.org/y-jobs .
Questions? Contact Katherine Vance at Katherine.Vance@YMCATriangle.org .

Duke Youth Programs

Now in its thirty-fourth year, Duke Youth Programs provides summer enrichment opportunities for academically motivated middle school and high school students in the areas of bioengineering, biological science, math, creative writing, academic writing, leadership, computer programming, and college selection/admissions.

Duke Youth Programs for the Summer of 2018

- Action Science
- Biosciences & Engineering for Middle School
- Biosciences & Engineering for High School
- Math Camp
- Young Writers' Camp
- Creative Writers' Workshop
- Leadership in Action Institute
- Duke Neurosciences Camp
- 3D Printing Camp @ Duke
- SAT Summer BOOST
- Cryptology Camp
- Video Production Camp for Middle School
- Video Production Camp for High School

Learn more about Duke Youth Programs by visiting <http://bit.ly/2om95Gg> .

Volunteers Needed- Horses for Hope

Every Spring and every Fall, Horses for Hope offers Therapeutic Horseback Riding sessions to special needs kids. They need volunteers to work as side walkers and horse leaders. Those interested must sign up to attend training sessions.

Unless you attended orientations last Fall, volunteer orientations and horse leader training will be offered this month and next if you are interested in taking these classes to help out. To register for volunteer orientation, visit <http://bit.ly/2En2q7Z> .

Volunteers can also sign up for Spring sessions using the link below to work on specific days and times that are convenient for them. They must commit to working ten volunteer hours, one hour each week for the Spring session.

One special and specific request: two volunteers are needed to work with "Joshua" on Friday's from 5-6 pm as side walkers. If this fits your schedule and you wish to work with Joshua, please scroll down until you see Friday's schedule and Joshua's name to sign up to work with him. If Friday's don't work, please sign up to work with someone else. Thank you so much!

Session volunteer sign-up is available by visiting- <http://bit.ly/2C0Kr1U> .

Horses for Hope
2909 Banks Rd
Raleigh, NC 27603

St. John's College Summer Academy (10th-12th graders)

Would you love a summer program built around reading and discussing great books? If so, check out the St. John's College Summer Academy. A hands-on introduction to college life, our program helps students hone their reading, critical thinking, and discussion skills. With engaging workshops and awesome off-campus excursions, the Summer Academy is a blast.

Just like our undergraduate curriculum, at Summer Academy students read the great books in small, discussion-based classes of 20 or fewer. The classes include the original ideas of authors stretching from literature and philosophy to political science, chemistry, biology, mathematics, music, language, physics, history, economics, and more.

This summer's sessions include:

Courage & The Soul- June 24th-30th in Sante Fe

Contemplation & Love- July 1st-7th in Sante Fe

The Blues- July 8th-14th in Sante Fe

Equality & Inequality- July 15th-21st in Annapolis

Poets & Perception- July 22nd-28th in Annapolis

Learn more about the program or register to participate by visiting <http://bit.ly/2E04Qut>.

Wake Forest University Summer Immersion Program (9th-12th graders)

Our programs, based on-campus at Wake Forest University in Winston-Salem, North Carolina and in Uptown Charlotte, offer a taste of the complete college experience. After your sessions, enjoy campus life with fellow Summer Immersion friends in the undergraduate residence halls under the supervision of Wake Forest staff.

Who is this for? Talented, curious students who want exposure to their future career pathways. Applicants must be rising high school sophomores, juniors, seniors or incoming college freshmen. Institutes are offered throughout the summer, June - August. Please visit our website for program dates at go.wfu.edu/sip.

Where? Residential programs are offered at Wake Forest University in Winston-Salem, NC. Residential and nonresidential programs are offered at the Wake Forest University Charlotte Center in the heart of Uptown Charlotte. Throughout the week, students will visit industry-specific locations tailored to each institute's planned curriculum. A campus tour and a Wake Forest admissions presentation is included during the week.

How do I apply? Apply online at go.wfu.edu/sip. Need-based scholarships are available for those who qualify.

Summer Immersion offers programs in the following areas of study:

Biosciences & Engineering	Health & Exercise Science	Sports Marketing
Business & Entrepreneurship	Law	Sports Medicine
Dance	Leadership	Technology
Debate & Public	Medicine	Visual Arts
Advocacy	Neuroscience	
Documentary Film	Psychology	

Teen Leadership & Service Summer Program (8th-11th graders)

Teens passionate about making a difference are invited to join Activate Good for a weeklong summer enrichment program. The Teen Leadership and Service Summer Program is a week-long, intensive program that will give teens the opportunity to develop leadership skills while learning about community issues.

