

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

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



Mental Health Family Night

FIND ANSWERS TO HELP YOUR CHILD

This might be the most important event of the year for all parents! Support your child's mental health and wellness by joining us for an informative event for parents and educators. Ask questions of leading family therapists and take advantage of a free resource to help parents with important topics such as identifying anxiety, depression, grief, suicide ideation and parenting with purpose.



Note: Use of this program is confidential

Join us for a
virtual event

—
Wednesday
November 16, 2022

—
8:00-9:00 pm

—
Register now:

<https://cookcenter.info/Nov16>



ParentGuidance.org

provided by

**EAST LANSING SCHOOL
DISTRICT**

through a

generous grant by the

**COOK CENTER FOR
HUMAN CONNECTION**



EAST LANSING HIGH SCHOOL PRESENTS
THE NATIONAL HONOR SOCIETY

ANNUAL TURKEY DRIVE

WE WILL BE COLLECTING THE BASKETS DURING 1ST HOUR ON TUESDAY, NOVEMBER 22. THE TURKEY DRIVE IS A COMPETITION FOR ALL 1ST HOUR CLASS PERIODS. THERE WILL BE THREE PRIZES AWARDED THIS YEAR. A BOX IS CONSIDERED FULL WHEN ALL OF THE ITEMS ON THE CHECKLIST PLUS THE \$25 FOR PERISHABLE FOOD ITEMS. NHS MEMBERS WILL BE COMING AROUND TO YOUR 1ST HOUR CLASS PERIODS ON THURSDAY, 11/3 TO INVITE YOUR CLASS TO PARTICIPATE IN THE CHALLENGE. THE FOOD DRIVE WILL END ON TUESDAY, NOVEMBER 22ND



Student Services November 2022

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

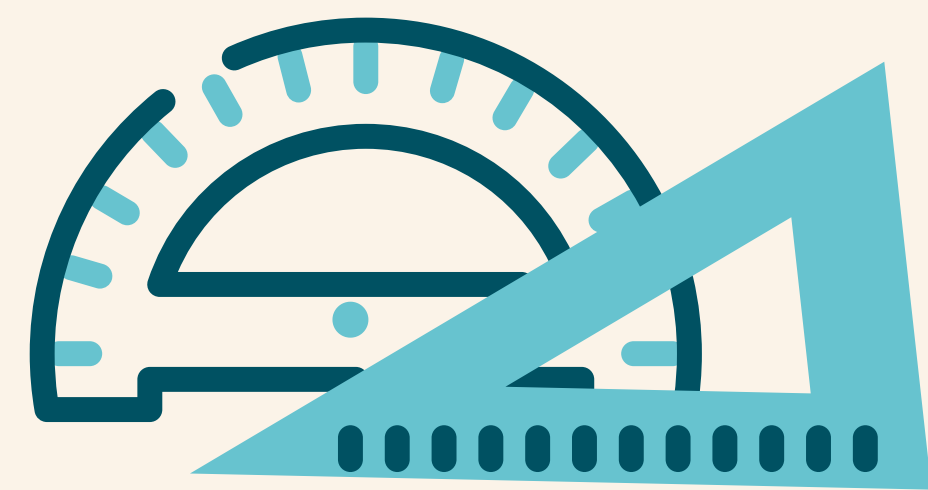
Students should make themselves a student account at the www.collegeboard.com (SAT/PSAT). This is where they will manage their test results, have access to test prep, and have access to career and college exploration. The college/career exploration features are top notch... and can be very helpful for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

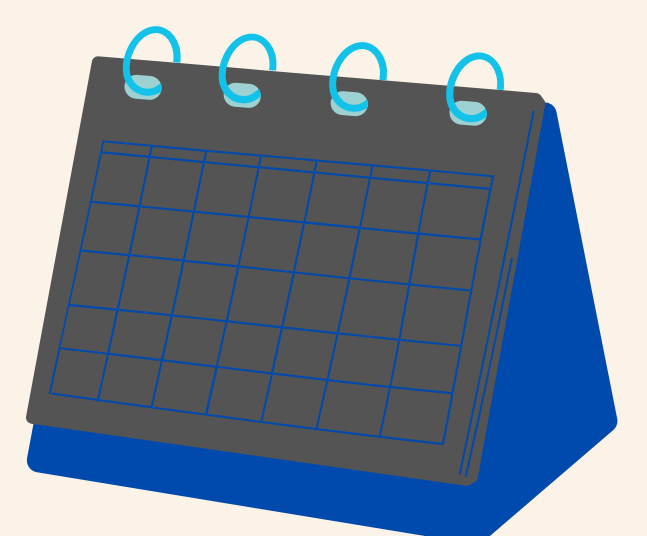
For schools that are not on the common app, students must request transcripts through www.parchment.com. All transcripts requested through Parchment are automatically sent out by Ms. McGraw. Common Application requests still go directly to and through the counselor. .

