



Welcome, Class of 2027!

Freshman Orientation
August 21, 2023



Your Administrative Team



Lori O. White, Principal
Marie Bullock, Assistant Principal
Rickey Eley, Assistant Principal
Tim Kubinak, Assistant Principal



LHS Mission Statement

The mission of Lakeland High School is to *invoke dreams, inspire possibilities, and invent realities* by engaging students academically, socially, and emotionally.





PLTW: BioMedical Sciences

PLTW Distinguished High School Award
(5 Consecutive Years)

Sarah McDonald, BioMedical Sciences Program Lead Teacher

PLTW Outstanding Teacher Award - 2022-2023 SY
(1 in 59 Nationwide)



Center for Performance & Production Arts



State of the Art Turf Athletic Field



Cavaliers Setting Records

- Class of 2023 - Record Scholarship Offerings (~\$12 Million)
 - 10 “Full Ride”
 - 1 Student Accepted into All 4 Military Academies
 - 4 Students Graduated with Associate Degrees
- Nearly 45% of Class of 2023 Graduated with Honors
- Five Published Student Authors
 - STEM Century - It Takes a Village to Raise a 21st Century Graduate: The SPS Edition

Cavaliers Setting Records

- 8 Regional Tournament Appearances
- Region 3A Championship - Girls Basketball
- All District Reads (2 Books)- LHS CPPA Program Technology and Staff
- Winter Wonderland and National Night Out Community Events
- Partnership with Camp Community College - Men's Basketball

**HOW WE
DO IT?**



Relationships & Accountability

Academics



Daily Class Schedules

BELL SCHEDULE

Lakeland High School operates on the 4x4 Block Schedule. The school day is divided into four instructional blocks, each of which is approximately 90 minutes in length and the school year is divided into two semesters or terms. (Schedule meets VDOE requirements of 140 clock hours.)

SEMESTER 1			SEMESTER 2		
	START TIME	END TIME		START TIME	END TIME
BLOCK 1 (Course 1)	8:20AM	9:53AM	BLOCK 1 (Course 5)	8:20AM	9:53AM
BLOCK 2 (Course 2)	9:58AM	11:31AM	BLOCK 2 (Course 6)	9:58AM	11:31AM
BLOCK 3 (Course 3)(Lunch)	11:36AM	1:22PM	BLOCK 3 (Course 7)(Lunch)	11:36AM	1:22PM
BLOCK 4 (Course 4)	1:27PM	3:00PM	BLOCK 4 (Course 8)	1:27PM	3:00PM



ATTENDANCE MATTERS

Missing a day of school here and there may not seem like much, but absences add up!

When a student misses **2** days a month..

They will miss 20 DAYS a year.

They will miss 30 HOURS of math over the school year.

They will miss 60 HOURS of reading & writing over the school year.

They will miss over 1 YEAR of school by graduation.

When a student misses **4** days a month..

They will miss 40 DAYS a year.

They will miss 60 HOURS of math over the school year.

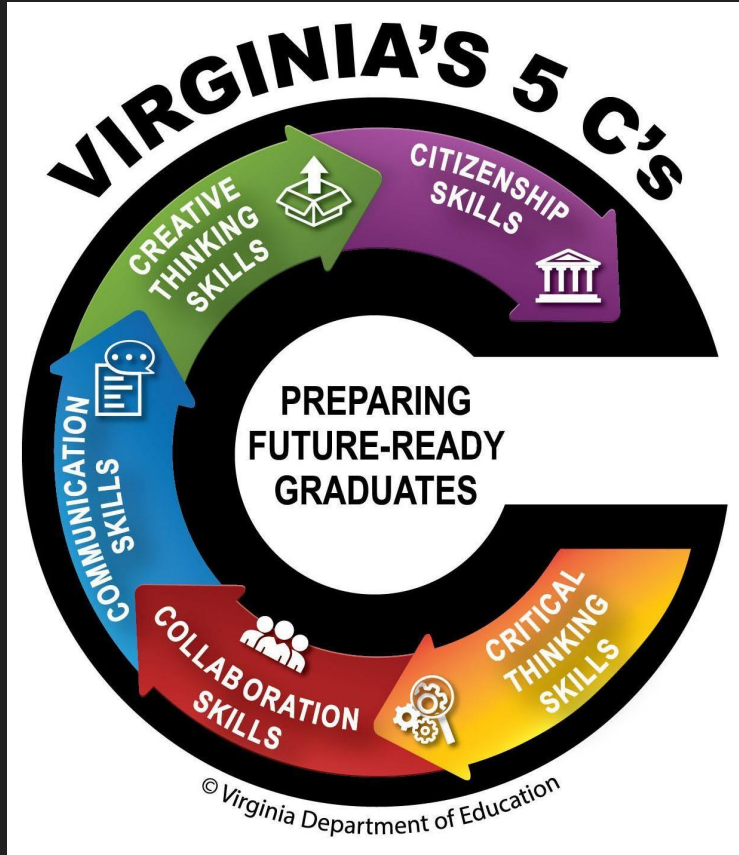
They will miss 120 HOURS of reading & writing over the school year.

