



Grant Community High School

District Newsletter

November 2025

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Student of the Month

Myles Foreman



The Grant Community High School November Student of the Month is senior Myles Foreman, son of Brian and Sharon Foreman of Round Lake Heights.

Myles's academic achievements include being inducted into the National Honor Society during his sophomore year, earning NLCC All-Academic recognition, and taking three AP exams, earning two 5s and one 4. Myles is also currently enrolled in four AP courses. He has achieved Honor Roll status on several occasions during his time at GCHS and holds an impressive 4.67 GPA.



He is involved in an admirable number of extracurricular activities which include Chamber Choir since his freshman year and singing with the Anthem Singers since his sophomore year. He is part of the Choir Leadership Team, serving as section leader, uniform manager, ensemble representative and music supervisor, also since his freshman year. Myles has earned 3rd place in the regional High School Musical Theater NATS competition for his voice lessons. He also led and directed a student octet that received a Division I rating at a contest during his junior year. Outside of performing arts, Myles involvement also includes the Computer Science Club, Varsity Academic Team, Principal's Advisory Council, and TEAM Live Host. He has been on the tennis team since his freshman year, soccer since his sophomore year, and has played club soccer since fall of 2016.

Myles volunteers for National Honor Society and the Bulldog Boosters, and is also currently serving as a music lab tutor. In addition to all of his activities, Myles has worked for Tropical Chill ice cream trucks as a driver and stocker of the trucks. Myles is also a cook at Noodles and Company.

Myles has a strong passion for all forms of media, including albums, films, books, and essays, and is drawn to the unique interpretations people have for the same work. After graduation, he plans to enroll in a four-year university to study chemical engineering. He intends to stay involved with music and choir through related campus clubs and/or groups. His top choice is the University of Illinois Urbana-Champaign, though he is considering other schools in and around the Midwest.

Board of Education

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Excellence in Education Award Winner: Emily Weber



Principal Schoell (right) & Mr. Taubery (left) present the Excellence in Education Award to Emily Weber (center).

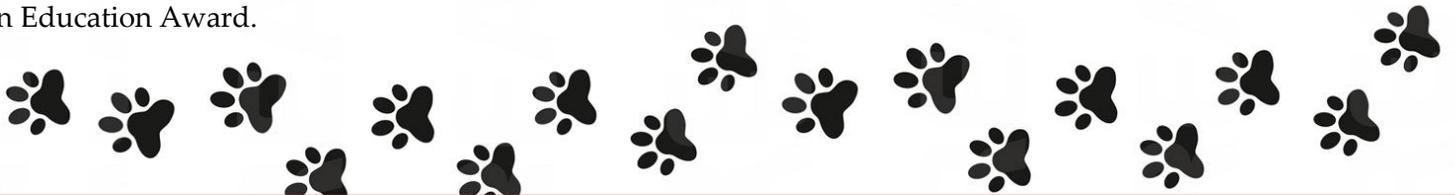
Emily Weber is an exceptional candidate for the Excellence in Education Award. From the moment Emily joined Grant Community High School, her dedication, positivity, and commitment to excellence have been evident in everything she does. She embodies the pillars of what it means to be a Grant staff member—adaptable, collaborative, and student-centered in every sense. This year, Emily’s adaptability has truly shined as she transitioned into a new primary PLT, immediately stepping into a leadership role within the Geometry team. Drawing on her prior experience with Evidence-Based Grading, Emily has helped guide her colleagues with insight and clarity, always approaching challenges with professionalism and a growth mindset. She consistently seeks out new ways to enhance the learning experience for her students, taking instructional risks while maintaining a calm, inviting classroom where all students feel supported and capable of success.

Emily’s students—past and present—speak volumes about the impact she has made. Her classroom is a place where students arrive with excitement and leave with confidence. Whether through her patient guidance, engaging lessons, or her trademark encouragement of “You’ve got this!”, Emily creates an atmosphere of trust and motivation that inspires students to reach their full potential.

Outside of the classroom, Emily’s leadership extends to the volleyball court, where she exemplifies what it means to lead with purpose, positivity, and professionalism. As the coach of the JV2 (Freshman) volleyball team, Emily instills in her athletes a deep sense of pride in representing Grant, the volleyball program, and themselves. She models and reinforces the Keep It RED culture—Respectful, Engaged, and Dependable—through every practice and competition.

