

Grant Community High School

District Newsletter Warch 2023

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Student of the Month Jack Polark



The Grant Community High School March Student of the Month is senior Jack Polark, son of Chris and Kelly Polark of Round Lake.

Jack's academic achievements include induction into National Honor Society, earning Honor Roll status each semester, scoring 1540 on his SAT, passing three AP exams, taking six AP courses and a dual-credit course earning college credit, and receiving the AP Scholar award. He holds an amazing 5.17 GPA.



His extracurricular activities include Varsity Track

as a discus and shot-put thrower, earning the Scholar Athlete award multiple times; Basketball team during freshman and sophomore years; he has been on Math Team all four years and competed at State; he participated in Marching Band and Pep Band; last year he worked on the set crew for the fall play; and he recently joined Future Business Leaders of America.

Jack has volunteered at the Fox Lake mobile food bank and Feed My Starving Children numerous times. He helped at graduation and he is looking forward to additional NHS opportunities this year.

In addition to all of his activities, Jack enjoys reading, video gaming, and spending time with family and friends. Additionally, he plays basketball, throws discus, and lifts weights whenever he can.

His plans for the future include majoring in either Computer Engineering or Actuarial Science. He is evaluating his university options and has been accepted to University of Illinois and Purdue.

Board of Education

Steve Hill, *President*Kathy Kusiak, *Vice President*John Jared, *Secretary*

Shelly Booth Ivy Fleming Ed Lescher Bob Yanik



Excellence in Education Award Winners

Emmy Diana undoubtedly embodies the characteristics of an Excellent Educator and consistently upholds the mission, vision, and values of Grant Community High School. Emmy is a hardworking teacher, reliable department member, and makes the jobs of all her team members easier just by being herself. She consistently puts 100% into her lessons by crafting project ideas, rubrics, activities, and brainstorming dynamic units with the best interest of her students at the forefront.

One thing that is obvious to see when it comes to Emmy, is how much she genuinely cares about her students and their success.



Mrs. Lukemeyer, Mrs. Diana, & Principal Schmidt

Recently, Emmy built an entire project, almost entirely on her own titled "The Curiosity Project." The name alone shows how passionate she is about encouraging her students to stay curious about life and their place in it. She is passionate about keeping the bar high for students of all levels, insists on collaborating at a professional level, and leads with outstanding communications skills.

Emmy is true to her values and brings her strong work ethic to the team every time. No matter the changes we've seen in curriculum or within the school, she has not waivered in her intensity and desire to bring authentic and diverse lessons to students on the Advanced 11 team. Her output is immense. She creates a gallery of useful and valuable tools every school year. Emmy is adaptable. She saw, early on, the value of project-based learning, but she was also wise enough to know the value of shaping it to fit our students' education and emotional needs.

Additionally, Emmy always demonstrates empathy for her students and colleagues. She genuinely cares about the experience each student has in her classroom, and she makes the environment conducive to students of all backgrounds and skill levels. She is willing to talk things out and see all points of view in matters of planning and creating lessons, rubrics, and projects. She has also taken the time to teach others about resources she uses in the classroom, from technology to instructional techniques.

It is for these reasons and many, many more that Emmy Diana is incredibly deserving as a recipient of the Excellence in Education Award.

Third Quarter Recipient

Mrs. Sonders, Mrs. Gunther, & Principal Schmidt

Lynda Gunther is incredibly deserving of the Excellence in Education Award. She embodies all the characteristics of the Blueprint of a Grant Staff member, giving her all for our students and the district. She truly is proud to be a Bulldog and this shows in all the work that she tirelessly does for our students.

As the Vocational Coordinator, Lynda works with many stakeholders; including students, parents, staff, and community members. She was instrumental in the development of our transition program and continues to work to ensure the program's success. Every semester she has worked

collaboratively with local and surrounding community businesses to increase the number of different work experiences we are able to provide for our students. She understands and values the need for multiple opportunities and diligently works to continue a positive partnership with our employers.

Continued on Page 3..