Participants in the program will:

- ✓ Learn about community issues like poverty, hunger, the environment and more, and the role volunteerism plays in making a difference
- ✓ Tap into their personal leadership potential and explore their passion for social change

- ✓ Get hands-on experience designing their own project for social change and receive feedback from real change-making professionals
- ✓ Present their ideas for change to community leaders, nonprofits, and peers
- ✓ Participate in community service to learn more about local causes in action

Ready to make a difference? Apply to join this week-long Program today! Programs will run June 18th-22nd and July 23rd-27th. Program cost is \$300 per teen. Lunch and snacks will be provided to participants daily. Both week-long sessions contain the same programming.

Programming will take place at the Wake County Commons Building, 4011 Cary Drive, Raleigh. View the program schedule and apply to participate at <http://bit.ly/2GIh747>.

Activate Good- Volunteering Opportunities

Activate Good is a nonprofit activating volunteers to help charitable causes in our local community. Activate Good connects individuals, groups and companies to fulfill volunteer needs with over 400 nonprofits around the Triangle. They envision a world in which everyone both realizes and exercises their potential to make an impact and in which good causes get the help they need.

Ready to make an impact in 2018? Visit <https://activategood.org/opportunity>. As this organization houses a wide of variety of activities, you will need to get your community service pre-approved through Ms. Doyle if you would like to use community service hours from this agency for your LSA graduation requirement.

Boston College Pre-College Summer Programs

The Boston College Experience provides motivated high school students the opportunity to live and learn as students at Boston College. Through adherence to our Jesuit mission, our programs focus on exposing students to a rich and rewarding college experience through coursework, extracurricular activities and reflection. Built into the programs are activities that help to prepare students for their college search and the transition into college life. Student will participate in service learning activities, culture and social outings all while enjoying the beautiful city of Boston over the summer.

- ✓ Credit and Non-Credit Options
- ✓ Prepare for your college search and life
- ✓ Engage in activities in and around Boston and on campus
- ✓ Build relationships with students from around the country and the world

Applications for the Summer of 2018 opened in January. Visit <http://bit.ly/2BkYsro> to join the mailing list for additional details.

Weekend Workshops at the NC State School of Design (9th-12th graders)

Weekend workshops take place on Saturdays at the NC State Design Lab studio through April 2018. They are immersive design education experiences, offering a wide range of opportunities for teens interested in design. From skill-building to design thinking to concept-based projects, interdisciplinary design mash-ups and more, talented instructors guide students in developing knowledge and experience in their focus area.

For information, visit <http://bit.ly/2isgpxb>.

NC State Pre-College Summer Programs: STEP & Polymer Camp

Summer Textile Exploration Program (STEP) and Polymer Camp are the two exciting and interactive pre-college programs offered by NC State's College of Textiles. Applications for both camps will open on January 2nd, 2018.

Visit <http://bit.ly/2y8FQ0n> for details.

Sooner Discovery Program (Summer Enrichment, 10th & 11th)

The Sooner Discovery program is a unique and fulfilling experience, and it is intended for high achieving high school sophomores and juniors who are motivated by challenging experiences. In this program, participating students will live on campus in the Honors College residence hall for four weeks from June 10, 2018, to July 6, 2018, earn five college credit hours, experience life at OU, and see what it is like to be a Sooner for the summer!

The five credit hours include one general education course and a Sooner Discovery specific course, Introduction to the Academic Discovery, which helps guide students through the college application and admissions process, and establishes skills for success in college.

Outside of class, the Sooner Discovery staff plans fun events to give your students a study break! Weeknight programming on campus and Saturday trips to Oklahoma City and Tulsa showcase the best that OU and Oklahoma have to offer outside of the classroom.

To learn all about the Sooner Discovery program, visit <http://bit.ly/2zp1gXG> . The application is now open and available online! Space is limited, so your students should apply early to ensure their application has the best chance to be selected. If you have any questions throughout the process, call us at (405) 550-3659 or email us at soonerdiscovery@ou.edu.

Remember that community service is a graduation requirement at Longleaf!

In addition to successfully completing your course requirements for graduation, you must also successfully complete a minimum of 10 hours of approved community services for each school year you are enrolled at LSA (40 hours for most students) by April of your senior year. Seniors, if you haven't finished with your hours yet, get moving! Freshmen, it's never too early to start! Learn about approved opportunities via this newsletter and the FSNN newsletter. Have another opportunity in mind? Email Ms. Doyle at doyle@longleafschool.com inquire about approval before you complete the service.

Community Service forms are available outside the main office and must be submitted, with all required signatures, no later than three months after the date of service!

Volunteer opportunity- Miracle League of the Triangle

Interested in helping out individuals with special needs? Enthusiasm and compassion are the prerequisites for our volunteers. Just a few hours of your time can enrich the game day experience for a player with special needs.

