

October 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.U.R.F.
- Trust, Unity, Respect and Fairness Trojan T.U.R.F 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

elhsattendance.elhsa@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



Shannon Mayfield -Principal

shannon.mayfield@elps.us

517-333-7504

Ashley Schwarzbek - Assistant Principal

ashley.schwarzbek@elps.us

517-333-7506

Quiana Davis - Assistant Principal

quiana.davis@elps.us

517-333-7503

Nikki Norris -Athletic/Activities Director

nichole.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

**“PLEASE TAKE A
MOMENT TO REFLECT
ON WHERE YOU ARE AT
THIS MOMENT AND
KNOW THAT YOUR
NEXT STEPS CAN BE
IMPACTFUL TO OTHERS!**

#LIFTUPOthers”

-Mr. Mayfield



SUNDAY, OCT 16TH FROM 1PM - 3PM

POP CAN DRIVE, SPONSORED BY THE NATIONAL HONOR SOCIETY

Bring your returnable cans & bottles to ELHS
Student Parking Lot and our National Honor Society
Students will recycle them and donate all proceeds
to charity.

ELHS Student Parking Lot





FAFSA NIGHT

Presented by:

East Lansing High School & Michigan State University

Thursday, October 27, 2022

6:00 pm - 8:00pm

Located at:

East Lansing High School

509 Burcham Dr, East Lansing, MI 48823

Enter at door 8

Please bring the following items if you need help filling out the form:

Computer/laptop, 2021 information, Tax Information, Current Bank Statements, Investments, Assets information, Property information, Social Security Number

REGISTER BELOW TO ATTEND

https://docs.google.com/forms/d/e/1FAIpQLSeBd-2KyVgUmY3CrOSRI5qkPA3NbG-ToAtSAIg-zFBFygmyww/viewform?usp=pp_url



**PIZZA WILL BE PROVIDED BY CAPITAL
AREA COLLEGE ACCESS NETWORK**

This event is open to all school districts!

AP Exam Registration

REGISTER HERE

<https://docs.google.com/forms/d/e/1FAIpQLSfZpIM1kEaQBrYFz2mMhZWoyhzuZfauQt1sgUVg44dVjqIkVQ/viewform>

Students MUST be joined with one of our AP Classes in order to register.

Each Exam that you register for is \$105. Students that are Free and Reduced pay \$53 per exam. You must bring your receipt with the students name to Nikie Tabor in the Main Office at ELHS or email the receipt to nikie.tabor@elps.us.

If you are not taking an AP class but want to take an AP Exam you must contact Nikie Tabor, nikie.tabor@elps.us, to get a JOIN CODE. You must be joined to an AP Class on College Board in order for a test to be ordered for you.

SOCIAL JUSTICE



Our Social Justice Team is looking for 8 students from East Lansing High School who would like to participate in MSAN. MSAN is a national coalition of multiracial school districts that have come together to understand and eliminate racial opportunity gaps that persist in their schools. Student participants should demonstrate leadership potential in school and/or their community and should possess a passion or willingness to help improve the academic achievement and educational experiences of students representing many diverse social identities (race and ethnicity, gender identity and expression, sexual orientation/attractionality, social/economic class, religion, ability, age, and body type). The goal of this group is to create actionable steps to address the inequities that these students may face in our school. If your student is interested, please have them email Diana Sanchez at diana.sanchez@elps.us to receive the interest form when it is released later this month.



