



Grant Community High School

District Newsletter

January 2025

Student of the Month

Malia Henriot



The Grant Community High School January Student of the Month is senior Malia Henriot, daughter of Jean-Louis and Tracy Henriot of Round Lake.

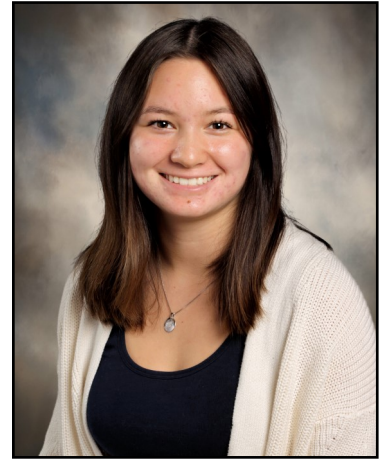
Malia's academic achievements include earning Honor Roll status each semester, being awarded three Scholar Athlete awards, and she has taken multiple AP classes. She scored a 5 on her AP 2D Art and Design portfolio placing her in the top 11% in the nation. She holds an impressive 4.897 GPA.

Her extracurricular activities include being a member and fundraising head for the National Art Honor Society and this year serving as Vice President. Her fundraising efforts included GCHS and Big Hollow paint night and the GCHS talent show. She has two Distinguished Artist Awards from the NLCC art shows. She also runs Varsity Track and Field since freshman year, becoming one of the captains in her junior year. She placed 3rd in the triple jump at the 2024 sectionals and received the girls' indoor MVP award of 2024.

Malia's primary volunteer work has been with NAHS, assisting at the talent show, paint nights, and NLCC Art Show. Outside of school she participated at Bernie's Book Bank distributing packaged books to children.

In addition to all of her activities, Malia hosted an unofficial study group for the US History AP course that earned everyone a 4 or higher on the AP exam. She works at The Freeze, an ice cream shop in Grayslake. She enjoys making art in her spare time and gets joy from giving the items as gifts. She loves video games and challenging family and friends to Mario Kart.

Her plans for the future include earning a Bachelor's degree in Graphic Design or other art major. She is evaluating university options, such as Illinois Wesleyan University and University of Illinois Urbana-Champaign.



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Board of Education

Kathy Kusiak, *President*
John Jared, *Vice President*
Shelly Booth, *Secretary*

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Laurie Hembrey
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Happy New Year!

We're ringing in the new year, but still thinking about all the great events that took place in the first semester. Between welcoming so many new Bulldogs to the building, a packed Homecoming week, two Bulldogs qualifying for ILMEA District 7, band and choir concerts, Alice in Wonderland, Bulldog Buck and Pride winners, exploring interests and planning futures through SchoolLinks activity schedules (and so much more!), we created a great deal of memories and kicked off the year strong.

There are more exciting events to come and memories to make as we enter 2025. We are excited for big second-semester events, including the spring musical, Music In Our Schools, Fido Festival, prom, and graduation! We may be just starting the month of January, but May is going to be here before we know it. Although it can be bittersweet to think about the end of the school year, especially when we have to say goodbye to so many wonderful students, it's exciting to think about what else our students will achieve during the second half of the year.

There are still a few days left of winter break, so please continue to enjoy your time at home and all the relaxation that comes with that. We cannot wait to hear about your winter adventures and the memories created during your time off.

Wishing you warmth and good cheer this holiday season, and all the best in 2025.

Your Bulldog Family



Excellence in Education Award Winners



Mike Gaughan is an extraordinary social worker who consistently demonstrates an unwavering commitment to supporting students both emotionally and academically, embodying the mission, vision, and values of Grant Community High School. His empathy, leadership, and collaborative spirit make him a vital member of our school community and a deserving candidate for the Excellence in Education Award. One of Mike's most notable qualities is his ability to connect with students from all walks of life. He provides a safe, supportive environment where students feel valued and heard, offering guidance as they navigate personal challenges and advocating for their mental health. His compassion and understanding ensure that each student receives the support they need to thrive. For these reasons and many more, Mike exemplifies what it means to be an exceptional educator. His dedication to students' well-being and growth, both in the classroom and on the field, makes him a truly deserving recipient of the Excellence in Education Award.