Under her guidance, Emily’s athletes demonstrate exceptional sportsmanship, teamwork, and character. Whether competing, supporting teammates from the bench, or interacting with opponents and officials, her players reflect the values she so passionately teaches. Her leadership has earned recognition from officials and established a strong foundation for the continued success of the volleyball program.

Emily is a role model for both students and colleagues. Her optimism, professionalism, and unwavering commitment to growth set her apart as an educator and coach. For her exceptional contributions to the classroom, the court, and our school community, Emily Weber is a truly deserving recipient of the Excellence in Education Award.



Principal's Corner

October was filled with exciting events, activities, and growth! While our students continued to invest time and effort in their courses, activities, and athletics, our staff engaged in multiple professional development opportunities to fulfill our mission to make Grant the best school for our students and a source of pride for our community. Our Fall Institute Day, October Instructional Rounds, Safety Training, and Co-Teaching Training all served as events focused on improving our collaborative efforts to make every student safe and successful at Grant Community High School. At the end of the month, we partnered with families for our Parent-Student-Teacher Conferences to share in building relationships across our community with the goal of student success. All of these events require a high level of collaboration and commitment from our staff. I am proud to work with such a dedicated and thoughtful team that continues to work hard to make sure that each of us is prepared to help our students be successful.



It has been exciting and fun to watch all of our athletes compete this fall! Our Bulldog athletic teams demonstrated their excellence with high levels of performance across all of our sports. Our Boys Golf team qualified for the IHSA Sectional for the first time in school history. The Boys Cross Country team earned a sectional bid as a team and had our first top-five finisher at the Regional in nearly fifteen years. Girls Flag Football competed in its first official IHSA season, and the football team qualified for the State Playoffs in Class 6A. We are proud of our Bulldog athletes and coaches across all of our programs, as they represented our school and community well this season. I am looking forward to our winter sports kicking off their seasons and seeing more of our teams in competition!

To continue to enhance and build upon our strong start to the year academically, we will be hosting our second College and Career Readiness Activity Schedule on November 4. During this activity, students will review the criteria for earning the Distinguished Bulldog and Bulldog Scholar recognitions. Additionally, students will review their goals that they set during our first activity schedule earlier this year, while using those goals to shape their course selections for next school year. Freshmen students will complete their four-year plan, Sophomores and Juniors will make course selections, and Senior students will learn about college readiness and how to use SchoolLinks to assist them in their college application process. All students will also have the opportunity to update their completion of volunteer hours and other career-ready indicators, which count towards Distinguished Bulldog and Bulldog Scholar recognitions. We look forward to helping each of our students build their "Pathway to Decision Day." Decision Day is a celebration day for Senior students where they celebrate their college and career commitments. I am personally excited to learn about our students' hopes and dreams, and encourage conversations with students to help them shape their goals and find out what they did during our activity schedule on November 4.

On November 11, we will be honoring the veterans in our community through our Veterans Day event. Last year, we welcomed veteran alumni, staff members, family members, and community members to participate in panel discussions with our Social Studies students. We are looking forward to welcoming our local veterans back to school this year to share their service experiences with our students to reflect on the meaning of service within our community. Our Choir will also attend a community Veterans Day celebration to sing for veterans and community members. We are thankful for the service of each veteran in our Bulldog Community and extend our thanks to each of you in advance of Veterans Day.

I look forward to our events in the coming month and am excited to see what November holds for our Bulldog Community.

Go Bulldogs!

Mr. Blair Schoell
Principal





The creeping emptiness known only as the Nothing is devouring their world, and the mighty Childlike Empress is fading. Her only hope lies with a human child, a quest she entrusts to a young, reluctant warrior: Atreyu. But this isn't just Atreyu's story; it's also the tale of Bastian Balthazar Bux, a shy, bullied boy who escapes into the pages of a mysterious book. As Bastian reads, he discovers he's not just an observer, but an integral part of Atreyu's perilous journey.

Adapted by David S. Craig from Michael Ende's beloved novel, *The NeverEnding Story* (Atreyu and the Great

Quest) bursts onto the stage as a vibrant, imaginative spectacle that will ignite the imaginations of a new generation while sparking joyful nostalgia for another!

For those who grew up in the 80s and 90s, prepare for a rush of memories (and trauma) as iconic moments spring to life: witness the majestic luckdragon Falkor soar, brave the treacherous Swamps of Sadness with Artax, and confront the enigmatic Gmork, all while avoiding the oncoming storm of THE NOTHING.

