

LZHS Student Services Supports & Resources During Remote Learning



Important Email Addresses

Counselors:

Lindsay Puppolo (A- CRAM)

lindsay.puppolo@lz95.org

Ali Levato (CRAN-HAN)

ali.levato@lz95.org

Laura Beata (HAO-LENG)

laura.beata@lz95.org

Leslie Thomas (LENH-OSI)

leslie.thomas@lz95.org

Natasha Rosenak (OSJ-SMIT)

natasha.rosenak@lz95.org

Jamie Cotton (SMIU-Z)

jamie.cotton@lz95.org

Assistant Principal Student Services:

Ashley Weltler

ashley.weltler@lz95.org

Post Secondary Counselor:

Carl Krause

carl.krause@lz95.org

Registrar

Ann Rosenquist (transcripts/records)

ann.rosenquist.lz95.org

Important Email Addresses

Social Workers

Julie Rusniak (A-H)

julie.rusniak@lz95.org

Kim Davis (I-Q)

kimberly.davis@lz95.org

Barbara Belke (R-Z)

barbara.belke@lz95.org

Julie Anderson (Special Education Programs)

julie.anderson@lz95.org

Additional Resources: [95HealthyMe](#)

*Ask your Social Worker/Counselor for Mental Health Resources in the community

Special Education Coordinator

Pete Nadler

pete.nadler@lz95.org

Psychologists

Michelle Flack

michelle.flack@lz95.org

Jennifer Hilger

jennifer.hilger@lz95.org

Attendance

Attendance Questions? Email your Dean!

Deans

Rebecca LaPorta (A-K)

rebecca.laporta@lz95.org

Matt Aiello (L-Z)

matt.aiello@lz95.org



Click [HERE \(page 18\)](#) for attendance expectations for LZHS students

Health Office

Do you have any concerns about your health or medical needs? If so, you can reach out to your school nurses!

Nurses

Joan Hyatt

Joan.Hyatt@lz95.org

Sandy Koelper

Sandra.Koelper@lz95.org

Cindy Spudic

Cindy.Spudich@lz95.org

[D95 Coronavirus COVID-19 Information](#)

When 'i' is
replaced By 'we'

Even
'illness'
Becomes
'Wellness'

Post-Secondary Planning

Questions about college or post-secondary planning?
Reach out to Mr. Krause at carl.krause@lz95.org or make
an appointment with him during a free period!



Remember to utilize the [High School Roadmap Canvas Page](#) and [Naviance](#).

How to Make Appointment with Student Services

We are available by email during remote learning from 9:00AM to 3:00 PM
Monday-Friday

We are also available for a Zoom conference during your free period by appointment

****Email your counselor, social worker, or psychologist directly if you would like to set up a zoom meeting****

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Between 9:00 - 9:30am	Students need to check into each course that does not have a scheduled instructional period for the given day. Students will check into all other courses by period as listed within the schedule below.				
9:30 - 9:55am	Period 1	Period 6	Period 1	Period 6	Students need to check into all courses to continue the online learning. Students will need to be available to work in a small group (either virtually or electronically) if identified by teachers that a need exists. Those students unable to participate in a group will need to communicate with the teacher to plan for a different learning experience with another educator.
10:00-10:25am	Period 2	Period 7	Period 2	Period 7	
10:30-10:55am	Period 3	Period 8	Period 3	Period 8	
11:00am - 1:00pm	Lunch Break				
1:00 - 1:25pm	Period 4	Period 9	Period 4	Period 9	
1:30 - 1:55pm	Period 5	Early Bird	Period 5	Early Bird	
2:00 - 3:00pm	Contact teachers, homework, collaboration with classmates, etc.				

Reach Out to Us!

We are here to support you for whatever you need! If you are concerned about yourself or a friend, or just need someone to talk to, please reach out to your Counselor or Social Worker.

If it is an emergency, please call 911 and/or talk to your parent or other trusted adult.



Need Immediate Help OR Help After School Hours?

- See Something Say Something [CLICK HERE](#)
- [Suicide Prevention Hotline](#): 1-800-273-8255
- [Crisis Text Line](#): Text HOME to 741741 to connect with a Crisis Counselor
- [Lake County Text a Tip](#): LAKECO to 1-844-823-5323
- [DCFS](#): 800-25-ABUSE (800-252-2873)
- [SAMHSA's National Helpline](#) – 1-800-662-HELP (4357)
 - Treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

****EMERGENCY? Call 911****

Need Breakfast & Lunch?

District 95 will be providing bagged breakfast and lunches to families in need

PICK-UP LOCATION: LZHS – Door #12, on the west side of the building. Please enter via the main high school driveway and follow the signs.

- PICK-UP DAYS & TIME: Mondays, Wednesdays, Fridays 10:00 a.m. – 12:00 noon
- Mondays and Wednesdays: 2 breakfasts and 2 lunches per child. Fridays: 1 breakfast and 1 lunch per child.
- If you are unable to pick up the grab-and-go meals but would still like your child to receive meals, **we need your information**. Please provide information via clicking this link [Meal Assistance](#), call 847-540-4943 or email BusinessOffice@lz95.org
 - Leave a message with your contact name, number of children, address and phone number. Delivery is planned to take place from 10am to noon.

Tech & Wifi Support

[Click for Technical Assistance](#)

Send an email to elearning@cusd95.zendesk.com
Call our Hotline: (847) 540-7036.



Need Wifi?

- The District provides exterior internet access at all school buildings. Look for a white sign reading "Student WiFi access" near the entrance of each building.
- Comcast is offering the first 60-days of their Internet Essentials service to qualifying families <https://www.internetessentials.com/>
- Comcast is also offering free WiFi internet access at any of the locations in their extensive network <https://www.xfinity.com/mobile/network/map?zip=60047>

Testing

- State assessments, including the SAT, the Illinois Science Assessment, and Constitution exam are all suspended for Spring, 2020.
- **SAT Testing:** The state is developing options to allow current 11th grade students to take the SAT for free in the fall. You will receive more information when it is available.
- **AP Exams:** For the 2019-20 exams, students can take a 45-minute online exam at home. Contact your teachers to understand expectations and to access the best resources available.

WE ARE HERE FOR YOU!

