

Community High School District No. 115
Lake Forest High School
1285 North McKinley Road
Lake Forest, IL 60045

PRESS RELEASE

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DATE: 10.09.07

FOR RELEASE: Immediately

There will be a freshman parent meeting on October 18 at 10:00 am in the David Miller Theatre on "How Students Can Get Involved." A panel of administrators and students will share the wide variety of clubs and extracurricular activities offered at Lake Forest High School.

The Wellness Department's Triathlon/Biathlon/8k is set for Friday, October 19. Nearly 300 students will participate in the Wellness Department's bi-annual Triathlon/Biathlon/8k run from 10:40 am-1:20 pm. Students hope to raise \$5,000 for "Make a Wish Foundation." Students will swim in the pool, transition to their bikes which they will ride along the bike path, and complete the journey with a run to the finish line.

The APT sponsored fundraiser event "Be True to Your School" will be held on Sunday, October 21 at the Deer Path Inn, 255 E. Illinois Rd., Lake Forest beginning at 5:00 pm. The annual APT social and FUNdraiser evening includes dinner, live and silent auctions and a raffle. All of the proceeds from the evening go to the students' class treasuries to assist in community outreach, school events, class gifts and prom. It's a great opportunity to meet new parents. Invitations have been mailed to all LFHS parents. For more information, contact co-chairs, Donna LaVitola at 847-283-0840/DABL6@aol.com or Diane Quon at 847-615-8814/dmquon@aol.com.

There will be a Band Concert on October 23 at 7:30 pm in the Raymond Moore Auditorium.

There will be a Choral Festival on October 24 at 7:30 pm in the Raymond Moore Auditorium.

The First Quarter ends October 26. Teachers will notify students of their grades in the classroom by November 1. Faculty will file grades by November 2 and Report Cards should be received in the home during the following week.

The Lake Forest High School Pom Pon Dance team will be sponsoring a Pom/Dance fall clinic for 3rd – 8th grade students on Saturday, October 27 from 12:00 pm - 5:00 pm. Registration will be from 11:45 am -12:00 pm and the \$45.00 fee can be paid at the door. The registration fee is \$40.00 prior to October 19. The clinic will take place at the East Campus Field House. Participants will learn two routines which will be performed for parents and spectators from 4:30 pm – 5:00 pm. They will also receive a souvenir photo. Information and registration forms can be found at www.lfhs.org, “Athletics,” “Girls Sports,” Pom Pon. Or, contact Candice Kloss at ckloss@d115.org.