Principal Schmidt, Mr. Gaughan, & Mrs. Sonders



Principal Schmidt, Ms. Trujillo, Mrs. Sonder, & students

Czara Trujillo is an exemplary paraprofessional who embodies the mission and values of Grant Community High School through her unwavering dedication, compassion, and hard work. Her contributions to the LOP program and her students have been extraordinary, making a profound impact on their growth and success, and making her the perfect candidate for the Excellence in Education Award. Czara consistently goes above and beyond in her role, not just as a paraprofessional but as a mentor and advocate. She has built strong, trusting relationships with her students, earning their respect and creating a positive, supportive environment. Her remarkable ability to connect with

students is evident in one-on-one classroom interactions and during extracurricular activities such as bowling and Special Olympics. For these reasons and many more, Czara is truly deserving of the Excellence in Education Award for her exceptional contributions to Grant Community High School.

To learn more about Kristen and Cory, visit our [Excellence in Education webpage](#).



Myles Foreman

Bulldog Qualifies for ILMEA All-State Honors Chorus

For the second year in a row, Myles Foreman will represent our Choir program at the ILMEA All-State Festival in January! Congratulations to Myles on qualifying for All-State, and even more impressively, the Honors Chorus. The Honors Chorus, which is the highest accomplishment at All-State, includes students who scored in the top 5% in their vocal audition. Make sure to keep an eye out for more information as we get closer to January 29!



Save the Date for 2025 Parent University Events!

Parent University is a series of workshops and events designed to support parents, guardians, and caregivers. Throughout second semester, we will be hosting several events for parents focused on supporting our students, Career & Technical Education, financial aid, and Social Emotional Learning (SEL). [Pre-registration](#) for each event is encouraged, but not required.

- January—What parents need to know (video release only)
- February 26—Career & Technical Education
- April 23—Financial Aid Night (Juniors)

For all sessions, the doors open at 6:00 PM for registration. We recommend parking in the student lot and entering through Door 9. Sessions begin at 6:30 PM. Check out the [Parent University](#) section of the Grant website for more event information.



French Students Create *Bûches de Noël*!

French classes had a jump start on celebrating the holidays by making their bûches de Noël. This traditional Christmas cake, made and decorated to resemble a Yule log, is a dessert staple in France and other French-speaking countries. The history behind the cakes is that Napoleon Bonaparte had issued a proclamation ordering the people of Paris to close their chimneys during the winter. It was thought that the cold air coming into the houses was causing the spread of illnesses. Since the use of hearths was prohibited, Parisians wanted some sort of traditional symbol that could be enjoyed with their family and friends during Christmastime.



Traditional bûche



Creative bûche

Grant teachers and staff judged the French students' cakes in two categories: most traditional and most creative. Our winner for the most traditional bûche was a French II student, and our most creative "Kermit" bûche was made by Casey McCleery and Riley Daniele (French IV).

JOYEUSES FÊTES!
(HAPPY HOLIDAYS!)



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. 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.



VERDANT

TUTORING & COACHING COMMUNITY

ACT PREP CLASS

This ten-week class is a partnership with Verdant Tutoring & Coaching Community - a local test prep company. The goal of this partnership is to provide students with impactful ACT skills in a convenient and economical manner.

Students are empowered through instruction from a certified teacher and test prep expert, supplemental resources, and guided practice. The skills developed in this class will help students meet their ACT score goals and can be applied to life outside the test.



The State of Illinois has adopted the ACT as a graduation requirement beginning with the graduating Class of 2026. The ACT is one of the most widely accepted college entrance exams.

April 8, 2025, is the State-wide required ACT administration date in which all juniors take the ACT.



\$120 per student

Payment cannot be put on student obligations. Students eligible for free & reduced lunch or who may need financial assistance should see their school counselor to waive fees.