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.





FOLLOW

US ON FACEBOOK



@EASTLANSINGHIGHSCHOOL

[East Lansing High School | Facebook](#)





FOLLOW

US ON INSTAGRAM



@EASTLANSINGHIGHSCHOOL

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





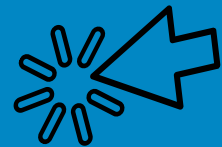
FOLLOW

US ON TWITTER



@ELHSNEWSFEED

East Lansing High School
(@ELHSNewsFeed) / Twitter





**EAST LANSING HIGH SCHOOL THEATER
PRESENTS:**

A MIDSUMMER

NIGHT'S

DREAM

SHOW DATES:

NOVEMBER 18TH @ 7:00 PM

NOVEMBER 19TH @ 7:00 PM

NOVEMBER 20TH @ 2:00 PM



BUY TICKETS ONLINE

USE THE QR CODE BELOW, OR
VISIT [GOFAN.CO](https://gofan.co) & SEARCH
EAST LANSING HIGH SCHOOL



A MIDSUMMER NIGHT'S DREAM
NOVEMBER 18, 2022 | 07:00 PM





BUY TICKETS ONLINE

USE THE QR CODE BELOW, OR
VISIT [GOFAN.CO](https://gofan.co) & SEARCH
EAST LANSING HIGH SCHOOL



A MIDSUMMER'S NIGHT DREAM
NOVEMBER 19, 2022 | 07:00 PM





BUY TICKETS ONLINE

USE THE QR CODE BELOW, OR
VISIT [GOFAN.CO](https://gofan.co) & SEARCH
EAST LANSING HIGH SCHOOL



A MIDSUMMER'S NIGHT DREAM
NOVEMBER 20, 2022 | 02:00 PM



Michigan Achievement Scholarship



Are you a graduating high school senior? We're excited to announce the Michigan Achievement Scholarship!

Starting with the high school Class of 2023, students will be eligible for more financial aid from the State:

- Up to \$2,750 if they attend a community college, per year
- Up to \$5,500 if they attend a public university, per year
- Up to \$4,000 if they attend a private college or university, per year
- Students will be eligible if their family demonstrates financial need* when they complete the Free Application for Federal Student Aid (FAFSA).

*Financial need is defined as an Expected Family Contribution (EFC) of \$25,000 or less.

Things high school seniors can do right now to prepare:

- File the FAFSA.
- Create a MiSSG Student Portal three to five business days after filing your FAFSA.

Visit michigan.gov/mistudentaid to learn more about the Michigan Achievement Scholarship.

MI Student Aid

P.O. Box 30462
Lansing, MI 48909-7962

1-888-447-2687
michigan.gov/mistudentaid



@mistudentaid



Below you will find a list of 14 Scholarship Programs that will give out more than 140 Individual Scholarship Awards during the 2022-23 school year. Students from your school are eligible for all awards below.

***Weekly Scholarship Newsletter available here:**

<https://scholarshipguidance.com/newsletter>

NOVEMBER SCHOLARSHIP NEWSLETTER

DEADLINES BETWEEN: NOVEMBER 30th & MAY 31st, 2023

1) Nitro Scholarship - \$2,000 - 12 Awards (Deadline: November 30, 2022)

To be eligible for the scholarship a student must:

- A) Be currently enrolled as a high school senior or enrolled at an accredited college or university.
- B) Carry a GPA of 2.5 (on a 4.0 scale) or greater.

Applications can be found by going to:

<https://scholarshipguidance.com/scholarships/35356/nitro-scholarship>

2) Stephen J. Brady Stop Hunger Scholarships - \$7,500 - 5 Awards (Deadline: December 7, 2022)

To be eligible for the scholarship a student must:

- A) Be enrolled in an accredited educational institution (kindergarten through graduate school) in the US.
- B) Have demonstrated an ongoing commitment to their community by performing unpaid volunteer services.

