

# Trojan Parentline

December 15, 2021

## **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

### **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 Monday, Wednesday and Friday. All students must be with their EXCEL teacher.

Due to COVID, visitation to the school is limited. If you must visit, please 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.

### **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.

## **High School Administration *Andrew Wells - Principal***

andrew.wells@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  
517-333-7572

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### **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

#### ***Janet Wyant - Student Services***

janet.wyant@elps.us  
517-333-7509

#### ***Laura Scott - Athletic / Activities Secretary and Copy Center***

laura.scott@elps.us  
517-333-7574 or 517-333-7499

December 2021

Greetings ELHS family!

It's hard to believe that we've completed the first marking period and January is almost here! I want to convey my heartfelt gratitude for the support we continue to receive from our parents and community. Our students' success is a byproduct of your support, and it is that success that allows us to thrive.

Thank you, ELHS staff, for your commitment to providing sound educational experiences for all students and for supporting the values that continue to represent a strong, vibrant learning community.

Lastly, I would like to recognize our students who participated in the Fall play, choir, orchestra, and band concerts this semester. We are so proud of our students, coaches, and advisors for continuing the wonderful East Lansing High School tradition. Way to go ELHS family!

Of special mention: ELHS Wind Ensemble has been invited to perform on Friday, January 28 at 9:00 am at DeVos Hall in Grand Rapids. This is another amazing opportunity for students to represent ELHS at the MSBOA event.

Have a safe, wonderful holiday season! We look forward to continuing our educational journey in the new calendar year!

Andrew Wells, Principal





# Student Services - December 2021



## **Student Services Days/Hours Update**

Student Services will be closed during Winter Break. Students who have requests that need to be taken care of prior to January 3rd 2022, must be in by December 17<sup>th</sup> 2021. We will resume normal operating hours when students return in January.



## **FAFSA –NEW THIS YEAR**

The FAFSA is now open for the graduating class of 2020 to fill out. The FAFSA determines the amount of financial aid (loans, grants, scholarships, etc) that your student may be eligible for. The priority deadline for Michigan students to receive optimal consideration is March 1<sup>st</sup>, 2022..... but don't wait until then.

**ORDER MY  
Transcript**



**Seventh Semester Transcripts** - Seventh semester transcripts will be available for students in the graduating class of 2022 at the end of January.

Many colleges will request 7th semester transcripts from our students. After winter break, students may request their 7th semester transcripts through [parchment.com](https://parchment.com) for non-common app schools.





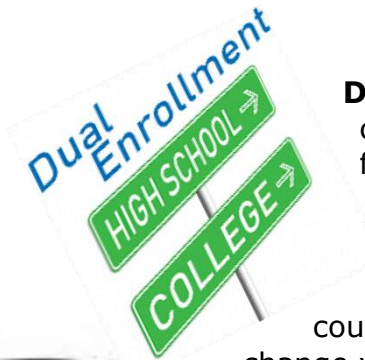
## Admissions Decisions

Many universities will be releasing admissions decisions to students over the holiday break. In many cases, students will receive an offer of admission which should be a cause for celebration.

In other cases, students may receive notification that the decision has been deferred and that the University would like to see grades from the 7<sup>th</sup>

semester. If your student gets this notification.... **it is not a cause for panic.** The University is simply interested in taking into consideration the student's 1<sup>st</sup> semester senior grades as part of their admissions decision process. This is a very common practice as Universities are making sure that they accept students that are a good fit for their incoming student body.

Students may also receive a letter from the University of their dreams that does not offer up admission. Often times this news does not settle well with our teens, especially when all of their envisioned future plans have them strolling through that campus this fall. We would like to encourage families that have this happen in their home to remind their students that a denial from this particular University does not mean they have less of a chance of living a happy life. This is a wonderful opportunity for them to build a great life at another school. Plan B (or C, or D, or E) can bring just as many great opportunities as what they hoped Plan A would bring.



**Dual Enrolled Students – 1<sup>st</sup> Semester** Once you have completed your dual enrolled course, you are responsible for turning in a copy of your final grade to Ms McGraw, ELHS registrar.

**Dual Enrolled Students – 2<sup>nd</sup> Semester** It is your responsibility to make sure that we have the correct course on your paperwork that you end up taking. If you change your mind and don't let us know, your family will receive a bill for the full amount of tuition for the course.