Class Options

Tuesdays - 3:15-4:45 PM
@ GCHS

Tuesdays - 7:00-8:30 PM
via Zoom

Thursdays - 3:15-4:45 PM
@ GCHS

Saturdays - 10:30 AM -
12:00 PM @ GCHS

*Beginning January 21 and running
through April 5

The deadline to register is Wednesday, January 15, 2025.



<https://verdanttutoring.com/>



<https://www.grantbulldogs.org/>

AIM HIGHER, ACHIEVE MORE!

ENROLL
NOW!





Michael Villagomez is the recipient of the December Social Studies' Golden Globe Award!

The Social Studies Department is proud to award the December Golden Globe to Michael Villagomez for his dedication, thoughtfulness, and insight that he brings to every assignment and assessment. His teacher, Ms. Becmer, shared that Michael's contributions immensely impact his learning and those around him. Not only does he inspire his peers to think more critically and engage

with the content, but his ability to articulate complex ideas with clarity and purpose truly makes him stand out.

His dedication to excellence is evident in everything he does, and as Ms. Becmer said in her nomination, "Michael embodies what it means to be a lifelong learner. He approaches the subject with a quiet passion and a determination to grow his understanding, not for the sake of grades, but for the intrinsic value of knowledge itself." Congratulations, Michael! Keep up the amazing work!



The Social Studies Department presents Michael with the Golden Globe Award.

Built for Success

New GCHS Weight Room

On Thursday, December 19, we proudly hosted an open house to unveil our brand-new, state-of-the-art weight room to the community. This exciting addition represents a significant investment in the health, wellness, and success of our students, and we were thrilled to celebrate this milestone with everyone who attended.

The new weight room is designed to provide students with the tools and opportunities they need to achieve their fitness goals, whether through physical education classes, athletic team training, or personal wellness pursuits.

Packed with modern equipment and spacious layouts, the facility is ready to support our Bulldogs in reaching their full potential.



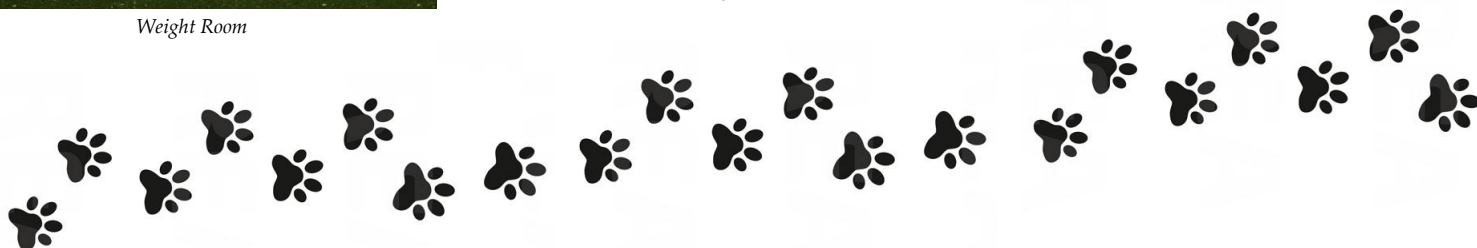
Student-athletes test out new weight room equipment.



Weight Room

As we move into the second semester, we look forward to seeing our classes and teams take full advantage of this incredible space. The weight room is more than just a place for exercise—it's a hub for building strength, discipline, and confidence, all of which contribute to student success both on and off the field.

Thank you to everyone who joined us for the open house and helped make this moment so special. We can't wait to see the impact this investment will have on our school community!



College & Career Center News

With so much happening in the world of higher education and in our workforce, make sure to check out the [College & Career Center Newsletter webpage](#) every month for assistance with navigating the opportunities available to you. If you are looking for guidance regarding your post-high school plans, contact Mrs. Masura and set up an appointment today.

