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"Yes...and" It's Not Just a Philosophy; It's a Way to Live

I'm not sure who knows this, but outside of my life as a school administrator, I used to perform with a local improvisational comedy group called Buffalo ComedySportz. In improv, one of the most important tenets of comedy is the theory of "yes...and". In this practice of "yes...and" the idea is that when you're presented with something new/different you say "yes" and then you add to the idea (the "and"). When practiced as a life philosophy it opens up people to new and unexpected opportunities and truly can be life changing. Honestly, my shift from an English teacher to a principal is all based on "yes...and". For high school students, it often translates to "Try this new class/club/opportunity because what have you got to lose?" I find myself often sharing this philosophy with teens and then adding "what's the worst that can happen? You find something you like to do or that you don't like, and then you make different choices." Because ultimately, they'll never know, if they don't take a chance.

Within high school there are so many opportunities for students to join clubs, participate in sports, and to take classes that teach them something they didn't know and possibly find the direction for the rest of their lives. Students can join a club at any point, and as this is the season for class selection and Spring Sports - it is the right opportunity to accept "yes...and" to live your best life.

This year, we're excited about the growing opportunities we have at LSHS. We've started our own in-house CTE program for Fleet Management, we're continuing our growing Eagles Manufacturing program, we're helping students connect with our community through Civics, and shifting aspects of our Technology program to bring it into the modern world with Woodshop and Metal Shop classes geared towards career opportunities in home improvement, welding, construction and more. We're also continuing to add classes in Personal Finance, and will continue to offer advanced electives in all content areas that provide students with opportunities to be college and career ready. So when presented with these opportunities by your child's counselor - we hope you'll help them say "yes...and", because all they have to lose is the opportunity to learn something new.

- Dr. KBW

AOFB Juniors and Seniors Participate in Leadership Training in Florida

Our AOFB Juniors and Seniors had the opportunity to attend Universal's Leadership Educational series in Orlando, Florida. They experienced two programs called Leadership & Personal Development and Marketing is Universal: Keeping the Guest at Heart. Students networked with the Clarence Academy of Finance and were able to connect their classroom learning to their experiences while enjoying the parks.



Read this
issue online!



The Junior Ball is BACK!

The Junior Ball is back! It will be held at the high school in the Atruim on May 16th from 7-10. Tickets are \$20 through March and \$25 beginning 5/1. Our theme is "Starry Night"

Junior Class Spring Flower Sale

The Junior class is selling Spring Flowers until 3/26. People can purchase Gerbera Daisies for \$10 each; Hanging Baskets of Impatiens, Fuchsias, Sunpatiens, Flowering Begonia, or Ivy Geraniums for \$30 each or 2 for \$50. All flowers are fresh from KA Henry & Sons Greenhouses. To purchase please [click the link](#) or contact kelly.migliaccio@lscsd.org for more information.

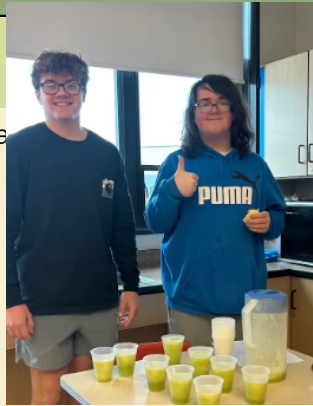
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Spanish 4 Honors is Cooking

In Spanish 4 Honors with Ms. Kochan, juniors had a hands-on cultural experience in the Home Economics room, where they cooked traditional Mexican dishes—memelas and agua fresca. Students made tortillas from masa, topped them with beans and salsa that they made themselves, and made and enjoyed a honeydew agua fresca. This activity is part of their Gastronomy of Latin America Unit, where they have been researching and writing authentic Latin American recipes in Spanish. It was a delicious way to immerse themselves in both the language and the culinary traditions of the Spanish-speaking world!



Bradley Cooper) before seeing the show. They will be having dinner and a private performance with Lake Shore alum Dan Willis and the Augie Hass +8 Jazz Collective at a private function at the Swing 46 Jazz Club. They will also enjoy a dinner cruise at night in NY Harbor, have a backstage tour at Radio City Music Hall, will be seeing the city from the Top of Rockefeller Center, paying their respects at the 9/11 Museum and Memorial, and riding to the top of the new World Trade Center. The groups will also see Lincoln Center, Central Park, Times Square, and all NY has to offer!

Language Students Visit Middle School

Students from Lake Shore High School enrolled in Spanish, Seneca, or German visited WG Houston Middle School to share their experiences studying a world language in high school. They spoke with 7th and 8th graders, presenting to the entire class before engaging in small group discussions for an interactive, cross-language Q&A activity.

Read this
issue online!