**Testing** - In April, all 9<sup>th</sup> and 10<sup>th</sup> grade students will take the PSAT, and all 11<sup>th</sup> grade students will take the SAT. While these are state mandated tests.... they do allow our 9<sup>th</sup>/10<sup>th</sup> to experience a standardized testing situation before taking the SAT. The 11<sup>th</sup> 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 Account

Students should make themselves a student account at the [www.collegeboard.com](http://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.



**Free SAT Test Prep** - Khan Academy offers free SAT test prep/practice for all students. Visit [satpractice.org/k12](http://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!



**College Visits** - Please visit the student services website at the following link:

<https://elps.us/our-schools/east-lansing-high-school/student-services/college-information/college-and-vocational-visits/>

We list all of the colleges and universities that are coming to East Lansing High School to visit with our students. This visits typically are held during excels.... unless otherwise listed.



**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/>



**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.

# More News - December 2021



French Department – The ELHS French department would like to thank both the East Lansing Education Foundation and the Parent Council for their support this year. The ELEF awarded the French program a grant for \$2570.00, which went towards refreshing classroom libraries with new readers. The Parent Council awarded the high school French classes \$577.50, which funded a year of French magazine subscriptions available to all French students 9-12. These magazines feature current events across four different proficiency levels. We are excited to add diverse voices and introduce more non-fiction topics available in French for our students with the support of both grants. Mille mercis!



Year Book Advertisement - Limited senior advertisement space due by February 15. You can purchase at [bit.ly/elhsyearbook](https://bit.ly/elhsyearbook)





# WTC Career Development Activities 2021-2022

## FAFSA Presentation and Q & A (Seniors)



Oct 13 Wed. 6-7pm  
This is a virtual event

## ~~College Application and FAFSA Workshops (Seniors)~~

~~Oct 20 Wed. 505  
(AM and PM sessions – drop in)~~

## ~~Launch Your Dream/College and Career Fair~~

~~Oct 20 Wed. 6-8pm virtual~~

## ~~College Application and FAFSA Workshops (Seniors)~~

~~November 17 Wed. CapCAN room  
(AM and PM sessions – drop in)~~

## Scholarship Workshops

Dec 16 Thur. 505  
(AM and PM sessions – drop-in)

## FAFSA Workshops (Seniors)

Feb 9 Wed. 505  
(AM and PM sessions– drop-in)

## FAFSA Presentation and Q & A (Seniors)

Feb 9 Wed. 6-7pm  
This is a virtual event

## Decision Day (Seniors)

May 6 Fri. 505/506  
(AM and PM sessions)



# EAST LANSING HIGH SCHOOL 2021-2022 TENTATIVE TEST DATES

GRADE	WHERE	TEST	DATE
<b>OCTOBER</b>			
All	ELHS	AMERICAN MATHEMATICS COMPETITIONS (AMC) Registration and pay by October 7th	10-Nov-21
All AP	ELHS	<del>AP EXAM REGISTRATION FORMS, JOIN CLASS, AND FEES pay in main office or online at gofund</del>	Registration, Join and pay by September 24, 2021
12	ELHS	<del>SAT—Free to any 12th grade student—Register by Sept. 10th</del>	13-Oct-21
9	ELHS	<del>PSAT 8/9 Free to 9th grade students—Register by Sept 10th</del>	12-Oct-21
10,11	ELHS	<del>PSAT/NMSQT—Free Register by Sept. 10th</del>	26-Oct-21
<b>DECEMBER</b>			
<b>JANUARY</b>			
All	ELHS	HS 1st Semester Exams	January 12,13,14
<b>FEBRUARY</b>			
<b>APRIL</b>			
11th & eligible 12th	ELHS	SAT	13-Apr-22
	ELHS	ACT WORKKEYS	14-Apr-22
11th & eligible 12th	ELHS	M-STEP (MICHIGAN SCIENCE, MICHIGAN SOCIAL STUDIES)	15-Apr-22
9th & 10th	ELHS	PSAT	12-Apr-21
All AP	ELHS AND MSU	ADVANCED PLACEMENT EXAMS	May 2 - May 13, 2022
<b>June</b>			
All	ELHS	HS 2nd Semester Exams	June 1,2,3



## What Not to Bring

- Any devices, including smartwatches, that can be used to record, transmit, receive or play back audio, photographic, text, or video content
- Protractors, compasses, rulers
- Highlighters, colored pens, colored pencils
- Pamphlets or papers of any kind
- Dictionaries or other books—there are no exceptions, even if English is not your first language
- Food and drinks—including bottled water—unless approved by the College Board’s Services for Students with Disabilities. [Learn more about testing with accommodations.](#)

Your school counselor can share a complete list of prohibited devices—just ask to see the *Official Student Guide*.

