



**Lamar High School**  
**AN INTERNATIONAL BACCALAUREATE**  
**WORLD SCHOOL**

**Rita Graves**  
PRINCIPAL

**Roxanne van Ravenswaay**  
COMMUNICATIONS DIRECTOR

## Principal's Corner



This has been such a busy and exciting week at Lamar! I would like to first thank the many people who made our Job Fair come together last Saturday. Ms. Harper did an outstanding job organizing the many moving pieces, and worked hand-in-hand with Loving Lamar to bring in new businesses and make the hands-on career labs available to our students.

I also want to take a moment to shout out a big thanks to our PTO! I was able to meet with a small group of PTO members for lunch this week to share the exciting news of things to come for Lamar. Thank you to our recruitment chair, Tonya Anderson, for putting together our luncheon.

We have many hands on deck this week to make sure our FFA Livestock show is a great success for all our students who took on animal projects this year. A big thanks to the many parent volunteers and to our Ag teachers and Culinary Arts teachers. Please consider supporting our Buyer's Reception and Silent Auction at Pinstripes on Kirby on Saturday afternoon from 4:00-6:00 p.m. or joining us for the live auction here at Lamar at 7:00 p.m. We will be selling brisket dinner plates on Saturday evening – all briskets are part of the BBQ cook-off being held by our culinary arts students.

## Highlighted Events:

- **Thu.-Fri Apr. 28-29:** FFA BBQ Lunch (LHS)
- **Thu. Apr. 28th:** FFA Livestock Show 5:00PM (LHS)
- **Fri. Apr. 29:** REPORT CARD DAY
- **Sat. Apr. 30th:** FFA Auction 7:00PM (LHS)
- **May 2nd-6th:** TEACHER APPRECIATION WEEK

- **Tue. May 3rd: LATE START 12:00 PM FOR NON-TESTERS**
- Tue. May 3rd: 11th Grade STAAR US History
- **Wed. May 4th: LATE START 12:00 PM FOR NON-TESTERS**
- Wed. May 4th: 9th Grade STAAR Algebra
- **Thu. May 5th: LATE START 12:00 PM FOR NON-TESTERS**
- Thu. May 5th: 9th Grade Biology STAAR
- **Thu. May 12th: LATE START 12:00 PM FOR NON-TESTERS**

**Thu. May 12th:** AP World History

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## SHOUTOUTS!

### **Congratulations Boys Soccer!**

All the support and guidance has paid off for these young men. WE celebrate our accomplishments as TEXANS!

Boys Varsity Soccer are....

Back 2 Back District Champions

Back 2 Back 2 Back Bi- District Champions

Back 2 Back 2 Back Area Finalist

Our younger levels were:

JV- 1<sup>st</sup> in district

Freshman- 1<sup>st</sup> in district 14-0

Voted by the coaches...

We have added to our Varsity HISD All District Selections:

MVP – Edgar Nunez, Jr.

All District Goal Keeper- Cristian Velazquez, Sr.

Coach of The Year- Jeremy Davison, Head Coach



5- 1st Team Selections:

Jackson Meisenbach (Capt.), Sr.

Edgar Nunez, Jr.

Cristian Velazquez, Sr.

Michael Ordonez, Jr.

Eric Romero, Jr.

2<sup>nd</sup> Team Selection:

Ellyson Marquez, Jr.

Carlos Guerrero, Sr.

Charles Richardson, Jr.

3<sup>rd</sup> Team Selection:

Tavien Dickson, Sr.

Ethan Farias, Sr.

Nathan Graves, Jr

TASCO 2022 Academic All-State TEAM:

Jackson Meisenbach (Capt.), Sr.

