

April Announcement

EAST LANSING HIGH SCHOOL

509 Burcham Drive East
Lansing, MI 48823
Phone: 517-333-7500
Fax: 517-333-7559
Attendance Line: 517-333-7567

School Hours:
7:45am - 2:35pm
Office Hours:
7:00am - 4:00pm



Trojan T.R.U.E
- Trust, Unity, Respect and Equity. Trojan T.R.U.E is a philosophy utilized in all areas of interaction at East Lansing High School. Research indicates that when a school environment is positive and predictable, students feel safe, have better academic performance, higher test results and make better behavior choices. Schools also show a gain in instructional time and a reduction in discipline referrals and out of school suspensions.

General Information:

Attendance:

517-333-7567

Mary.Fata@elps.us

Please leave your students name, grade and reason for absence.

EXCEL is a required academic period on Tuesday and Thursday. All students must be with a teacher, counselor or the media specialist during EXCEL. Visitors must report to the main office and receive a visitor's pass in order to access the building during school hours.

East Lansing High School is a closed campus during lunch for freshmen and sophomore students.

Contact information for high school employees is available on our website.



HIGH SCHOOL ADMINISTRATION



Ashley Schwarzbek - Interim Principal

ashley.schwarzbek@elps.us

517-333-7506

Quiana Davis - Assistant Principal

quiana.davis@elps.us

517-333-7503

Jeffrey Lampi- Interim Assistant Principal

Jeffrey.Lampi@elps.us

517-333-7530

Nikki Norris -Athletic/Activities Director

nicole.norris@elps.us

517-333-7574

Administrative Assistants

Nikie Tabor - Main Office

nikie.tabor@elps.us

517-333-7504

Mary Fata - Main Office

mary.fata@elps.us

517-333-7502

Bonnie McGraw - Registrar

bonnie.mcgraw@elps.us

517-333-7508

Debranae Campbell - Student Services

debranae.campbell@elps.us

517-333-7509

Laura Scott - Athletic/Activities Secretary and Copy Center

laura.scott@elps.us

517-333-7574 or 517-333-7499

BWL'S 1ST STEP INFORMATIONAL

**Thursday, April 27, 2023 during EXCEL
in the HUB**

**The School to Training and Employment Program --
gives Lansing-area high school seniors a work-
based learning experience and an opportunity to
obtain the skills to enter the workforce. 1st STEP
has graduated nearly 150 students, hired more
than 20 full time employees and awarded over
\$225,000 in scholarships since 2008.**

Benefits

- **Career exploration opportunities**
- **Learn while working a real job**
- **Structured process that requires students participation in activities necessary for learning/training and potential employment success**
- **Experience that helps students succeed in future jobs and in college**
- **Potential to be paid while working**
- **Potential for a \$2,000 scholarship to the college of choice.**

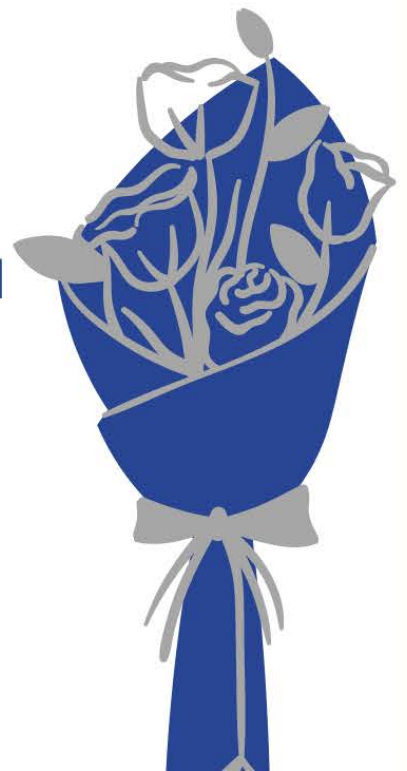
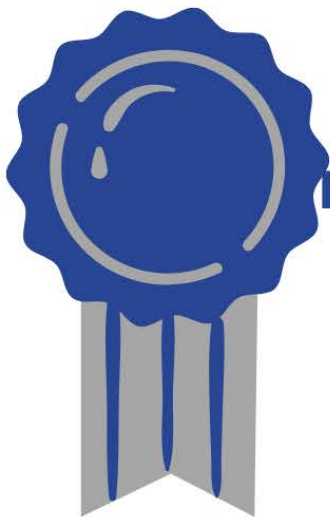


EAST LANSING HIGH SCHOOL

2023 CONVOCATION CEREMONY

May 19 | 10 AM

East Lansing High School
Auditorium



East Lansing High School 2023 Convocation

Dear Senior and Families,

Senior class convocation will be held on **Friday, May 19, 2023 at 10:00 a.m. in the Auditorium**. We are collecting information on accepted monetary awards and accepted scholarships along with any scholarships, honors, or athletic awards received by seniors.

