UPCOMING EVENTS

SSN Food & Supply Distribution
Every Friday

SEPTEMBER
21 Virtual PTSA General Membership Meeting – Elections & Budget Approval @7pm
21 Virtual PTSA Board Meeting @ 7:30pm
23 LRHS Senior College Night
30 Senior Portrait Makeups – Appt required
30 Senior Financial Aid Night 6:30pm

OCTOBER
1 LAST DAY – Fall Mum Sale
3 Seasons Pizza Fundraiser
7 Homecoming @ LRHS Stadium 3~9 pm
11 LAST DAY – PTSA SpiritWear Sale
15 No School (Professional Development)
19 Virtual PTSA Meeting
21 FOOD TRUCK FESTIVAL @ LRHS
27 TBD – Fall Concert

NOVEMBER
5 Marking Period Ends
9 Das Bierhalle Restaurant Fundraiser
15-18 American Education Week
16 Virtual PTSA Meeting
22 Report Cards Distributed
25-26 Thanksgiving Break – No School

DECEMBER
23 Winter Break Begins at End of Day
24 - Jan 2 Schools Closed – Winter Break

SEE OUR WEBSITE FOR FULL CALENDAR

MESSAGE FROM THE LRHS PTSA BOARD

If there ever has been a time to join the PTSA, it is now. In order to help our students achieve their potential, it is imperative for Loch Raven High School families and staff to join as a community to overcome some of the tremendous challenges presented by this pandemic.

Stay up to date on PTSA and LRHS activities and/or get involved by...
- Checking out our website, helping to keep you better informed.
- Attending PTSA and LRHS events, such as Homecoming (Oct 7th) and Food Truck Night (NEW DATE: Oct 21st)
- Reading the PTSA and LRHS newsletters
- Following us and LRHS groups on social media
- Becoming an LRHS PTSA member.

Last year, despite the pandemic, the LRHS PTSA had an ambitious agenda. Because of your support and the tireless efforts of key members:

Highlights
- Assistance Resources pg. 2
- Mum Sale pg. 3
- SpiritWear pg. 3
- Loch Raven Haven pg. 4
- Class Corner pg. 5
- Athletics pg. 6
- Reflections pg. 7
- Yearbook pg. 9

JOIN TODAY!
Click Below
Become a Member
Subscribe to emails
(no membership required)
Follow us on:

DONATE NOW
Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek.

~ BARACK OBAMA

DIVERSITY AND INCLUSION INITIATIVE

What is DIVERSITY?
“Diversity” refers to the ways that we all are different from one another. Some differences can be our gender, sexuality, ethnicity or culture, religion or spirituality, family, how much money we have (our social standing), age, body size, and ability. Respecting diversity involves understanding and valuing the perspectives, behaviors, and needs of people from all backgrounds.

The PTSA needs YOU!

The PTSA is nothing without volunteers. Please consider volunteering and help support our LRHS community.

Interested in volunteering? Click here.

Any skill set. Any time commitment. No experience needed.

Volunteers needed for:
• Diversity & Inclusion
• LRHS Community Day
• Liaisons for...
  ...Class of ’23 & ’25
  ...Middle Schools
  ...Special Education
• Help coordinate Business/Corporate Sponsorships
• and more....

ARE YOU STRUGGLING? DO YOU NEED ASSISTANCE?

Click the links below for the following resources:

- Food & Supply Assistance / Food Distribution Sites
- Mental Health Support
- COVID-19-related Resources
- Internet Connectivity
- BCPS IT / Device Help

Crisis text line: Text HOME to 741741 for free 24-hour support
Maryland Suicide and Crisis Hotline: 1.800.422.0009
Baltimore County DSS: 410.887.TIME
Baltimore County Crisis Response: 410.931.2214
Sheppard Pratt Crisis Walk-In: 410-938-5302
The Trevor Project: 1.866.488.7386 or text START to 678678
Maryland Food Bank: 410.737.8282
MD United Way Helpline: 211 or 410.685.0525

SEPTEMBER 15 - OCTOBER 15

Use the link to read about celebrations and accomplishments of the Hispanic culture.
https://nationaltoday.com/hispanic-heritage-month/

September 2021 Edition
Page | 2
Fall Mum Sale Ends
Friday October 1st

Get you LRHS gear and accessories!!!

Class of 2022 T-shirts available!!!

Orders arrive in time for the holidays

PTSA Fundraisers

Advocacy
Serve our community “Every Child, One Voice”

Money Saving Programs
Discounts and offers to major brands

Networking

Resources

Programs
STEM, Reflections Arts, & Diversity and Inclusion

Publications
Best parenting, wellness, education and PTA community info
The PTSA is digital!
Check out our website and follow/like us on social media:

https://lochravenhsptsa.com

Thank you to Eyler Creative for the website donation!