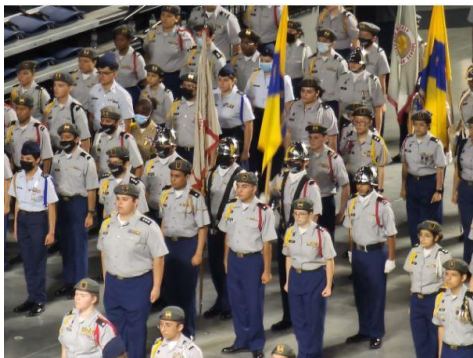
Carlos Guerrero, Sr.

Alfonso Juarez, Sr.



**JROTC Final Review**

JROTC Final Review took place on Saturday April 23, at Delmar Stadium. 24 of the JROTC Battalions in our Houston Area participated in this event. This annual event showcases all the Battalions for their outstanding performance during the school year but more so those Battalions and individual cadets that went above and beyond what's expected of them during the school year. One of our cadets, SSG **Alexander Portis**, placed 5<sup>th</sup> in his 9<sup>th</sup> grade Leader Education Training (LET) level and received a medal on Saturday.



## Water Polo

Congratulations to Lamar Water Polo players made it to the All-District 1st team **John Hajdik** and **Channing Miller**. The 2nd team **Oliver Banks** and **Dorian Hawkins**.

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## FFA BBQ Lunch

HOWDY YALL

**LAMAR FFA IS HOSTING**

**BBQ LUNCH SALES**

OUTSIDE ON THE FRONT LAWN

FROM 11:45-12:50

★★★★★

**THURSDAY**

**APRIL 28**

★★★★★

**FRIDAY**

**APRIL 29**

BRING CASH FOR TICKETS \$1 = 1 TICKET

**MENU INCLUDES**

CHOPPED BEEF SANDWICHES, SAUSAGE ON A BUN, NACHOS, CHILI, CHIPS, HOT CHIPS, CANDIES, PICKLES, SODAS & WATER

THIS IS OPEN TO ALL STUDENTS & STAFF  
TICKET SALES WILL BE SOLD IN BUSINESS OFFICE DURING  
WEEK OF OR OUTSIDE DURING THURSDAY LUNCH

**MENU**

*Snacks*

CANDIES- \$1

CHIPS- \$1

PICKLES- \$1

*Entrees*

NACHOS- \$2

SAUSAGE ON A BUN- \$3

CHOPPED BEEF SANDWICH- \$3

*Drinks*

WATER- \$1

SODA- \$1

## FFA Ag Show Events



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## Important Testing Updates

### STAAR EOC Exams

STAAR EOC exams will be administered on the dates listed below. All students are required to take and pass the five STAAR End of Course (EOC) exams before graduating. All STAAR exams will be administered through the online testing platform and all students will need their HISD issued laptop for testing. If your child's laptop or charger is missing or broken, it is critical that they go to the Lamar IT Office (N215) immediately. New chargers can be purchased through the Lamar Business Office or using the SchoolPay link [HERE](#).

Practice Online STAAR EOC exams can be viewed [HERE](#)

### STAAR EOC Testing Dates

May 3, 2022 – STAAR EOC US History (11<sup>th</sup> grade and Retesters)



May 4, 2022 – STAAR EOC Algebra 1 (9<sup>th</sup> grade and Retesters)

May 5, 2022 – STAAR EOC Biology (9<sup>th</sup> grade and Retesters)

### **Advanced Placement (AP) Exams**

All students taking an AP class during the fall semester have been registered to take the AP exam on the date listed below. Students enrolled in AP classes are required to take the corresponding AP exam as part of the course requirements. Houston ISD has paid the registration fee for our students to take these exams. As a result, any student not taking the required AP exam will be charged a \$40 non-use fee by the College Board. AP students have been emailed information regarding their exam registration and should check their MyAP account for additional testing information.

### **AP Exam Dates**

AP US Government	Monday, May 2 @ 8:30
AP Art History	Friday, May 6 @ 12:45
AP Com Sci	Monday, May 9 @ 12:45
AP World History	Thursday, May 12 @ 8:30

### **AP Exam Prep**

HISD is offering AP Cram sessions on May 7 on Teams. Additional information and to sign up can be found at [HISD AP Cram Sessions on Teams](#).

