



# The Lightning Update

Volume 7, Issue 5

December 1, 2022

## Administration

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*Students Last Name A-F*

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*Students Last Name G-N*

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Dean of Students  
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*Students Last Name O-Z*

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Shadwin.spilski@lapeerschools.org

## Office Staff

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Lori.greene@lapeerschools.org

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Elizabeth.huff@lapeerschools.org

Holly Grzyb, Counseling Sec.  
(810) 667-2418 ext. 3121  
Holly.grzyb@lapeerschools.org

## Resource Officer

A.J. Wetzel  
(810) 667-2418 ext. 3113  
Alpha.wetzel@lapeerschools.org

## Office Hours

July 26 - June 24  
7:00am - 3:30pm

## Upcoming Events & Activities \*Subject to Change\*

### December 2

- Girls JV Basketball vs. Oxford High School (A) 5:30 pm

- Girls Varsity Basketball vs. Oxford High School (A) 7:00 pm

### December 3

- Boys Varsity Swimming vs. Fenton Swim Holiday Relays (A) 12:00 pm

### December 5

- Boys JV Basketball (H) vs. Powers Catholic High School 7:00 pm

### December 6

- Girls JV Basketball vs. Powers Catholic High School (A) 4:00 pm
- Girls Varsity Basketball vs. Powers Catholic High School (A) 6:00 pm
- Boys Varsity Basketball vs. Powers Catholic High School (A) 7:30 pm

### December 7

- LHS Holiday Band Concert (LHS Auditorium) 6:00 pm
- Varsity A Wrestling (H) vs. Quad Imlay City & Midland 5:30 pm

- Girls Varsity Basketball vs. Richmond High School (A) 7:00 pm

### December 8

- LHS Choir Christmas Concert (LHS Auditorium) 7:00 pm

### December 9

- Boys Varsity Swimming (H) vs. H. H. Dow High School 4:00 pm
- Boys JV Basketball vs. Davison High School (A) 5:30 pm
- Girls JV Basketball (H) vs. Pontiac Notre Dame Prep High School 5:30 pm
- Girls Varsity Basketball (H) vs. Pontiac Notre Dame Prep High School 7:00 pm
- Boys Varsity Basketball vs. Davison High School (A) 7:30 pm

### December 10

- Varsity A Wrestling vs. Richmond Invitational, (A) 9:00 am
- JV Wrestling vs. Richmond JV (A) 9 am
- Varsity B Wrestling vs. Caro 9:00 am

### December 12

- Girls JV Basketball (H) vs. Linden High School 5:30 pm
- Girls Varsity Basketball (H) vs. Linden High School 7:00 pm

### December 13

- Boys Varsity Swim (H) vs. Multiple Opponents 4:00 pm
- Boys JV Basketball (H) vs. Kearsley High School 5:30 pm
- Girls JV Basketball vs Dryden High School (A) 5:30 pm

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**Important Dates**

\*Subject to change\*

**December 19**

- \* PAC Meeting

**December 21- January 3rd**

- \* No School - Holiday Break

**January 11th**

- \* Exams (Full Day)

**January 12th - 13th**

- \* Exams (Half Day)

**January 16**

- \* No School
- \* First Semester Ends

**January 30**

- \* PAC Meeting

**February 20**

- \* No School

**February 27**

- \* PAC Meeting

**March 8**

- \* Parent-Teacher Conferences

**March 10**

- \* No School - Spring Break

**March 20**

- \* PAC Meeting

**March 27 - 31**

- \* No School

**April 7th**

- \* No School - Good Friday

**April 10**

- \* No School - Easter Monday

**Upcoming Events & Activities \*Subject to Change\*****December 13 cont.**

- Boys Varsity Basketball (H) vs. Kearsley High School 7:00 pm
- Girls Varsity Basketball vs. Dryden High School (A) 7:00 pm

**December 14**

- Varsity A Wrestling vs. Warren Woods Tower Quad (A) 5:30 pm

**December 15**

- 10th grade Ed-Tech Presentations
- Boys JV Basketball vs. Oxford High School (A) 5:30 pm
- Boys Varsity Basketball vs. Oxford High School (A) 7:00 pm