MESSAGE FROM THE LOCH RAVEN HAVEN

Did you know? The Loch Raven Haven is a room at LRHS, stocked by the Loch Raven Network, with non-perishable food, toiletry items, donated clothing, and household supplies for those in need. If your family can use these resources, please contact Ms. Putchat in the counseling office or at cputchat@bcps.org.

THE LOCH RAVEN HAVEN ACCEPTS DONATIONS AT ANY TIME THROUGHOUT THE YEAR.

ALL DONATIONS DIRECTLY BENEFIT THE STUDENTS IN NEED AT LRHS.

ITEMS CAN BE DROPPED OFF DURING SCHOOL HOURS AT LOCH RAVEN HIGH SCHOOL, 1212 COWPENS AVE, TOWSON, MON - FRI, 8AM - 3PM, OR CONTACT THE LOCH RAVEN HAVEN NETWORK HERE.

MONETARY DONATIONS CAN BE MADE ONLINE AT WWW.STUDENTSUPPORTNETWORK.ORG, CHECK OFF LOCH RAVEN HIGH SCHOOL.

According to the MD Department of Education, about 400 students at Loch Raven High School qualify for free meals with almost half of the LRHS community living in poverty.

We encourage parents and students to contact the school social worker or their child's counselor if your child and/or family are in need of food, personal care items, clothing, or school supplies.

For further information contact the Loch Raven Network volunteers by clicking here.
Attention Students, Faculty & Families!

Your class needs your support. Contact your PTSA liaison to volunteer or help with fundraising ideas.

**CLASS OF 2022**

Faculty Liaisons:
Jessica Miller
jmiller27@bcps.org
Matt Miller
mmiller16@bcps.org

PTSA Liaison:
Gina Calia-Lotz
gcalia99@gmail.com

**SENIOR PORTRAIT MAKE-UPS**
SEPT 30 BY APPT
Prestigeportraits.com

**CLASS OF 2023**

Faculty Liaisons:
Emily Hall
ehall2@bcps.org

PTSA Liaison:
*Volunteer*
**Needed**

**JUNIORS**

SpiritWear Sale to Support the Class of 2023 (OPEN TO ALL)
SALE ENDS OCT 3RD
CLICK HERE TO SHOP

**CLASS OF 2024**

Sophomores

Check out the Class of 2024 Schoology page!

Faculty Liaison:
Mike McEwan
mmcewan@bcps.org

PTSA Liaison:
Heather Nale
hnale72@gmail.com

**CLASS OF 2025**

Freshmen

Have ideas for your class? Let us know!

Faculty Liaison:
**Volunteer Needed**

PTSA Liaison:
Heather Shephard
heather.shephard.1024@gmail.com
Need School Supplies?
Does your student need school supplies or a backpack?

If so, please tell them to stop by the Counseling office during their lunch period, or before or after school, and ask to speak to Ms. Putchat. They can also send Ms. Putchat a message on Schoology or you can reach her by email at cputchat@bcps.org.

Special Education
Looking for help, workshops, or other resources?
The BCPS Special Education Resource Center is there for you.
Click here

PTSA Special Education Liaison
Volunteer Needed!!!
Membership fee will be donated for the 2021-22 Liaison volunteer.
Email us if interested:
lochravenhighschoolptsa@gmail.com

THE LOCKER ROOM
Registration for WINTER athletes opens Nov 1st
Tryouts will be Nov 15th

Register at www.formreleaf.com
Get blank physical forms during lunch from Mr. McEwan. Be sure to return completed physical forms to Mr. McEwan as well.

SUGGESTION BOX
Have a suggestion?
Have a good idea?
Let us know!
lochravenhighschoolptsa@gmail.com

FALL SPORT SCHEDULES...
http://lrathletics.digitalsports.com/
Did you know that the PTSA offers Senior scholarships?

To be eligible, all you need is to be a member of the LRHS PTSA with plans to attend a college, training or certification program.

Scholarship applications will be available soon through your school counselor.

Membership financial assistance & scholarships are available.

Send us an email to inquire further.

---

**MINORITY MENTAL HEALTH RESOURCES**

Find resources for mental health & suicide prevention focused on supporting individuals in minority communities

*****

Click [Here](https://afsp.org/mental-health-resources-for-underrepresented-communities)
or

go to

[https://afsp.org/mental-health-resources-for-underrepresented-communities](https://afsp.org/mental-health-resources-for-underrepresented-communities)

---

Do you enjoy art, music and dance or have an interest in writing, producing films or taking photos?

