



# Henry E. Lackey High School

## Lackey LOOK OUT



<https://www.ccboe.com/schools/lackey/>

October 19, 2022

### Upcoming Events

Date	Event
October 21	Two-Hour Early Dismissal
October 27	Trunk or Treat
November 2	First Marking Period Ends Night of the Arts – 6:00 p.m.
November 3	Second Marking Period Begins Two Hour Early Dismissal Winter Sports Parent Informational Meeting – 6:00 p.m.
November 6	Standard Time Begins – Fall Back One Hour
November 8	Election Day – Schools Closed for Students Only
November 11	Veterans Day

### All-County Music Concerts

Please come out and support our All-County Music students by attending their concerts:

- All County Orchestra Concert, Tuesday, October 25, at 7 p.m. at Thomas Stone High School
- All County Band Concert, Wednesday, October 26, at 7 p.m. at St. Charles High School
- All County Chorus Concert, Thursday, October 27, at 7 p.m. at Westlake High School



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## SENIOR NEWS

### Senior Picture Make-Up Day

The senior picture make-up date is October 27<sup>th</sup>. Appointment times will be in the evening and scheduling will be online. A scheduling link will be sent to parent emails via Synergy when scheduling is available.

### Senior Class Dues

Senior Class dues are \$130. Please go to [www.myschoolbucks.com](http://www.myschoolbucks.com) to pay dues online. Dues may also be paid with cash or check (payable to Lackey High School) in the main office or to Mr. Mosey. Dues include: Cap & Gown, Graduation stole and tassel, Senior Shirt, Diploma & Cover, Graduation Programs, Senior Awards, Senior Class Picnic, Senior Yard Sign

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### Trunk or Treat

Lackey's SGA is hosting a Trunk or Treat on Thursday, October 27<sup>th</sup>, in the upper parking lot traffic circle from 5:00 – 6:00 p.m. All elementary aged (under 12) children are invited to attend.



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Kathy Perriello, Principal



# Lackey LOOK OUT

PAGE | 2

## Lackey Fall Festival



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## ATHLETICS DEPARTMENT

### REGISTRATION FOR WINTER SPORTS IS OPEN!

#### FREQUENTLY ASKED QUESTIONS & ANSWERS

1. What are the eligibility requirements for WINTER SPORTS?

-You must have a 2.0 grade point average (no F's) and must not have more than 4.5 days absent during the 1st quarter. All incoming freshman are eligible to participate until the end of the 2nd quarter.

2. What WINTER SPORTS do you offer?

-We offer BOYS & GIRLS BASKETBALL, SWIMMING, WRESTLING, INDOOR TRACK, and CHEERLEADING,

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# Lackey LOOK OUT

PAGE | 3

## 3. How do I register for WINTER SPORTS?

-To access and complete our online athletic registration for Fall 2022, please visit: [www.lackeyathletics.com](http://www.lackeyathletics.com) (click on the **REGISTER HERE ICON** in the top right corner).

## 4. What do I need to do to make sure my child is registered for WINTER SPORTS?

-You need to register your child for the sport that they want to play, upload a valid physical form, and sign the covid19 waiver online. Your child will also have to complete an impact test online **IF THEY HAVE NEVER PLAYED A SPORT AT LACKEY.**

## 5. What is a valid physical form?

-Your physical is valid for one calendar year. For instance, if your child had a physical on October 5th, 2021 and it is on file with us, they are medically eligible to play sports for us until October 5th, 2022. As of October 6th, we would need you to upload a new physical into our system.

## 6. What is the Impact Test and how often does my child have to take it?

-Impact Tests are only required one time during your high school career and must be taken on a computer. **THEY CAN'T BE DONE ON A CELL PHONE.** The directions are very easy:

- Go to the website [www.impacttestonline.com/testing](http://www.impacttestonline.com/testing)
- Enter the CCPS customer code of TJE7DPTVNZ
- In the drop down menu for SELECT YOUR ORGANIZATION, select "LACKEY"
- Complete the test (approximately 30-40 minutes)
- Please send an email to [jlush@ccboe.com](mailto:jlush@ccboe.com) to let me know that you have completed the test.