**December 16**

- JV Wrestling vs. Port Huron (A) 5:30 pm

- NHS Blood Drive for Student Donors (LHS Auditorium) 7:00 am - 2:00 pm

**December 17**

- Varsity A Wrestling vs. Hartland Invitational (A) 9:00 am

**December 28**

- Girls Varsity Basketball (H) vs. Bloomfield Hills High School Scrimmage 11:00 am
- Girls JV Basketball (H) vs. Bloomfield Hills High School Scrimmage 12:30 pm
- JV Wrestling vs. Allen Park JV (A) 5:30 pm

**January 3**

- Girls JV Basketball (H) vs. Fenton High School 5:30 pm
- Girls Varsity Basketball (H) vs. Fenton High School 7:00 pm

**January 4**

- Varsity B Wrestling vs. Troy Athens (A) 5:30 pm
- Varsity A Wrestling Home Quad (H; Senior Night) vs. Powers/Arthur Hill 5:30 pm

**December 21 - January 3****NO SCHOOL  
Winter  
Recess****Athletic Clearance Process**

The 2022-2023 Lapeer High School Athletic Clearance is happening now! The LHS athletic office will start clearing student-athletes August 2nd for this upcoming athletic season daily from 8:00 am - 3:00 pm and will continue throughout the remainder of the year. Please see the list below for information required to complete the athletic process. Student-athletes will **NOT** be able to practice or tryout for their sport until all paperwork has been turned in and they have received their athletic bracelet. For questions, please contact the LHS athletic office.

**Location:** Lapeer High School Athletic Office (810) 667-2457

**Required Steps:**

- Turn in a Current Physical Dated after April 15, 2022.
- Complete a Medical Emergency Card
- Sign a Code of Conduct (completed once during high school athletic career)
- Meeting with building administrator

### Important Dates

\*Subject to change\*

#### April 17

- \* PAC Meeting

#### May 15

- \* PAC Meeting

#### May 29

- \* No School - Memorial Day

#### June 8th

- \* Swingout 6 pm

#### June 9

- \* Exams (Full Day)

#### June 11th

- \* Commencement 2:00 pm

#### June 12

- \* Exams ( Half Day)

#### June 13

- \* Exams (Half Day)
- \* Last Day of School

### Daily Schedules

#### Lapeer High School

1st Period 7:25-8:18  
 2nd Period 8:23-9:16  
 iConnect 9:21-9:51  
 3rd Period 9:56-10:49  
 4th Period 10:54-12:14  
     A 10:49-11:19  
     B 11:19-11:49  
     C 11:49-12:19  
 5th Period 12:19-1:12  
 6th Period 1:17-2:10

#### Center for Innovation

1st Period 7:31-8:21  
 2nd Period 8:26-9:18  
 L.H. 9:23-9:53  
 3rd Period 9:58-10:50  
 Lunch 10:50-11:20  
 4th Period 11:25-12:17  
 5th Period 12:22-1:14  
 6th Period 1:19-2:10

**St. Paul Lutheran Church Coat Program!**

**GUIDELINES:** YOU MUST BE PRESENT TO RECEIVE ONE FREE COAT PER PERSON! We also have snow pants, boots, hats, scarves & gloves. We have sizes for adults & children. Please bring your children with you!

**DATES:** Coats & accessories will be available the following Saturdays from 9 am - 12 pm.

- October 15th
- October 22nd
- October 29th
- November 5th
- November 12th
- November 19th
- December 3rd

**St. Paul Lutheran Church**  
 90 Millville Rd.  
 Lapeer, MI. 48446  
 (810) 664-6653

**Counseling Corner**

**Contact Us:** Holly Grzyb, Counseling Sec. (810) 667-2418 ext. 3121    [Holly.grzyb@lapeerschools.org](mailto:Holly.grzyb@lapeerschools.org)

**Counselors:**

**Julie Pecore**                Students A-D, & Early Middle College Students A-K  
(810) 667-2418 ext. 3124  
[Julie.pecore@lapeerschools.org](mailto:Julie.pecore@lapeerschools.org)