COLLEGE VISIT

KETTERING UNIVERSITY

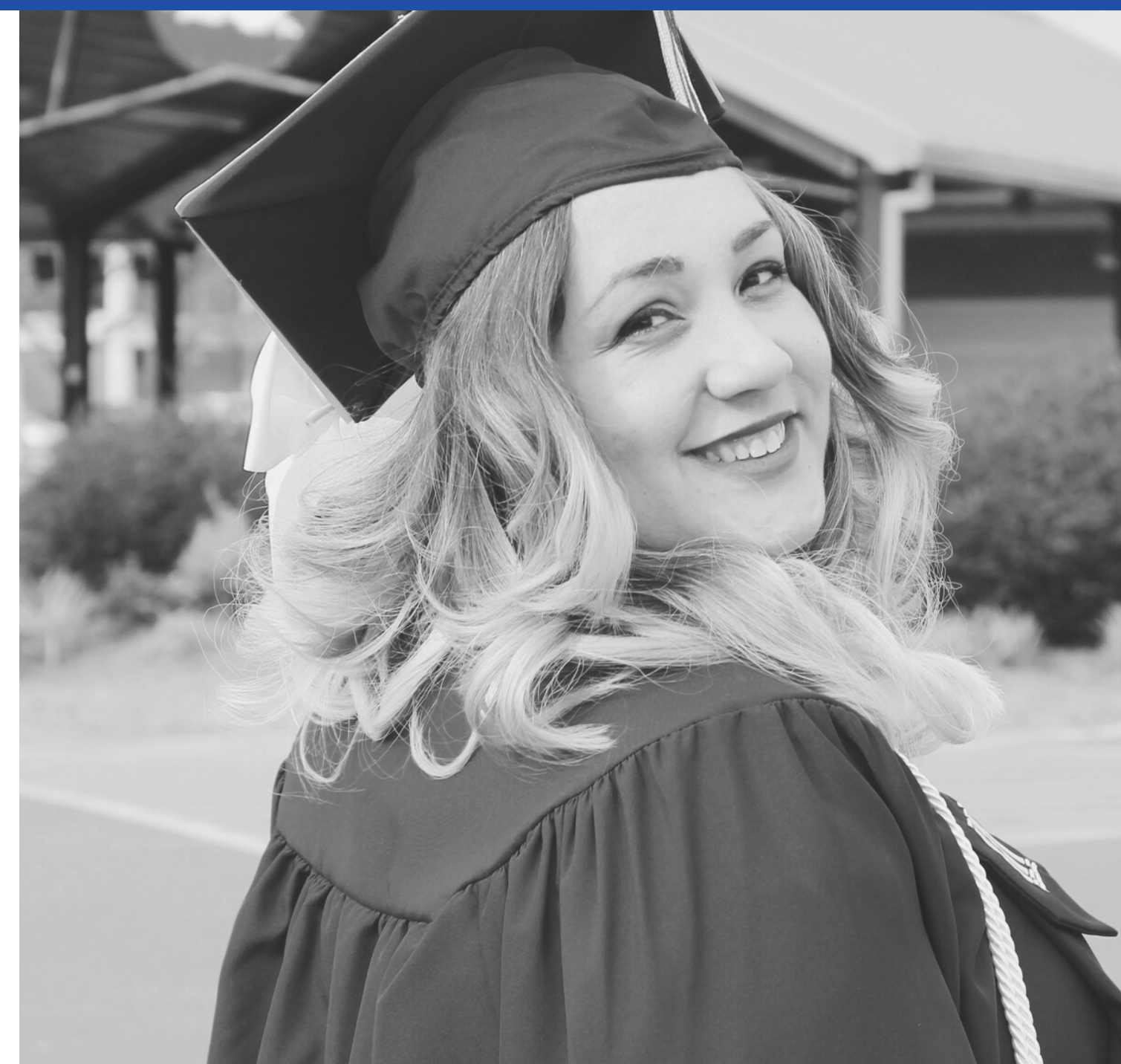
LOCATED IN THE STUDENT
SERVICES (230)

OCTOBER 20, 2022
DURING 6TH HOUR
2:00 PM

REGISTER BELOW TO
ATTEND



https://docs.google.com/forms/d/e/1FAIpQLSegRIsVEfEmBvkP9dcuYB8FBrvuCmtXTseIKh0wKevJbr8I1g/viewform?usp=pp_url