Please fill in this form:

https://docs.google.com/forms/d/e/1FAIpQLSfJDZOnH3xeak.UTC_Ov_wL5j-fk5mpP2bhZs33wGcqW2_MHQA/viewform?usp=pp_url
by **Monday, May 8, 2023**. We will use your feedback, along with information gathered from students to complete the program for convocation. Your help is necessary for assuring accurate information. We will not disclose monetary amounts, but the information will be added together with all information received for a total amount offered to the class of 2023.



(517) 333-7500



509 Burcham Drive East Lansing, MI 48823

EAST LANSING HIGH SCHOOL


2023–24 TESTING OUT INFORMATION AND APPLICATION FORM

Testing out dates are scheduled for **Wednesday, August 9, 2023 and Tuesday August 15, 2023**. Students may take up to two tests per date. The PE test-out requires two sessions.

Testing out sign up must be submitted by **May 22, 2023** please use the following link:

https://docs.google.com/forms/d/e/1FAIpQLSeoAertb_hpvpch-uB09-5sYtZ33AMnklReEHZOw-mqnhLyOw/viewform?usp=pp_url

Study materials will be available to pick up from the school by parents on **Wednesday, May 31, 2023 - Friday, June 2, 2023** during the hours of **8:00 am-11:00 am**.




**REMINDER – IN ORDER FOR YOUR
FINAL TRANSCRIPT TO BE SENT TO
YOUR COLLEGE OR UNIVERSITY
YOU NEED TO REQUEST IT
THROUGH**

<https://www.parchment.com/> .

**INSTRUCTIONS ARE AVAILABLE IN THE
STUDENT SERVICES OFFICE IF YOU
NEED THEM.**

**BE SURE TO REQUEST ‘HOLD FOR
GRADES’ SO IT WILL NOT BE SENT
UNTIL YOUR 2ND SEMESTER GRADES
ARE ADDED.**

**FINAL TRANSCRIPTS WILL BE SENT
OUT THE WEEK OF JUNE 24TH AT THE
VERY LATEST.**





Student Services

April 2023

College Board

Students should make themselves a student account at the www.collegeboard.com (SAT/PSAT). This is where they will manage their test results, have access to test prep, and have access to career and college exploration. The college/career exploration features are top notch... and can be very helpful for students trying to figure out where their next journey will take them.

Scholarships

Please visit the student services website and click on scholarships. All scholarships that we receive are listed for students to check out.

<https://elps.us/our-schools/east-lansing-high-school/student-services/scholarships/>

FAFSA

The FAFSA is now open for the graduating class of 2023 to fill out. The FAFSA determines the amount of financial aid (loans, grants, scholarships, etc) that your student may be eligible for. The deadline for Michigan students to receive optimal consideration is May 1st , 2023..... but don't wait until then.

Forms

Is your student looking for a work permit, a free-reduced lunch form, etc? These forms are available in student services. Students are welcome to take them right from the rack near our front door.

Prom and Post-Prom 2023

Please refer to this document for the most up-to-date information we have about Prom and Post-Prom!

PROM

Theme A Night in the Garden

Date Saturday, May 20

Time 7:00pm - 11:30pm
There will be no entry after 8:30 pm.
Students may leave early, but there is no reentry.

Location MSUFCU Club at Spartan Stadium (formerly the Huntington Club)

Map of MSU Campus



Red Circle = Entrance to Huntington Club

Red Star = Parking Lot Closest to Entrance

Purple Star = Additional Parking

Attire Formal

Photos We do not hire a professional photographer.
There will be multiple theme-related backdrops for photos!

Dancing

We will have a dance floor and a professional DJ.
Ticket holders may click [here](#) to request songs.

Dinner

Each ticket holder must complete [this survey](#) to notify us about dietary preferences. We will make sure there are plenty of options to accommodate all needs.

All of the following items below will be available to mix and match!