### **Testing Calendar**

All Spring 2022 testing (STAAR EOC, AP, IB, Finals) dates can be found [HERE](#)

## Mirabeau B. Lamar High School Combined Spring 2022 Examination Schedule

	12:00 PM Late Start	STAAR EOC	College Board exams	IB Exams
	Morning Session 8:30 AM		Afternoon Session 12:45 PM	
April 28	Physics HL/SL, papers 1&2		Business Management HL paper 1 World Religions SL, paper 1	
April 29	Business Management HL paper 2 World Religions SL, paper 2		Art History SL, paper 1&2	
Week 1	Morning Session 8:30 AM		Afternoon Session 12:45 PM	
May 2, 2022	AP Government			
May 3, 2022	STAAR EOC US History			
May 4, 2022	STAAR EOC Algebra		History of Americas HL paper 1&2	
May 5, 2022	STAAR EOC Biology History of Americas HL, paper 1		Computer Science HL/SL, paper 1 Environmental Systems & Societies SL, paper 1	
May 6, 2022	Computer Science HL/SL, paper 3 Environmental Systems & Societies SL, paper 2		AP Art History Mathematics AA HL/SL, paper 1 Mathematics AI HL/SL, paper 1	
Week 2	Morning Session 8:30 AM		Afternoon Session 12:45 PM	
May 9, 2022	Mathematics AA HL/SL, paper 2 Mathematics AI HL/SL, paper 2		AP Computer Science Economics HL/SL, paper 1	
May 10, 2022	Economics SL, paper 2 Economics HL, paper 2&3		Chinese (21) & Arabic, HL/SL, papers 1&2 -Reading comprehension	
May 11, 2022	Chinese (21) & Arabic, HL/SL, papers 1 -Listening comprehension		Biology HL/SL, papers 1&2	
May 12, 2022	AP World History Mathematics AA HL, paper 3 Mathematics AI HL, paper 3		English A Lang & Lit HL paper 1	
May 13, 2022				
Week 3	Morning Session 8:30 AM		Afternoon Session 12:45 PM	
May 16, 2022			Spanish B HL/SL/ ab initio SL, papers 1&2 -Reading comprehension	
May 17, 2022	Spanish B HL/SL/ ab initio SL, papers 2 -Listening comprehension		Psychology SL, paper 1	
May 18, 2022	Psychology SL, paper 2		Chemistry HL/SL, papers 1&2	
May 19, 2022	Sports, Exercise, & Health SL, papers 1&2		AP Art History Late Testing French B HL/SL papers 1&2 -Reading comprehension	
May 20, 2022	French B HL/SL papers 1&2 (53) -Listening comprehension			

Revised 4/20/2022

### Late Start Dates – Mark Your Calendars

On the following testing days, students not testing will have a late start. Non-testing students will report to school at 12:00 PM. Following lunch, all students will follow a modified A/B day schedule with 45 minute periods for the afternoon.

May 3, 2022

May 4, 2022

May 5, 2022



May 12, 2022

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## IB Exams Helpers

Our IB exam season begins on April 28<sup>th</sup>. We need your help. Your help was crucial to the success of our oral exams earlier this semester. Would you like to assist with our written exams? We need parents to pass out pencils, help students find their seats, and monitor the bathrooms. Must be VIPs certified through HISD.

