

January 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.

Mr. Mayfield

”

Greetings All and Salutes for Success in 2023!

As we continue the journey, I wanted to express my appreciation for the efforts and focus thus far.

Students, Families, and Stakeholders please let us know how we can improve and / or assist with your experiences at East Lansing High School.

My hope is that we are developing the next wave of Leaders that others need to see.

Respectfully,
Shannon M.



Trojans Tracking Excellence !! #TTE !!

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

YEAR BOOK ELHS

Hello senior parents! It's time to break the baby pictures out!

The last day to submit senior advertisements is Thursday, Feb. 2. Currently, we're down to less than half of the allotted pages left for senior recognition ads. After we hit our page limit, names will be placed on a waitlist. It is unlikely many, if any, waitlisted names will be allotted advertisement space.

To place an order for your advertisement, visit [bit.ly/elhsyearbook](https://www.jostens.com/apps/store/ybAdDesigner/1064513/-/20220705101504010133/CATALOG_SHOP/) and click on senior yearbook recognition ads, or go to the link https://www.jostens.com/apps/store/ybAdDesigner/1064513/-/20220705101504010133/CATALOG_SHOP/. It will guide you through the entirely-online process of placing a yearbook ad order.

If you have any questions or concerns, please email adviser Cody Harrell at cody.harrell@elhs.us.

Have a wonderful month!

Sincerely,
The 103rd ELHS Yearbook Staff

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



Student Services

January 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

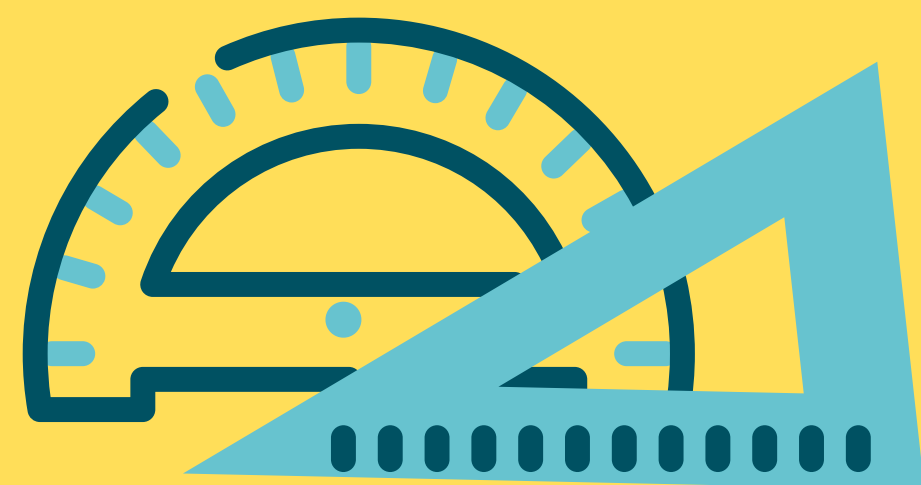
Students should make themselves a student account at the www.collegeboard.com (SAT/PSAT). This is where they will manage their test results, have access to test prep, and have access to career and college exploration. The college/career exploration features are top notch... and can be very helpful for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



ELHS Attendance Appeal Process

Student with 10+
Unexcused Absences
in a Period

Scenario 1: Passing Course
Grade + 78% or Higher on
the Final Exam

Outcome: Course Passed,
Credit Granted

Final Grade Earned will be
Reflected on the
Transcript

Scenario 2: Passing Course
Grade + 77% or Lower on
the Final Exam

Outcome: Credit Withheld,
Attendance Appeal
Required

Determination on Credit
Made by the Attendance
Appeal Team

Scenario 3: Failing Course
Grade

Outcome: Course Failed,
No Credit Earned

Final Grade Earned will be
Reflected on the
Transcript

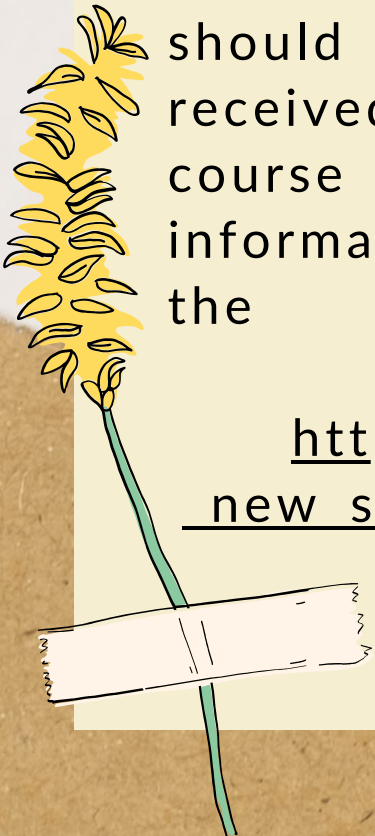
ATTENDANCE APPEALS

The attendance appeal process has been reinstated for the 22-32 School year. Any student who has **exceeded 9 unexcused absences** in a period and who does not score a **78% or higher** on the final exam will need to fill out an attendance appeal form at the end of the semester to contest their withheld credit. Forms will be available on Ms. Fata's desk during the last week of the semester. Students should not fill one out until they have received their final exam grades and final course grades in January. For full information on our attendance policy visit the

Student Handbook:

[https://elps.us/downloads/elhs -
new student documents/website hanbo
ok19159 v2.pdf](https://elps.us/downloads/elhs_new_student_documents/website_hanbok19159_v2.pdf)

**East Lansing High
School**



STUDENT ABSENCES

There are two types of absences: excused and unexcused.