Food will be served from 7:30pm - 9:00pm.

Fresh Fruit

Fresh Vegetables

Dim Sum - Potstickers, Spring Rolls, Gyoza

Chicken Skewers - Thai Satay, Mesquite BBQ

Mac and Cheese Bar

Buffalo Mac - Pulled Chicken, Buffalo Sauce, Cheese Drizzle

Smoked Mac - Pulled Pork, Crispy Onions, BBQ Drizzle

Mushroom Mac - Mushroom Fricassee, Roasted Tomatoes, Toasted Bread Crumbs

Mini Slider Bar with Riverboat Potatoes

Burnt Ends - Fried Onions, Pepper Jack Cheese, Chipotle BBQ

Jerk Chicken - Pineapple Mango Salsa, Caribbean Aioli

Veggie Patty - Fresh Basil, Tomato Caper Relish, Balsamic Reduction

Riverboat Potatoes

Roasted Redskins, Sautéed Mushrooms, Cheese Curds, Gravy

Wandering Pita Bar

Pita Chips, Seasoned Shredded Beef, Pulled Garlic & Herb Chicken, Falafel,

Tzatziki, Tahini Hummus, Olives, Tomatoes, Onion, Shredded Lettuces, Feta Cheese

Dessert Bar

Assorted mini cookies, brownies, cupcakes, pies, and cakes

Ticket Sales

\$55 each

April 24 - 27 in front of the HUB during both lunches

Tickets may be purchased with cash or check payable to ELPS.

(If paying by check, you must have separate checks for Prom and Post-Prom tickets.)

Please contact the Main Office if you need financial assistance. 517-333-7502 or 517-333-7504

Conduct

East Lansing High School dances are considered an extension of the school day. Therefore, **all rules and regulations outlined in the Student/Parent Handbook shall apply.** Please click [here](#) to review Prohibited Student Conduct beginning on page 44 for a description of conduct that warrants immediate removal from Prom or Post-Prom with no refund. Please click [here](#) to review additional guidelines pertaining to Dance Attendance. Prom decor is not the property of ELHS. **Students may not take any parts of centerpieces, photo vignettes, or decor for keepsakes.**

Personal Belongings

Students may not bring bags or backpacks to Prom. If a student must have a bag, it can be no larger than a clutch size (6.5 x 4.5 inches) and it will need to be checked by administration prior to entry. ELHS and MSU are not responsible for any lost or stolen property, even property stored in the coat check area. This area will be monitored by chaperones, but security is not guaranteed. We discourage you from bringing valuable items you do not plan to keep with you the whole time. No outside food or beverages are allowed.

Questions?

Please email julie.berridge@elps.us.

POST-PROM

It is almost here... the "After Prom Celebration Extravaganza". This year's Post-Prom theme is **New York City** so take a bite out of the Big Apple and buy your tickets early! **Tickets go on sale the week of May 15th during lunch in front of the HUB.** The ticket price is **\$35 per student** you can pay by cash or check (payable to ELHS Post Prom).

Don't miss out on the mega party after Prom! Post Prom will be held at school in the Student Union and Gym. **It starts at 11:30pm and ends at 2:30am.** Check-in runs from 11:30pm to midnight. **Lock-in starts at 12:15am.** Once you are there, you must stay until 2:30am or until a parent approves your departure.

What does your \$35 get you at the Post Prom party? There will be an inflatable maze, mechanical bull riding, caricature drawings, palm reading, and raffle prizes. There will be smaller raffles throughout the evening, and a large one at the end of the evening. So don't miss out on the cool prizes. Also all attendees will receive a Post-Prom souvenir. Food available will include NYC-style pizza, cheesecake, a coffee bar and much more throughout the evening! We hope you will come and enjoy the fun and buy your tickets starting May 15!



**THE SENIOR SOLO
RECITAL FEATURING
OUR CHOIR, BAND, AND
ORCHESTRA SENIORS
WILL BE HELD ON APRIL
19TH AT 7:00PM IN THE
HSCPA**

WANT TO HELP DONATE
A FREE YEARBOOK
TO AN ELHS STUDENT
THIS YEAR?

**NOW YOU
CAN**

Swipe for more information

We're looking for 40 individuals, businesses, organizations, **ANYONE** to help our ELHS population afford a piece of history: the 2023 ELHS yearbook.

