



Grant Community High School

District Newsletter

December 2025

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Student of the Month

Addison Smith



The Grant Community High School December Student of the Month is senior Addison Smith, daughter of Justin and Megan Smith of Round Lake.

Addison's academic achievements include a rigorous course load comprising six AP classes, four dual credit courses, and numerous honors classes. This coursework has earned her college credit in Mathematics, Social Science, and English. Her academic dedication has been recognized through the Freshman Honors Breakfast and an invitation to the Girls State program. Additionally, she obtained her Certified Nursing Assistant (CNA) certification in the spring of her junior year, which aligns with her goal of becoming a healthcare provider. Addison has qualified for Honor Roll each semester of her high school career and holds an impressive 5.041 GPA.



Addison has shown a commitment to learning and leadership through various roles. She has competed at the FBLA state level from freshman through junior year. She has served as the National Honor Society Secretary since her junior year. During her senior year, she has served as a Big Dawg mentor to incoming freshmen. She also served as a Math Lab Tutor during her junior year. Addison has played tennis for four seasons, competing on both JV and Varsity teams. Through the National Honor Society, Addison has volunteered at many community events, including Veteran's Day ceremonies, back-to-school nights, community festivals, parent nights, and helping with activities at feeder grade schools. She has spent many hours tutoring in the Math Lab and mentoring freshman students. She recently signed up to volunteer at Condell Hospital to gain hands-on healthcare experiences.

In addition to all of her activities, Addison spends her summers as a water sport rental attendant, where she handles contracts and provides lessons on the proper operation of watercraft. This role has taught her responsibility and customer service skills while working with people of all ages.

In her free time, Addison enjoys water sports like skiing, tubing, and jet skiing, which also helps with her summer job. She also enjoys baking and cooking, trying new recipes, and making dinner for her family as a way to unwind.

After graduation, she plans to attend a direct admit nursing program and eventually become a nurse practitioner or a physician's assistant. While in college, she hopes to join clubs and play intramural sports while balancing her coursework.

Board of Education

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

Ivy Fleming
Laurie Hembrey
Ed Lescher
Bob Yanik



BULLDOGS AT STATE



Maxx Haas Takes 19th Place at Cross Country State



Maxx Haas at IHSA Cross Country State Meet.

It has been an exceptional season on the course for Maxx Haas, highlighted by record-breaking performances and historic accomplishments. Maxx began the season strong at the Lake County Invite, earning 6th place and All-County honors, and continued his success by winning the JT Invite for the third consecutive year. At the Lakes Sunset Invite, he set a new three-mile school record with a time of 14:57.1. Throughout the season, Maxx earned All-Conference and All-Regional honors and set another school record at Sectionals, where he qualified for the IHSA Class 3A Cross Country State Finals.

Representing Grant at Detweiller Park in Peoria, Maxx ran an incredible race to finish 19th at the IHSA State Meet with a personal best of 14:26. His performance earned him All-State recognition, making him the first male Cross Country All-State runner in Grant history. This outstanding achievement is a proud moment for Maxx, his coaches, and the entire Bulldog community. Way to make history, Maxx!

Illinois State Scholars

We are incredibly excited to share that 45 Bulldogs have been designated as Illinois State Scholars! The State Scholar Program is awarded to high school seniors based on ACT or SAT scores, sixth-semester class size, unweighted class rank, and GPA.

Each student designated as a State Scholar has received a congratulatory letter and a Certificate of Achievement for this amazing feat! To be named an Illinois State Scholar is an outstanding accomplishment, and we are so proud of these Bulldogs for what they have achieved.



