

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

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



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

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



BLACK HISTORY MONTH

**KNOW THE PAST,
SHAPE THE FUTURE**

01 FEB

01 MAR

EAST LANSING HIGH SCHOOL





BESSIE COLEMAN



MARTIN LUTHER
KING JR.



MUHAMMAD ALI



ANGELA DAVIS



MADAM CJ
WALKER



BOOKER T.
WASHINGTON



SHIRLEY
CHISLOM



FREDERICK
DOUGLASS

NHS MEMBERSHIP APPLICATIONS

- National Honor Society membership at ELHS is open to all junior and senior students with a 3.5 GPA or higher.
- Applications will be emailed out this week and they are due by April 7, 2023. No late applications are accepted.
- Students must complete a minimum of 7 service hours and provide documentation by April 7th.
- Students must use their ELPS email address to complete the application.





Student Services February 2023

Testing

Spring 2022, all 9th and 10th grade students will take the PSAT, and all 11th grade students will take the MME which includes the SAT, M-Step and WorkKeys. While these are state mandated tests, they allow our 9th /10th grade students to experience a standardized testing situation before taking the SAT. The 11th grade SAT state mandated test allows all students to have a college reportable score, which can open up the college door for our students.

College Board

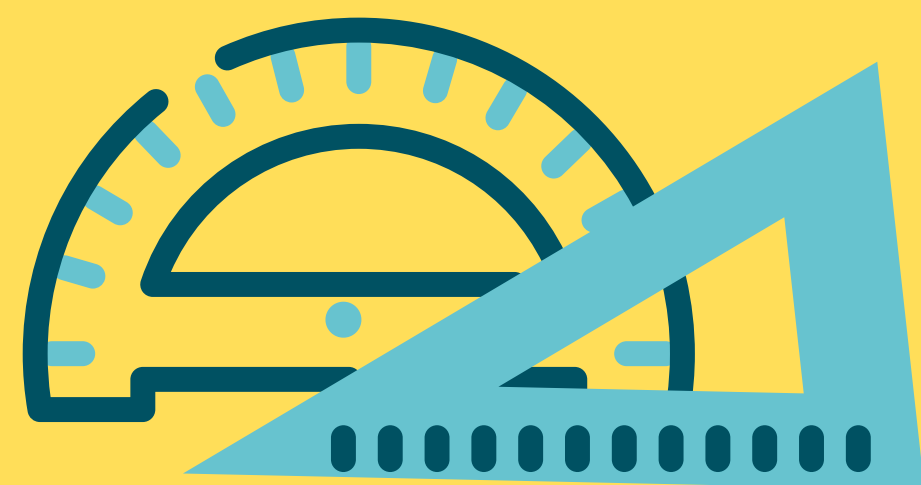
Students should make themselves a student account at the www.collegeboard.com (SAT/PSAT). This is where they will manage their test results, have access to test prep, and have access to career and college exploration. The college/career exploration features are top notch... and can be very helpful for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

SAT Prep

Khan Academy offers free SAT test prep/practice for all students. Visit satpractice.org/k12 to get your students started. The great thing about Khan is that you can link your Khan account with your College Board account. This helps with test prep!



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/>

Transcript Request

For schools that are not on the common app, students must request transcripts through www.parchment.com. All transcripts requested through Parchment are automatically sent out by Ms. McGraw. Common Application requests still go directly to and through the counselor. .

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.



EAST LANSING HIGH SCHOOL 2022-2023 TENTATIVE TEST DATES

GRADE	WHERE	TEST	DATE
OCTOBER			
All	ELHS	AMERICAN MATHEMATICS COMPETITIONS (AMC) Registration and pay by October 7th	10-Nov-22
All AP	ELHS	AP EXAM REGISTRATION FORMS, JOIN CLASS, AND FEES pay in main office or online at gofund -- Exams are first 2 weeks of May	Registration, Join and pay by October 21, 2022
10,11	ELHS	PSAT/NMSQT-	12-Oct-22
All	ELHS	HS 1st Semester Exams	January 10,11,12
APRIL			
11th & eligible 12th	ELHS	SAT	12-Apr-23
	ELHS	ACT WORKKEYS	13-Apr-23
11th & eligible 12th	ELHS	M-STEP (MICHIGAN SCIENCE , MICHIGAN SOCIAL STUDIES)	4/10/2023 - 5 /19/ 2023
9th & 10th	ELHS	PSAT	12-Apr-23
All AP	ELHS AND MSU	ADVANCED PLACEMENT EXAMS	May 1 - May 12, 2023
June			
All	ELHS	HS 2nd Semester Exams	June 29, 30, 31

Let's Celebrate!



100

Anniversary

East Lansing 
Public Library



East Lansing Public Library is turning 100 years old,
and we would be honored if you would join us for our
centennial birthday party!

Saturday, March 11, 2023

11am-2pm

950 Abbot Rd, East Lansing

We'll have activities for all ages, live music, giveaways, and
of course, a birthday cake! We will be joined by the
East Lansing Fire Department and WKAR, both of whom are also
celebrating their 100th birthdays. David Andrews of WILX-TV10 will
be our host for the comments portion of the program.



FOLLOW

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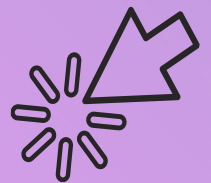
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US ON INSTAGRAM



@EASTLANSINGHIGHSCHOOL

East Lansing High School
(@eastlansinghighschool) • Instagram photos
and videos





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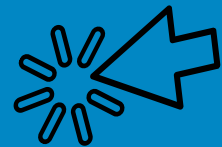
FOLLOW

US ON TWITTER



@ELHSNEWSFEED

East Lansing High School
(@ELHSNewsFeed) / Twitter



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