## During the Test

You will be allowed to have only these items on your desk:

- A test book
- An answer sheet
- No. 2 pencils with erasers
- [An approved calculator](#)—during one of the math sections only
- *Turn Off All Electronic Devices*
- You’ll need to turn off all electronic devices during the test and even during breaks. This includes cellphones. Be sure to turn off your watch alarm, if you have one.
- Why? Test centers are serious about security and quiet, so prohibited devices—which include cellphones, tablets, and MP3 players—must be turned off and put under your desk. Better yet: Leave them at home.
- Important:
- **Really, Really Important**
- You will be dismissed immediately and your scores will be canceled if you use your phone or if it makes a noise—even during breaks. Your phone may also be confiscated and inspected.
- *Share Your Email Address*
- If you share your email address and opt in, it’s easier for colleges, scholarship programs, and the College Board to get in touch. Find out more about connecting to colleges through the free [Student Search Service®](#).



## **2021-22 Half Days, Exam Days, and Late Start, No School**

**~~September 3<sup>rd</sup> and 6<sup>th</sup> — No School~~**

**~~September 22<sup>th</sup> — Late Start~~**

**October 14 — Half Day — periods 1,2,3**

**October 19 — Half Day periods 4,5,6**

**~~October 20<sup>th</sup> — Late Start~~**

**~~November 24<sup>th</sup>, 25<sup>th</sup>, and 26<sup>th</sup> — No School~~**

**December 20<sup>th</sup>-31<sup>st</sup> — No School**

**January 12<sup>th</sup> — Exam Day periods 1,2**

**January 13<sup>th</sup> — Exam Day periods 3,4**

**January 14<sup>th</sup> — Exam Day periods 5,6**

**January 17<sup>th</sup> — No School**

**February 21 — No School**

**February 23<sup>rd</sup> — Late Start**

**March 10 - Half Day periods 1,2,3**

**March 15 —Half Day periods 4,5,6**

**March 16<sup>th</sup> — Late Start**

**March 25<sup>th</sup> — April 1<sup>st</sup> — No School**

**May 30<sup>th</sup> — No School**

**June 1<sup>st</sup> — Exam Day periods 1,2**

**June 2<sup>nd</sup> — Exam Day periods 3,4**

**June 3<sup>rd</sup> — 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**

**Late Start Day**

**Begins at 9:45**



Upcoming Dates	
<b>December 13 -</b>	Board of Education mtg, 7p <a href="https://elps.us/our-district/board-of-education/board-meeting-schedule/https://elps.us/our-district/board-of-education/board-meeting-schedule/">https://elps.us/our-district/board-of-education/board-meeting-schedule/https://elps.us/our-district/board-of-education/board-meeting-schedule/</a>
<b>December 14 -</b>	Deadline to contribute to Supporting EL Families
<b>December</b>	Seniors, Order Your Cap & Gown Before The Year Ends! <a href="https://highschool.herffjones.com/secom/school/MI/EAST%20LANSING%20HIGH%20SCHOOL/21000870000/0265/packages">https://highschool.herffjones.com/secom/school/MI/EAST%20LANSING%20HIGH%20SCHOOL/21000870000/0265/packages</a>
<b>December 20 - 31</b>	Winter Break
<b>2022</b>	
<b>January 3 -</b>	We're Baaaaaack
<b>January 11-</b>	ELHS Parent Council Meeting, 6:30, HUB
<b>January 12 -</b>	Mid-Terms (1st Semester Exams) hr 1,2
<b>January 13 -</b>	Mid-Terms (1st Semester Exams) hr 3,4
<b>January 14 -</b>	Mid-Terms (1st Semester Exams) hr 5,6
<b>January 17 -</b>	Semester 1 ends
<b>January 17 -</b>	No School *MLK Jr. Day
<b>February 8 -</b>	ELHS Parent Council Meeting, 6:30, HUB
<b>February -</b>	Senior Advertisements Due
<b>February 21 -</b>	No School *Presidents' Day
<b>February 23 -</b>	Late Start (9:45a.m.)
<b>March 8 -</b>	ELHS Parent Council Meeting, 6:30, HUB
<b>March 10 -</b>	Half Day 7:45a - 11:00a (hr 1,2,3)
<b>March 15 -</b>	Half Day 7:45a - 11:00a (hr 4,5,6)
<b>March 16 -</b>	Late Start (9:45a.m.)
<b>March 25 - April 1 -</b>	Spring Break.
<b>April 12 -</b>	ELHS Parent Council Meeting, 6:30, HUB
<b>April 12 -</b>	PSAT - 9th/10th grd
<b>April 13 -</b>	SAT - 11th & eligible 12th grd
<b>April 14 -</b>	ACT Workkeys - 11th & eligible 12th grd