**Music Heads to NYC 4/3-4/6**

The Music Department is heading to New York City to compete in the Performing Arts Consultants International Music Festival, the "Big Apple Classic" April 3rd - 6th. In addition to competing against other groups from throughout the country, the group will be participating in music workshops at Rutgers University. They will work under the baton of with Dan Micciche, musical director of Broadway's "Wicked" and music advisor for the movie, with Broadway's Elphaba and Glinda in a workshop at the famed DiMenna Center Cary rehearsal hall (used in the movie Maestro with

Music NYC Meeting 3/25

The Music Department will be holding a meeting for any students going on the New York City trip on March 25th at 7pm in the high school

auditorium. The meeting is mandatory. At least one parent is required to attend. There will be a Chaperone Meeting at 4pm in the rear of the media center.

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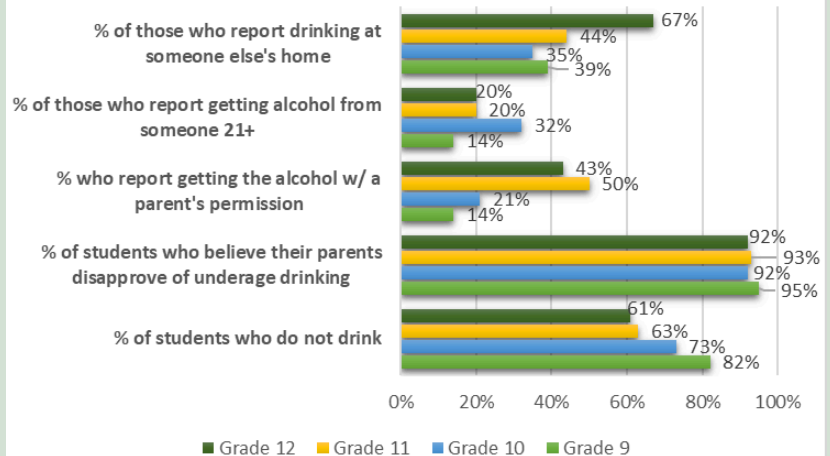
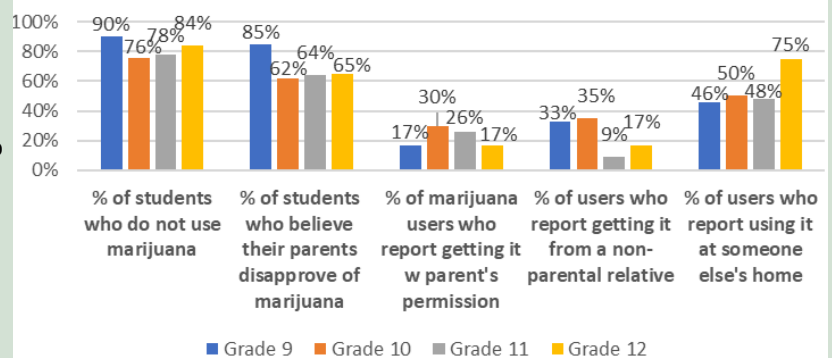
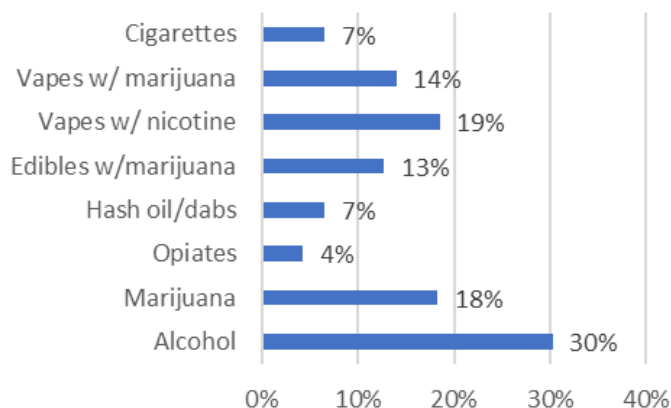
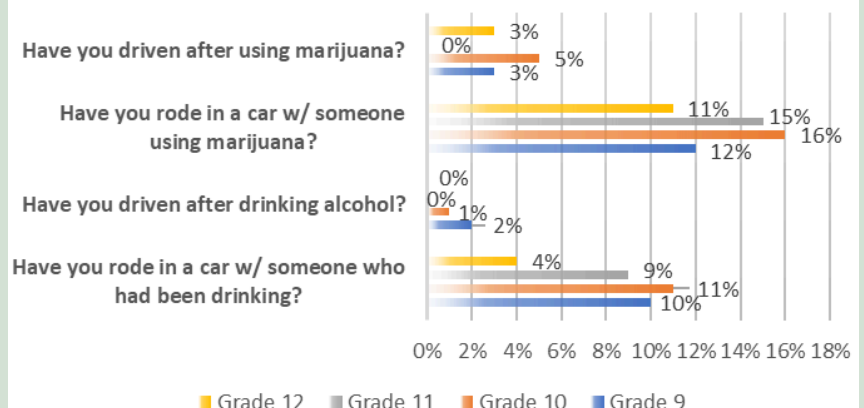
Results of a Drug and Alcohol Survey @ LSHS and New Support Options For Students & Families

This fall, students in grades 9-12 took an anonymous survey called the "Clyde Survey" (Community - Level Youth Development Evaluation) which explores students' drug and alcohol use along with other mental and physical health issues like bullying, friendship, and community. The survey results apply only to our students at Lake Shore High School. Presented are some of the data that we hope you discuss with your child. We will use this data as well in health classes, during student discussions with their counselors, and in other places where we feel students can benefit from knowing and understanding healthy options and the danger behind some of the decisions they might need to make.

