



Lake Harriet Community School News

A Weekly Publication of the Lake Harriet Community School PTA

Visit our Website

School News



Fifth Annual Dragon Dash and Survey

Congratulations to our entire LHCS Community for another successful Dragon Dash! The

PTA would like to recognize our entire community for making this a successful event:

1. **Teachers** - for motivating students and communicating goals and incentives with families - and for making this such a fun two weeks for students.
2. **Students** - for fundraising and running strong every lap of the Dragon Dash.
3. **Parents** - for supporting your students, teachers and PTA in our biggest fundraiser of the year which allows us to fund the many grants that will enhance the student experience at LHCS.

In celebration of surpassing our goal, each class will be awarded a popsicle party! Thank you for supporting your school! Go Dragons!

The PTA would like to collect feedback on how families feel about the Dragon Dash. [Please take a short survey to let us know your thoughts!](#) Your responses can be submitted anonymously.



Walk or Bike to School Day

Walk to School Day is **Wednesday, October 6th**, an annual international event that encourages children to

walk to school and participate in a variety of activities at school! This opportunity to walk or bike to school regularly, provides many benefits. Children that walk or bike to school get more exercise, are healthier, and arrive to school ready to learn. Another added benefit of walking or biking to school is reduced traffic congestion, which also reduces pollution and provides cleaner air. Does your child already walk to school? If so, that's great! Encourage them to keep walking. If not, take the time to walk to school with your child one day, show them the safest route, and teach them safety tips while walking and crossing streets. This will



Room Reps Needed!

We are still in need of room reps for some classes. Being a room rep is a great way to get involved in your child's class, and get to know the teacher and other parents. They help plan events and assist the teacher with other volunteer needs they may have. If you are interested in being a room rep please email Sasha Jensen at sashakmayer@gmail.com or look for something from your teacher if you have not seen it already.



PTA Meeting October 12

Please join us for our monthly PTA meeting on Tuesday, October 12 at 6:30 PM in the Upper Campus Media Center. All are welcome and we love to see new faces. No PTA membership required. Interested in joining the PTA? [Sign up today.](#) Hope to see you there!



National Suicide Prevention Month

In case you weren't aware, September was National Suicide Prevention Month. It's an important topic to discuss. Suicide does not have one single cause. Certain factors like substance abuse and untreated depression can lead to higher risk of suicide just as having a trusted group of friends can help protect you. The warning signs of suicide are indicators that a person may be in acute danger and may urgently need help.

- Talking about wanting to die or to kill oneself;
- Looking for a way to kill oneself;
- Talking about feeling hopeless or having no purpose;
- Talking about feeling trapped or being in unbearable pain;
- Talking about being a burden to others;
- Increasing the use of alcohol or drugs;

give them the confidence to walk to school with you, with friends or neighbors. Here is more information about [Walk to School Day!](#)



Lower Campus Arrival and Dismissal Procedures

Please review the procedures for arrivals and dismissals at Lower Campus. As we continue to streamline the process at the start of the school year it is important that families follow these guidelines. These guidelines are important to keeping students and families safe and to show respect to our neighbors.

Procedures can be found [HERE](#) .

REMINDERS:

- Remember to update your child's transportation plan in Pick-Up Patrol if you have a change
- Please review the map in the document and park on Ewing or Beard for parent drop off and pick up.
- Do not park your car in the car drop off/pick up lanes in the morning or afternoon. This is the Drew Avenue side of the school.
- Do not get out of your car when doing car drop or pick up. If you need to help your student out of the vehicle please get out briefly and then return to your car instead of escorting them to the building. If you would like to escort them to the door, use the Walk Zone on 41st where you can walk up to Door 1.
- Once your child is out of the car, please proceed to leave the car line promptly. Please do not check your phone or tend to other business in your car. There is likely a line of people waiting behind you to drop off their students.
- Do not let your child out on the traffic/street side of the car. For their safety, they should exit the vehicle on the sidewalk side.
- Please pull all the way up to the playground. Do not stop in front the doors if there is space to pull ahead. Thank you for helping keep our students safe!

- Acting anxious, agitated, or reckless;
- Sleeping too little or too much;
- Withdrawing or feeling isolated;
- Showing rage or talking about seeking revenge; and
- Displaying extreme mood swings.

This list of Warning Signs for Suicide was developed by an expert review and consensus process that included SAVE's Executive Director and was informed by a review of relevant research and literature. Additional information about the warning signs can be found in the following published article: Rudd, M. D., Berman, A. L., Joiner, T. E., Jr., Nock, M. K., Silverman, M. M., Mandrusiak, M., et al. (2006). Warning signs for suicide: Theory, research, and clinical applications. *Suicide and Life-Threatening Behavior*, 36(3), 255-262. If you or someone you know is in crisis, call the Lifeline (USA) at 1-800-273-8255 OR Text SIGNS to 741741 for 24/7, anonymous, free crisis counseling.

PTA Chair Volunteers Needed



Have you wanted to get more involved in the PTA, but not sure how? This year we have several key positions that need volunteers immediately! This is a really great time to be a part of the PTA as we rebuild after CDD changes.

The top positions we are looking for are:

1. **Read-a-thon Co-Chair (RAT)** - Assist in planning and coordinating RAT fundraiser.
2. **Facebook Administrator** - Ensure that PTA/School news is posted on school FB page and moderate/approve member posts.
3. **Silent Fundraiser Chair** - Responsible for silent fundraisers such as Livias, Kid A, Mabels Labels.
4. **Yearbook Marketing and Distribution** - work with yearbook developers to collect funds and distribute to families. Click here to the [SignUp Genius](#) to sign up or e-mail lhcssignup@gmail.com

Upcoming Events Summary

Site Council Meeting: October 12, 5:00-6:00

PTA Meeting: October 12, 6:30-7:30

For all upcoming school events please refer to the [school calendar](#).

Community News



Minneapolis Hockey

Minneapolis Hockey www.mpls-hockey.com

Competitive, Community Based Hockey *2021-2022 season registration is open through December for players ages 4-8!* New to hockey? Bring skates, helmet and a stick! No equipment? No problem! We have plenty you can borrow. Get a \$50 season registration discount if you attend either session (new Minneapolis Hockey players only). All sessions take place at Parade Ice Garden - North rink. LEARN TO SKATE (*Girls only*) on Sat., October 16; 2-3p and Sun., October 17; 2:30-3:30p at Parade Ice Garden North. TRY HOCKEY FOR FREE on Sat., November 6th; 10:30 - 11:30a at Parade Ice Garden North. Receive a free jersey! Contact Cecilia Teeuwen at cteeuwen@mplshockey.com with questions! Hope to see you at the rink!

Lower Campus (K-3) 4030 Chowen Ave. S. 612.668.3210

Upper Campus (4-8) 4912 Vincent Ave. S. 612.668.3310

Email | Website - <http://lakeharriet.mpls.k12.mn.us/>

STAY CONNECTED