Estrella Allen
Sarah Alvarez
David Ascencio
Ashley Jacel Calaunan
Miami De La Rosa
John Dollinger
Isabelle Ellington
Mariam Eshaba
Gavin Farley
Krysteanna Feliciano
Myles Foreman

Dianey Granados
Cole Guild
Caden Hitzler
Matthew Honeywell
Caleigh Houdek
Destiny Jenkins
Ryan Kadlec
Polina Kolosova
Ana Larson
Gavin Lawrence
Sophie Lelchuk

Maddox Meade
Jayden Medina
Madison Mesmer
Cole Munaretto
Vanessa Pendell
Kaidan Quarnstrom
Eric Ramirez Miranda
Isabella Raube
Joseph Reiner
Nicole Sak
Angela Nicole Salamat

Madeline Schneider
Camila Serrano
Sabelle Slightam
Addison Smith
Annabelle Smith
Ravi Soni
Abigail Sovsky
Logan Swanson
Elyanna Torres
Leah Wagner
Chloey Wolff
Cayden Zeller

Principal's Corner

As we head into December, I would like to take this opportunity to express my thanks for our learning community's commitment to the success of our students. In my first semester as the principal, I have been impressed by the daily commitment and care of our administrative team, our faculty, and staff towards meeting our school goals and fulfilling our mission to make Grant Community High School the best school for our students and a source of pride for our community. Every member of our staff contributes towards making each day successful for each one of our students, and it truly takes a committed team to accomplish everything that needs to happen to make the school successful. Our teachers remain committed to building success through their work as teams, collaborating with peers across districts and with teachers from our feeder schools. This collaboration ensures positive transitions for our students and a rigorous curriculum that prepares our students for college and career readiness. Their work continues to define the daily experience for our students and makes a difference for each student at GCHS. I am thankful for each faculty and staff member's partnership in working together towards excellence as a school community.



I would also like to extend my thanks to our families and community members for everything that they do to support our students. From volunteering in the concession stand, organizing fundraisers, participating in our Parent Universities, cheering on our athletes and applauding our performing artists, participating in parent-student-teacher conferences, sharing your professional expertise with our business students, and simply talking to your students about their day at school. We are thankful for the effort that our families put forth to support our students and to create a culture of connectivity within the school community. In the coming year, we will continue to look for new ways to engage with our families and community to continue to build on a strong foundation of belonging in our school community. Thank you for everything that you do each day to encourage your students, keep them motivated, and help them navigate through their years as a Grant Bulldog. We appreciate your support and continued investment in our school and community.

Our students continue to impress me with their dedication to their school work, sports, and activities. In the past month, students have set new standards for achievement at GCHS, which students will strive for in the future. Our performing artists continue to shine and bring culture to our community through the performances of the marching band at halftime, crowd cheers and songs throughout the games, the Fall Choir Concert, singing for our community veterans, and other local performances. Our theater students performed their adaptation of *The Neverending Story*, featuring amazing acting, set design, and incredible puppetry. As those few sentences summarize some of what happened over the past months, our students are launching into the competitive season for their activities, and winter sports have started strong, starting a new season of investment for our students. As part of the Principal's Advisory Committee, students are bringing new ideas and insight to how we can better serve our students and community. It is truly an exciting time to be a Bulldog, and I could not be more proud of our students this semester. I look forward to seeing them continue in their success in the classroom and across all of their activities and athletics in the next semester.

As we approach Final Exams, please look for communication detailing the exam schedule and expectations. We look forward to our students finishing the semester strong and meeting their first semester goals. I am thankful and appreciative of everyone's support of our students in my first semester as the principal, and I hope that everyone has a restful and restorative break.

Go Bulldogs!

Mr. Blair Schoell

Principal

Illinois School Report Card

GCHS Receives Commendable Rating



The Illinois State Board of Education (ISBE) released the annual [Illinois Report Card](#) on October 30. The Report Card shows how well our school district is progressing on a wide range of educational goals. One component of the School Report Card is the annual summative designation, a descriptor of how well our schools are meeting the needs of all students. The designations recognize schools with strong overall performance across a range of academic and student success indicators. There are five designations a school can receive – Exemplary, Commendable, Targeted Support, Comprehensive Support, or Intensive Support. We are happy to report that Grant Community High School received a COMMENDABLE designation from the State of Illinois!