**Derek Trotter**                Students E-K, & Lapeer Virtual Students  
(810) 667-2418 ext. 3123  
[Derek.trotter@lapeerschools.org](mailto:Derek.trotter@lapeerschools.org)

**Jan Ciaramella**                Students L-P, Early Middle College Students L-Z, & Lapeer Virtual Partnership  
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**Jeff Lorenz**                    Students Q-Z, At-Risk LHS Students, & Community HS Students  
(810) 667-2418 ext. 3132  
[Jeff.lorenz@lapeerschools.org](mailto:Jeff.lorenz@lapeerschools.org)

**Grant Counselor:** Kaitlyn Ellis, [Kaitlyn.ellis@lapeerschools.org](mailto:Kaitlyn.ellis@lapeerschools.org)

## **Cash for College 2022-2023! FAFSA Completion Event**

**Seniors can Complete their FAFSA's to qualify for more Cash for College, and win prizes during Cash for College Event!**

**Dates? Nov. 1st-February 28th**

**How?** Bring proof of FAFSA completion to the counseling office at LHS, or, if you are a virtual student you can email proof to your counselor. (*Proof = the page that says:*

*"Congratulations\_\_\_\_\_! You have successfully completed your FAFSA."*) You will be given ONE ticket to be entered into drawings for prizes! Your ticket is good for All drawings, so the sooner you enter the more chances you get!

### **When are Drawings?**

December 2nd (for November!)  
January 6th (for December!)  
February 3rd (for January!)  
March 3rd (for February!)

### **What are the Prizes?**

Your choice of...  
\*Prom Ticket  
\*Yearbook  
\*Parking Pass (or reimbursement)  
\*Gift card Plus others!



## Club and Activity Opportunities at LHS

Club	Sponsor	Contact Information
Anime Club	Kim Tetmeyer	Kimberly.tetmeyer@lapeerschools.org
Art Club	Sasha Patten	Sasha.patten@lapeerschools.org
Book Club	Sara Anderson	Sara.Anderson@lapeerschools.org
Choir	Rafael McDaniel	Rafael.mcdaniels@lapeerschools.org
Class Council (2023)	Michelle Sierakowski	Michelle.sierakowski@lapeerschools.org
Class Council (2024)	Amee Murphy	Amee.Murphy@lapeerschools.org
Class Council (2025)	Cody Mattila	Cody.mattila@lapeerschools.org
	Vistoria Klaas	Victoria.klaas@lapeerschools.org
	Kim Tetmeyer	Kim.tetmeyer@lapeerschools.org
Conspiracy Theory Club		
Dance / Pom-Pon	Bella Mirza	Isabella.mirza@lapeerschools.org
DECA	Tom Brown	Thomas.brown@lapeerschools.org
Drama / Thespian Club	Bill Spruytte	William.spruytte@lapeerschools.org
	Rafael McDaniels	Rafael.McDaniels@lapeerschools.org
Environmental Club	Cheryl Butterfield	Cheryl.butterfield@lapeerschools.org
Game Club / Chess Club	Melissa Campbell	Melissa.campbell@lapeerschools.org
Grow to Glow	Nichole Fidler	Nichole.fidler@lapeerschools.org
Guitar Club		
HOSA Club	Erin Lane	Erin.lane@lapeerschools.org
Key Club	Dawn Summerlee	Dawn.summerlee@lapeerschools.org
LaCrosse	Kent Meister	Kent.meister@lapeerschools.org
Language Club	Mary Schweigel	Mary.schweigel@lapeerschools.org
LINKs	Lauren Kinsey	Lauren.Kinsey@lapeerschools.org
	Megan De-Nise	Megan.De-Nise@lapeerschools.org
Marching Band	Dan Hundt	Daniel.hundt@lapeerschools.org
National Honor Society	Rejean Wolski - Bull	Rejean.wolski-bull@lapeerschools.org
OMNI	Cheryl Butterfield	Cheryl.butterfield@lapeerschools.org
	Sommer Schons	Sommer.schons@lapeerschools.org
Photography/ Film Project Club		
PEP Club	Sommer Schons	Sommer.schons@lapeerschools.org
	Cheryl Butterfield	Cheryl.butterfield@lapeerschools.org
Quiz Bowl	Kim Kroll	Kimberly.kroll@lapeerschools.org
Recycling Club	Theresa Roberts	Theresa.roberts@lapeerschools.org
Robotics (Chimeras)	Jon Uren	jonruren@gmail.com
Robotics (Mechanical Joules)	Dawn Peskey	
Robotics (Strike Zone)	Matt Schneider	schneidermatthew97@gmail.com
Running Club	Tony Merlo	Anthony.merlo@lapeerschools.org
Science Olympiad		
Ski Club	Dennis Behrens	Dennis.gillett-behrens@lapeerschools.org
	Dawn Summerlee	Dawn.summerlee@lapeerschools.org
SSI	Sommer Schons	Sommer.schons@lapeerschools.org
	Cheryl Butterfield	Cheryl.butterfield@lapeerschools.org
Student Council	Kendra Hurley	Kendra.hurley@lapeerschools.org
	Megan DeNise	Megan.de-nise@lapeerschools.org
Tennis Club		
Unity Club	Rafael McDaniels	Rafael.mcdaniels@lapeerschools.org
Yearbook	Rejean Wolski-Bull	Rejean.Wolski-bull@lapeerschools.org