Join Atreyu on a breathtaking quest through a world of fantastical creatures and impossible challenges, as he seeks the cure for the Empress and battles against the encroaching despair. Meanwhile, Bastian, initially a passive reader, finds himself increasingly drawn into the unfolding drama, grappling with the incredible realization that his own choices are shaping Fantastica's destiny.

This isn't just a play; it's a thrilling exploration of courage, imagination, and the profound connection between stories and our own lives. Will Atreyu succeed? Will Bastian find the strength to become the hero Fantastica desperately needs? Step into the world where dreams take flight and discover the magic that truly never ends!

Grant's production of David S. Craig's *The NeverEnding Story* opens Friday, November 21, curtain opens at 7:00 PM. Tickets are \$7.00 for adults and \$5.00 for children and GCHS Students. Our second show is on Saturday, November 22, at 7:00 PM, and closes on Sunday, November 23, at 2:00 PM. Be sure to follow us on Instagram:

[@grant_theatre](https://www.instagram.com/grant_theatre).

Bulldogs Selected for ILMEA District 7 Festival

We have major news to share with you from the Music Department. After a rigorous audition process, six music students have been selected to represent Grant at the Illinois Music Education Association District 7 Festival on Saturday, November 8, at Grayslake North High School. Jameson Soco (Band), Myles Foreman (Choir), Joaquin Argueta (Choir), Natalia Cabrero (Choir), Madison Mesmer (Choir), and Derrick Rios (Choir), will represent Grant at the festival as they earned some of the highest scores in their audition!

During the Festival, Grant students will join forces with hundreds of other top musicians from all over District 7, which encompasses the far northeast corner of the state. Students will engage in a full day of rehearsals under the direction of collegiate-level conductors. The Festival day will conclude with a finale concert featuring performances by the District 7 Band, Choir, and Orchestra.

Congratulations to our Bulldogs on this achievement, and good luck at the Festival!



National School Psychology Week

November 3-7, 2025

National School Psychology Week (NSPW) is the perfect time to recognize and show appreciation for school psychologists, who support students' learning and mental and behavioral health, promote positive and inclusive school climates, serve on school safety and crisis teams, and collaborate with families, teachers, and administrators to improve student outcomes. This year's theme, "**Finding Your Path**," reflects the ways that school psychologists help students, families, and school communities set and achieve their goals. We are lucky enough to have three psychologists on our team: Dr. Petrova, Ms. Lesiak, and Ms. Zalapi.

School psychologists are members of our Red Teams which support students' ability to learn and teachers' ability to teach. They apply expertise in mental health, learning, and behavior to help children and youth succeed academically, socially, and emotionally. As school psychologists, they provide direct support and interventions to students, such as learning assessments, academic and behavioral interventions, counseling, and social skills training. They also consult with families, teachers, and other educators to improve school-wide practices and policies.

Join us by taking this week to embark on a journey of discovery and explore how each person can join us in our mission of helping children thrive in school, at home, and in life. There are many ways caregivers can help children take on new challenges, learn new skills, and feel safe and valued. You can:

- Encourage your child to pursue new ideas and to map out a plan. As a parent, you can help them see what the small steps are and how overcoming obstacles is a part of their journey.
- Help them work through setbacks or lack of confidence by helping them identify negative thoughts that may suggest concerns about their ability to be successful.
- Praise attempts, as well as success, and make sure that you focus on the effort put in to boost their strengths.
- Demonstrate ways to explore new opportunities and learn about a variety of topics, letting them know that you, too, are learning new things and expanding your universe.
- Celebrate diversity and model how to accept others as they are. Take steps with your child to actively learn about others who are different from you.



Parent University Programs

Working Together to Create Success for Your Student



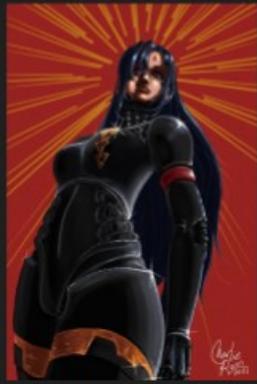
November 5—GCHS Auditorium— AP & Dual Credit Night

This is an informational evening for parents whose students might consider AP or Dual Credit courses. We will have a keynote speaker, Amanda Harmer, who is the new Program Manager for College Readiness and Dual Credit at the College of Lake County. Also, each AP or Dual credit course will provide a short presentation for parents. Parents may choose to attend three sessions in-person that evening.

November 6—GCHS Library—Parent/Guardian Support Group

This series runs as a support group format for parents to learn more about teens' emotional health and talk to other parents. All parents and caregivers are welcome.