Multiple areas of growth stand out on this year's School Report Card, including ELA and math proficiency. Our graduation rate, at 89.2%, is also above the state average, with 63.7% of students pursuing higher education beyond GCHS. Chronic absenteeism, which includes excused and unexcused absences, continues to improve, but efforts are still needed to increase the number of days students are in attendance. Having a strong staff is an integral component of supporting student learning, so we are happy to report a teacher retention rate of 93%, with 72% of our teaching staff having earned a Master's degree or above.

We are also pleased to report an increase in the number of students taking and being successful in dual credit courses and advanced coursework, earning industry certifications, and completing career internships.

We are proud of our students, faculty, staff, parents, and community as the Report Card demonstrates positive gains on a multitude of academic, cultural, and climate fronts. District 124 thanks you for your continued partnership to ensure the success of each and every student!

The NeverEnding Story

A Magical Journey Through Fantasia

This past weekend, the cast and crew of *The NeverEnding Story* transported audiences into the rich and imaginative world of Fantasia through three captivating performances. From Atreyu's courageous quest to the mystical presence of the Childlike Empress, each scene showcased the heart, creativity, and dedication of our talented theatre students. The production was filled with memorable characters, striking visuals, and thoughtful storytelling that brought this beloved tale to life in a fresh and meaningful way. Both onstage and behind the scenes, our performing and tech Bulldogs demonstrated remarkable teamwork and passion, creating an unforgettable experience for everyone who attended. Bravo on a phenomenal weekend!



Students perform in the fall play.



Students perform in the fall play.



Students perform in the fall play.

Spreitzer Shares Expertise at Illinois Association of Teachers of English Conference

We are proud to highlight Mrs. Spreitzer, who recently represented Grant Community High School at the Illinois Association of Teachers of English conference at Moraine Valley Community College. She presented on “Building Bridges: Literacy Approaches for Reluctant & Diverse Learners,” sharing her expertise with educators from across the state.

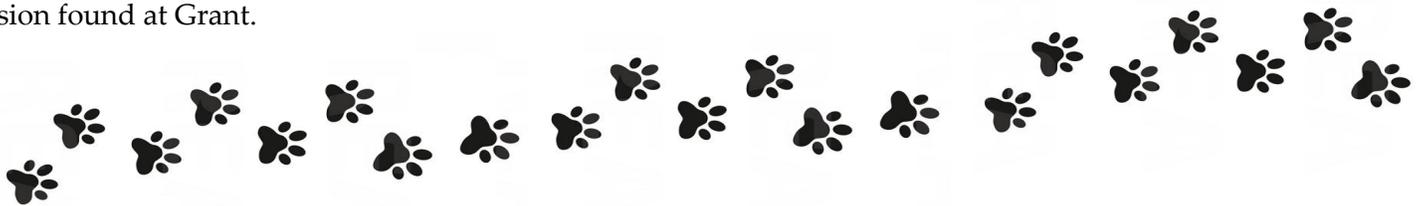
Mrs. Spreitzer’s session was part of The Solution Room, where educators collaborate to share insights, seek advice, and problem-solve the most pressing challenges in literacy instruction for T1 and T2 learners. She focused on identifying whether students have learning, academic, performance, or attendance needs, and demonstrated how to build effective support systems from there.

Attendees gained practical strategies for core instruction, including scaffolding, strategic instruction, and differentiated approaches, as well as literacy strategies to support whole-class learning. She also highlighted the importance of setting goals with students, such as a skill of the week or period, to encourage measurable growth. Throughout the session, she provided real-time guidance to educators working through challenges in their own classrooms.

We are incredibly proud of Mrs. Spreitzer for stepping into this leadership role, presenting her expertise, and inspiring fellow educators with practical strategies that make a real difference in students’ lives. Her dedication to literacy and commitment to student success shine through, and she serves as a shining example of the talent and passion found at Grant.



Mrs. Spreitzer presents at the Illinois Association of Teachers of English conference.



Zendrea Pfau is the recipient of the November Social Studies’ Golden Globe Award!

The Social Studies Department is proud to recognize Zendrea Pfau as the recipient of the November Golden Globe Award!

Zendrea, a student in Honors U.S. History, exemplifies the characteristics and work ethic the department hopes all students carry beyond GCHS. Her teacher, Mrs.