Applications can be found by going to:

<https://scholarshipguidance.com/scholarships/26518/stephen-j-brady-stop-hunger-scholarships>

3) Science Ambassador Scholarship - \$40,000 - 1 Award (Deadline: December 13, 2022)

To be eligible for the scholarship a student must:

- A) Be a high school senior or an undergraduate student.
- B) Be a woman attending a school in the United States.

Applications can be found by going to:

<https://scholarshipguidance.com/scholarships/32337/science-ambassador-scholarship>

4) Niche College Scholarship - \$50,000 - 1 Award (Deadline: December 14, 2022)

To be eligible for the scholarship a student must:

- A) Be a senior in high school or a current college student.
- B) Be attending or planning to attend college or university in 2023.

Applications can be found by going to:

<https://scholarshipguidance.com/scholarships/37970/niche-50000-scholarship>

5) Easton/NFAA Scholarship Program - \$5,000 - 5 Awards (Deadline: December 31, 2022)

To be eligible for the scholarship a student must:

- A) Be a member of the NFAA or the NAA/USA Archery.
- B) Be applying to be a full-time student at a two or four-year college/university or a technical training college.

Applications can be found by going to:

<https://scholarshipguidance.com/scholarships/30322/eastonnfaa-scholarship-program>

6) Power of Resilience Scholarship - \$1,000 - 1 Award (Deadline: December 31, 2022)

To be eligible for the scholarship a student must:

- A) Be in either high school or college and must show good academic standing with a GPA of at least 3.0.
- B) Submit an essay discussing a serious life challenge you encountered and how you overcame them.

Applications can be found by going to:

<https://scholarshipguidance.com/scholarships/32460/power-of-resilience-scholarship>

7) GE Reagan Foundation Scholarship Program - \$40,000 - 20 Awards (Deadline: January 5, 2023)

To be eligible for the scholarship a student must:

- A) Demonstrate at school, at the workplace, and within the community the attributes of leadership, drive, integrity, and citizenship.
- B) Demonstrate strong academic performance (minimum 3.0 grade point average/4.0 scale or equivalent).

Applications can be found by going to:

<https://scholarshipguidance.com/scholarships/27827/ge-reagan-foundation-scholarship-program>

8) ExploraVision Awards - \$10,000 - 40 Awards (Deadline: January 31, 2023)

To be eligible for the scholarship a student must:

A) Be a United States citizen living within the United States or U.S. Territories and enrolled full-time in a public, private, or home school and no older than 21 years of age.

Applications can be found by going to:

<https://scholarshipguidance.com/scholarships/27293/exploravision-awards>

9) Texting and Driving Prevention Scholarship - \$1,000 - 1 Award (Deadline: February 10, 2023)

To be eligible for the scholarship a student must:

A) Be about to enroll or currently enrolled in an undergraduate or graduate program, or community college in the US. High school students may apply if they have been accepted to an accredited college or university.

B) Have a GPA of at least 3.0.

Applications can be found by going to:

<https://scholarshipguidance.com/scholarships/33650/texting-and-driving-prevention-scholarship>

10) Sloane Stephens Doc & Glo Scholarship - \$1,300 - 20 Awards (Deadline: February 20, 2023)

To be eligible for the scholarship a student must:

A) Be a current high school senior or current undergraduate student.

B) Have a GPA of at least 2.5.

Applications can be found by going to:

<https://scholarshipguidance.com/scholarships/38177/sloane-stephens-doc-glo-scholarship>

11) Children of Warriors National Scholarship - \$5,000 - 15 Awards (Deadline: March 1, 2023)

To be eligible for the scholarship a student must:

A) Be daughters, sons, grandsons, granddaughters, great-granddaughters, great-grandsons of veterans who served in the Armed Forces.

B) Excel in academics at school and participate in volunteer activities outside of school.

Applications can be found by going to:

<https://scholarshipguidance.com/scholarships/30151/children-of-warriors-national-presidents-scholarship>

12) NextLevel Student Scholarship - \$1,000 - 1 Award (Deadline: March 30, 2023)

To be eligible for the scholarship a student must:

- A) Be pursuing or planning to pursue a career in law, compliance, or public policy.
- B) Be enrolled in an accredited college or university for the Spring 2023 or Fall 2023 semester.