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. Parent University is a series of workshops and events designed to support parents, guardians, and caregivers. [Pre-registration](#) is encouraged, but not required.



GRANT ARTIST SPOTLIGHT



Each month, the Grant Art Department comes together to recognize a student whose creativity, effort, and passion deserves to be celebrated. This feature is our way of shining a light on the incredible talent within our halls and giving our community a chance to see the unique voices of our young artists.

Artist Statement—Charlie Renn

I enjoy art because it allows me to express myself when words fail to do so. Maybe it's a form of escapism, who knows? It's always been a huge part of my life. I have a constant passion for it, though I get art block a lot due to a lack of inspiration. But when I do have that muse, I could draw all night and day. I have taken Intro to Art, Drawing 1, Drawing 2, and I'm currently in AP 2D Art and Design. Art classes are my creative outlet during the day, so it automatically makes school a bit more fun. I can have at least one thing to look forward to during the day. I 100% recommend taking art classes at Grant. You learn the basics of light logic, technique, and color theory, things I never would've thought to learn outside of art classes. It has helped my art improve tenfold, and I wouldn't be here today without having learned the basics and the different materials. Though I'm planning on going into mortuary science, I plan to make money by being a tattoo artist while in college. Although, as a backup plan, if mortuary science fails, I want to go into art education, or just continue to be a tattoo artist. If I do end up being a mortician, which is most plausible, I plan to draw often and keep many sketchbooks so I can continue to improve. I'll use all different types of media. I want to get better with oil pastels and oil paint. Maybe I'll sell some art here and there. Overall, art has been very important to me since I was very young. I started seriously drawing when I was 5 or 6, and I have continued to work hard to improve since then. As a kid, I was never considered the artist of the family; my sister was instead. She is a wonderful artist, and she has also helped me get to this point. And now, my art and skill are also recognized by my family. Maybe it was a slight form of sibling rivalry? I'm not sure. But either way, I'm happy where I am, and I will continue to strive to be even better.



Advanced Placement Exam Registration

AP exams are an important part of all AP courses. This is a standardized test created by the College Board that is administered across the nation and serves as a benchmark in recognizing your student's ability. Although participation in the exam is optional, we do encourage all students to take the exam. With a successful score, college credit or advanced placement may be earned at various colleges through this examination. The examination fee is less than the college tuition for taking this same course.

There is a fee associated with this exam. The total cost for taking each AP exam is \$99.00. The College Board and the State of Illinois also offer programs to subsidize fees for students who receive free or reduced lunch. If this is the case, the exam fee is \$63.00 per exam. If your student receives free or reduced lunch and is paying the reduced exam fee, please contact Mrs. Jones in our Curriculum Office or via phone at 847-973-3800. We will certainly work with individual students and families to make sure every qualified student is able to take Advanced Placement exams.

Students must have a College Board account created and be enrolled in the AP Classroom for that course in order to take the exam. Parents should go to our RevTrak system to pay for the exam(s). RevTrak can be found on the Grant website under the parent tab in the Student fees and payments section.

Important Deadlines for AP Exam Registrations for Year-Long or Semester One Courses:

- November 14, 2025: AP teachers will verify with all students that exam registration is accurate in the system and pre-registration fees have been paid.
- November 14, 2025: AP Exam registration is finalized. Any exam registrations that do not have the \$40.00 Pre-Registration Fee paid by then will be canceled.
- November 15, 2025: Late registration fees or test cancellation fees go into effect. If students sign up for a year-long or first semester course AP exam on this date or after, an additional \$40.00 late fee will be incurred. If a student decides to cancel an exam on this date or after, the student forfeits the \$40.00 Pre-Registration Fee.
- March 13, 2026: All exams must have the balance payment paid or the exam will be canceled and the student will forfeit the \$40.00 Pre-Registration Fee.
- Second semester AP courses will have a different set of deadlines and will be notified at the beginning of the second semester.

Please feel free to contact your student's teacher or the Curriculum, Instruction, and Assessment Office at (847) 973-3800, if you have any questions regarding the Advanced Placement program. On behalf of our faculty and administration, we would like to wish all of our students all the best as they continue to prepare for these important exams.

*Thank
you!*

Thank you to every parent and student that attended our Parent-Student-Teacher Conferences! We appreciate you taking the time to meet with your student's teachers and look forward to many more meaningful conversations in the future.





Sara Hawkins is the recipient of the October Social Studies' Golden Globe Award!