<b>April 15 -</b>	M-STEP (Mich. Science, Mich. Social Studies) - 11th & eligible 12th grd
<b>May 2 - 13</b>	AP Exams
<b>May 10 -</b>	ELHS Parent Council Meeting, 6:30, HUB
<b>May 27 -</b>	ELHS Graduation, 7pm, MSU Auditorium
<b>May 30 -</b>	No School *Memorial Day
<b>June 1 -</b>	Final Exams - hr 1,2
<b>June 2 -</b>	Final Exams - hr 3,4
<b>June 3 -</b>	Final Exams - hr 5,6
<b>June 3 -</b>	Last Day of School

This E-bulletin is written by the ELHS Parent Council as a courtesy to all families.

If you have any questions or information for future e-bulletins, please contact [ELHSParentCouncil@gmail.com](mailto:ELHSParentCouncil@gmail.com)  
 Keep up-to-date with ELHS Parent Council at <https://www.facebook.com/elhsparentcouncil> or <https://twitter.com/ELHSPC>.



Follow ELPS @EastLansingPS  
 Follow ELHS PC @ELHSParentCouncil

**If a student ever feels in need of mental health support please reach out to your counselor at [nicole.coss@elps.us](mailto:nicole.coss@elps.us), [joshua.barrons@elps.us](mailto:joshua.barrons@elps.us), [sheryl.scott@elps.us](mailto:sheryl.scott@elps.us), and [jennifer.jockheck@elps.us](mailto:jennifer.jockheck@elps.us)**



## Important Student Attendance Information

### Reporting an Excused Absence:

#### Attendance Phone Line, 517-333-7567:

Leave a message indicating an excused absence for your student. Please make sure that you do not talk too fast and make sure to speak clearly, leaving your students first and last name and grade. Your student can sign out in the main office and meet you outside or drive to their appointment. The absence will be corrected in PowerSchool at the end of the day when messages are retrieved. There is no need to call the main office unless your student still shows unexcused the next day.

Or:

#### Email Mary Fata @ [mary.fata@elps.us](mailto:mary.fata@elps.us):

Email Mary your student's name, grade and days or times of excused absence. Your student can report to the main office, sign out and leave.

Or:

#### Old Fashion Note:

Write a note and send it with your student to show their teacher. Your student can report to the main office, sign out, put the note in the basket by the sign out, and leave.

Or:

#### Write A Note in Your Student's Planner:

You can write a note on the day of the absence, excusing them for a certain time period or all day. They can show their teacher, show Mary or Nikie in the main office, sign out in the main office and leave.

Students are not allowed to receive food deliveries from any outside vendor at this time. Parents are allowed to drop off lunches/items in the main office if needed.