Thomas, shared that she “comes in daily ready to engage in the lesson,” and her coursework shows strong connections between unit material and essential questions. Beyond her academic excellence, Zendrea is known for her kindness and collaboration. She helps classmates build understanding, asks thoughtful questions, and communicates effectively. As her teacher noted, “Our department’s Golden Globe identifies students who are remarkable in our courses. Zendrea is above and beyond that.”

Congratulations, Zendrea, on this well-deserved recognition!



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

DONATIONS WILL BE ACCEPTED
DECEMBER 1-17, 2025



DONATE NEW TOYS TO GRANT'S
TOY DRIVE

SPREADING CHEER THIS HOLIDAY SEASON

Toys priced \$20-\$25
Ages K-18

Support the Antioch Traveling Closet &
bring joy to children in our community.



Final Exam Schedule

Additional information will be available on our website - www.grantbulldogs.org

Wednesday, December 17, 2025

1st Period: 7:40 - 8:55 AM
3rd Period: 9:02 - 10:17 AM
4th Period: 10:24 - 11:39 AM
Makeup: 11:46 AM - 1:01 PM

Thursday, December 18, 2025

5/6/7 Period: 7:40 - 8:55 AM
7/8/9 Period: 9:02 - 10:17 AM
10th Period: 10:24 - 11:39 AM
Makeup: 11:46 AM - 1:01 PM

Friday, December 19, 2025

11th Period: 7:40 - 8:55 AM
Makeup: 9:02 - 10:40 AM

Spring Musical Information

This year's spring musical will be *The SpongeBob Musical!* The directors will host an informational meeting on December 15 for all students interested in performing, creating sets/costumes, and helping the magic happen on stage. More information will be available in the daily announcements. Performances are scheduled for April 24-26.

We hope to see you there!



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—Ena Cranmer

Art has been a part of my life for as long as I can remember. I've been creating since I was a toddler, and I want to keep making art throughout my whole life. I like art because it gives me a space to experiment, to try new techniques, and to connect with the things that matter to me: my friends, my cats, and the media I like. Maybe most importantly, it's how I can bring my own ideas to life.

Throughout my time at Grant, I've taken an art class every single semester, which is nonnegotiable for me. Freshman year, I took Intro to Art and Sculpture, then sophomore year I took Drawing 1 and 2, and now I'm being challenged to express meaningful ideas with my work in AP 2D Art and Design. Every class has pushed me to grow technically and creatively, and over time, my style has evolved to become more expressive and intentional with the skills I develop.

Many of my favorite memories in art classes come from our field trips! Getting to see art up close is so inspiring and helps me discover techniques I can bring back into my own creative process. I love getting to nerd out about art with my friends, and those trips always build a sense of community within the art department. It's so uplifting to be surrounded by a bunch of artists—it really makes me feel like I genuinely belong at Grant.

Any art class I've taken has always been one of my favorite parts of the day. They're a mental break from English essays and math homework, and allow me to exercise the creative part of my mind. For any kid who has any interest in art whatsoever, I highly recommend taking an art class here at Grant! Even if you're not going to pursue it professionally, creating for the sake of creating is meaningful all on its own. Art is a great outlet for self-expression, and it gives you a safe place to come back to when life gets stressful.

Right now, in AP 2D Art and Design, my portfolio illustrates my journey of learning to break away from anxiety and conformity and find confidence through self-expression. I plan to take AP Drawing during my senior year and continue developing my skills and preparing for my future. I hope to study Visual Communication Design and Arts Management and eventually work in a creative field. Wherever my future takes me, I know that art and creativity will be at the heart of it.

Teens & Social Media Use

Tips & Strategies for Parents

Social media is a term for internet sites and apps that you can use to share content you've created. Social media is a big part of daily life for lots of teenagers, but it doesn't affect all teens the same way. Use of social media is linked with healthy and unhealthy effects on mental health. Social media effects on mental health depend on things such as:

- What a teen sees and does online.
- The amount of time spent online.
- Psychological factors, such as maturity level and any preexisting mental health conditions.
- Personal life circumstances, including cultural, social and economic factors.