The Social Studies Department is excited to award the October Golden Globe to Sara Hawkins for her exceptional curiosity and insightful thinking that brings history to life. Her teacher, Ms. Becmer, shared "Sara does not simply answer questions in class to earn a grade; instead, her work reflects a genuine engagement with the enduring truths of the past and a thoughtful

understanding of how historical events continue to shape our world today." Sara's reflective mindset and dedication to meaningful learning make her a shining example of what it means to be a Bulldog. Congratulations, Sara! Keep up the great work!



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

Pink Out Success



Girls Volleyball Pink Out Night

On October 22, the Girls Volleyball program held their annual Pink Out event, an inspiring evening dedicated to raising awareness and funds for breast cancer research. With the help of the entire Bulldog community, the event was a tremendous success, bringing in \$2,720 to support the Susan G. Komen Foundation's mission. The energy in the gym was electric, with players, coaches, and fans all dressed in pink to show their support. In addition to the fundraising efforts, the night was capped off with exciting wins by the JV2, Sophomore, and Varsity teams who closed out their regular season with a victory over Marian Central. A huge thank you goes to all the Bulldogs who participated, donated, and cheered, making this event both memorable and impactful.

School Board Member Appreciation

November 15 will mark the official statewide observance of School Board Members Day in Illinois. This honorary day is an opportunity for the district and community to show support for our Board of Education and their commitment to the students of GCHS.

School board members serve the public as unpaid volunteers for the benefit of the students and community residents. They are the front-line advocates that provide a local voice and vision for the District and seek to create meaningful educational opportunities for each and every child.

Board members dedicate a significant amount of their own personal time to the District. They attend monthly meetings, committee meetings, participate in professional development activities, attend a variety of school functions, and work to ensure students have access to the educational resources they need to succeed. This dedication often takes them away from time that could be spent with their own family.

Successful communities have high quality public schools that are a source of local pride among residents. The leadership and vision exemplified by board members directly impacts not only the school district, it touches the lives of nearly every resident in one way or another. November 15 has been designated as School Board Members Day in Illinois. Leadership for our community and our schools begins with the tireless work of the local board of education. Please recognize the efforts of our local school board members on this honorary day.

Thank you!

Kathy Kusiak
President

John Jared
Vice President

Shelly Booth
Secretary

Ivy Fleming
Laurie Hembrey

Ed Lescher

Bob Yanik

Cheer Spaghetti Dinner

The Grant Cheerleading Annual Spaghetti Dinner was a huge success! The program would like to express their sincerest gratitude to all of their donors and sponsors for their generous support. Your contribution helped make this event a tremendous success, and they couldn't have achieved it without Bulldogs like you!

COOPER'S HAWK - GURNEE	SIDEOUTS SPORTS TAVERN	BURMEISTER FAMILY	FRED'S SERVICE - FOX LAKE
MORETTI'S - FOX LAKE	ICE BARRINGTON	G NAIL SPA	EL PUERTO MEXICAN RESTAURANT
STARBUCKS - GURNEE	NOTHING BUNDT CAKE	GREEN ST. COLLECTIVE	RAISING CANE'S - GURNEE
FRATELLOS HOT DOGS	SHORELINE GRAPHICS	WERNER ENGRAVING	DOG & SUDS - FOX LAKE
CENTER FOR THERAPEUTIC SERVICES	PORTILLO'S - GURNEE	J'S SPORTS BAR	VOLO AUTO MUSEUM
EVOLUTION NAIL SPA	THE MEADOWS APARTMENTS -	MARTIN FAMILY	PIZZA RANCH - ROUND LAKE
LA TAN - ANTIOCH	LAKEMOOR	D ESTHETICS LLC	TRACY SIBLEY - STELLAR RESULTS
MANDY PECZKOWSKI	TJ MAXX - MCHENRY	ZANIES COMEDY CLUB	REALTY
VENTURE ATHLETICS	VON BARGEN FAMILY	BREZINSKI FAMILY	BROCKMAN FAMILY
GJB CHEERLEADING	RENN FAMILY	RYAN NODA	GLOW TO YOU
FANELLA'S PIZZA & PUB	ADVANCED DERMATOLOGY	STADE'S FARM & MARKET	AMERICAN DENTAL
CRYSTAL ICE HOUSE	FOREFRONT DERMATOLOGY	RIEDEL GROUP LANDSCAPING	YVONNE HALEY
CENTRAL CLOTHING COMPANY	CHICAGO WHITE SOX	PROVOST FAMILY	MCHENRY NAIL SPA
ANTIOCH PIZZA - FOX LAKE	FRITZ FAMILY	SLIGHTAM FAMILY	VAZQUEZ FAMILY
TWISTERS ELITE	BOYDSTON/BILLINGS FAMILY	CZERWINSKI FAMILY	SALON COCCOLE
THE CHICAGO WOLVES	DC COBBS - MCHENRY	CARR FAMILY	BLAIR BROCKMAN
MISSION BBQ - GURNEE	JJ TWIGS	KOUTSIANELOS FAMILY	MIJOS - FOX LAKE
AMY SERAFIN	SWEET MELISSA'S	MOLL FAMILY	THERESE FUELING
CARRIE JORAY	MAIN STREET TACOS	MCNELLIS FAMILY	WHISTLE STOP
KATHLEEN MCKEE	SAMMIE'S- ROUND LAKE	INMAN FAMILY	THE KROSS
GRANT TRANSITION STUDENTS	PAOLA LEICHT	GONZALEZ/PEREZ FAMILY	PERRICONE'S
MELISSA ZEQUEIDA	CALIFF FAMILY	COKER FAMILY	EL PUERTO - FOX LAKE
POTEMPA FAMILY	GENTILE FAMILY	IRONSIDE FAMILY	OLIVE GARDEN - MCHENRY
KING FISH	TOMASSETTI FAMILY	GRIERSON FAMILY	CALISTA WARMOWSKI
PETERS GOURMET MARKET	LEWIS FAMILY	JUSTUS FAMILY	