They will miss over 2 YEARS of school by graduation.

- Absence notes are required following an absence (no more than 5 days following the absence).
- After five unexcused absences, an attendance meeting will be held with student and parent.
- After 10 unexcused absences, proof of residency will be required *and* truancy referral will be initiated with Student Services office.



Teaching and Learning



- Engaging Tier 1 Instruction
- 5E Learning and Innovation Plans
- 5Cs for Virginia Graduates
- Hands-On Activities
- Canvas (LMS)



School Counseling Director

Ms. Sheila Williams





Welcome to Lakeland

School Counseling Dept.

Ms. Rice A - F, grades 9-12

Dr. Powell G - O, grades 9-12

Mrs. Ruffin P - Z, grades 9-12

Mrs. Williams ALL Biomed & CPPA - Counseling Director





Graduation Requirements

Discipline Area	Standard Diploma <u>Standard Credits</u>	Advanced Diploma <u>Standard Credits</u>
English	4	4
Mathematics	3	4
Laboratory Science	3	4
History and Social Sciences	3	4
Health and Physical Education	2	2
World Language	Optional (1 or more)	3 or more
Fine Arts, or Career and Technical	1 or more	1
Economics and Personal Finance	1	1
Electives	4	3
Total Credits	22	26



Graduation Requirements - Verified Credits

Disciplines	Standard and Advanced Diploma (2018-2019 and beyond) Five (5) Credits	
	Entered 9th Grade 2018-2019 and beyond	
English: Writing	1	
English: Reading	1	
History/Social Science	1	
Mathematics	1	
Science	1	
TOTAL:	5	

All students must earn an Industry Credential, complete a service learning project or successfully complete an Advanced Placement or Dual Enrollment course.

School Safety & Discipline



LHS Safety Portfolio

- Campus visitor must be “buzzed in”
- Crisis Management Plan- updated annually and shared/discussed with staff
- Lockdown drill rehearsals
- Safety Monitors (3)
- Intervention Support Specialists (3)
- Lunch Monitors (2)
- Bus Evacuation Drills
- Monthly Fire Drills
- Inclement Weather Drills (Code Blue)
- Staff Visibility - Expectations - Modeling - Accountability



Student Dress Code

Section 6-9.2. An appropriate environment for learning required; appropriate dress required; prohibited clothing. — A. The School Board and Suffolk Public Schools Staff rely heavily on parents and students to support the division's policies. One of the fundamental purposes of school is to provide an appropriate environment for learning. A student will maintain personal attire and grooming standards that promote safety, health, and avoid unnecessary disruptions.

B. Suffolk Public Schools has established the following guidelines for student dress while in the classroom or participating in school-sponsored activities:

1. Shirts and blouses must include at least 3" width on shoulders, garments. Spaghetti straps, strapless tops, muscle shirts, off-shoulder shirts, and tank tops are not allowed. The appropriate length of skirts, dresses and shorts will be determined by the "fingertip rule." The length of skirts, dresses and shorts, must extend below the student's fingertips when the student's arms are extended at his/her sides. Only leggings, jeggings, and yoga pants that are opaque (i.e., not able to be seen through) are allowed. Rips and holes in clothing are prohibited.
2. Clothing must not reveal undergarments such as underwear and bras. This includes any article of clothing that does not cover the midriff, back, reveals cleavage, sags below the beltline, or is sheer.
3. Clothing and accessories may not advertise alcohol, tobacco, vaping, cannabis, or any illegal substances, depict lewd graphics, display offensive or obscene language, promote violence, or are gang related. Apparel that depict sexually suggestive expressions or actions, profanity, obscenity, drugs, alcohol, or tobacco, or which degrade the integrity of individual groups are prohibited. Slogans and graphics are prohibited across the buttocks.
4. Sunglasses may not be worn within the building, unless prescribed by a doctor for a legitimate reason. Wallet chains are not permitted.
5. Unless worn for religious or medical reasons, head coverings are not permitted. This includes hats, hoods, bandanas, combs, and picks. Headbands, headwraps and/or scarves as they relate to a student's customary country of origin, religious attire or ethnic affinity are allowed.
6. All shoes worn should not pose a safety concern. Slides, flip flops, and slippers are permitted. Sandals with a back strap are permitted.
7. Sleepwear may be worn only during designated school functions.
8. Clothing worn by a student must not cause a disruption and/or distract others from the educational process or pose a health or safety concern.

(Issued Date: March 18, 2012; Effective Date: July 1, 2012; Revised July 12, 2018; Revised January 13, 2022)

Legal Authority - School Board Policy §9-11.8.

- Dress code concerns will addressed by building administrators.
 - Phone call to obtain clothes/arrange student pick-up
 - Assigned to ISS
 - Appropriate clothing provided
 - Other appropriate discipline

**BLANKETS
WILL NOT BE
PERMITTED.**



Electronic Devices

- During the school students may use personal electronic devices for instructional purposes as defined and supervised by the classroom teacher or administrator.
- Students shall not display, or activate personal electronic devices during class time unless specifically given permission by a teacher or school administrator.
- Devices can be used during class transitions, in the cafeteria during breakfast/lunch, and before/after school.
- Under no circumstances may students use any communication device to photograph, video record, or audio record while on school grounds unless they have been given permission by the school administration to do so.
- Including but not limited to using any device to photograph or record any student altercation that occurs at school, on school property or at a school sponsored event.