Applications can be found by going to:

<https://scholarshipguidance.com/scholarships/38265/nextlevel-student-scholarship>

13) National Jewish Committee Eagle Scout Scholarships - \$3,000 - 4 Awards (Deadline: Mar. 31, 2023)

To be eligible for the scholarship a student must:

- A) Be an active member of a synagogue and possess the Ner Tamid or Etz Chaim religious emblem.
- B) Have demonstrated practical citizenship in your synagogue, school, scouting unit, and community.

Applications can be found by going to:

<https://scholarshipguidance.com/scholarships/29716/national-jewish-committee-eagle-scout-scholarships>

14) Humanity Scholarship - \$25,000 - 6 Awards (Deadline: May 31, 2023)

To be eligible for the scholarship a student must:

- A) Be a current high school senior or college freshman, sophomore, or junior with a GPA of 2.5 or higher.
- B) Plan to attend an accredited college, university, or community college in the upcoming academic year.

Applications can be found by going to:

<https://scholarshipguidance.com/scholarships/38409/humanity-scholarship>

***This Newsletter is available for PDF Download here:**

<https://scholarshipguidance.com/newsletter>

Half Days, Exam Days, and Late Start, No School

September 2nd and 5th – No School

October 11th - Half Day Conferences - periods 1,2,3

October 13th – Half Day Conferences - periods 4,5,6

October 14^h – No School/PD

November 11th – No School/PD

November 23th, 24th, and 25th – No School

December 19th- January 2nd – No School

January 11th – Exam Day periods 1,2

January 12th – Exam Day periods 3,4

January 13th – Exam Day periods 5,6

January 16th – No School

February 17th – No School/PD

February 20th – No School

March 7th- Half Day – Conferences - periods 1,2,3

March 9th –Half Day – Conferences - periods 4,5,6

March 10th – No School/PD

March 24th – 31st – No School

April 28th – No School/PD

May 29th – No School

May 31st – Exam Day periods 1,2

June 1nd – Exam Day periods 3,4

June 2rd – Exam day periods 5,6

Half Day

7:45 – 8:45

8:52 - 9:52

9:59 – 11:00

Exam Day

7:45 – 9:27

9:37 – 11:20

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**

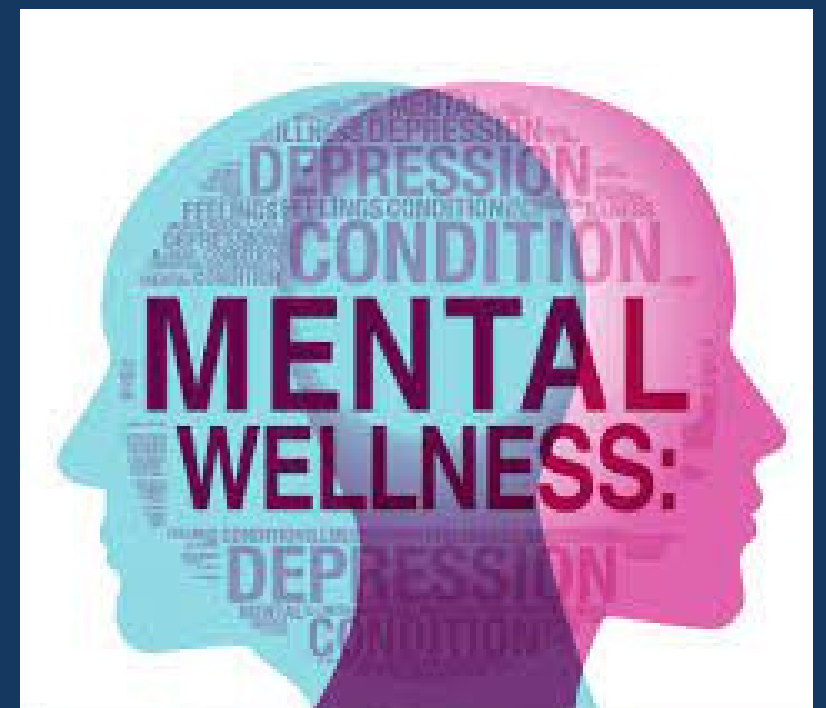
Zolecki-Polzin, Lauren – 517-332-0811

****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