Special thank you to the GCHS Kitchen Staff, GCHS Maintenance Staff, and GCHS for helping make this event a success!



SAVE THE DATE FOR FIDO FEST

May 9, 2026

The Canine Connections Club would like you to save the date for their 3rd Annual Fido Festival Adoption and Fundraising Event on Saturday, May 9th. The Fido Festival will be held in Grant's East Gym from 11:00 AM - 2:30 PM.

The Canine Connections Club will be joining forces with several other clubs and programs to raise money for the four dog rescues that will be on-site that day. All proceeds from the sale of raffle

baskets, dog treats and toys, face painting, and painted rocks will go directly to these rescues. There will also be several vendors, animal-related organizations, and food available through the Dawg Bowl. Additionally, there will be a different dog demonstration each hour.

Mark your calendars now for this family-friendly event and watch for more details to come as we get closer to the date!



Empowering & Exploring

Curriculum Highlight—Life Skills & Intro to Teaching

Students in the Special Education Department are gaining real-world experience through hands-on projects that build valuable life and employment skills. Each week, students work with Ms. Gunther on a variety of activities designed to prepare them for success beyond the classroom.

One of their ongoing projects involves packaging glue sticks for Hobby Lobby. Through a partnership with SureBinder, Ms. Gunther sources materials for students to assemble and package. Students carefully count and fill “peg boards” to ensure accuracy before using heat presses to seal the finished bags, creating packaging that looks ready for store shelves. Their attention to detail hasn’t gone unnoticed, as Hobby Lobby has complimented the students on the high quality and professionalism of their work.

Projects like this go far beyond classroom learning. They help students develop workplace skills such as teamwork, organization, time management, and quality control while building confidence and pride in their accomplishments. These experiences provide a meaningful bridge between school and future employment opportunities, showing students that their work truly matters.



Students assemble and package glue sticks.



Students present during a gallery walk.

Students in the Intro to Teaching class recently showcased their learning through a thoughtful gallery walk, presenting poster boards on a range of impactful topics in education. Each display reflected weeks of research and collaboration, as students explored issues such as women in STEM, LGBTQIA+ representation in education, and student safety.

As part of the project, students conducted interviews with GCHS staff members to gain insight into how these topics affect the educational landscape on a local level. Their findings highlighted the importance of awareness, respect, and understanding in creating

supportive learning environments for all students.

The gallery walk not only allowed students to share their research but also encouraged meaningful discussions about the challenges and opportunities within today’s schools. Through projects like this, future educators are developing the critical thinking and empathy needed to make a lasting impact in education.



Students present during a gallery walk.



7 Ways to Help Your High-Schooler Manage Stress

High school students often feel overwhelmed by everyday responsibilities and schoolwork. This can be especially true for students who learn and think differently. Here are some tips to lower the stress level and help keep your teen from feeling overwhelmed.