In our building, Lynda assists students with securing part-time employment, links them to outside agencies for continued support post high school, connects them with financial resources for gas cards and work uniforms, at times even including herself as one of those resources. She provides in school job opportunities for our students in the LOP program to begin learning job skills.

No day is quite the same for Lynda. Her flexibility and ability to flex her schedule to meet the needs of our district have not gone unnoticed. Whether it's filling in for a job coach, administering transition surveys, traveling to work sites, or meeting with students at a moment's notice, she has dedicated herself to providing opportunities for our students. She never shies away from new opportunities and is always looking for ways to improve the programs with which she works.

It's obvious to all of those who work with her and learn from her that Lynda Gunther represents the values embodied in the Blueprint of a Grant Staff member and is deserving of the Excellence in Education Award.

GRANT'S GOT TALENT



BULLDOGS

Girls Wrestling



Left to Right: Coach Jolcover, Yaxaira Russildi, Joanna Szelag, Snow Khi, Ayane Jasinski, & Coach Gaughan

It has been a historic year for Girls Wrestling with several podium placements and their recent trip to the IHSA Girls Wrestling State Tournament. While these athletes do compete against male athletes for the majority of their season, they did have the opportunity to compete in several Girls Wrestling events. In December, the girls squad competed in the 2nd Annual Sandy Berman Classic. Ayane Jasinski took 1st Place, Joanna Szelag finished in 2nd Place, and Snow Khi finished in 3rd Place. At the end of January, they attended a tournament at Oak Park and River Forest High School. Snow, Ayane, and Joanna all earned 1st Place, and Annabelle Melton and Yaxaira placed 2nd for their respective weight classes.

With so much momentum and program support behind them, Ayane, Snow, Joanna and Yaxaira rocked at Sectionals and punched their tickets to the State Tournament! Joanna took 1st Place at their Evanston Sectional and went into State with an impressive 18-3 record. Snow finished 2nd at Sectionals and held a 18-5 record after those matches. Ayane (17-3) and Yaxaira (12-8) both finished in 4th Place. While this is the second time Ayane and Snow attended State, this was the first year for Joanna and Yaxaira.

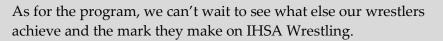
Snow, Joanna, and Ayane all had big first-round wins and advanced to Quarterfinals. After a 3-1 win, Ayane secured her spot in the Semifinals. Snow and Joanna competed in wrestlebacks on Day Two, but did not advance to the next round. In the Semifinals, Ayane went up against strong competitors and came out stronger with a 3-2 win to advance to Finals. She had a tough match against an individual from Lincoln-Way

Central and when the final buzzer sounded, officials needed time to determine which of these two athletes was the overall winner. In the end, Ayane's arm was lifted and awarded the title

of State Champion!

Ayane Jasinski announced winner of her match.

Ayane's win is a historic moment for the Grant Wrestling program and Illinois as she is the first female Grant wrestler to take first place at State and the second female wrestler to win this title for her weight class! We are so proud of Ayane and her incredible achievement, and look forward to celebrating her on Thursday, March 2, for a "State Champion March."





Ayane Jasinski Takes First Place at IHSA State Tournament

AT STATE

Cameron Lattimore's State Send-Off

Boys Wrestling

Cameron Lattimore went all-out for his Senior Season and showed the community how much talent there is in the Wrestling Program. Throughout the season, Cameron played an instrumental role in team wins, represented Grant on the podium several times, and encouraged teammates to better their skills. As an individual, Cameron qualified for State after taking 4th Place at a tough Barrington Sectional for the 195lbs weight class. With those Sectional pins, he went into State with a 36-11 season record and 89-33 career record.

At the State Tournament, Cameron had two tough matches and was unable to make it out of wrestlebacks, but no matter his competitor, he gave 100% effort. While this may not have been the State experience he was hoping for, Cameron has a lot to be proud of and celebrate. By the end of the season, Cameron racked up 29 pins, which ranks him second in Grant Wrestling history for most pins in a single season. We could not be more proud of everything that Cameron has done in and for the Grant Wrestling program!