**\*\*Please come even if your child is testing. We can find another testing room or task for you.**

**\*\*Contact Dr. Acord at [suzanne.acord@houstonisd.org](mailto:suzanne.acord@houstonisd.org) to express interest.**

April 28<sup>th</sup>: 8:30 AM to 12:30 PM and 12:30 PM to 3:30 PM

April 29<sup>th</sup>: 8:30 AM to 12:30 PM and 12:30 PM to 3:30 PM

May 4<sup>th</sup>: 12:30 PM to 3:30 PM

May 5<sup>th</sup>: 8:30 AM to 12:30 PM and 12:30 PM to 3:30 PM

May 6<sup>th</sup>: 8:30 AM to 12:30 PM and 12:30 PM to 3:30 PM

May 9<sup>th</sup>: 8:30 AM to 12:30 PM and 12:30 PM to 3:30 PM

May 10<sup>th</sup>: 8:30 AM to 12:30 PM and 12:30 PM to 3:30 PM

May 11<sup>th</sup>: 8:30 AM to 12:30 PM and 12:30 PM to 3:30 PM

May 12<sup>th</sup>: 8:30 AM to 12:30 PM and 12:30 PM to 3:30 PM

May 16<sup>th</sup>: 12:30 PM to 3:30 PM

May 17<sup>th</sup>: 8:30 AM to 12:30 PM and 12:30 PM to 3:30 PM

May 18<sup>th</sup>: 8:30 AM to 12:30 PM and 12:30 PM to 3:30 PM

May 19<sup>th</sup>: 8:30 AM to 12:30 PM and 12:30 PM to 3:30 PM

May 20<sup>th</sup>: 8:30 AM to 12:30 PM

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## IB Exams- Lamar Last Chance Review Sessions

11<sup>th</sup> and 12<sup>th</sup> grade parents: Lamar Last Chance Review Sessions for upcoming IB exams will take place on May 7<sup>th</sup> at Lamar High School from 9 am to 1:30 pm. Students will have the

chance to attend two review sessions each Saturday. Sessions will target key IB content and skills for SL2 and HL2 juniors and seniors. IB exams begin April 28<sup>th</sup> and span through May. This is a great opportunity to review with our very own IB teachers. [Please view sessions and express interest using this form.](#) Contact Dr. Acord if you have questions. [Suzanne.Acord@houstonisd.org](mailto:Suzanne.Acord@houstonisd.org)

## Enrichment Sports Camp



### Lamar Summer Enrichment Sports Camp

#### A TYPICAL DAY AT CAMP:

8:30 DAILY PREVIEW  
9:00 CAPTURE THE FLAG  
10:00 ENRICHMENT ACTIVITIES  
12:00 LUNCH  
12:45 TRIVIA/WORD GAMES  
1:30 VOLLEYBALL/PAC-MAN  
2:15 SWIMMING  
3:45 CAMP HUDDLE  
4:00 CAMP ENDS

#### 2022 Application

Camp Ages: 6-12

**BEAT THE HEAT**  
Air-Conditioned Gym

&  
Indoor Pool

Camp Hours  
8:30 a.m. - 4:00 p.m.

Early Care 8:00-8:30 Late Care 4:00-5:00

#### SOME OF THE CAMP'S FEATURES INCLUDE:

Arts and Crafts, Bowling, Movie Camp, Soccer, Basketball, Bring a Buddy Day, In The Huddle (Dialogue with Lamar Athletes), Softball, swimming, Indoor/Outdoor activities, meet new friends, and a counselor to camper ratio of 10-1.

Campers Name: \_\_\_\_\_ Age \_\_\_\_\_

Parent Work Phone ( ) \_\_\_\_\_ Cell ( ) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Emergency Contact Name/ # \_\_\_\_\_

Physical Conditions/ Allergies \_\_\_\_\_



I hereby give permission for my child to participate in Lamar Summer Sports Camp. My son/daughter is in good condition, and I understand that he/she will participate in rigorous activities and play. The camp will safeguard the health of the camper but will not be responsible for accidents or sickness. I hereby request that my child, name above, be admitted to the Lamar Summer Sports Camp and I authorized the director to act for me in any emergency requiring medical attention. I assume responsibility for payment for any such expense. I also give permission for my child to be transported on any field trips set by Lamar Summer Sports Camp.