THE STUDENT 6 STEP FAFSA *checklist*



Step 1

Create an FSA ID at studentaid.gov/fsa-id/create-account

*You will need your Social Security Number



Step 2

After your FSA has been verified start the FAFSA at FAFSA.gov and select Start New Form



Step 3

STUDENTS fill out the student section



Step 4

Invite Contributors (click or scan the code to see who would be your contributor)

*To invite you will need: name, date of birth, social security number, and email address



Step 5

Parents can complete the parent section after receiving the email invite to complete the FAFSA



Step 6

Review and Submit

If you are not planning to complete the FAFSA this year, you must submit a non-participation form. This form is an important step to ensure all necessary requirements are met for graduation.

Visit the financial aid section of our website for more information and to access the non-participation form—[College & Career Center—Financial Aid](#)

Don't wait—be sure to review the details and complete the form if needed.

GRANT COMMUNITY SCHOLARSHIPS



We are excited to announce that the application for Grant Community Scholarships has opened! If you are a current Senior and are interested in applying for these scholarships, join the Community Scholarships Schoology page with the access code: T5ZF-HSVC-SXMF.

The application deadline for our scholarships is January 31, 2025, at 11:59 PM. Please note the Google Form to select the applications you are applying to, the Community Scholarship Application, and any applicable addendums must ALL be completed and submitted by the deadline. Instructions and a video tutorial can be found on the Schoology page. If you have any questions about the scholarships or the application process, please reach out to Ms. Wilhelm at awilhelm@grantbulldogs.org or stop into the Student Services office.



Bulldog Happenings

Granados Selected for Illinois Council's Girls Committee



We are proud to announce that Dianey Granados has been nominated to participate in the Illinois Council's Girls Committee! This prestigious group is comprised of 19 exceptional young women from high schools across the state who will share their life experiences and discuss issues they care about with women in state leadership. The committee is chaired by Lieutenant Governor Juliana Stratton.

As a member of this committee, Dianey will have the incredible opportunity to network with other students from across Illinois and connect with women leaders in government, policy, and advocacy. This experience will not only allow her to contribute to meaningful conversations but also help her gain valuable skills and insights for the future.

Congratulations, Dianey, on this well-deserved honor!
We are excited to see the impact you will make as part of the Girls Committee.

Holiday Band & Choir Concerts



It was a music wonderland in the auditorium as our Band & Choir programs held their annual holiday concerts before Winter Break. It was a treat to hear what these musicians and vocalists have been practicing, and we can't wait to see them perform again in the March for the Music In Our Schools concert.



Cupatition

We have a winner! Congratulations to Zahara Keller for winning this year's Cupatition. Mr. Carlson surprised Zahara during 1st Hour with the exciting news, and with help from Principal Schmidt, delivered her Starbucks drink of choice.

This annual event celebrates the hard work and creativity of our ceramics students, who have been honing their skills throughout the semester. Their craftsmanship and



Staff Cookie Exchange



This holiday season, our staff came together to spread cheer and delicious treats through a festive cookie exchange! Staff members who participated baked a variety of goodies to share, making it a sweet and memorable way to celebrate the season. Not only did participants leave with plates full of tasty treats, but they also exchanged recipes, ensuring they could recreate their favorite cookies in the future. The cookie exchange was a wonderful opportunity to connect, relax, and enjoy the spirit of giving (and baking) during this busy time of year.

Exploring Spanish Culture

Curriculum Highlight—Spanish 5

Although there is a lot to learn within the classroom, nothing beats getting out in the world and experiencing different cultures. Students in Señora Catarino's Spanish 5 class have been doing just that and expanding their cultural knowledge.

Earlier this year, our students participated in a guided tour of the Dia de los Muertos (Day of the Dead) exhibit at The National Museum of Mexican Art. At the completion of their tour, students were able to walk through the entire museum and explore all the exhibits, which included artifacts of Cesar Chavez, paintings by Diego Rivera, and the ofrenda wall. Some of our students added their own messages to the wall, writing notes about or to their loved ones who have passed away. After leaving the museum, they



Students visit The National Museum of Mexican Art.



