From Principal Sermak:

**Important Dates in September and October:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>October 2</td>
<td>Count Day</td>
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<tr>
<td>October 7</td>
<td>Student Forum on District Strategic Planning (during lunches)</td>
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<td>October 7</td>
<td>Understanding the College Admissions Process, 6:00 p.m.</td>
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<td>October 8</td>
<td>StraightTALK presentation for students</td>
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<td>October 10</td>
<td>Community Forum on District Strategic Planning, 7pm, Sr. Center</td>
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<td>October 11</td>
<td>Picture retakes (during the lunch hour)</td>
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<td>October 12</td>
<td>SAT Practice (see flyer)</td>
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<td>October 15</td>
<td>StraightTALK presentation for parents, 6:00 p.m. (see flyer)</td>
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<td>October 16</td>
<td>Early Release</td>
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<td>October 22 and 24</td>
<td>Flex Schedule</td>
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<td>October 25</td>
<td>End of 1st Quarter</td>
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<tr>
<td>November 4</td>
<td>Senior Pictures due for Yearbook (see link below)</td>
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**School News:**

**Yearbook Sales!** Order before November 1st to SAVE!
All orders are online only. Please see our website for step by step instructions on how to order.
Website: [yearbookokemos.weebly.com](http://yearbookokemos.weebly.com)

**Senior Pictures:** DUE NOVEMBER 4th. Please see our website for all requirements before you send. Send all pictures to seniorpictures@okemosk12.net

**Counseling News:**

**College Visits:**
- **University of Michigan - Ann Arbor** - Thursday, October 3 - during FLEX in the KIVA
- **Alma College** - Monday, October 7 - in front of the cafeteria during both lunches
- **Case Western University** - Tuesday, October 8 11:30 - 12:30 only - in front of the cafeteria
- **Hope College** - Thursday, October 10 - in front of the cafeteria during both lunches
- **Lawrence Technological University** - Friday, October 11- in front of the cafeteria during lunch

**For Your Consideration:** While our access to electronics and technology has many benefits, we are only now starting to understand some of the effects it has on how our brains function. Check out this article on why boredom often beats screen time:

**Understanding the College Admission Process presentation:** On Monday, October 7, we will be providing a presentation for students and parents to better understand how the junior year can be used to prepare for the college admissions process. While this is aimed at juniors and their parents, families of any grade level are welcome. Please join us in the OHS Kiva from 6:00-7:00 p.m. on October 7. For families unable to attend, the presentation will be available on the
counseling website after the event. Please contact Cori Akers at cori.akers@okemosk12.net with any questions.

**Attention Juniors: PSAT/NMSQT Saturday, October 19:**
There are a few spots left for juniors interested in taking the 2019 PSAT/NMSQT. For more information, please see the Counseling News section of the OHS Counseling website. Please contact Carrie Inglis at carrie.inglis@okemosk12.net or 517-706-4923, if you have questions or require financial assistance.

**Athletic News:**

Anyone interested in evaluating the Hall of Fame Induction Ceremony should contact Athletic Director Brian Fuller @ brian.fuller@okemosk12.net

**Home Athletic Contests Week of September 30th:**

**Tuesday 10/1**
- Varsity Tennis vs Troy- 4PM
- JVB Soccer vs Grand Ledge- 4PM
- JVA/Varsity Soccer- CAAC Cup- 5:30 & 7:00PM
- FR Volleyball vs Williamston- 5PM

**Thursday 10/3**
- Varsity Golf - CAAC Jamboree #6 (18 holes) @ College Fields 10AM
- JV Tennis vs Skyline 4PM
- FR/JV/VAR Volleyball vs Grand Ledge- 5:00 & 6:30PM
- JV/Varsity Soccer- CAAC Cup- 5:00 & 6:30PM
- FR Football vs Waverly 6PM
- Swim/Dive vs Holt 6PM

**Online Payments link for season passes and participation fees:**
https://www.okemosk12.net/Page/9024
WHO WILL BENEFIT FROM StraightTALK?
Parents, Students and Community Members

This experienced duo offers WAI-IAM in StraightTALK, a presentation that takes the viewer into the world of a recovering heroin addict and alcoholic and exposes them to the gut-wrenching misery of the co-dependency and agony his family faced during the years of addiction. Attendees will hear the dramatic and captivating story, told from the viewpoint of both the addict and their family while learning what tools they used to find health and peace. Driven by a decade of gut-wrenching misery, become captivated by the HOPE this mother-son duo brings to the world today.

WAI-IAM in StraightTALK will:
✓ Captivate and engage the audience with live music and videos
✓ Teach viewers about choices and consequences of life decisions
✓ Educate your community on addiction and recovery
✓ Provide a new viewpoint and prevention tools for our youth, parents and loved ones of someone in active addiction
✓ Enlighten those dabbling with substances
✓ Break the stigma of addiction
✓ Support the battle against the opioid crisis

Date: Tuesday, October 15, 2019
Time: 6:00pm – 8:00pm (Doors open at 5:30pm)
Location: Okemos High School Auditorium
2800 Jolly Road, Okemos, MI 48864

Registration suggested but not required.
WAI-IAM in StraightTALK-Okemos
For questions or additional information contact:

See our Website for a complete schedule of events around the Tri-Cities

To learn more about WAI-IAM in StraightTALK, visit our website at www.rrclansing.org
Introducing the SAT Practice Test!

Okemos High School and Sylvan Learning are teaming up to help you prepare for the SAT.

The SAT exam is coming - are you ready?

Workshop includes a 30 minute presentation on tips and strategies, followed by a full length practice test.

Students will also receive 30 days access to sylvanprep.com which has a video review for each question on the test.

Saturday, October 12
8:00 a.m. - 1:00 p.m.
Okemos High School Commons

only $20

To register, fill out the form below and return it, along with your payment, to Mrs. Williams. (Checks to Okemos High School 2800 Jolly Rd. Okemos, MI 48864) You must register by Oct. 10th Please bring a calculator, pencils, water, and a snack.

Registration

Student name ___________________________ grade ________
Parent name ___________________________ phone ________
Street address __________________________ City ___________ Zip ________
Email ________________________________

*students will access scores via www.sylvanprep.com. Email address will be used as username