Then join us and have fun unleashing your inner artist with PTA Reflections! This year’s theme, “I Will Change the World by . . .” calls for your own unique interpretation through the arts. Rules and entry form will be available on the LRHS PTSA website, and the submission deadline is Friday, November 19, 2020. For inspiration, visit the Reflections virtual art gallery and learn more about prizes and scholarships at [https://www.pta.org/home/programs/reflections/awards](https://www.pta.org/home/programs/reflections/awards).

Contact Janet Stevens at janettstevens@gmail.com for more info.
ATTENTION STUDENTS★

Do you need service hours?

Contact us about virtual and/or socially distanced volunteer opportunities

Visit lochravenhsptsa.com and fill out a volunteer form

continued from pg. 1…

• A professionally developed website to keep you better informed was launched (insert link). This proved to be especially important after the ransomware attack impaired the BCPS network.
• Two socially distanced events where we could connect as a community were hosted. Thank you to the Long Green Volunteer Fire Co.!
• A Diversity and Inclusion initiative began to help ensure our programs and messages are more inclusive to reflect the diversity of our school.
• In partnership with the Loch Raven High Student Support Network, more than 1000 personal hygiene items were collected for our student in need.
• Thousands of dollars were raised through various fund raisers and by garnering corporate support.
• Mini-grants for teachers and staff to provide enriching experiences for our students were offered
• A super-fun senior class picnic, with COVID safety precautions, was hosted
• Teachers and staff were provided with tokens of appreciation for their extraordinary work during this school year
• Scholarships to seniors to help further their education or vocational training will be awarded later this month

We are looking forward to a wonderful 2021-22 School Year!

Start considering how you can be further involved to support the school community. Your help is needed!

We invite you to join because we can do so much more together than apart! Your contribution of time, expertise and/or money can help ensure the best possible school year at Loch Raven. JOIN HERE

TEACHERS!!!

Mini-grant applications for the 2021-2022 school year are here! Check your emails for info.

Did you know…

…that the PTSA awards mini-grants to student organizations and teacher initiatives?

Examples of groups that were awarded mini-grants in since 2019:

• National Honor Society
• The Yearbook
• The Raiders Brew Coffee Shop
• The Raiders News Network
• Math learning initiative
• Princeton Model Congress

Check out our website for more information.

Want to support the mini-grant program?

Click here
Check out The College Connection page on our website for college-related information.

Join Senior Financial Aid Night with Parkville HS & a financial aid rep from Loyola Thurs. Sept. 30th 6:30-8pm

Follow the LRHS Counseling Office on: Schoology, Facebook, Instagram and Twitter for up to date information.

DO YOU LOVE SHOPPING ON AMAZON?

Support the PTSA with each item you purchase on Amazon Smile. No work! No hassle! Free money!

Just go to the Amazon Smile link, select Loch Raven High School PTSA as your favorite charity and...SHOP!

Order a Yearbook Today!
LRHS PTSA MUM SALE

It’s Officially FALL!
Order your mums today!

Choose from 9” pots, 10” hanging baskets or 12” terracotta pots
Various colors available

Place your order today at:
https://lochravenhs.new.memberhub.store/store

Order Deadline October 1st

Flowers from Maryland Flower & Foliage
Estimated delivery by October 15th
LRHS PTSA

Spirit Wear Sale

Sale Ends Oct 11th

Different colors, styles and sizes available

To order scan QR code or go to lochravenhshsptsa.com

Click here to order
Seasons Pizza Fundraiser
Sunday October 3rd
All Day!!!

Good for eat-in, take out or delivery at
8829 Old Harford Rd

Present your coupon below and your purchase will help support the LRHS PTSA’s student & teacher initiatives.
Homecoming 2021

October 7th
at LRHS Stadium

3:00 PM  Powder Puff
5:00 PM  JV Football
7:00 PM  Varsity Football

GO TEAM
Pep Rally Activities

Click Here to Sign Up

VOLUNTEERS NEEDED: Sign up for Concession Stand Sales & Donations
lochravenhsptsa.com
SERC PARENT WEBINARS
free trainings to support you and your child!
Fall 2021