1. Talk about feelings.

Many teens with learning challenges don't even realize they're feeling stress. Start a conversation, but keep your questions low-key. Taking the time to talk about feelings can be a huge relief for your teen. Try taking a walk or going for a drive together to help the flow of conversation. Say you've noticed that something has been bothering them. Help to put a name on what it might be. "Is all this talk about the ACTs making you feel uneasy?"

2. Prep for new tasks and changes.

Starting any new task can be stressful. Help your teen feel less anxious by going over what they can expect to happen. For instance, maybe your teen is about to start volunteering at a community center. Practice basic social skills for meeting new people, like saying hello and shaking hands. Stop by the center together to see what the place is like. See where your child will be working and how busy it is. Find out where the bathroom is. Maybe meet a few other volunteers before the first day.

3. Celebrate even the smallest wins.

Most teens get nervous sometimes. But past successes give them the confidence to jump in. Kids with learning differences need the same boost — but those wins can feel harder to find. Celebrate every success, big or small. Booking a haircut, talking to a teacher — these everyday successes build confidence. And they can make challenges less scary. Praising your teen's accomplishments can also help nurture a "can-do" attitude.

4. Keep some routines and order at home.

When teens come home to an organized home with regular rituals, it can help them feel secure. That's especially true after a busy and stressful day at school. Try to create a space where your child can keep school supplies and homework in order. Help them make a calendar or use an app to keep track of homework due dates, afterschool activities, and next appointments. Go over them together every few nights. Create some structured time on weekends as well. Too much time without a schedule can make some teens feel anxious.

5. Blow off steam.

Stress can build up like steam in a pressure cooker. You can help your teen find ways to release that tension. Maybe your teen likes to play music, or enjoys finding a quiet spot to read or draw. Exercise is also vital. Maybe your teen would like to work out, go for a run, or find an exercise class at a community center or online.

6. Consider outside help or extracurricular activities.

Mental health experts can help teens manage their stress. You could also find a class or app where your teen can learn yoga, meditation, or deep breathing. Extracurricular activities and hobbies can add structure to time off and relieve stress. Help teens find an outlet that brings them joy and boosts their positive outlook. Just remember that doing too many activities can cause stress.

7. Be clear about what you expect.

Some parents ask their kids to "just do your best." This can sound overwhelming to teens. They may think you're asking them to give 100 percent effort in everything, all the time. Communicate what you expect. Be as specific as possible. For example, imagine you want your teen to start being more responsible. Will your teen know what "more responsible" looks like? Or is it too abstract? You'll need to explain, in concrete terms, what you're looking for. Then, praise your teen for the kinds of things you want to see more of. ("I appreciate that you came home and started studying without a reminder.")

Adapted from: 7 ways to help your middle- or high-schooler manage stress by Rana Waxman

Traffic Safety Reminders

As the season's change and fall is in full swing, it's the perfect time for a reminder about the importance of traffic safety. With the days growing shorter, we can expect darker morning and afternoon commutes, along with the eventual arrival of challenging adverse weather conditions. This means it is important that we all stay committed to being focused and patient on the road.

The most important safety reminder involves our school buses. When a school bus extends its stop sign arm, that signal means traffic in all directions on an undivided road must stop completely. This simple act creates a safe zone for students getting on or off the bus. Let's make sure we are giving every bus plenty of room and are prepared to stop.

In addition to bus safety, please continue to maintain cautious driving habits across all school zones. We urge all drivers to observe posted speed limits and to remain cell phone-free while operating a vehicle. Eliminating distractions and slowing down are two of the easiest ways to protect our students. Please be extra watchful for our students who are walking or biking, particularly when visibility is low. By working together and making smart choices behind the wheel, we can ensure a safe and smooth experience for everyone, every day, no matter the weather.

Ordering Yearbook Photos

Looking for your student's photos from picture day? Ordering and packaging information can be found on our [VIP GCHS Landing Page](#). After pictures are taken, families are encouraged to visit the landing page and search for their student's photos in the "Portrait" gallery. If you need assistance with ordering photos, contact [VIP \(support@vipis.com\)](mailto:support@vipis.com).



THE SNOW DOGS MEETING WILL TAKE PLACE ON NOVEMBER 6 AT 7:15 AM IN ROOM 233. YOU WILL RECEIVE INFORMATION AND THE RELEASE AND AGREEMENT FORM FOR YOUR PARENTS/GUARDIANS TO FILL OUT. PLEASE REACH OUT TO MRS. VENDEGNA AND/OR MRS. ARNDT WITH ANY QUESTIONS.



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.