Girls Bowling

After a successful season that included winning both the NLCC Conference Championship and the Regional Championship, the Varsity squad continued to roll their way to Rockford. At Sectionals, the team beat two school records and punched their ticket to the IHSA State Tournament.

Throughout Day One at State, the team worked together to adjust to lane conditions and keep spirits high. At the end of the first day, the team secured a 20th Place finish with a total of 5,076 pins! Although they did not make the cut for Day Two as a team, we had two bowlers continue as individuals. Our two



Girls Bowling State Send-Off

finalists, Emily Hawkins and Savannah Dickson, went into Saturday with their coaches and teammates



Emily Hawkins & Savannah Dickson

cheering them on. Emily finished out her high school career ranked 59th in the State! She rolled a 12-game total of 2,211 (184 average). Savannah finished in 9th Place and set a new school record. Not only did she end her season as an All-State Bowler, but she is Grant's highest ranked bowler! Savannah bowled a 12-game series of 2,546 (212 average).

Congratulations to Emily, Savannah, and the entire team on a successful season! We can't wait to see you back on the lanes next year. Until then, enjoy the well-deserved time off!

BULLDOGS AT STATE

Speech

After a Next-In Champs placement at their Elk Grove Invitational and a successful run at Palatine's tournament, the duo of Sam Lopatowski and Sammie Cruz looked to wow the judges at our own Speech Competition. With a 3rd Place win behind them, the comedic pair prepared for Regionals. There were some tough acts signed up for Humorous Duet Acting (HDA), but nobody proved to be better than Sam and Sammie as they secured a 1st Place win! They kept the success rolling at Sectionals and earned a State Tournament spot for HDA. While they did see a lot of strong competitors at State, the pair worked together and took 3rd Place! As if placing in the Top Three wasn't exciting enough, they also set a new school record for their event.



Sam Lopatowski & Sammie Cruz



Talking Bulldogs at State

In addition to HDA, we had several Talking Bulldogs compete for the Performance in the Round (PIR) event.

Throughout their competition season, the team made changes based on judges' feedback and constantly worked to improve their piece. This group of performers surpassed competitors at Regionals and Sectionals, paving the way to State. After a great performance, the PIR cast took 14th Place at State! Cast members include Joanna Von Hoene, Glenn Lamz, Zach Langhoff, Allison Bolisay, Payton Evans, Abby Sovsky, Erin Neiweem, Kaylie Bruce, Pam Oropeza, Maddie Mesmer, and Dianey Granados.

Between the 3rd Place for HDA and 14th Place for PIR, the Talking Bulldogs took 20th in the State! With their momentum and constant effort to improve, we are looking forward to seeing what else this team achieves next year.

Spreading Love & Carnations on Valentine's Day

Thanks to the Sophomore Class Council's efforts, classrooms and hallways were filled with love and flowers on Valentine's Day. After a successful week of sales, the Council worked quickly to arrange all signed cards with the purchased carnations. Once everyone was settled in their TEAM rooms, our Bulldogs rushed out to deliver 621 flowers and spread some joy.

Thank you to everyone who purchased carnations and to those who helped deliver on Valentine's Day!



Social Work Month

School Social Work Week: March 5-11

National School Social Work Week is just around the corner in March and serves as the perfect opportunity to celebrate all that Social Workers do to help us succeed. Although March is National Social Work Month, we spend the first full week of March focusing on School Social Workers. Why? Because school Social Workers are a vital part of the educational team and their unique, graduate level training in social works enables them to help students achieve goals in every aspect of their lives. Whether a student is in need of school or home assistance, Social Workers maintain the ability to understand and interpret the many influences, obstacles, and opportunities available to each student.



GCHS School Social Workers (left to right): Ms. Kelley, Ms. Kalk, Ms. Skeels, & Mr. Gaughan

Here at Grant, our Social Workers are confronted with challenges, heightened anxieties, and anticipated difficulties. However, they face these challenges with strength and resilience. School Social Workers rise up - supporting their students, families, and school communities. They rise to share hope. They rise to listen and understand. They rise to challenge inequities. They rise to support all students.

Spend some time this March to learn a little more about the positive impact this profession has on the world and reach out to celebrate your Social Worker!