V I S I T A T E L H S

UNITED STATES ARMY NATIONAL GUARD

LOCATED IN FRONT OF THE
HUB OCTOBER 21, 2022
DURING LUNCH





C O L L E G E V I S I T

UNIVERSITY OF MICHIGAN

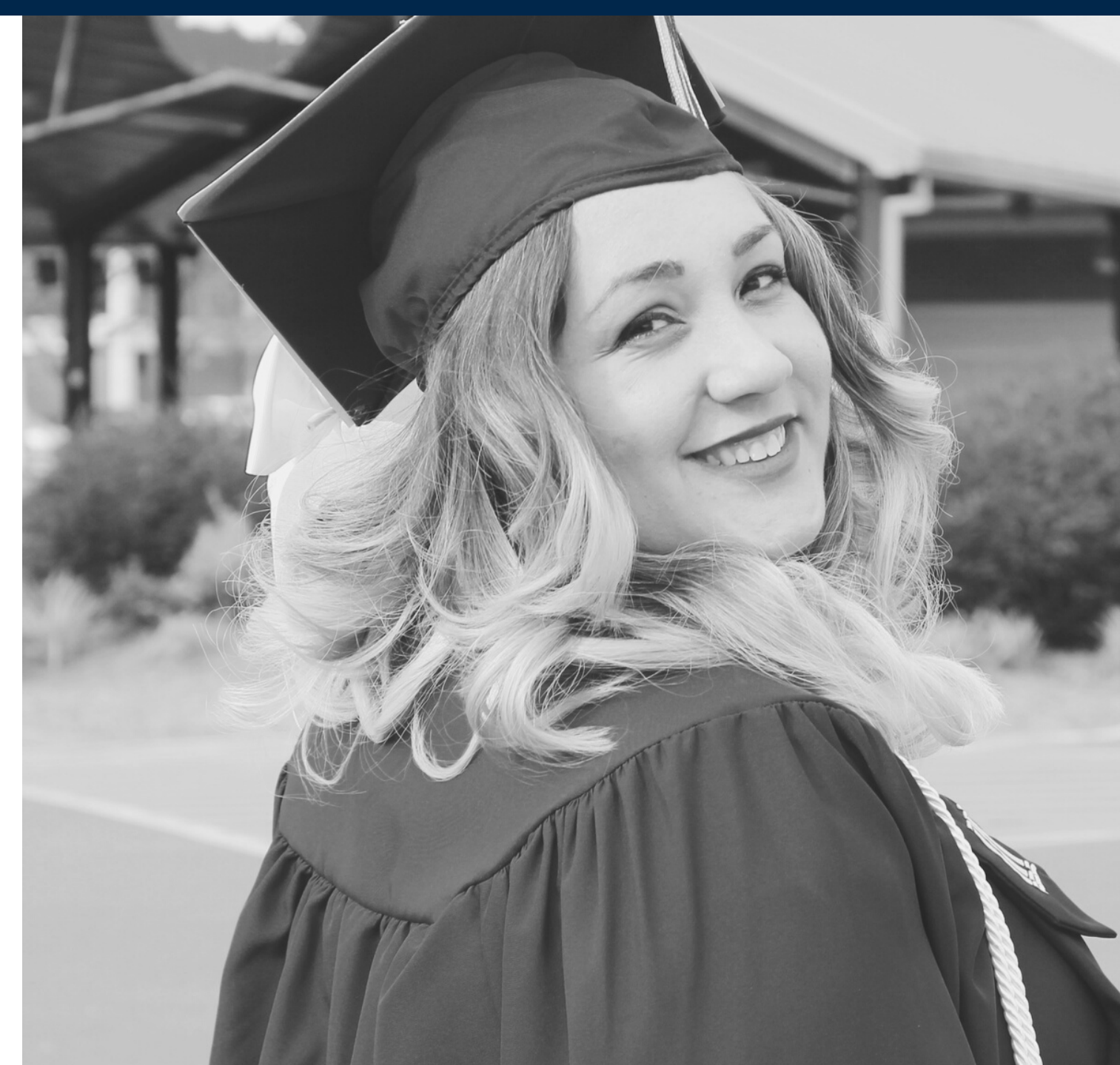
L O C A T E D I N T H E H U B

OCTOBER 24,
2022,
6TH HOUR
(1:30 PM)

REGISTER BELOW TO
ATTEND



https://docs.google.com/forms/d/e/1FAIpQLSdB0Ey7elegdvZzlmsdV_aOcE1jp9W12uJuAVmliAsglfv2IA/viewform?usp=pp_url



Scholarship

AWARD

Elisabeth Beer

2022 graduate Elisabeth Beer will be honored on October 23 by the Greater Lansing United Nations Association (GLUNA). Elisabeth was an integral part of the East Lansing High School Model UN team and is being recognized for her contributions in promoting international peace through understanding. She will be honored at GLUNA's annual awards dinner where she will receive a \$500 scholarship which she will use when she starts her academic career at the University of Michigan next year. As Elisabeth is in London this academic year, ELHS teacher and Model UN advisor, Mark Pontoni, will be accepting on her behalf.



UNA ★ USA
Greater Lansing Chapter

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

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