Display at The National Museum of Mexican Art.

took time to view some of the beautiful and intricate murals painted within the area.

To finish their fall trip, they went to a Panadería (bakery) and enjoyed delicious treats such as giant conchas, churros, tortillas, and manteconchas. Not only were they able to experience and learn about Spanish culture, but they had the added benefit of doing it together. If you are interested in taking a deeper look and expanding your knowledge on Spanish culture, check out The National Museum of Mexican Art's website for more information.

Our Bulldogs are getting ready for their next field trip to the Field Museum where they will learn about ancient civilizations of Latin America, and will participate in a hands-on class with a science expert, where they will analyze Mayan, Moche, Inca, and Aztec artifacts, among other great things! After their museum visit, they will have the opportunity to experience authentic Spanish cuisine. Keep an eye out for more updates on our Spanish 5 students as they continue to broaden their cultural horizons!



Students enjoy a delicious meal.



Display at The National Museum of Mexican Art.



Students stop at Panadería for a sweet treat.

Summer School Information

Brochures and registration forms for summer school will be available in the Front Office and on our website.

Registration is open January 6, 2025. All classes are on a first come, first served basis. There are no refunds after the first day of class. Summer school is open to all students who reside within the District 124 attendance boundaries, and who have completed their Freshman, Sophomore, or Junior year.

For further information, please visit our [website](#).

Grant CARES Program

Connecting People to Treatment

Grant Community High School District 124 is proud to announce the launch of the Grant CARES Program, a groundbreaking initiative aimed at improving access to mental health resources for students and families in our community. This program, in partnership with ReferralGPS, is designed to bridge the gap between those in need and the critical services that can support their well-being and success.

The Grant CARES Program stands for **Community, Advocacy, Resilience, Engagement, and Support**—values that form the foundation of this initiative. Leveraging the expertise of ReferralGPS, which facilitates a similar model in multiple districts across Illinois, the program ensures that students and families receive timely, effective, and equitable care.

The Grant CARES Program offers students and families the ability to access treatment without long waitlists or financial barriers. With 8 initial visits provided free of charge—and the possibility to continue care based on funding and clinical need—this initiative ensures that everyone has a fair chance at receiving the support they deserve.

Many families seek help for challenges such as depression, anxiety, and parenting strategies, and the CARES Program is designed to meet these needs with tailored, evidence-based solutions.

Program Highlights

- **Enhanced Access to Care:** Leveraging technology and community partnerships, the program ensures seamless connections to mental health resources, so no one falls through the cracks.
- **Tailored Support Services:** From individual therapy for depression and anxiety to parenting strategies and psychiatric medication management, the program provides a range of evidence-based solutions designed to meet unique needs.
- **Breaking Down Barriers:** Financial, logistical, and systemic challenges that often prevent families from seeking care are eliminated.
- **Community Engagement:** Collaboration with schools, community leaders, and mental health providers ensures resources are accessible, effective, and aligned with the needs of the community.

“The CARES Program is an essential step toward building a supportive environment where every student can thrive. By working with community partners, we are breaking down barriers to care and ensuring that families in our district receive the resources they need. This program exemplifies our dedication to student success and well-being.” said Dr. Christy Sefcik, Superintendent of District 124.

Join the Movement for Better Mental Health

Your involvement is crucial to the success of the Grant CARES Program. If your student or a family member could benefit from therapeutic or psychiatric support, take the first step by visiting <https://referralgps.com/124cares> to learn more and get started. Together, we can ensure every student and family has access to the care they need to thrive. Let's create a brighter, healthier future for our community.



Varsity beats North Chicago and secures Coach Wayne Bosworth's 200 career win.