## 7. What do I do if I am having problems with the online registration process?

-I have attached a "Registration Cheat Sheet" to this email. If that does not help, please email Coach Lush ([jlush@ccboe.com](mailto:jlush@ccboe.com)).

## 8. When is the first parent meeting?

-Our first parent meeting is on Thursday, November 3rd at 6:00 in the auditorium.

6:00 - 6:45 = **Meet in the auditorium with Coach Lush to discuss the upcoming Winter Sports Season**

6:45 - 7:30 = **Break-out sessions with the Head Coach of the sport that your child wants to play**

## 9. When is registration due?

-All student-athletes must be registered by Sunday, November 13<sup>th</sup>, at midnight in order to be eligible for the first practice.

## 10. When does practice start?

-Our first practice date is Tuesday, November 15th. Each Head Coach will provide you with a calendar for the season at the meeting on the 3rd.

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# Lackey LOOK OUT

PAGE | 4

## 11. WHERE CAN YOU LOCATE ALL OF OUR INFORMATION AND UPDATES?

1. On our Twitter Account (@LackeySports)
2. On our Facebook Account (Lackey Athletics)
4. On our Website ([www.lackeyathletics.com](http://www.lackeyathletics.com)) If you hover over the tab, "MORE," it will give you a dropdown menu that will give you anything and everything that you need to know about Athletics at our school. There is a tab that is specific to FALL SPORTS.

I look forward to working with you and your child!  
Coach Lush

## Baseball Off-Season Workouts

Baseball off-season workouts are underway on Mondays and Wednesdays 3:00 to 4:30p.m.  
See Coach Potter for more information.

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## ATTENDANCE

Absence notes and attendance concerns should be submitted to the Attendance Secretary, Ms. Mullins, at [mmullins@ccboe.com](mailto:mmullins@ccboe.com).

### Absentee Notes

- **Please clearly print the name of the student's first and last name.**
- Make sure the student's ID number is on the note.
- Be sure to include the dates absent.
- All absentee notes for students must have a parent's signature.
- Please remember to send a note within 5 days of your student's absence.
- Requests for administrative approval of absences must be sent to the respective grade level administrator at least 2 weeks in advance.



## School Psychologist Corner



### Find Some Joy

Are these the best of times or the worst of times? Yes! We are dealing with so much lately: pandemics, politics, prices, you name it. Experts say that it is important to our well-being to find ways to spark joy when we can. One such expert is Dr. Philip Watkins, a professor of psychology at Eastern Washington University. Dr. Watkins studies gratitude and joy. I imagine that must be fun to study. He says that gratitude is an “amplifier of the good.” It brings out the best in people who try to find joy. I have written about gratitude before, but a recent article in TIME magazine by Angela Haupt provided some reminders of a few ways to achieve a spark of joy no matter what is going on around us. Here are a few:

- Keep a list of things that make you happy. It can be anything you like, from being with your pet, baking, reading, enjoying nature, watching a movie, or whatever works for you. Keep the list in an easily accessible place, like your phone. That way, when you need a lift, you can look over your list and pick something to do.
- Think of ways to schedule moments of joy throughout your day. A cup of morning coffee, a midafternoon walk, anything that works for you. Try to enjoy them in a multi-sensory way: the smells, the sounds of your music, the feel of a breeze.
- Think about something you feel grateful for every day. If keeping a journal does not suit you, just think about it when you can.
- Use your social connections to spark joy. Send a text to a friend, call a loved one, smile at someone. Social connections are very helpful.
- Schedule yourself some fun every day and include music, dance, movement.
- Help someone else in any way you can. It is not about the money, you can give time and effort by planting a tree, helping a friend, volunteering at an organization, or donating goods.

It sounds like a simple solution to huge problems, I know. But at least we will feel better while we are trying.

As always, if you need me, my information is below. Please feel free to reach out to me.

Respectfully,  
Beverly C. Hoy, Ph.D., NCSP  
School Psychologist  
301-753-1753

[bhoy@ccboe.com](mailto:bhoy@ccboe.com)

<https://outlook.office365.com/owa/calendar/SchoolPsychologist@ccboe.com/bookings/>





## COUNSELING DEPARTMENT

### CSM Dual Enrollment Information Nights

Please join us in our **virtual meetings** on the following dates:

- St. Mary's County: November 1 6:00 p.m.
- Charles County: November 2 6:00 p.m.
- Calvert County: November 3 6:00 p.m.