Buried Treasure: The 7 Golden Rules for Raising Outstanding Minds in a Chaotic World
Today's parents and educators are bombarded with information, advice, opinions, and products telling them how to best feed, discipline, supervise and educate children. Add to that the influence of media, peers and each child's desires and preferences, and it is tough to know what is best. This webinar combines the wisdom of successful parents and educators across generations with recent discoveries about how our children's brains learn and grow. This fusion of old and new wisdom produces 7 Essential Golden Rules to cut through the clutter, hype, and misinformation to provide you solid, time-tested, research-backed guidance. Presented by Frank Kros, MSW, JD, Kros Learning Group
Tuesday, September 28, 2021 AND Thursday, September 30, 2021 7:00 - 8:00 PM
Register via Eventbrite: https://serc7goldenrules.eventbrite.com
**this is a 2 part event, attendance at both sessions is recommended

Emotion Regulation: Strategies to Improve Emotional Self-Control
Emotion Regulation, the ability to have control of our emotions (and behavior), is an essential life skill. Difficulties in emotion regulation can occur across all ages. Additionally, these challenges can intensify across many mental health problems including anxiety, depression, mood disorders, ADHD, learning disabilities, and autism spectrum disorder, to name a few. This seminar aims to teach skills and strategies to enable children, teens, and their parents to improve self-regulation of emotions, experience and express their emotions, control impulses, become more responsible for their behavior (and feel better). Presented by Tana Hope, Ph.D., The Child and Family Therapy Clinic Department of Behavioral Psychology at Kennedy Krieger Institute Register via Eventbrite:
Saturday, October 9, 2021 11:00 AM - 12:30 PM https://sercemotionregulationday.eventbrite.com
OR
Wednesday, October 13, 2021 7:00 - 8:30 PM https://sercemotionregulationnight.eventbrite.com

All parent trainings are free and brought to you by the BCPS Special Education Resource Center! Register via Eventbrite links and login information will be emailed to you one day in advance. Questions? Email: SERC@BCPS.ORG
For more great opportunities check out our partner Parent University.
https://cos.bcps.org/departments/communications/family_and_community_engagement/parent_university

WE HOPE TO SEE YOU THERE!!
SERC PARENT WEBINARS
free trainings to support you and your child!
Fall 2021

Digital Learning Tools to Support Middle School Students at Home and School
Learning tools are free to all students and staff. They are integrated into applications that students are using daily. Learning tools provide proven techniques to improve reading and writing for people regardless of their age or ability. Learn how to access features such as text to speech, speech to text, editor, math assistant, translator, and captioning. Learn how to implement accommodations in the home environment. This webinar is tailored to parents and educators working with BCPS middle school students. Presented by Sherri Keller, MS, OTR/L, Baltimore County Public Schools, Department of Educational Options, Office of Educational Technology/ Assistive Technology Register via Eventbrite:
Thursday, October 14, 2021 12:00 - 1:30 PM https://sercdigitallearningtoolsday.eventbrite.com
OR
Wednesday, October 20, 2021 7:00 - 8:30 PM https://sercdigitallearningtoolsnight.eventbrite.com

Roots & Wings: Preparing Your Child and YOU for Life After High School
A workshop for parents who are considering college for their child with a disability. It will offer academic, social/emotional, and self-advocacy strategies that parents may use in supporting the successful transition of students with disabilities from high school to college. Presented by Robyn McRae, LCSW-C, Associate Director Disability Support Services, Towson University Register via Eventbrite:
Wednesday, October 27, 2021 7:00 - 8:30 PM https://sercrootsandwings.eventbrite.com

Is Your Child a Picky Eater? Learn What is Typical and When You Should Seek Help
Staff from Mt. Washington Pediatric Hospital will present a workshop for parents. Attendees will learn about typical development of feeding skills in infants and children, get tips and strategies to improve each child’s nutrition and get answers to pressing questions regarding picky eaters. Presented by Sean Logie, PhD, Pediatric Psychologist, Feeding Disorders and Emily Hecht, MS, OTR/L, Occupational Therapist Register via Eventbrite:
Wednesday, November 10, 2021 12:00 - 1:30 PM https://sercisyourchildapickyeater.eventbrite.com

All parent trainings are free and brought to you by the BCPS Special Education Resource Center! Register via Eventbrite links and login information will be emailed to you one day in advance. Questions? Email: SERC@BCPS.ORG
For more great opportunities check out our partner Parent University.
https://cos.bcps.org/departments/communications/family_and_community_engagement/parent_university

WE HOPE TO SEE YOU THERE!!
PTSA SPONSORS

Sponsor Benefits

- Designated as Sponsor on Website
- Name or logo included on select social media and emails with 600+ local subscribers
- Recognized as Sponsor on Materials

A BIG THANK YOU TO eylercreative FOR THE DONATION OF THE LRHS PTSA WEBSITE!

BECOME A SPONSOR!

DONATE TODAY!

YOUR AD HERE!

September 2021 Edition
Page | 16