ENGLISH CLASSES

DISTRICT 37,38 114, AND 124 OFFER ENGLISH CLASSES TO THE ENTIRE COMMUNITY AND ARE COMPLETELY FREE

EVERY TUESDAY THROUGH JUNE 13 5:15 P.M.-6:45 P.M.

Where: Grant Community High School 285 Grand Ave, Fox Lake, IL 60020 Please enter through door number 2



CARMEN CARBAJAL: LEAP TEACHER (815)-354-3937 PLEASE LEAVE A MESSAGE









March 22, 2023 9:25AM - 3:10PM

Grant Community High School-Fieldhouse 285 E. Grand Ave., Fox Lake, IL 60020

Grant Community HS is hosting a career fair for all students, grades 9-12, to help foster an exploration into the many career options available.

To be a presenter/career representative, please RSVP here: https://forms.gle/Yibo5kLforBYtaeV9

Contact Blythe Masura (College and Career Counselor) bmasura@grantbulldogs.org with any questions

Career representatives will be provided an 8-foot table, wireless internet access, and access to electrical outlets if necessary. Lunch and snacks will also be served.



How Caregivers Can Foster Resiliency

Adversity is a natural part of life. At some point, we all face difficulties, such as family problems, serious illness, widespread disease, a personal crisis, or a painful loss. Being resilient is important to dealing successfully with life's challenges.

WHAT IS RESILIENCY?

Resiliency is the ability to bounce back from setbacks, to learn from failure, to be motivated by challenges, and to believe in one's own ability to handle stress and difficulties.

WHY IS RESILIENCY IMPORTANT?

In order for children and teens to reach their fullest potential, they need to know how to approach life with resilience. Being resilient allows individuals to learn and grow from experiences, and it protects them from the from long-term ill effects of difficult experiences. Below are some suggestions for care givers to foster resiliency in their students.

ENCOURAGE HEALTHY HABITS

- Promote healthy nutrition, adequate sleep, and attention to physical and mental health needs.
- Make sure children and teens exercise or engage in physical activity. This can include biking or walking, as well as team sports.
- Model and encourage the use of stress reduction strategies, such as meditation, mindfulness, controlled breathing, yoga, or use of self-talk.
- Support children and teens in developing individual talents, such as playing sports, drawing, playing musical instruments, playing games, etc.
- Encourage children and teens to try things outside of their comfort zones.
- Seek professional mental health support if needed.

BUILD STRONG EMOTIONAL CONNECTIONS

- Help children and teens stay connected to friends and loved ones.
- Foster supportive, caring relationships with peers and trusted adults.
- Make sure expressions of love and praise occur more often than criticism.

FOSTER EMOTIONAL AWARENESS

- Acknowledge the presence of challenges or adversity.
- Help children and teens learn to make sense of their feelings by labeling their emotions.
- Nurture optimism by encouraging children and teens to reframe pessimistic thinking. Adults can acknowledge feelings and help to shift their thinking to positives.
- Teach children and adolescents to stop and think; they do not have to act on every impulse.

TEACH PROBLEM-SOLVING SKILLS

- Encourage children and teens to acknowledge when a problem exists, discover solutions, and take initiative to solve the problem.
- Ask questions about the problem, and help children and teens identify the pros and cons of possible solutions instead of lecturing them or explaining how to solve the problem.
- Encourage looking at problems from several different perspectives.

Adapted f<mark>rom NASP</mark> Mental He<mark>alth an</mark>d Wellness Resources



NLCC Honor Band Festival



Left to Right: Abbey Schiller, Jacob Tyree, & Lionel Carapia

Our annual NLCC Invitational Honor Band Festival was held on February 8 & 9 and hosted by Grayslake Central High School. Three students represented Grant. The students prepared four pieces of collegiate level repertoire. The two bands that performed at the Invitational Concert were the Ninth and Tenth Grade Honor Band, and the Eleventh and Twelfth Grade Honor Band. Grant's 11-12th Band representatives were Lionel Carapia, Abbey Schiller, and Jacob Tyree. The students worked with Dr. Erica J. Neidlinger, Wind Conductor and chair of the Performance Department at the DePaul University School of Music in Chicago, and concluded their experience with an incredible concert on the evening of February 9.