Electronic Devices

- No headphones may be worn in the hallways or the cafeteria. When outside of class during transition, breakfast and lunch one earbud may be utilized.
- Headphones and earbuds can only be used during instructional time at the discretion of the teacher.
- Using any device to misrepresent an individual, harass or bully, or promote illicit activity will be considered a violation of the SPS Code of Conduct and subject to disciplinary action.
- School officials may take possession of personal equipment for any violation of school guidelines.
- Failure to surrender a device upon the request of a staff member when the use of that device is in violation of school policy could result in suspension.
- Students bring these devices at their own risk. The school is not responsible for the loss or theft of electronic devices brought to school by students.



Food & Nutrition Services

- There is NO COST for breakfast and lunch service for the 2023-24 school year.
- Parents are permitted to bring their student lunch during the appropriate lunch time.
- Students are not permitted to utilize DoorDash, GrubHub, UberEats, etc. These items will be refused.



Student Activities Director

Mr. Gregory Rountree



Student Activities: Current Offerings

Interested in
forming a club that
meets YOUR
interests/needs?
Let's talk!

Activity
Air Force JROTC
American Sign Language
Anime Club
Bella Voce
BioSTEM
Cavalier Singers
Distributive Education Clubs of America (DECA)
Family, Career & Community Leaders of America (FCCLA)
Gay Straight Alliance (GSA)
Ladies of Distinction
LHS Art Club
LHS Debate Team
National Honor Society (NHS)
Rho Kappa
Scholastic Bowl Team
Spirit Club
Student Council (SCA)

ALL clubs/activities
have a staff
sponsor that
oversees meetings,
activities, etc.

Point-of-Contact: Mr. Greg Rountree, Activities Director



Student Athletics: Offerings by Season

SPORTS OFFERINGS		
<i>FALL</i>	<i>WINTER</i>	<i>SPRING</i>
Football	Wrestling	Track
Golf	Basketball	Softball
Field Hockey	Cheerleading	Tennis
Cheerleading	Indoor Track	Baseball
Cross Country	Swimming	Soccer
Volleyball	E-Sports	E-Sports

Point-of-Contact: Mr. Greg Rountree, Activities Director



Student Athletics: Resources

- [Virginia High School League](#): Rules, sanctioned sports, forms, and other high school athletic resources
- [VHSL Physical Form](#): Must be completed by a physician prior to tryouts, participation in team sports
- [GoFan](#): Online ticket portal for VHSL sports (cash is still accepted for in-season games, but **NO CASH PAYMENTS FOR PLAYOFFS!**)
- [Southeastern District](#): Schedule information for all schools in Chesapeake and Suffolk
- [Lakeland Athletic Schedules](#): Subject to change as needed; create team-specific schedules, view by day/week/month; access mobile application
- [NFHS Network](#): Live and on-demand streaming selected sports



Student Athletics: Eligibility

- Students must submit a completed [VHSL Physical Form](#) to participate in any VHSL sport/activity or tryouts (once per year, after May 1)
- Student athletes must have passed at least five (5) subjects the previous semester to be eligible for participation in athletics.
EXCEPTION: Schools operating in the 4x4 schedule; students must pass three of four classes to be eligible the following semester.
- Students must maintain a 2.0 grade point average to participate in athletics
- Incoming freshmen are eligible for first semester athletic participation immediately
- Transfer students must have been eligible under the previous school division's eligibility guidelines if they do not meet SPS guidelines
- A student must be in attendance in school at least one-half of the school day to participate in **any** activity
- Questions? Please see or contact Mr. Gregory Rountree, Activities Director



Upcoming Dates to Remember

LHS Open House: Wednesday, 8/30 1-4pm

First Day of School: Tuesday 9/5

Interim Reports - 1st 9 Weeks: Thursday, 10/5

[Source: SPS Division Calendar](#)



Information Resources

[LHS Student Handbook](#)

[LHS Website](#)

[SPS Website](#)

Official Social Media Portals-

[Facebook- LHS Cavaliers](#)

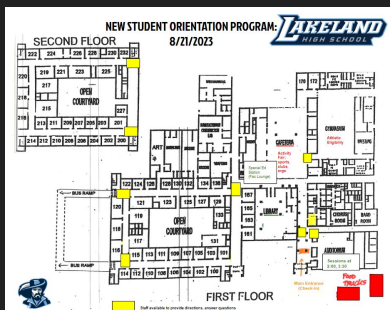
[Twitter- @LHSCavs](#)

[Instagram- @LHSCavs](#)



Next Stop: Building Tour (Self-Guided)

- Please use the map provided in your gift bag.
- LHS staff is stationed throughout the building to provide assistance.
- Community organizations, student activities, and sports information stations located in the cafeteria
- Special Education Representative - Faculty Lounge (General Questions; brief private consults)





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