Parents Signature \_\_\_\_\_ PRINT \_\_\_\_\_

#### Please check session(s) attending:

- ☐ 1<sup>st</sup> Session 6/13-6/24 Cost \$320  
☐ 2<sup>nd</sup> Session 6/27-7/8 Cost \$288  
Closed 7/4  
☐ 3<sup>rd</sup> Session 7/11-7/22 Cost \$320  
☐ 4<sup>th</sup> Session 7/25 -7/29 Cost \$160  
One week session

Please pay through School Pay on Lamar High School website. Payment is due at the beginning of each session. Print application and receipt and bring on the first day of camp.

#### What your camper needs to bring:

Each camper should dress in summer play wear, athletic shoes, and bring a sack lunch, towel, and bathing suit every day. Powerade/Gatorade will be provided during lunch and snack time. Other snacks items can be purchased from the school store.

**Responsibility**  
**Honesty**  
**Sportsmanship**  
**Respect**



#### Contact Coach J.

Jennifer Scholz  
Cell: 713-240-2132  
Email:  
jscholz@houstonisd.org

Link to school pay: <https://www.schoolpay.com/link/Lamar-Summer-Sports-Camp>

Link to schoolpay: <https://www.schoolpay.com/parent/mip/MdIE>

## IB Fees are Past Due

IB Fees are past due. All students who are currently taking an IB course (SL2 or HL2) have been registered for testing. Current seniors must pay the fee to complete senior check out.

The actual cost of registering students for courses is \$119 per subject. HISD and Lamar HS take on the majority of costs associated with the registration and administration of exams.

Students are asked to cover part of the fee. Whether you are taking one exam or are testing in five subjects, we ask that each student pay \$90 for the School year. Students who complete the SocioEconomic form and qualify for additional benefits are asked to pay a reduced fee of \$30 for the school year. Make payments through school pay at <https://www.schoolpay.com/pay/for/IB-Registration-Fees/MdWo>

To avoid convenience fees, payments may be made in the business office by cash, money order or cashier's check. IB Fees are non-refundable.

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## Spring Final Exam Exemptions

### Seniors: Final Examination Exemptions

To be exempted from final examinations in second (spring) semester, senior students must have:

- Senior (12th grade) classification;
- 85 semester average or better in course;
- S or E conduct average; and
- No more than three (3) total unexcused absences\*
- No in school or out of school suspensions

### Grade 9, 10 & 11 Final Exam Exemptions

To incentivize the daily attendance rate, eligible grade 9 students may be allowed one spring final exam exemption; two spring final exam exemptions may be allowed for eligible 10th and 11th graders.

To be eligible for final exam exemption the student must have:

- no more than three (3) unexcused absences\* in any one course for the duration of the semester;
- an 85 or higher semester average in the specific course(s) where the final exam exemption is applied; and
- S or E conduct average
- No in school or out of school suspensions

Seniors – Eligible to be exempt from all final exams

Juniors and Sophomores – Eligible to be exempt from up to two final exams

Freshman – Eligible to be exempt for one class final exam

**11<sup>th</sup> and 12<sup>th</sup> grade students in IB courses must submit all IB assessments, sit for IB exams in May, and participate in all oral assessments. To be exempt from finals in 11<sup>th</sup> and 12<sup>th</sup> grade IB courses, students must also have all IB assessments complete.**

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## **COLLEGE CORNER**

**SENIORS:** Upload any **financial aid confirmation** emails at <https://forms.gle/e38JgGc9bUDvE4zH6> .

Additionally, please use the Google Doc above to submit your **College Acceptance notifications [screenshot, jpg or pdf]**.

**Texas House Bill 3 requires FAFSA or TAFSA for graduation.** Texas House Bill 3 implemented completion of FAFSA as a graduation requirement. If you need assistance with completing your FAFSA or TASFA, stop by the College Corner. The alternative “OPT-out” form you can download the form from TEA or HISD College Readiness websites. Completed signed forms must be turned in with Academic Deans or College Corner.