Grant Boys' Lacrosse heads into their 2023 season with a lot of momentum. Led by seniors Jacob Deacon and Vinton Mora, this year's varsity group returns nine starters. Deacon looks to continue his high school dominance by breaking his own scoring records again, for the second year in a row. Mora also looks to break the "Caused Turnover" record for Grant as well. Both have recently committed to play at the next level (Deacon: #2 NAIA Ranked Indiana Tech; Mora: DII Adam's State), and are excited to end their high school careers with a bang.

Other Varsity contributors that will help carve out a successful season are Ethan Frank, Tyler Fleming, Evan Ahlgrem, and Riley Lyons. The Boys have been preparing since September and take the field against Deerfield for the season opener on March 14. Make sure to add their game schedule to your calendar and come out to support!



Grant Lacrosse Players



FRESHMEN: TURN IN PROOF OF YOUR DENTAL EXAM

ALL FRESHMEN ARE REQUIRED TO HAVE A DENTAL EXAM. PLEASE TURN IN PROOF OF A DENTAL EXAM, DATED WITHIN THE LAST YEAR, BY MAY 15, 2021.

FORMS CAN BE FOUND UNDER THE HEALTH SERVICES SECTION OF THE GCHS WEBSITE.

FORMS CAN BE DROPPED OFF OR EMAILED TO HEALTHOFFICE@GRANTBULLDOGS.ORG. FOR QUESTIONS, CALL THE HEALTH OFFICE AT (847) 973-3452.





Hall of Fame

Nomination Information

The Hall of Fame has been established to recognize and showcase outstanding graduates and dedicated staff as part of our efforts to promote excellence and achievement for learners in Grant Community High School District 124.

The Hall of Fame was designed to honor exemplary individuals who have achieved distinction, outstanding accomplishment, or significant contribution within their professions, communities, schools, families, or personal lives.

Nominations

Nominations will be accepted for the Hall of Fame, Class of 2023, until April 21, 2023. Visit GCHS Hall of Fame for the nomination forms.

Criteria to be Considered for Alumni

- Graduates of Grant Community High School are eligible for consideration, provided that graduation occurred at least ten years prior to the year in which they are nominated.
- Graduate has made a significant contribution within their profession, community, school, family, or personal life.
- Graduate positively promotes Grant Community High School.

Criteria to be Considered for Staff

- Staff of Grant Community High School are eligible for consideration if they have a minimum of twenty years of service to District 124 and provided they are either retired or have ceased active employment at least three years prior to the year in which they are nominated.
- Staff member has made a significant contribution at Grant Community High School, in their community, family, or personal life.
- Staff member positively promotes Grant Community High School.

Procedures for Nominations

- Nomi<mark>nations m</mark>ay be made by families, friends, alumni, faculty, staff, administration, and commu<mark>nity mem</mark>bers of District 124.
- In order to be considered, the nomination form should be fully completed and submitted as outlined on the form.
- Nominations will be kept on file and considered for a total of five years following submission. After five years, a candidate may be re-nominated.

Selection of Inductees

- The selection committee is comprised of a member of the Board of Education, administration, staff, alumni of Grant Community High School District 124, and community members.
- Selected inductees will be contacted by July 1, 2023.

Induction

- New members of the Hall of Fame will be inducted at a ceremony during Homecoming Week 2023.
- New members will be asked to participate in a variety of Homecoming activities, including a reception and awards ceremony at a meeting of the Board of Education, an all-school pep assembly, the varsity football game, and the Homecoming parade. While the intent of this program is to honor graduates and Grant staff, it is also to provide positive role models and inspiration for current students.

Bulldog Happenings



NAHS was featured in the official newsletter for National Art Honor Society! Check out pages 30 & 64 to see the work they've created and all that they have done this year.



Olivia Gunsaullus was nominated as the Grant representative for Daughters of the American Revolution Scholarship!



Choir performed in the annual NLCC Honor Choir Festival.

Pictured is all participating NLCC Choir students following the final performance.