Our Varsity **Boys Basketball** team competed against Carmel in the Mundelein Thanksgiving Tournament and took down the Corsairs 51-43. At the Sophomore level, our Bulldogs competed at Round Lake's Tournament and earned wins over Woodstock, Woodstock North, and Wauconda. In the championship game, they fell to Waukegan, 40-38, and ended their tournament weekend in 2nd Place. After Thanksgiving, the program took on Cary-Grove and the Sophomore level brought home another win as they defeated the Trojans 52-43. For their home opener, the program hosted Woodstock and swept the Blue Streaks. Varsity won 56-49,

Sophomore went 53-45, Freshman A went 36-26, and Freshman B went 29-27. Following their Woodstock win, the Varsity and Sophomore level hosted Round Lake and brought home wins over the Panthers. Varsity won 76-45 and Sophomores won 55-19. On Wednesday, December 11, the Varsity team defeated North Chicago 61-50. With this win, Coach Bosworth officially hit 200 career wins! Congratulations on reaching this amazing milestone, Coach! Over winter break, the entire program competed at the Hinkle Holiday Tournament. The Sophomore level opened with a 56-19 win over Larkin. They earned another victory in Round Two against Crystal Lake South, going 62-57. Varsity took on Larkin for their second game and won 65-54.

Our **Girls Basketball** program has been staying busy both on and off the court! Between practices and games, the Varsity team has shown incredible dedication to their sport. But their commitment doesn't stop there—they've also made time to give back to the community. Recently, the Varsity team took a break from their rigorous schedule to volunteer at Feed My Starving Children. Their efforts helped pack meals for those in need, demonstrating the values of teamwork and compassion that define our Bulldog athletes. We're so proud of how our Bulldogs represent Grant both in competition and in the community. Keep up the great work!



Varsity volunteers at Feed My Starving Children.



Varsity finishes in 3rd Place at their inaugural Bulldog Baker Holiday Invite.

The **Boys Bowling** program has been busy this season! To close out the month of November, Varsity competed in the Harlem Invite and finished 6th out of 20 teams - only 5 pins away from 5th! Seth Sider finished 7th overall with a series of 1,312, and Kyle Hobson had the 8th-highest game of the day with a 266. To start December, they took on Zion-Benton and Varsity earned a sweep against the ZeeBees thanks to high scores from Chase Zeman, Sider, Payton Govea, and their high roller of the night, Hobson. JV won one out of three games and their high roller of the night was Austyn Hunt with an impressive 595 series which included two 200

games. The next day, the program took on Stevenson and Varsity completed their sweep against the Patriots with strong games from Logan Knuth, Sider, and the high roller of the night, Hobson. Later in the week, the Bowldogs took on Grayslake Central last week and fell to the Rams. Before winter break, the program took on Barrington and JV swept the Broncos thanks to high games from Cameron Lazansky, Jax Hartmann, Cody Berg, and Braiden Hills. Varsity won their first and third game, but ultimately fell to Barrington. Hobson was the high roller of the night for Varsity. Over the break, our Varsity Bowldogs hosted their inaugural Bulldog Baker Holiday Invite and finished 3rd overall. Congrats to Hobson who had the third-highest game of the morning and Sider who had the second-highest series!



Grant Cheer at Jinglefest

Small and Large JV Cheer competed at Barrington High School's Jinglefest and had a blast debuting their competitive routines. Over the break, our Varsity Cheerleaders debuted their competitive routine in a new division at Rolling Meadows and finished the day in 6th Place. We can't wait to see them hit the mat again in January and cheer on the program throughout the season!

- * January 4 @ Lakes Community H.S.
- * January 18 @ Grayslake North H.S.
- * January 20 @ Grayslake North H.S.

- * January 25 @ Fremd H.S.
- * January 26 @ Huntley H.S.

Dance competed in their first competition of the season at Crystal Lake Central and JV took home 3rd Place! Over the break, the entire program competed at the Stagg Invite. JV took home 4th Place and Varsity ended in 5th up against some incredible teams. Congrats, Dancers!

- * January 5 @ Huntley H.S. & Lakes Community H.S.
- * January 17 @ Grayslake Central H.S.



Grant Dance at Stagg Invite



Varsity finishes in 3rd Place at their inaugural Bulldog Baker Holiday Invite.