**JUNIORS.** Did you know...the Spring Semester are the grades, transcripts, and class ranking that get submitted for many of your Fall college applications.

**NATIONAL RECOGNITION PROGRAM AWARD** Students can begin applying for national recognition in this week! The 2022 National Recognition Program application opens on April 15. Eligible sophomores and juniors will receive an email from College Board inviting them to apply, and educators will receive a list of eligible students from their school. If you know a student who meets the [eligibility criteria listed on our website](#) but hasn't received an invitation on April 15, please encourage them to self-nominate through our website. **The application deadline is Wednesday, June 15, at 11:59 p.m. ET. This application is free of charge.**

## **SCHOLARSHIPS**

Houston ISD > College Readiness > Scholarships [link below] Good source of student scholarships. [College Readiness / Scholarships \(houstonisd.org\)](#)

AHSA Scholarship & AHSA Reyna Scholarship. The application window is open through April 22 for the AHSA Scholarship. Seniors interested in a career in Education, the Reyna scholarship is for a student that is a single parent or expectant mom that would like to continue their education for a degree or trade after high school. Please find the attached flyer and direct links to the scholarships.

AHSA Scholarship: <https://bit.ly/3tDwvZS>

AHSA Reyna Scholarship: <https://bit.ly/3uw4ume>

**JEWISH FAMILY SERVICE SCHOLARSHIPS.** Jewish Family Service is excited to launch our JFS interest-free student loans and scholarship programs for 2022-2023! Please share the links below with Jewish high school senior students and their parents.

General Information <https://www.ifshouston.org/ifs-central/cm-student-loans-scholarships>

Loan & Scholarship FAQ'S <https://www.ifshouston.org/ifs-central/cm-student-loan-and-scholarship-faq>

### **Application**

<https://www.ifshouston.org/forms/student-loan-scholarship-application>

**APPLICATION DEADLINE IS MAY 27, 2022**

**2022 LAMAR Alumni HOPE Scholarship.** \$2500/year - INTERVIEWS happening now! Select students are scheduled for an in-person interview to determine 2022 scholarship awardees.  
**DRESS FOR SUCCESS!**

### **FRESHMAN & SOPHOMORES!**

Your college prep has already begun! Start finding leadership opportunities in clubs and organizations. **Look NOW for summer college STEM or Summer Programs and Texas colleges and colleges of interest.** Document you volunteer hours, not just for NHS, but college resume.

**University of Houston – BAUER College of Business Summer Institute**

<https://www.bauer.uh.edu/undergraduate/summercamp/>

**COLLEGE Corner advisors are available by appointment and open to all students.**

<https://outlook.office365.com/owa/calendar/LamarHighSchoolAdvising@houstonisd.onmicrosoft.com/bookings/>

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**BUY THE 2021-22 YEARBOOK NOW!**

## **LAST CHANCE - YEARBOOK \$95 UNTIL May 5**

Don't miss out on the memories!

As we have finished the yearbook, and expect delivery in mid-May, BUY NOW!

We have limited supply and WILL NOT ORDER MORE once we sell out!

Order on [www.balfour.com](http://www.balfour.com) before 5/5 for \$95

Order on [www.schoolpay.com](http://www.schoolpay.com) after 5/5 for \$125

**ORDER DEADLINE: June 3** (or until we sell out!)

**PICK UP DEADLINE: July 7** (or contact the yearbook adviser if after this date. Will likely need to pick up the following school year, so be sure to mark your calendar!)

Distribution dates for the yearbook will be released in May when shipping confirmation is updated. Please be sure to follow @lamarlifeonline on Instagram & Twitter or the LHS Newsletter for updates!

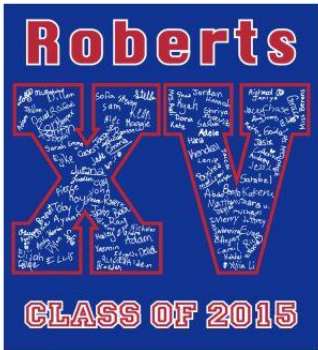
Contact yearbook adviser, [kadee.harper@houstonisd.org](mailto:kadee.harper@houstonisd.org), with questions or concerns.