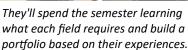
The Marching Bulldogs took a trip to Gavin South to show off how much fun marching band is to our future Bulldogs!

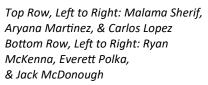






Our second-semester interns, through our Career Internship course, have begun working with their mentors! We have students working at Athletico, Lakes Realty, and on campus with our Athletic Trainer, Communications Coordinator, & Speech Language Pathologist.













Counselor's Corner

Tackling Test Anxiety

With PSAT and SAT testing right around the corner many students have had experiences with anxiety when it comes to taking a test. Check out this article from the Princeton Review for some helpful tips on how to battle test anxiety: 10 Ways to Overcome Test Anxiety.

Financial Aid Information:

It is required for the graduating Class of 2023 to complete the 2023-2024 Free Application for Federal Student Aid (FAFSA) OR complete a waiver that states your student will not be filing a FAFSA.

- This waiver is referred to as the FAFSA Non-Participation Form and is available in both English and Spanish. If you student will be completing this form, they need to turn it in to their School Counselor upon completion. Below are the links to the FAFSA and both versions of the Non-Participation Form. Reach out to your student's School Counselor with any questions.
 - o FAFSA
 - o English Non-Participation Form
 - o Spanish Non-Participation Form

College of Lake County:

If you are attending CLC and need to take a Math placement test, there are two dates to choose from: March 7 at 7:40 AM and March 8 at 9:00 AM. Talk to your counselor for more information.

College & Career Center News:

- March Newsletter
- March 9: College of Lake County Regional College Fair
- March 22: Career Fair
- April 12: CLC Field Trip
- Week of April 17: Junior Week
 - o College rep visits
 - o CLC & Career presentations
 - o Johnsburg College Fair
 - o Military visit
 - o Law Day at Lake County Courthouse
- April 20: Parent University

Book/Website Resources:

- College Board
- ACT
- Khan Academy/SAT test Prep

Upcoming College Visits:

- March 2: University of Nebraska-Lincoln
- March 3: Saint Mary's College
- March 17: University of Illinois-Springfield & University of Louisville
- March 21: Eastern Illinois University
- March 23: Southern Illinois University





March

	March 1	School Improvement Meeting, 9:25 am Flex Time Start
		Parent University: Social Emotional Health
1	March 7	LEAP English Class
	March 8	School Improvement Meeting, 9:25 am Flex Time Start Progress Reports
	March 10	Grant's Got Talent
	March 14	LEAP English Class
Λ	March 15	School Improvement Meeting, 9:25 am Flex Time Start
\boldsymbol{A}	March 21	LEAP English Class
	March 22	School Improvement Meeting, 9:25 am Flex Time Start Career Fair
	March 27-31	Spring Break
Т		April
	April 3	School Resumes
	April 4	LEAP English Class
	April 5	School Improvement Meeting, 9:25 am Flex Time Start
	April 7	Day of Non-Attendance
E	April 11	LEAP English Class
Н.	April 12	PSAT/SAT Testing
	April 13	Athletic Signing
	April 18	LEAP English Class
	April 19	School Improvement Meeting, 9:25 am Flex Time Start
T		Progress Reports
	April 20	Parent University: Financial Aid Night (Juniors)
	April 21	Hall of Fame Nominations Due
	April 21-23	Spring Musical—The Addams Family
	April 25	LEAP English Classes
	April 26	School Improvement Meeting, 9:25 am Flex Time Start
		May
	May 2	LEAP English Class
	May 3	School Improvement Meeting, 9:25am Flex Time Start
_	May 5	Early Release, 1:35pm
A		Prom
	May 9	LEAP English Class
	May 10	School Improvement Meeting, 9:25am Flex Time Start
	May 16	LEAP English Class
	May 16-17	Final Exams (Seniors)
	May 18-19	Final Exams (Freshmen/Sophomores/Juniors)
R	May 21	Graduation
	May 22	Final Exams (Freshmen/Sophomores/Juniors)
10	May 23	LEAP English Class
	May 30	LEAP English Class