Wrestling kicked off their competitive season over Thanksgiving break and walked away with a lot of positives. At the Freshman-Sophomore Turkey Shoot, our Bulldogs were down 12 and then won ten out of their 12 matches in the final round with nine pins for the comeback and to secure the title of Turkey Shoot Champs! At the Barrington tournament, our Bulldogs took 6th Place thanks to multiple Top Ten individual placements including Vince Jasinski in 2nd, Erik Rodriguez in 3rd, Casey Gipson in 5th, Carter Hutchinson, Sammy Mendez, and Aaden Arroyo in 7th, and Grayson Lennon in 8th. At the Sandy Gussarson Invitational, our Girls squad took

7th out of 26 teams! Individual placements include Myla Reyes in 2nd, Annabelle Melton in 3rd, Kayden Manis and Riley O'Grady in 5th, and Evelyn Gonzalez and Jaidyn Hoffman in 6th. For their home opener, the program hosted Round Lake and earned a program sweep! Varsity beat the Panthers 74-6, and all three levels improved to 3-0. Our Girls squad competed in the McHenry Scramble and had several Bulldogs go undefeated including America Camacho, Hoffman, Cassidy Graham, Lilianna Ludford King, and Veronica Vera. In early December, Varsity took on Jacobs, Barrington, and Stevenson. They dropped a close loss to a tough Stevenson team but earned wins over Jacobs and Barrington. Hutchinson, Rodriguez, Arroyo, and Jasinski went 3-0 on the day. Our Girls squad competed at the Waukegan tournament and had two Bulldogs place in the top three. Congrats to Graham and Camacho for your 3rd Place finish! JV competed at the Rex Lewis Invite and had six Bulldogs place in the top 10. Freshmen continued to show improvement as they went 5-0 in their duals with wins over Stevenson and Barrington. Over winter break, Varsity competed at the Rus Erb Tournament and was sitting in 1st Place after Day One with five Bulldogs in the Semis - Larry Quirk, Vince Jasinski, Erik Rodriguez, Adrian Khi, and Casey Gipson. At the end of Day Two, the team finished in 3rd and Jasinski secured his champion spot at 126lbs and earned the Outstanding Wrestler Award! Our Girls squad competed at the Bengal Bash and the team placed 7th. Congratulations to our podium placers including Myla Reyes in 2nd, America Camacho in 3rd, and Annabelle Melton in 3rd!



(Left to Right) Brianne Lopez, Matthew Warmowski, Tyler Fleming, Ryne Dzierzynski, Jake Chrzatowski, & Cole Sparkman commit to continuing their academic and athletic careers after high school.

Committed Athletes

Brianne Lopez, Matthew Warmowski, Tyler Fleming, Ryne Dzierzynski, Jake Chrzatowski, and Cole Sparkman have officially committed! After graduation, Brianne is attending UW-Oshkosh for Nursing and Softball, Matthew is attending Clarke University for Lacrosse and Business Management, Tyler is attending Clarke University for Lacrosse and Accounting, Ryne is attending UW-Parkside for Baseball and Nursing, Jake is attending Benedictine University for Baseball and Exercise Science, and Cole is attending Carroll University for Baseball and Nursing. We are excited to see these Bulldogs achieve even more of their goals, on and off the field, and we wish them the best of luck with all their plans!

Keep It RED

Happy New Year, Bulldogs! Over winter break, we have been thinking a lot about our Keep It RED culture and what it means to our school community. For some, it's about focusing on academics, participating in as many sports and activities as possible, or being helpful to everyone who crosses your path. No matter how our Bulldogs choose to Keep It RED, they continue to exemplify the three main characteristics—Respectful, Engaged, and Dependable. Throughout first semester, we celebrated 120 Bulldog Buck winners and 24 Bulldog Pride winners for their display of RED behaviors and for setting a good example for their classmates. We look forward to celebrating even more Bulldogs for their RED behaviors when we return from break. So, if Keeping It RED means cheering on teams with the Dawg Pound, showing up to every class on time, or picking up trash in the cafeteria, keep it up and continue to set an example for others.