Opportunities:

- Buddy (ages 12 and up for our youth league; ages 16 and up to assist our adult league)
- Coaches (ages 15 and up)
- Game Day Help (Registration Table, Announcer, Umpire, DJ, Scoreboard)
- Special Events (Season Parties, Community Events, Fundraiser Activities)

Requirements

- Volunteers must be at least 12 years old.
- Volunteers must first attend a training session, held on-site before each shift.
- Volunteers must pre-register weekly for the shift they wish to serve.
- Volunteer shifts, assigned by the Field Manager, are a minimum of three hours.

Buddy Program- Any qualified individual (12 years and older) or group can give individuals with special needs the gift of baseball by volunteering as a Buddy. Our Buddy system pairs each player with a volunteer helper. Buddy training is provided on-site before your shift begins. Working one-on-one with our players will warm your heart and give you a new perspective on life.

Goals for our Buddies include:

- Assist the player according to his/her needs.
- Protect the player at all times.
- Allow the player as much freedom as possible to play.
- Have fun!

View a buddy training video at <http://bit.ly/2ANxtc3> . Register to become a buddy and make a new friend at <http://bit.ly/2zGU59H> .

Group Volunteering- Group volunteers are the key to our successful buddy program. Church groups, athletic teams, corporate groups, civic groups, and school clubs are just a few examples. Everyone says the same thing: “We can’t wait to do this again!”

Groups should be made up of volunteers ages 12 and up. We require a commitment of at least a three-hour shift. To register your group, please contact LeagueManager@miracleleagueofthetriangle.com.

Coaching Opportunities- Do you have an hour or so once a week to spare in the spring or fall? No practices. No play-offs. No angry competition. Just fun! You don’t have to know much about baseball. You just need a heart for the players and a compassionate, enthusiastic spirit. It’s the most rewarding coaching experience you’ll ever have.

Register to volunteer at <http://bit.ly/2zGU59H>. Learn more about The Miracle League by visiting <http://miracleleagueofthetriangle.com/> .

Volunteer Opportunities at Goodwill Community Foundation (GCF)

GCF welcomes volunteers ages 12 and up and volunteer opportunities are available year-round! They have a variety of opportunities that fit every age and skill set. All of the volunteer opportunities are located in Durham on Chin Page Road at our Corporate Headquarters, just off I-40 and Miami Blvd., easy to get to from anywhere in the Triangle. We have opportunities on Tuesday, Wednesday, Thursday and Saturday mornings from 9 a.m. – noon and after the first of the year.

Volunteer opportunities:

*Work at the GCF Farm, where fruits and vegetables are grown and then donated to the Food Bank of Central and Eastern North Carolina. GCF Farm volunteers help with seeding, planting, cultivating and harvesting everything that we grow. No special skills are needed for GCF Farm volunteers. The GCF Farm Team works with volunteers.

*Cut “No-Sew” Blankets for premature babies and their parents. These blankets provide a measure of comfort to the parents of the preemies and are helping parents and preemies bond. GCF Family Support Services staff distribute these blankets to parents in neonatal intensive care units in eastern North Carolina hospitals. Volunteers do not have to have special skills to work on the blankets.

*Make “Snoodles.” A Snoodle is a small doll-like comfort blanket for premature babies. These also are used in promoting bonding between parents and babies and also are a comfort. GCF Family Support Services staff distribute the Snoodles to parents in neonatal intensive care units in eastern North Carolina hospitals. Volunteers need to have basic sewing machine skills to work on the Snoodles.

*At other times of the year, volunteers will have the opportunity to assemble school supply kits that are distributed to children in need at Boys & Girls Clubs in eastern North Carolina. For these children whose parents can’t afford to buy them, the school supplies give them the edge they need to be successful in school.

Want to know more? Want to get involved?

Contact GCF Volunteer Coordinator/Communications Specialist, Becky Lytle, at 919.281.9192. You can also get to know GCF by visiting www.gcfglobal.org.

Volunteer locally- Raleigh Volunteer Programs

Looking for something to do? Need ideas for your required Longleaf community service requirement? Check out the City of Raleigh's Volunteer Programs page at <http://bit.ly/1iDZS2c>.

Reminders...

Students and parents, did you know that crisis help is available 24/7 in your community? Hopefully you, your family or your friends won't need a service like this, but if you do, it is here for you 24/7, 365 days a year. Please take a moment to read the information below:

Crisis Intervention:

Wake County Crisis & Assessment

By phone- 800-510-9132

Mobile Unit- 877-626-1772

Walk-In Services are located at 107 Sunnybrook Road in Raleigh

<http://bit.ly/2FJz40Q>

Holly Hill Hospital

By phone- 919-250-7000

Walk-In & Appointment Services are located at:

Adult Campus
3019 Falstaff Road
Raleigh, NC 27610
919-250-7000

Children's Campus
201 Michael J. Smith Lane
Raleigh, NC 27610
919-250-7600

www.hollyhillhospital.com

WakeMed Children's Emergency Department

By phone- 919-350-8000

HopeLine offers a crisis line that focuses on providing the community with a free and confidential crisis and suicide prevention helpline and instant messaging service. HopeLine specializes in providing suicide and crisis intervention, supportive and non-judgmental active listening, gentle and understanding discussion of crisis resolution, and referrals to appropriate community resources.