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## **Roberts Elementary School Class of 2022 Reunion**



**Roberts Reunion**  
for the  
**Class of 2022**



**Roberts**  
**CLASS OF 2015**

Sunday, May 15  
4:30 to 6:00 pm  
Red Picnic Tables Near the Playground

***Wear your College T-shirt***

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## West U Elementary Reunion

Reunion for seniors who went to West U Elementary School

May 17th, 4:00 - 6:00 PM

West U Elementary, MPR

Parents come and hang out at Little Matt's at 5 PM

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## Reunion for All Seniors Who Attended Mark Twain Elementary

Thursday, May 12th at 4:30 - 6:30pm

Mark Twain Pavilion

Parents are welcome to attend

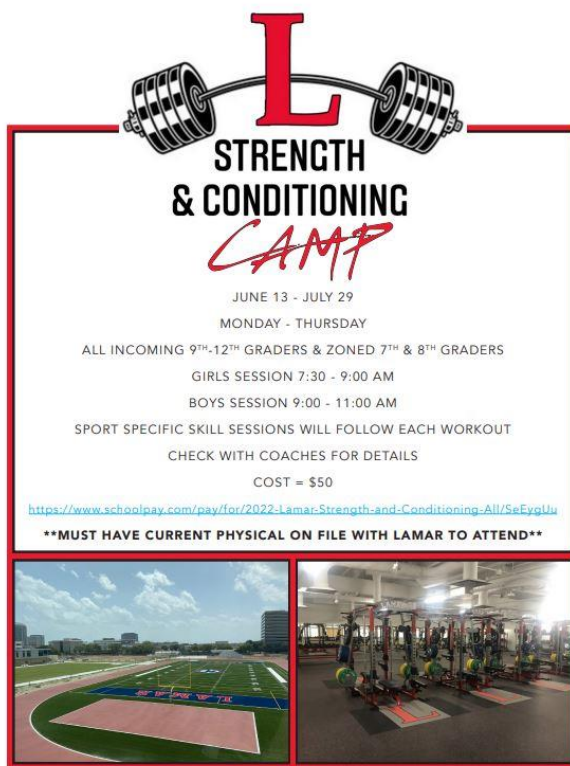
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# Laptop Collection

Laptop collection will start **May 16th**. All students are expected to be ready to return their laptops on **May 16th** at their scheduled time. Students should return their laptops, charger, and case. If you are missing your charger or case you can purchase a replacement on [school pay](#). If you had to buy a replacement item please have a copy of the receipt either printed or digital with your ID number showing when you come to turn in your laptop. All laptops need to be returned in the same condition as they were handed out to you. Please remove any stickers off the device before May 16. If a student has any damage on their laptop please come by the IT office, N215, before the week of laptop collection to get that resolved. Please backup any items you will need from the laptop to Google Drive, a flash drive or to your email; you will not receive the same laptop back in the Fall and all items not saved will be lost.

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# Strength and Conditioning Camp



The poster features a large red letter 'L' at the top, flanked by two barbell weights. Below the 'L' is the text 'STRENGTH & CONDITIONING CAMP' in a mix of bold, sans-serif and script fonts. The dates 'JUNE 13 - JULY 29' and 'MONDAY - THURSDAY' are listed. It specifies 'ALL INCOMING 9TH-12TH GRADERS & ZONED 7TH & 8TH GRADERS' and provides session times: 'GIRLS SESSION 7:30 - 9:00 AM' and 'BOYS SESSION 9:00 - 11:00 AM'. It also mentions 'SPORT SPECIFIC SKILL SESSIONS WILL FOLLOW EACH WORKOUT', 'CHECK WITH COACHES FOR DETAILS', and 'COST = \$50'. A URL for payment is provided: <https://www.schoolpay.com/pay/for/2022-Lamar-Strength-and-Conditioning-All/SeEygUu>. At the bottom, it states '\*\*MUST HAVE CURRENT PHYSICAL ON FILE WITH LAMAR TO ATTEND\*\*'. Two photographs are included: one of an outdoor baseball field and another of an indoor gym with various exercise equipment.