As we begin 2025, we encourage the entire Bulldog community to Keep It RED and make it a great year!



Happy Holidays!

**THE FUTURE IS NOW
MENTAL HEALTH RESOURCES AT YOUR FINGER TIPS**

**HOW IT WORKS: (IPHONES AND ANDROID PHONES)
USE YOUR CAMERA TO SCAN THE QR CODE
THE LINK WILL POP UP ON YOUR SCREEN**



CRISIS HOTLINES



**NATIONAL SUICIDE
PREVENTION
CENTER
CALL
1-800-273-8255**



**CRISIS TEXT LINE
TEXT "CONNECT"
TO 741741**



**TEEN LINE
TEXT "TEEN" TO
310-855-4673**



**THE TREVOR
PROJECT
TEXT "TREVOR"
TO
202-304-1200**

**YOUTH FRIENDLY RESOURCES
RELATED TO MENTAL HEALTH**



**YOUNG WOMEN'S
HEALTH**



**YOUNG MEN'S
HEALTH**



**MINDFULNESS
FOR TEENS**



MOOD 24/7



SHINE TEXT



GO ASK ALICE

**BREAKING THE STIGMA AND
HELPING A FRIEND IN NEED BY
OFFERING:**

**Elyssa's Mission ACT:
Acknowledge - Care - Tell**

Acknowledge: Listen to your friend,
don't ignore threats

Care: Let your friend know
you care.

Tell a trusted adult



**REACHING OUT TO SCHOOL
STAFF CAN BE THE FIRST STEP**

**YOUR POSITIVE SUPPORT GROUP CAN
CONSIST OF:**

**COUNSELOR, SCHOOL PSYCHOLOGIST,
SOCIAL WORKER, SCHOOL NURSE**

Text A Tip: text "LAKECO" to 844-823-5323

BULLDOGS KEEP IT RED BY TAKING CARE OF MENTAL HEALTH NEEDS

C A L E N D A R

January		
Jan. 1-3		Winter Break
Jan. 6		School Resumes, Second Semester Begins
Jan. 8		School Improvement Meeting, 9:25 AM Flex Time Start
Jan. 11		NLCC Speech Competition
Jan. 15		School Improvement Meeting, 9:25 AM Flex Time Start
Jan. 16		School Board Meeting
Jan. 20		Martin Luther King Jr. Day, legal school holiday
Jan. 22		School Improvement Meeting, 9:25 AM Flex Time Start
		Parent University: What parents need to know (online)
		8th Grade Enrollment Night
Jan. 23		8th Grade Enrollment Night
		NLCC Math Conference (Grayslake Central)
Jan. 29		School Improvement Meeting, 9:25 AM Flex Time Start
		Scholastic Bowl (Lakes)
February		
Feb. 5		Progress Reports
		School Improvement Meeting, 9:25 AM Flex Time Start
Feb. 7		Speech Showcase
Feb. 8		Speech Regionals
Feb. 10-11		NLCC Honors Band Festival (Wauconda)
Feb. 12		School Improvement Meeting, 9:25 AM Flex Time Start
Feb. 14		Institute Day, no student attendance
Feb. 17		President's Day, no school
Feb. 18		NLCC Choir (Antioch)
Feb. 19		School Improvement Meeting, 9:25 AM Flex Time Start
		Blood Drive Sign-Up
Feb. 20		Best Buddies (Grayslake North)
		School Board Meeting
Feb. 26		School Improvement Meeting, 9:25 AM Flex Time Start
		Parent University: Career & Technical Education
Feb. 28		Blood Drive
March		
Mar. 5		School Improvement Meeting, 9:25 AM Flex Time Start
		Music In Our Schools Concert
Mar. 11		Progress Reports
Mar. 12		School Improvement Meeting, 9:25 AM Flex Time Start
Mar. 14		Grant's Got Talent
Mar. 19		School Improvement Meeting, 9:25 AM Flex Time Start
		Career Fair
Mar. 20		School Board Meeting
Mar. 24-28		Spring Break