

Liberty High News

Volume 16, Issue 10

January 22, 2024

23 Boys Soccer @
HTHNC, 3:00

23 Girls Soccer vs
HTHNC, 3:30

23 Girls Basketball @ The
Cambridge School, 4:00

23 Boys JV Basketball vs
HTHM, 4:30

23 Boys V Basketball vs.
HTHM, 6:00

25 Boys Soccer @ HTHM,
3:00

25 Boys JV Basketball @
Oceanview Christian, 3:00

25 Girls Basketball vs.
Horizon Prep, 5:00

25 Boys V Basketball @
Oceanview Christian, 6:00

27 Boys JV Basketball vs.
Castle Park, 3:00

27 Boys V Basketball vs.
Castle Park, 4:30

**Semester 2 Bus Fees
are Due February 9th.**

Check Grades on-line
<https://sdhome.sdcoe.net/literacyfirst/>

Office: 619-659-5131
www.libertychs.org
Instagram: liberty_lc
Facebook: @lchslions

Semester 1 Report Cards

Semester 1 grades will be finalized this week and they will be mailed home no later than Friday, January 22nd.

Sports eligibility and Early and Late Release is determined by the Semester 1 Report Card.

School Choice Week

Join us in celebrating School Choice Week.

Monday - I Love My School Wristbands

Tuesday - Donut Holes - "School Choice is Sweet"

Wednesday - Parade on the Streets

Thursday - Smarties "School Choice is Smart"

Rady Children's Hosting Webinars

Free Mental Health Webinar Series for
Parents and Caregivers.

These webinars are offered through a partnership with the San Diego County Office of Education and medical and mental health experts with the Transforming Mental Health Initiative at Rady Children's Hospital - San Diego.

See the attached flyer for monthly webinar dates.

All webinars will be held from 5:30-6:30 pm

Followed by an optional, 15-minute question and answer

Seniors Order Your Cap & Gown Now

Order at www.sdgrad.com, Deadline is February 16th.

FAFSA Workshops

Tuesday, January 23rd @ 5pm

Zoom Webinar ID: 854 3008 2856

Friday, January 26th @ 1pm

Zoom Webinar ID: 882 2105 8238

These webinars hosted by SDSU will be recorded and placed on the SDSU Financial Aid website for those unable to attend.

Questions Contact nicole.allen@lfcinc.org



Spring Sports Clearance

The deadline to complete the athletic clearance for spring sports is

January 28th. Athletes who have competed or are currently competing in a sport DO NOT need to fill out a new clearance.

The website is [Home Campus](#).

Please contact Mrs. Dunton at linn.dunton@lfcinc.org if you have any questions.

Financial Aid Zoom Meeting

Financial Aid for college can be a very confusing process, so Mrs. Allen set up a meeting to address this...

Thursday, January 25th at 6pm

Grossmont College is hosting a Financial Aid Zoom Meeting.

There will be a brief presentation on what financial aid is. Any family who wishes to receive assistance with the completion of the application can stay online for help.

FAFSA Webinar

Thursday, January 25th, 6pm

<https://gcccd-edu.zoom.us/j/81081577714>

Zoom Web ID: 810 8157 7714

**SCHOOL CHOICE
WEEK IS**

JAN 22-26

**MONDAY: I Love My School Wristbands and Teacher
Talk about Choice**

**TUESDAY: Classroom Posters and
Donut Holes: "School Choice is Sweet"**

WEDNESDAY: Parade on the Streets

THURSDAY: Smarties: "School Choice is Smart"

FRIDAY: Wear Yellow Day

NATIONAL

SchoolChoice

WEEK



Supporting Our Youth



Transforming
Mental Health



Free Mental Health Webinar Series for Parents and Caregivers in 2024



This webinar series will provide information on the most common mental health challenges faced by youth today and will provide tips and tools to parents and caregivers to help them support the youth in their lives. It is offered through a partnership with the San Diego County Office of Education and medical and mental health experts with the Transforming Mental Health Initiative at Rady Children's Hospital-San Diego. Rady Children's is on the forefront of youth mental health and wellness and is dedicated to improving the mental health of all children. Spanish interpretation will be provided.

All webinars

5:30 to 6:30 p.m.

Followed by an optional, 15-minute question and answer session with the presenter

Jan. 24 Social Media's Impact on Youth Mental Health
Hilary Bowers, MD, FAAP
sdcoe.k12oms.org/918-243923

Feb. 7 Mental Health 101: Everything Parents Need to Know to Support Youth at Home
Willough Jenkins, MD
sdcoe.k12oms.org/918-243924

March 13 From Darkness to Light: A Parent's Guide to Recognizing and Responding to Youth Depression
Joshua Feriante, DO, MBA
sdcoe.k12oms.org/918-243925

April 24 Cultivating School-Life Balance to Support Academic Success
Katherine Nguyen William, PhD
sdcoe.k12oms.org/918-243927

May 15 When Anxiety Attacks: How You Can Help
Tammy Maginot, PhD
sdcoe.k12oms.org/918-244349



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Participants may be photographed for use in promotional and/or news materials.

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