Although the majority of our students are making the right decisions and not engaging in risk-taking behaviors that could significantly impact their health and their future; some students are engaging in behaviors that worry us - especially when we look at the data regarding driving/being in a car with a person under the influence and student use of drugs and alcohol with parents/adults.

If you have a young person struggling with addiction or who is taking risks that could lead to addiction (ex. getting caught vaping), we now have a resource for support. We are fortunate to be collaborating with Horizons Health Services to provide the SAFER (Substance Abuse Free Education/Intervention & Referral) Program at Lake Shore High School. To participate, parents must complete a referral form and provide insurance information through our school Social Worker Kate Dziewa. Once accepted, students will be screened free of charge by a SAFER counselor and participate in an intervention/counseling session. After the first session, students may participate in 1-12 free support sessions at Lake Shore HS. For students with more significant substance issues, following the sessions, the SAFER team will link the student/family with additional mental health or substance abuse care. This entire program is free for students and families, regardless of income and all services will be provided at Lake Shore High School. Students who participate will also have the opportunity to be linked with a free Family Support Liaison, and a Youth Peers Mental Health program.

If you are interested in learning more, please contact Kate Dziewa (katherine.dziewa@lscsd.org) (716) 926-2234.

Alcohol Use**Marijuana Use****% of HS Students Who Admit to Using...****Driving/Riding Under the Influence**

Information from Our Counseling Department

It's Scheduling Season at LSHS



Scheduling season for students in grades 8-11 happens between March and late April. This is a student's opportunity to build their schedule and discuss with their counselor their future hopes and dreams. For students entering 9th grade, it's an opportunity to be introduced to opportunities and choices. For 10th grade students, this is their chance to begin to specialize and narrow their focus to what interests them most. As students reach 11th grade, the focus narrows more - will they choose to attend BOCES? Are they seeking college level credits and classes? Do they need to adjust their schedule to assure they'll get their high school diploma? And then as seniors, students can take electives that interest them, find ways to occupy their school day to fulfill the pre-requisites for their chosen colleges, and/or take courses

to best prepare them for the work force. It's the last opportunity they'll ever have to get free courses - please encourage them to take electives and enjoy the opportunities available rather than taking a late arrival or an early dismissal. For all students the opportunities

are vast and as varied as their interests. Students with an artistic sense can take courses, once they've completed Studio and Art, like Sculpture and Painting. Students who enjoy working with their hands can enroll in courses in the wood and metal shop, or new next year a class in Transportation. Students who have a desire to own their own business can take Entrepreneurship, Social Media Marketing and others. Students can also continue to do the things they love - a student who loves music can expand their time in band, chorus, or orchestra and take piano too! A student who enjoys language courses can continue throughout their time here with Spanish, French, German, or Seneca all the way through level 5 and potentially earn college credit.

Changes in the Counseling Center

In order to best meet the needs of students, we are making some changes to our counseling center for the 2025-2026 school year. Beginning in September, a counselor will follow a class until the year they graduate. This year, our counselors are meeting with their current students and notifying them who their counselor will be next year. Next year the counselors will be as follows:

Freshmen (Class of 2029) - Mr. Brown

Sophomores (Class of 2028) - Mrs. Manney

Juniors (Class of 2027) - Mrs. Boncore

Seniors (Class of 2026) - Mr. Tomasik

SAVE THE DATE

AP & Regents Review Schedule ----->[CLICK HERE](#)

March 14 - Clash of the Classes Assembly

March 15 - Spring Fling

March 17 - JV/Varsity Spring Sports Begin

March 18 - Board Meeting 7pm

March 19 - Music in Our Schools Month Concert 7pm

March 19 - 3rd Quarter Progress Reports Mailed

March 26 - Drug & Alcohol Forum 6pm

April 3-6 - Music Trip to NYC

April 8 - Board Meeting 7pm

April 11 - 3rd Quarter Ends (Mailed 4/25)

April 12-21 - NO SCHOOL SPRING RECESS

April 28 - District Jazz Concert 6:30

April 30 - NHS Induction Ceremony

New Course/Program for Fall of 2026



Beginning this fall our technology teachers will be offering a new program in conjunction with our Transportation Garage focused on Commercial Fleet Maintenance. Students will be able to gain CTE credit and be prepared for careers

in the auto industry including careers in automotive service technology, diesel tech, service advisors and more. Students will have the opportunity to work in our bus garage as part of the course work in this 2-3 year program. Preference will be given to 11th graders interested in participating in the 2 year program in lieu of attending an auto tech program at BOCES, but students in 10th grade can participate as well. To earn the CTE credit and diploma designation, students must complete the entire 2 year program and take the certification test to necessary. For more information, contact Mr. Blaszczyk at clayton.blasz@lscsd.org or speak with your counselor.