**L**  
**STRENGTH  
& CONDITIONING  
CAMP**  
JUNE 13 - JULY 29  
MONDAY - THURSDAY  
ALL INCOMING 9TH-12TH GRADERS & ZONED 7TH & 8TH GRADERS  
GIRLS SESSION 7:30 - 9:00 AM  
BOYS SESSION 9:00 - 11:00 AM  
SPORT SPECIFIC SKILL SESSIONS WILL FOLLOW EACH WORKOUT  
CHECK WITH COACHES FOR DETAILS  
COST = \$50  
<https://www.schoolpay.com/pay/for/2022-Lamar-Strength-and-Conditioning-All/SeEygUu>  
**\*\*MUST HAVE CURRENT PHYSICAL ON FILE WITH LAMAR TO ATTEND\*\***

School Pay: <https://www.schoolpay.com/pay/for/2022-Lamar-Strength-and-Conditioning-All/SeEygUu>

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# Sports Physicals

Hello Lamar Texans!

Please see the links and content below regarding physicals being hosted at Lamar High School **Wednesday, June 1st** from 2:30pm-5:30pm in the Gym.. Please sign up for a time slot at the sign-up genius link. The cost is \$25 CASH ONLY.

SIGN-UP GENIUS <https://www.signupgenius.com/go/10C0C44A9A622A7F9C07-june>

HISD PHYSICAL FORM [PrePhysForm English 2020 21.pdf](#)

PLEASE MAKE AN ACCOUNT AT THE FOLLOWING LINK FOR PAPERWORK: [www.RegisterMyAthlete.com](http://www.RegisterMyAthlete.com)

POSSIBLE DATES FOR MORE PHYSICALS-

JULY 16<sup>TH</sup> – **\*subject to change\***

August- TBA

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## **SENIOR 2022 INFORMATION**

### **IMPORTANT DATES:**

- \*Senior Finals - May 26th- June 1st
- \*Senior Check Out Events- June 2nd-7th
- \*Cap and Gown Distribution- Senior Check Out
- \*Graduation - Saturday, June 11th (NRG) 7:00PM
- \* Seniors arrive at NRG at 5:30PM
- \* No tickets are needed. \$20.00 cash for parking at NRG
- \*Live Stream Ceremony: link coming soon.



### **Cap and Gowns**

Place your cap and gown orders online at [balfour.com](https://balfour.com) today.

### **Invitations:**

Go to [balfour.com](https://balfour.com) to place your order for graduation invitations.

### **Senior Fees:**

Regular senior Fees: \$100 (or the rest of the year)

Method of payment: School Pay: [schoolpay.com](https://schoolpay.com)

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## **Senior Final Schedule**

Seniors will take exams during their regularly scheduled periods on these days and exempt seniors must report to class for all periods to avoid absences that would make them ineligible for exemptions.

Thursday May 26th - Periods 5 & 7

Friday, May 27th - Periods 1 & 3

Tuesday, May 31st - Period 6 & 8

Wednesday, June 1st- Periods 2 & 4

## **Student Opportunities and Community News**

Join our Community Bulletin Board for featured opportunities students and parents. This site provides an information for high school students to browse local employers offering part-time jobs, internships, scholarships and community events all in one convenient place.

<https://wke.lt/w/s/y3PC4F>

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## **ALL GRADES CAN ORDER CLASS RINGS!!**

**We're bringing the**  
**TRADITION**  
**to you.**

**Class Ring. Senior Ring. Graduation Ring. Whatever you call it, we've got you covered.**

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