Here's how to help:

1. Go to bit.ly/elhsyearbook
2. Select "Click to Order Your Yearbook"
3. Write "DONATE" in first & last name
4. Sponsor the yearbook!

DEADLINE: APRIL 28





QUESTIONS?

DM us @
eastlansingyearbook on
Instagram, East Lansing
Media on Facebook or
email our adviser:
cody.harrell@elps.us

Medicaid Changes Start March 1!

Do you know your MIBRIDGES username and password?

Is your phone number, home address and email address correct in MIBRIDGES?



1. Go to newmibridges.michigan.gov TODAY

2. Test your username and password

3. Update your address, phone number and email

CALL 1-844-464-3447 OR 517-887-4306 FOR HELP



HOW TO UPDATE YOUR MIBRIDGES INFO:

1. Login at newmibridges.michigan.gov

2. Go to the "Settings" tab

3. Click "Profile" tab

4. Edit/update your contact info

CALL **1-844-464-3447** OR **517-887-4306** FOR HELP

WHY IS THIS CHANGING?

MDHHS is starting the annual Medicaid re-enrollment process on March 1, 2023.

Keep your info updated in MIBRIDGES so you get all notices from MDHHS, and to make sure you are still eligible for Medicaid coverage.

MENTAL

HEALTH

MARATHON



Organizations:

MSU Psychological Clinic – Department of Psychology –
(517) 355-9564

MSU Department of Psychiatry – (517) 353-3070

St. Vincent Catholic Charities – (517) 323-4734

Grand Ledge Counseling Ctr – (517) 267-8357

CEICMH Crisis Services – (517) 346-8460

The Centered Self – (517) 347-7457

The Wellness Institute – (517) 347-4645

Wellspring Counseling Services – (517) 336-4335

Trevor Project (LBGTQ Suicide Resources):

<http://www.thetrevorproject.org/>

American Foundation for Suicide Prevention: <http://www.sprc.org>

American Association of Suicidology: <http://www.suicidology.org>

JED Foundation: <http://www.jedfoundation.org/>

National Suicide Prevention Lifeline:

<http://www.suicidepreventionlifeline.org>

Crisis Hotlines:

Community Mental Health – (517) 346-8460

CMH Children Emergency Services – (517) 346-8008

The Listening Ear – (517) 337-1717

Gateway Community Services Statewide Crisis Lines - (517) 351-4000

Counseling Providers for Adolescent Patients:

Annette Barton – ACSW - BCD – Okemos – (517) 347-7457

Jonathan Blair – Ph.D – Lansing – (517) 323-4099

Doug Block – ACSW – (517) 332-5465

Shana Bombrys – LMSW – Lansing – (517) 618-0579

Sarah Bove – LMSW – 517-204-6743

Jenn Briere – LLMSW – Lansing – (517) 346-8410

Amy Burton – LMSW – East Lansing – (517) 481-2133

Mark Cannizzaro, PhD 517-337-6545

Candice Carrasco – LMSW – 517-375-2672

Stephanie Commings – Psychiatry (Adults) – Lansing – (517) 887-9801

Sarah Crowgery – LMSW – 517-337-6545

Barbara Culton - MSW – Lansing – (517) 374-7388

Elizabeth Danowski – LMSW – East Lansing – (517) 268-8052

Deby Dantus – LCSW – 517-618-9884

Richard Dombrowski - PhD – Lansing – (517) 703-0110

Carol Ducat PhD – Okemos – (517) 349-6608

Elizabeth Dyste-Bales - LMSW – Lansing – (517) 927-2571

Amanda Epolito – LMSW – 517-230-9824

Bonnie Fons Wilson PhD – East Lansing – (517) 336-8055

Kerry Frawley – LMSW – Lansing – (517) 676-9788

Karen Gallaher – ACSW – Okemos – (517) 347-4645

Norman Gilbert – PhD – Okemos – (517) 349-5498
Tim Goth-Owens – 517-337-2900
Eileen Hathaway – LLP – East Lansing – (517) 336-4335
Jim Heavenrich – ACSW – East Lansing – (517) 337-2545
Shawn Johnson – Ph.D - (517) 347-4755
Kersten Kimmerly – LMSW – East Lansing – (517) 333-3741
Charlene Kushler – PhD – Williamston – (517) 655-3738
Michael Lagrou – 517-323-4734 ext 1700
Linda Lovegrove Lepisto – PhD – East Lansing – (517) 333-0332
Jack Loynes – PhD – East Lansing – (517) 908-0448
Karen Massol – LPC – East Lansing – (517) 336-4335
Jill Messer – MSW – Lansing – (517) 332-7105
****Ken Miller – LMSW 517-623-5181**
Maureen Moloney – LMSW – (517) 882-3732
Pamela Montgomery – PhD – Okemos – (517) 347-7736
Cynthia Morgan – PhD – Okemos – (517) 381-8821
Lori Naughton – PsyD – Okemos – (517) 648-8628
Jen Novello – LMSW – Lansing – (517) 999-9005
Mary Nowack – PhD – East Lansing – (517) 917-0919
Sarita Overton – PhD – East Lansing – (517) 333-9494
Kate Payne – LMSW 517-897-0507
Shani Saxon – LMSW – East Lansing – (517) 214-6990
Valerie Shebroe – PhD – East Lansing – (517) 332-4011
Shelley Smithson – MSW, PhD – East Lansing – (517) 332-1562
****Megan Spedoske – MSW – Lansing – (517) 242-9110**
Jason Stentoumis – Psyd – Lansing – (517) 999-3935
****Kate Stevenson – LMSW – 517-258-2384**
Mike Stratton – ACSW – East Lansing – (517) 336-7721
Bonnie Such – LMSW – (517) 376-2614
Barbara Thibeault – MSW – Lansing – (517) 374-6577
Hilton Thomas – 517-332-0811
Kelly Thomas – LMSW – East Lansing – (517) 337-2900
Jacqueline Titus – Ph.D – (517) 306-2924
Linda Wallace – MSW – East Lansing – (517) 332-3070
Carol Way – LMSW – Williamston – (517) 819-5654
Deborah Weathers – 517-282-2902
Heather Zak - PH.D /PC - (517) 327-7400

SPECIALTIES:

-ADHD

-Adolescent Counseling

-LGBTQI Issues

-PTSD

-Cognitive Behavioral Therapy

****Missy Wilson – LMSW, MPH – Lansing – (517) 882-6159**

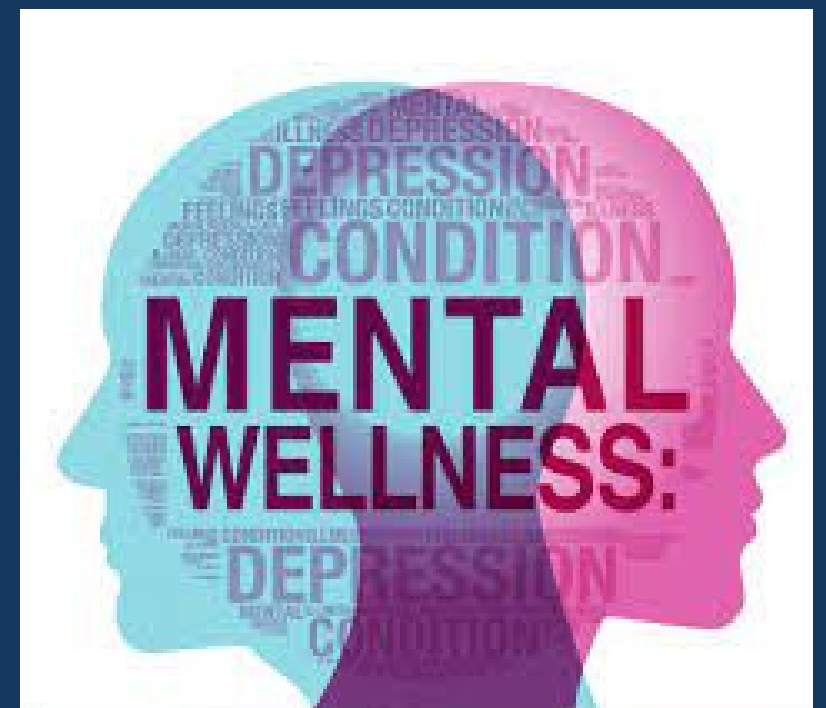
Zolecki-Polzin, Lauren – 517-332-0811

****Therapists are trauma trained and certified**

“

**Mental health problems
don't define who you are.
They are something you
experience. You walk in the
rain and you feel the rain,
but you are not the rain.**

MATT HAIG



**What mental
health needs is
more sunlight,
more candor, and
more unashamed
conversation.
- Glenn Close**

EVERYDAYPOWER