# **Winter Break Mental Health Resources**



# BE KIND TO YOUR MIND

- Make sure to maintain a routine just as you would during the school week
- Take advantage of sunny days/daylight hours and get outside
- Stay active-increasing your endorphins will help elevate your mood
- Spend time with people who fuel you
- Do **ONE** thing you enjoy doing each and every day
- Create social situations so you have things to look forward to
- Limit phone/screen time and take a break!
- Get connected with community mental health resources

# Mental Health Resources

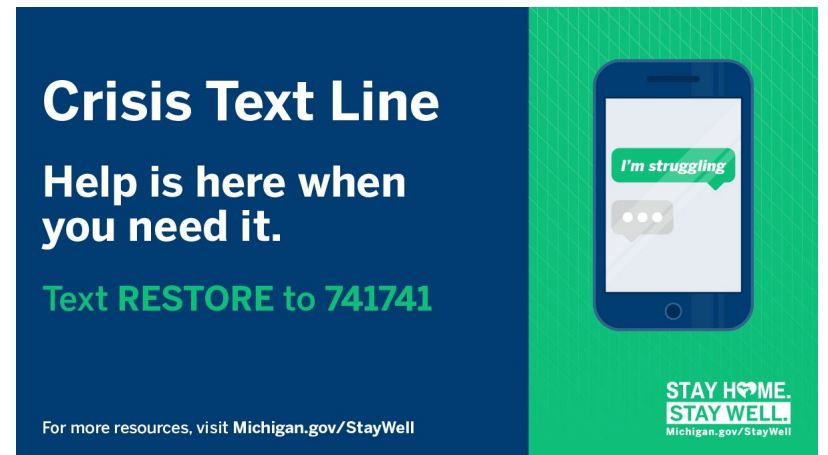


Crisis services: 517-346-8460



Crisis hotline: 517-337-1717

Hours: 10am-2am



If you are experiencing emotional stress and anxiety and prefer texting

Text RESTORE to 741741



# Mental Health Resources



If you are in crisis or know someone who needs help.

Call: 1800-273-8255 or call 911



Crisis intervention and suicide prevention serving LGBTQ+ youth

Call: 1-866-488-7386 or text START to 678-678



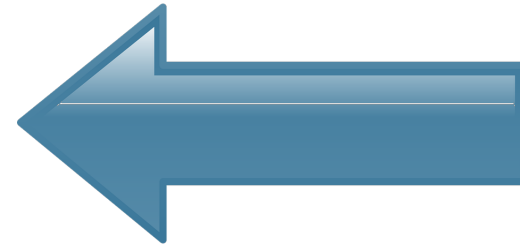
If you are experiencing grief or loss of a loved one

Call: 517-482-1315

# Winter Self-Care Challenge

Use towels right out of the dryer	Invest in or make a good moisturizer	Find a fun new winter hobby	Watch a holiday ambience video	Make your home smell more festive	Do a thing you loved as a kid
Have a day of hygge	Wear something warm & fuzzy	Go for a walk with a warm drink	Give yourself a neck massage	Do a comfy yoga routine in your pjs	Foot warmer or heated blanket
Get cozy and read a new book	Have a hot drink like tea or cocoa	Make a holiday favorites playlist	Bake cookies or other small treats	Have a lazy day spent relaxing	Make a tray of fun snacks
Find a festive phone wallpaper	Look at holiday lights	Watch a cozy or holiday movie	Take a little cat nap	Love on and appreciate your body	Take a long, hot shower or bath
Make a cozy nest or pillow fort	Make a get-well kit for sick days	Journal or reflect on the past year	Check in with your stress levels	Put out food for wildlife	Write your own holiday story

BlessingManifesting



Try some of these



# Mental Wellness Challenge

- Commit to checking in with yourself and trying to complete as many of these tasks/activities on the next 3 slides.
- Make note of any of the activities you like and keep practicing them.
- If you want to see the full list of challenges go here [31 Day Mental Wellness Challenge - Blessing Manifesting](#)





### Mental Wellness

#### Challenge #15

Do a **yoga** routine specifically for **stress**, **anxiety**, **depression** or mental health.

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### Mental Wellness

#### Challenge #17

**Journal**, but make it fun! Stickers, **glitter** pens, **cute** paper - ooor use a **journaling** app!

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### Mental Wellness

#### Challenge #18

Take a social media **break** for the day and **focus** on the life around you.

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### Mental Wellness

#### Challenge #21

Put some **loving** energy into one of your **meaningful** relationships today.



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### Mental Wellness

#### Challenge #23

Have a **date** night with yourself. Watch a **movie** with popcorn, read a **book** with tea. Relax.



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### Mental Wellness

#### Challenge #24

Read something that will **benefit** your mental health. It doesn't have to be **self-helpy** it can just make you **smile**.



BlessingManifesting