Crisis Line: CALL or TEXT 919-231-4525 or 877-235-4525

The Crisis Line is available 24 hours a day Monday-Friday and 9am-11pm Saturday and Sunday. TextLine is available Monday-Friday 10am-10pm.

National Suicide Prevention Lifeline: provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Since its inception, the Lifeline has engaged in a variety of initiatives to improve crisis services and advance suicide prevention.

By calling 1-800-273-TALK (8255) you'll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.

Website Resources:

Center for Disease Control

www.cdc.gov

National Institute for Mental Health

www.nimh.nih.gov

Center for Mental Health Services

www.mentalhealth.org

www.mentalhealth.org/get-help/

SPAN-USA (Suicide Prevention Advocacy Network)

www.spanusa.org

Driver Eligibility FYI (news to some, a reminder to others)

Teens who are planning to drive have several things to be aware of in preparation for that privilege/responsibility. Whether you're driving already or not, this can be very helpful. Please take a few moments to read the information below to familiarize yourself how everything works!

Teen Drivers and the State of North Carolina Law

Did you know that the State of North Carolina has legislation in place that requires schools to monitor a student's academic progress as it relates to driving privileges? North Carolina law requires that students under the age of 18 make "adequate progress" toward graduation in order to obtain and keep a driving permit or driver's license. Adequate progress is defined as passing 70% of attempted coursework. At Longleaf, a student must pass at least five out of seven courses to meet the 70% passing requirement. This determination is done twice annually, once following the end of the first semester, and again at the end of the second semester. Semester grades and final grades, respectively, will be used to determine a student's eligibility.

Students under the age of 18 who have permits or licenses and who are not making adequate progress at the end of the first term (January) or at the end of the second term (June) are reported to DMV. DMV will then notify the student and parent or guardian by mail that the student's permit or license has been revoked. The permit or license remains revoked until the next determination is made (end of the first term or end of the second term). When the student is again eligible (passing 5 out of 7) he/she may request another DEC from the school and apply to DMV to have his/her permit or license reinstated. Please note that the only grades referred to are the semester report card grades in January and the final report card grades in June.

Students who not already have a driver's permit or license will not be allowed to obtain one until their grades are satisfactory. That determination only takes place twice each year (end of the first term or end of the second term).

Driver Education & a DEC

Driver Education is a two-part process for teens. One part is in the classroom, the other in the car. Longleaf has partnered with Jordan Driving School. Students interested in signing up for Driver Education should visit www.jordandriving.com to learn more.

Driver Education classes are not held on Longleaf's campus. The *Driver Education Certificate* has no expiration date. Students should put it in a safe place, as they will need it when they go to the DMV to get their permit.

Driver Eligibility & another DEC

As mentioned above, the State of North Carolina requires students under the age of 18 to be making adequate academic progress, which is defined as passing at least 70% of coursework. For Longleaf students, this means passing at least five of seven courses at the end of each semester.

Once students have their Driver Education Certificate DEC, they should proceed to the next step- obtaining a *Driver Eligibility Certificate* (also called a DEC, which can be very confusing!)

Students obtain Driving Eligibility Certificates at the main office. DEC's require the student/parent to fill in the student name (Last Name, First Name, Middle Initial) and date of birth. The parent/guardian must then print and sign his/her name, and date the form. Be sure to complete the form carefully and correctly. The DMV will not accept illegible forms, nor will they accept forms where the student writes his/her first and last names in the wrong spots. Once complete, the student should submit the DEC to the main office. A staff member at the school will review the student's grades to confirm that the student has met the state's requirement. If the student has met the criteria, the school will certify the DEC by completing the rest of the certificate and applying a school seal. (Longleaf students must pass at least five of their seven courses to meet the criteria). If the student has not met the criteria, the certificate will not be issue and the student will not be able to obtain his/her permit/license.

During the school year, completed DEC's are generally available for pick up in the main office two days after they've been submitted. Please do not expect a DEC to be completed on the spot. Please note that DEC's submitted closer to the end of a semester will be held until semester/final grades are finalized.

The Driver Eligibility Certificate, issued specifically from the school, has an expiration date. *A DEC expires 30 days from the date listed on the paper. The DMV does not accept expired forms.* Students, if you let your form expire, you must get a new form, have your parent sign, and return it to the main office to start the process again.

Need more info? Check out the "Your First License" section of the NC DMV web site for more info- <http://bit.ly/Uu5ncG>.