## December Spirit Days

12/1 - Wear green and Red

12/2- Crazy Christmas Sock Day

12/5- Wear your favorite holiday shirt or sweater

12/6- I'm Dreamin' of a White Christmas- Wear White!

12/7- Flannel and plaid day

12/8- Grinch Day- Wear Green

12/9- Color War! 12th- White, 11th- Green, 10th- Red, Staff- Black



12/12- Merry & Bright- wear your holiday bling, tinsel and garland

12/13- Pajama Day- wear your favorite holiday pajamas

12/14- Santa hat or Christmas themed hat

12/15- Candy Cane Day- Wear red and white

12/16- Christmas Movie Day (Elf, Mr. & Mrs. Clause, Rudolph)

12/19- "Don't sweat the holidays"- Wear your favorite sweats

12/20- Ugly Sweater Day



We hope you have a relaxing holiday break!



It has been proven that a lot of food waste could be prevented, especially at home a good place to start is right in your own kitchen. With the holidays come good food and left overs. Plan Meals Based on the Foods You Already Have on Hand. · Look in the refrigerator, freezer and pantry for foods that need to be



Happy Holidays from LCS Food Service Department.

used up. Write a list of the ingredients you still need. Buy only the amount that can be eaten or frozen within a few days. Get Creative with Leftovers Transform meals into soups, salads. Use as a topping for salads or cooked grains like rice or pasta. Wrap in a tortilla or stuff into a pita. Combine to make soup. Eat as a leftover meal later in the week. Shelf Life of Foods- Many foods and drinks purchased at the grocery store include a date, which indicates when it should be used or sold by. Because these dates refer to the product's quality, it doesn't necessarily mean they should be thrown out. · "Use by", "Best by" and "Best Before" dates are found on foods, such as mustard, salad dressing and ketchup. These products usually don't need to be refrigerated until opened. In many cases, they are safe to eat beyond the date as long as they have been stored properly. · "Sell by" dates are displayed on

perishable foods, such as meats and dairy products. It's possible these foods may be used a few days after that date, as long as they were stored at a safe temperature. Practice Good Food Safety · don't risk eating or drinking anything that you suspect has spoiled. · Eat leftovers within 3 to 4 days (or freeze for up to 3 to 4 months). · Create ideal storage conditions · Store foods in the pantry so that products with closer dates are up front. · Place foods that could spoil quickly within sight, such as in the front of the refrigerator or on the counter (if they're not perishable). · Wait to wash produce until right before serving. · Learn which fruits and vegetables to store in the refrigerator. Some produce will cause other fruits and vegetables to ripen quickly, so they need to be separated. And others should be stored in a cool, dark, dry place. · Be mindful of portion sizes. Choose smaller portions to stay within your calorie needs. · Order smaller sizes of foods and drinks when eating away from home. Or ask for a to-go container at the start of a meal. This tip sheet is provided by: For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit [www.eatright.org](http://www.eatright.org). ©2017 Academy of Nutrition and Dietetics.