All sessions will be held virtually via Zoom. You must RSVP to receive the meeting log in information. Contact us at 301-934-2251, option 0 for information.

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### Career and Technical Education (CTE) Application Window Opens Monday October 24<sup>th</sup>

Please read below for CTE Options available starting in the 11<sup>th</sup> grade. Students must apply this year in the 10<sup>th</sup> Grade.

Some programs simply require the student to sign up during course selections with the school counselor in February, while other programs require an application.

**Business Finance and Management, Career Research and Development, ProStart: Food and Beverage Management, and Teacher Academy of Maryland** - sign up through the School Counselor in February  
**Maryland Fire Rescue Institute** - paper application available to download from the CTE website starting October 24, 2022.

**Automotive Technician, Barbering, HVAC (Heating, Ventilation, and Air Conditioning), Interactive Media Production, Pharmacy Technician, and Physical Rehabilitation** - online application to be completed October 24 - November 14, 2022 at 3pm.

To learn more about these programs, please visit the resources below:

Visit [CTE Showcase - Charles County Public Schools \(ccboe.com\)](https://ccboe.com) and click on **CTE Showcase**. You can navigate between the **Apply in 10th Grade** tab or the **No Application Required** tab to view videos and read more about the different programs.

Visit [Career and Technical Education - Charles County Public Schools \(ccboe.com\)](https://ccboe.com) and click on **CTE Applications Links**. The links will not work until the application window opens on October 24, 2022. It will close at 3 pm on November 14, 2022.

Please contact your student's counselor with any questions.

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# Lackey LOOK OUT

PAGE | 7

## **SAT Testing**

Please click on the link below for information regarding the collegeboard and SAT test dates and registration.  
<https://www.collegeboard.org/> For practice, please go to [www.khanacademy.org](http://www.khanacademy.org)

**Please contact your child's counselor with any questions regarding registration.**

## **ACT Test Dates**

Please go to the website below for information pertaining to the ACT test dates and registration.

<https://www.act.org/>

**Please contact your child's counselor with any questions regarding registration.**

## **Useful Websites**

### **College Applications**

[www.commonapp.org](http://www.commonapp.org)

[commonblackcollegeapp](http://commonblackcollegeapp) – Apply to any number of 68 HBCUs for only \$20.

### **College Search**

[www.xap.com](http://www.xap.com)

[www.collegeboard.org](http://www.collegeboard.org)

[www.petersons.com](http://www.petersons.com)

[www.overgrad.com](http://www.overgrad.com)

### **Scholarships and Financial Aid**

[www.fastweb.com](http://www.fastweb.com)

[www.cappex.com](http://www.cappex.com)

[Home | Federal Student Aid](#)

[www.scholarships.com](http://www.scholarships.com)

[www.college-scholarships.com](http://www.college-scholarships.com)

### **Senior Corner**

Seniors, please remember to keep a close eye on your application deadlines for both colleges and scholarships.

### **Transcript Requests**

Please contact your **appropriate counselor based on your last name** for a transcript request packet. Packet must be turned in at least **10 business days** before your deadline.

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## **REMINDERS**

### **Dropping off Lunches**

- Parents may drop off forgotten lunches in the main office.
- Parents may drop off lunch for their child only.
- Parents and/or students are not permitted to order food to be delivered to the school.
- Deliveries will be turned away.

### **Picking up a student**

Only a parent or legal guardian (living at the address where the student is registered) may sign a student out of school unless there is a SCHOOL EMERGENCY, and the SCHOOL is unable to reach the parent or legal guardian. If a parent

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or legal guardian is sending someone to pick up a student from school FOR ANY REASON, he/she MUST send a written note in advance indicating who will be picking up the student and giving consent which requires a legal signature. This rule applies whether or not the person who is picking up the student appears on the Emergency Information Card. Upon receiving a note from a parent/guardian the school will verify its authenticity with verbal confirmation with the parent/guardian and verifying the ID of the adult who signs the student out of the building. The parent or legal guardian must provide written documentation explaining the reason for the early dismissal. The school will then code the early dismissal as lawful or unlawful according to the Code of Maryland Regulations 13a.08.01.03.

