



OKEMOS HIGH SCHOOL

DECEMBER 22, 2023
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OHS NEWSLETTER. Published on the 1st and 15th each month.

IMPORTANT DATES

Winter Break

December 23-January 7

Mandatory NHS Meeting

January 10; 7:15 am, OHS Auditorium

No School

January 15

Semester 1 Final Exams

January 17-19

IMPORTANT LINKS

click these:

[DISTRICT CALENDAR](#)

[BOND UPDATES](#)

[PARENT GROUP NEWSLETTER](#)

[PARENT GROUP MEETING](#)

[MINUTES](#)

NEXT MEETING:

JANUARY 12, 2024

OKEMOS HIGH SCHOOL COMMUNITY,

I think I can confidently speak for all staff and students that we are looking forward to a well-deserved break!

We've had a really good month since our last newsletter: holiday concerts, door decorating, special club events, sports...I mean all of the extra stuff that makes this a fantastic place to be. The students are ready for a break, but you wouldn't know it. They are behaving wonderfully, being kind, giving it their all--I would expect no less of them.

I want to take some time to thank our teachers who are making fantastic things happen in the classroom. I had some good teachers growing up, for sure, but OHS teachers are on another level. The care and dedication to our students is AMAZING! I'm really proud of them, and I hope you are, too! I am encouraging all staff to unplug, forget about work and email, and just ENJOY BREAK!

I really want our kids to relax over break. I hope they spend a lot of time with family and friends. I hope they stay up late and sleep in until noon. I hope they play a lot of video games with friends, have friends over for a movie night, and maybe spend a little time outside for some fresh air!

Seriously, I would appreciate it if you would please help students forget about school for a couple of weeks. We have plenty of time left in the year for academics...let's just ENJOY BREAK!

As always, I am very proud of my staff, students, and our high school community. HAPPY HOLIDAYS!

Dr. Kemsley

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OKEMOS HIGH SCHOOL
**TAKES A
BREAK!**

There will be no assigned homework over winter break. PowerSchool will be turned off during this time.

All students, staff, and families are encouraged to use this time to relax, refresh, unplug, and enjoy a well-deserved break!

COUNSELING INFORMATION

Monthly Counselor Newsletter

Please access the [January Counseling Newsletter](#) here.

Cap & Gown Donation

Counselors are accepting cap & gown donations from the Class of 2021 to 2023 to be used by economically disadvantaged students. Please drop them off in the main office if you would like to donate them.

Important Senior Information

Senior Project

Seniors who may be in the giving spirit of the holiday season and have not yet signed up for the Senior Volunteer Project can still do so! The Senior Volunteer Project is a one-day event during which seniors spend the day with friends and make a difference at a variety of sites in the Lansing area, including a couple of our Okemos elementary schools. So far we have 134 volunteers but we would love to have more. Please note that students sign up here: <https://forms.gle/aKG4Pg5PRFFPUukZ6> and the t-shirt order and payment must be completed here: <https://okemosk12.revtrak.net/hs/hs-seniors/#/list>. Direct any questions to Mr. Walton.

Senior Decision Form

Seniors-do you want to share your post-high school plans? Would you like those plans featured on the Class of 2024 Decisions Instagram page? Then fill out [this form](#) to be featured!

ACADEMIC LEARNING CENTER (library after school) Information

The ALC will be unavailable to students on the following dates. Please make sure to mark these in your calendar as students will be expected to exit the building by 3 pm with no ALC available (unless involved in a different extracurricular activity).

- Tuesday, January 9th
- Wednesday, January 17
- Thursday, January 18
- Tuesday, February 6
- Tuesday, March 5
- Tuesday, April 2
- Tuesday, May 7
- Monday, June 3
- Tuesday, June 4

FROM DR. LARA SLEE, DIRECTOR of DEI

Checking Our Biases: Ableism & Ageism

Ableism is “a set of beliefs or practices that devalue and discriminate against people with physical, intellectual, or psychiatric disabilities and often rests on the assumption that disabled people need to be ‘fixed’ in one form or the other” ([Center for Disability Rights](#)). Examples of ableism include: choosing an inaccessible venue for an event, framing a disability as tragic or inspiring, and talking to a person with a disability like they are a child, among many others. Phrases like “That’s so lame,” “That guy is crazy,” and “It’s like the blind leading the blind” are ableist, implying that a disability makes a person “less than” and that disability is bad.

Ageism is prejudice or discrimination based on a person’s age, much of it directed toward older people because of negative and inaccurate stereotypes. Examples of ageism include: jokes about old people, accusing an older person of acting too young, and denying a person a promotion because of their age, among many others. Phrases like “You look good for your age,” “Are you having a senior moment?” “Hey old man,” and “Okay boomer” are ageist, often pitting younger people against older people. Read about the negative effects of ageism on the [American Psychological Association website](#).

We’ll identify other forms of bias in future communications.



COMMUNITY EVENTS/INFO

SAVE THE DATE 8 MAR 2024

OKEMOS MUSIC PATRONS

Spaghetti Dinner

Friday March 8, 2024
4:30 - 7:30 PM
Okemos High School

learn more @ okemosmusicpatrons.org

Bottle Filler Filters:
When and How Often are they Changed?

- We will change the filters when the indicator light turns yellow. The yellow light shows that the filter has up to 20% of its life remaining.
- We will change the filter after 12 months, even if the indicator light is green.
- Custodians will write the date on the new filters when they are replaced.
- One filter can process up to 3,000 gallons or 15,000 bottles. They filter lead, sediment, particulates, and chlorine out of the water.

Pho 777

OKEMOS BUSINESS PROFESSIONALS OF AMERICA

PHO 777 X OKEMOS BPA

All proceeds will go to the Okemos High School Business Professionals of America

JANUARY 3, 2024
11 AM TO 8 PM
PHO 777
4758 MARSH RD, OKEMOS, MI 48864

Come and enjoy a variety of delicious Vietnamese food to help raise funds for Okemos BPA! We hope to see you all there!

CALL 517-429-3804 TO MAKE TO-GO ORDERS

Pho 777

FEELING SICK?
HERE'S WHAT TO DO:

IS IT

COVID or the FLU

SYMPTOMS	COVID	FLU
Body aches	✓	✓
Chills	✓	✓
Dry cough	✓	✓
Fatigue	✓	✓
Fever	✓	✓
Headache	✓	✓
Loss of taste/smell	✓	
Stuffy nose	✓	sometimes
Nausea	✓	sometimes
Runny nose	✓	sometimes
Sneezing		sometimes
Sore throat	✓	✓
Shortness of breath	✓	sometimes

If you think you might have COVID:

ISOLATE AND TEST

- If you test negative, you can end isolation
- If you test positive, follow the full recommendations

If you test positive for COVID:

ISOLATE FOR FIVE DAYS

Continue to isolate until day 10 if:

- You were hospitalized.
- Your symptoms are not improving.
- You experienced shortness of breath or had difficulty breathing.

If you have symptoms:

- Day 0 of isolation is the day of symptom onset, regardless of when you tested positive.
- Day 1 is the first full day after your symptoms started.

If you don't have symptoms:

- Day 0 is the day you were tested, not the day you received the positive test results.
- Day 1 is the first full day following the day you were tested.

Regardless of when you end isolation until **DAY 11**

Avoid being around people who are more likely to get very sick from COVID. Wear a mask when indoors and around other people through day 10.