Upcoming Food Service Promotions

Wednesday, November 5

Turkey Panini & Mac-n-Cheese Bowl
Sampling in the Commons

Wednesday, November 12

Thai Meatballs & Rice Bowl
Line #2 in the Commons & Senior Café

Wednesday, November 19

Herb Roasted Chicken, Mashed Potatoes, & Glazed Carrots
Line #2 in the Commons & Senior Café

Make sure to grab a serving and let them know how it is!



JOIN ENVIRONMENTAL CLUB!

WE'RE A SMALL GROUP OF STUDENTS WHO CARE DEEPLY ABOUT THE ENVIRONMENT. WHILE WE DON'T DO A LOT OF OUTDOOR ACTIVITIES, WE'RE ALWAYS LOOKING FOR WAYS TO MAKE OUR SCHOOL AND COMMUNITY GREENER. OUR PROJECTS FOCUS ON EDUCATION, SUSTAINABILITY, AND TEAMWORK. IF YOU WANT TO MAKE A REAL IMPACT WITHOUT NEEDING TO GO FAR, THIS IS THE PLACE FOR YOU.

MEETS EVERY FIRST & THIRD TUESDAY OF THE MONTH

3:10-4:00 PM

ROOM 159



**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 AT THE TOP OF THE 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



KEEP IT RED



We've made it to November and although it feels like we just started the new school year, we are just weeks away from finishing the first semester.

We are happy to announce that we have celebrated another round Bulldog Pride winners, Bulldog Buck winners, and staff members for their RED behaviors! Whether they are helping fellow Bulldogs, putting in the extra effort to keep their grades up, or helping various members of the community, these Bulldogs are great examples of what makes up a Grant Bulldog.

During October, we provided an activity to TEAM rooms focused on anti-bullying. Our Expect Respect lesson incorporates the SWAT and SBL method introduced several years ago. During the Expect Respect lesson, students are taken through a scenario in which a student is being harassed and goes to a teacher for help. While talking to her teacher, this student is encouraged to stand up for herself by following the SWAT method. If someone is bothering you, you should ask the person to STOP. If the behavior doesn't stop, you should then WALK AWAY from that person. If the person follows you and continue the behavior, that is when you should TALK and tell a trusted adult.

If you find yourself in a similar situation and another person is telling you to STOP, you should use the SBL method. The SBL method focuses on STOPPING the behavior, taking a minute to BREATHE, and LEAVING the situation if necessary. In case students run into similar situations, we have placed posters throughout the school that outline these methods for reference. We found these acronyms very helpful and look forward to seeing how our Bulldogs utilize these methods.



C A L E N D A R

November	
Nov. 3-7	National School Psychology Week
Nov. 5	School Improvement Meeting, 9:25 AM Flex Time Start Parent University: AP & Dual Credit Night
Nov. 6	Parent University: Parent/Guardian Support Group
Nov. 8	ILMEA District 7 Festival (Grayslake North)
Nov. 12	School Improvement Meeting, 9:25 AM Flex Time Start
Nov. 13	School Board Meeting
Nov. 15	School Board Member Appreciation Day
Nov. 17	Progress Reports
Nov. 19	School Improvement Meeting, 9:25 AM Flex Time Start
Nov. 21-23	Fall Play
Nov. 26-28	Thanksgiving Recess, No School

December	
Dec. 3	School Improvement Meeting, 9:25 AM Flex Time Start
Dec. 6	Math Team Invite
Dec. 9	Band Holiday Concert
Dec. 10	School Improvement Meeting, 9:25 AM Flex Time Start Parent University: Mental Health Awareness
Dec. 11	Choir Holiday Concert
Dec. 17-19	Semester Exams
Dec. 18	School Board Meeting
Dec. 22 - Dec. 31	Winter Break

January	
Jan. 1 - Jan. 2	Winter Break
Jan. 5	School Resumes
Jan. 7	School Improvement Meeting, 9:25 am Flex Time Start
Jan. 8	Parent University: Parent/Guardian Support Group
Jan. 10	NLCC Speech Competition
Jan. 14	School Improvement Meeting, 9:25 am Flex Time Start
Jan. 15	School Board Meeting
Jan. 19	Martin Luther King Jr. Day, Legal School Holiday
Jan. 21	School Improvement Meeting, 9:25 am Flex Time Start 8th Grade Enrollment Night
Jan. 22	8th Grade Enrollment Night
Jan. 28	School Improvement Meeting, 9:25 am Flex Time Start
Jan. 29	NLCC Math Conference (Grayslake Central)