## Student Dress Code

Suggestive, provocative or excessively tight clothing is not allowed to be worn to school or to school-sponsored activities. CCPS does not allow clothing to be worn on school property or to school-sponsored activities, which displays messages, or images that are offensive, vulgar, harassing, or otherwise inappropriate for the school setting. Clothing that is judged by the school administration to be disruptive to the orderly school process either by virtue of the design or in the manner in which it is worn is also forbidden.

Members of the Charles County Association of Student Councils, in collaboration with parents, staff, and community members, developed the following system-wide dress code, as amended and approved by the Board of Education.

1. Clothing must be suitable for all scheduled classroom activities including physical education, science labs, wood shop, and other activities where unique hazards exist.
2. Shorts and skirts are permitted as long as they reach the middle of the thigh, defined as shoulders relaxed and arms straight down alongside the body where fingertips touch the thigh. Slits in the skirt may not rise more than two inches above fingertips.
3. Clothing must cover the chest area, cleavage, torso, and undergarments. Tops may not be lower than mid-back.
4. Spaghetti straps and garments that are both strapless and sleeveless are not permitted during the school day.
5. Undergarments must not be visible at any time.
6. Pants must be secured no lower than mid-hip.
7. Ripped pants are permitted as long as rips fall below the shorts length criteria, are limited to the front side of the leg, and do not exceed three inches in diameter above the knee. Skin exposed by all other rips must be covered by opaque clothing that is not underwear.
8. Leggings, biker-type/spandex shorts, or joggers must be opaque and worn with a top that meets the length expectations of shorts and skirts (see #2).
9. Backless and open-toed shoes with a hard sole are permitted as long as the shoes do not pose a safety hazard. Foam and similar soft-soled shoes, such as flip-flops or beach footwear, are prohibited.
10. Headwear is not permitted. This includes, but is not limited to, hats, skull caps, visors, bandannas, sweat bands, shower caps, and hoods. Scarves may be worn as a headband only. (Exceptions may be granted based on religious and medical reasons with proper verification.) Sunglasses are not permitted except during outdoor activities.
11. Sleepwear and sleepwear-type clothing are only permitted for certain activities, such as overnight field trips and spirit days.
12. Clothing that displays or symbolizes any language or material that is inappropriate for school or offensive to any group is not permitted. This includes, but is not limited to, material relating to drugs, alcohol, profanity, obscenity, racism, gang activity and violence.
13. Formal attire must not be disruptive or distracting. Spaghetti straps and strapless formal garments are acceptable as long as adequate coverage is maintained during the activity. Slits in skirts or other garments must meet the expectations for the same in rule #2. Transparent attire is prohibited. Necklines may not fall below mid-sternum. Backless garments are permitted at any formal affair.
14. The dress code is in effect for participating students at all school-sponsored events on and off campus.

***Note: Administrators have the flexibility to exercise their judgment, with the authority of the executive director of schools, to determine if a student's attire is considered disruptive, distracting, or a safety hazard. Exceptions may be granted for medical or religious reasons.***





# Lackey LOOK OUT

PAGE | 9

**For day-to-day announcements, highlights and special events please follow us on twitter at Henry E. Lackey H.S. @LackeyHS**



The Charles County public school system does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, age or disability in its programs, activities or employment practices. For inquiries, please contact Kathy Kiessling, Title IX/ADA/Section 504 Coordinator (students) or Nikial M. Majors, Title IX/ADA/Section 504 Coordinator (employees/adults), at Charles County Public Schools, Jesse L. Starkey Administration Building, P.O. Box 2770, La Plata, MD 20646; 301-932-6610/301-870-3814. For special accommodations call 301-934-7230 or TDD 1-800-735-2258 two weeks prior to the event. CCPS provides nondiscriminatory equal access to school facilities in accordance with its Use of Facilities rules to designated youth groups (including, but not limited to, the Boy Scouts).