SCAN ME

What's on The Menu

<https://lapeerschools.nutrislice.com/>

Questions? Contact  
Joanne VanHouten

Director of Dining Services. Lapeer Community Schools. 810-538-1649  
December 2022



# Congratulations To Our December Lightning Leaders!

Please take a moment to  
congratulate and thank our  
Lightning Leaders!

These outstanding students  
and staff members may have  
received nominations for  
various reasons, but all  
contribute to making LHS the  
best place to be!

Thank you for all that you do!  
#BoltUp

*Senior*



*Carson Cook*

*Junior*



*Elijah Weber*

*Sophomore*



*Arianna Wright*

*Staff Member*



*Ms. Klaas*

*Staff Member*



*Mr. Patton*



### LAPEER HIGH SCHOOL SENIORS

Here are the specifications for your yearbook headshot.

Please give this information to to your photographer

Headshots will be **due by January 31st, 2023**

1. Overall size 1.5 " wide by 2 " tall
2. Head size: 1.25 " (Chin to top of head)
3. Plain background: subdued blues, grays, etc. (inside/ studio photo preferred, if outside please use a neutral non-busy background)
4. No props, hands, hats, gestures, etc
5. Color JPEG or TIFF, 300 DPI
6. Submit your senior photos either through email to [lhyearbook@lapeerschools.org](mailto:lhyearbook@lapeerschools.org) or on a flash drive or CD to 933 S. Saginaw St. Lapeer MI 48446 Attn: LHS Yearbook.
  - Please be sure to include the senior's name, the photographer's name, and contact information.
  - Once we have recorded the seniors photo, you will receive an email confirmation.



**FREE**

**BEGINS MONDAY,  
OCTOBER 17TH**



**Meet the teachers  
in the library after  
school to sign in.**

# **DROP-IN AFTER SCHOOL TUTORING 2022-23 EVERY MONDAY & WEDNESDAY**

**ROLLAND-WARNER 6TH/7TH CAMPUS  
2:30PM TO 3:30PM**

**ZEMMER & LAPEER HIGH SCHOOL  
2:15PM TO 3:30PM**

**COMMUNITY HIGH SCHOOL  
2:15PM TO 3:15PM**

**LAPEER VIRTUAL - CRAMTON  
2:30PM-3:30PM**

**WEEKLY TRANSPORTATION IS AVAILABLE UPON REQUEST.**

**CONTACT SARA TAYLOR FOR MORE INFORMATION.**

**810-667-2423 X3214 OR [SARA.TAYLOR@LAPEERSCHOOLS.ORG](mailto:SARA.TAYLOR@LAPEERSCHOOLS.ORG)**

**\*TUTORING IS ONLY AVAILABLE ON DAYS SCHOOL IS IN SESSION.**

# After School Tutoring Transportation Request

Transportation is only available to students who attend tutoring weekly. Families must notify the bus garage if transportation for after school tutoring is no longer needed.

Lapeer High School	Monday & Wednesday 2:15-3:30
Zemmer 8/9 Campus	Monday & Wednesday 2:15-3:30
Roland-Warner 6/7 Campus	Monday & Wednesday 2:30-3:30
CFI Campus	Monday & Wednesday 2:15-3:15

**Please note:**

- After tutoring, students will take a bus to Turfll where they will board their bus home.
- No tutoring will be offered on snow days or regularly scheduled non-school days.
- No transportation will be available to and from the Cramton Campus.
- Tutoring/transportation is available for students at the school they attend.
- Transportation is not available for drop-in students.

For additional information or questions, please contact:

Sara Taylor - After School Supervisor

810-667-2423 x3214

[sara.taylor@lapeerschools.org](mailto:sara.taylor@lapeerschools.org)

Student Name \_\_\_\_\_ Building \_\_\_\_\_ Grade \_\_\_\_\_

Parent Name \_\_\_\_\_ After School Drop Off Address \_\_\_\_\_

Phone# \_\_\_\_\_

Check all that apply:

\_\_\_\_\_ I will attend Monday tutoring after school.

\_\_\_\_\_ I will attend Wednesday tutoring after school.

\_\_\_\_\_ I will attend both Monday and Wednesday after school tutoring.