- Excused absences include: illness, observance of a religious holiday, death in the immediate family, family emergency, situations beyond the control of the student, circumstances that cause reasonable concern to the parent/guardian for the student's safety or health, or other reason as approved by the principal.
- All other absences are considered unexcused. Pre-arranged excused absences must be approved by the principal using the pre-arranged absence form available in the main office.
- The school may require documentation explaining the reason for the student's absence if a pattern of absenteeism occurs in order to excuse future absences.

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STUDENT ABSENCES

In the event of any absence, the student's parent or guardian is required to call the school at 517-333-7567 to explain the reason for the absence within 48 hours of the absence. Failure to do so shall result in an unexcused absence. Excessive unexcused absences may result in the following: A formal truancy letter, parent/guardian conference or restorative circle, referral to county truancy agency, or loss of credit as outlined below.

***To earn credit in a course, absences must not exceed nine (9) unexcused absences in each class per semester. A student with 10 or more Unexcused absences who earned a passing grade in a course and scored a minimum 78% on a comprehensive final exam for the course will receive credit. Any student not meeting this requirement will need to follow the appeal process in order to receive credit.**



FOLLOW

US ON FACEBOOK



@EASTLANSINGHIGHSCHOOL

[East Lansing High School | Facebook](#)





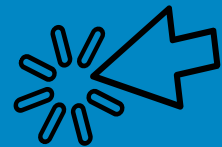
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East Lansing High School
(@ELHSNewsFeed) / Twitter





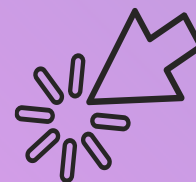
FOLLOW

US ON INSTAGRAM



@EASTLANSINGHIGHSCHOOL

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





**FUNDRAISING
RITE AID**

How RXfundraising Works...

<https://rxfundraising.com/s/?id=ELHSSFMH>



I want to

DROP/ADD A COURSE

DEADLINE TO REQUEST A DROP/ADD 1/20/2023 BY NOON

Use this link to request changes to your current schedule.

https://docs.google.com/forms/d/e/1FAIpQLSe64HmLbNAD6HmFKyuKbX2OLzalwu1XZ1czwMK7B41gXYwDDg/viewform?usp=pp_url

Please review the ELHS Add/Drop Policy before making your request:

https://docs.google.com/document/d/1BRHvI_KWQDtYdylyzJcU9CF5Xutlwyq-fuUeFAMW0Ok/edit?usp=sharing

The most accurate list of available classes is located here but know that this document is **not updated in real time**:

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



Ingham County Immunization Clinic Walk-in Hours

Monday, Tuesday, Friday 9:30am – 4:00pm

Wednesday 9:30am – 5:30pm

Thursday 1:00pm – 4:00pm

Walk in appointments are on a first come first serve basis. If you are planning on coming later in the day please call 517-887-4316 to verify that we have not closed walk-ins due to high volume. We still have scheduled appointments too!

Address: 5303 S Cedar St, Lansing MI 48911
Building 3, Second Floor
Phone: 517-887-4316

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**

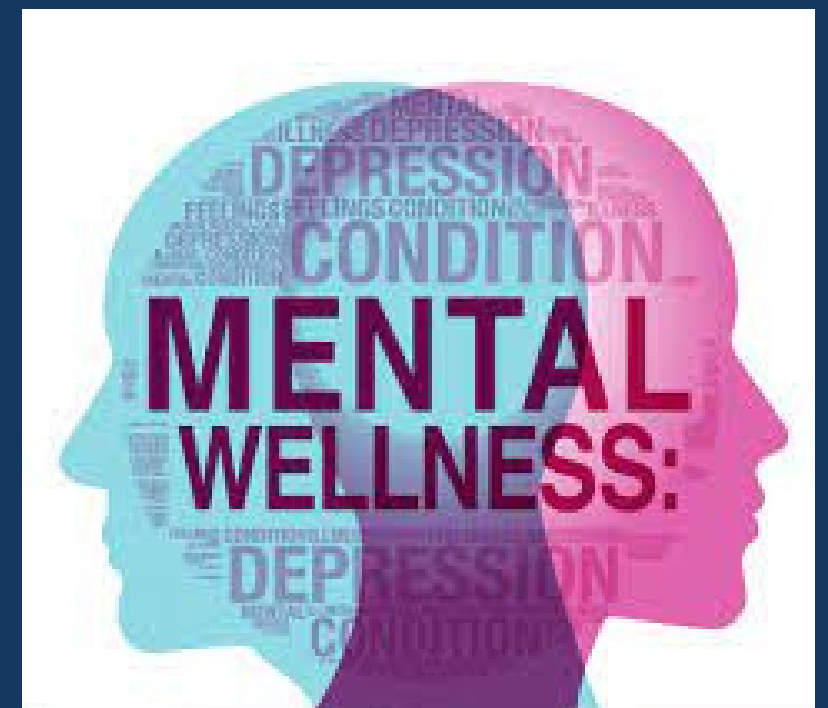
Zolecki-Polzin, Lauren – 517-332-0811

****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