Social media lets teens create online identities, chat with others and build social networks. These networks can provide teens with support from other people who have hobbies or experiences in common. Social media platforms help teens express themselves, connect with other teens and even ask for help or seek healthcare for symptoms of mental health conditions. On the other hand, social media use may have negative effects on some teens. It might:

- Distract from homework, exercise and family activities.
- Disrupt sleep.
- Lead to information that is biased or not correct.
- Become a means to spread rumors or share too much personal information.
- Lead some teens to form views about other people's lives or bodies that aren't realistic.
- Expose some teens to online predators, who might try to exploit or extort them.
- Expose some teens to cyberbullying, which can raise the risk of mental health conditions such as anxiety and depression.

What's more, certain content related to risk-taking, and negative posts or interactions on social media, have been linked with self-harm and rarely, death. The risks of social media use are linked with various factors. One may be how much time teens spend on these platforms. Research shows that **U.S. teens spend on average 4.8 hours a day on popular social media apps** (e.g., YouTube, TikTok, Instagram, etc). According to the recent study, 41% of teens with the highest social media use rate their overall mental health as poor or very poor, compared with 23% of those with the lowest use. Additionally, 10% of the highest use group expressed suicidal intent or self-harm in the past 12 months compared with 5% of the lowest use group.

How teens use social media also might determine its impact. For instance, viewing certain types of content may raise some teens' mental health risks. This could include content that depicts:

- Illegal acts.
- Self-harm or harm to other people.
- Encouragement of habits tied to eating disorders, such as purging or restrictive eating.

These types of content may be even more risky for teens who already have a mental health condition. Being exposed to discrimination, hate or cyberbullying on social media also can raise the risk of anxiety or depression.

What teens share about themselves on social media also matters. Teens might post something when they're angry or upset, and regret it later. That's known as stress posting. Teens who post content also are at risk of sharing sexual photos or highly personal stories. This can lead to teens being bullied, harassed or even blackmailed.

You can take steps to help your teens use social media responsibly and limit some of the possible negative effects. Use these strategies:

Continues on Page 7...



- **Set rules and limits as needed.** This helps prevent social media from getting in the way of activities, sleep, meals or homework. For example, you could make a rule about not using social media until homework is done. Or you could set a daily time limit for social media use. You also could choose to keep social media off-limits during certain times. These times might include during family meals and an hour before bed. Set an example by following these rules yourself. And let your teen know what the consequences will be if your rules aren't followed.
- **Manage any challenging behaviors.** If your teen's social media use starts to challenge your rules or your sense of what's appropriate, talk with your teen about it. You also could connect with parents of your teen's friends or take a look at your teen's internet history.
- **Turn on privacy settings.** This can help keep your teen from sharing personal information or data that your teen didn't mean to share. Each of your teen's social media accounts likely has privacy setting that can be changed.
- **Monitor your teen's accounts.** The American Psychological Association recommends you regularly review your child's social media use, especially during the early teen years. One way to monitor is to follow or "friend" your child's social accounts. As your teen gets older, you can choose to monitor your teen's social media less. Your teen's maturity level can help guide your decision.
- **Have regular talks with your teen about social media.** These talks give you chances to ask how social media has been making your teen feel. Encourage your teen to let you know if something online worries or bothers your teen. Regular talks offer you chances to give your child advice about social media too. For example, you can teach your teen to question whether content is accurate. You also can explain that social media is full of images about beauty and lifestyle that are not realistic.
- **Be a role model for your teen.** You might want to tell your child about your own social media habits. That can help you set a good example and keep your regular talks from being one-sided.
- **Explain what's not OK.** Remind your teen that it's hurtful to gossip, spread rumors, bully or harm someone's reputation — online or otherwise. Also remind your teen not to share personal information with strangers online. This includes people's addresses, telephone numbers, passwords, and bank or credit card numbers.
- **Encourage face-to-face contact with friends.** This is even more important for teens prone to social anxiety.
- **Make sure teens know they can come to you or another trusted adult for support.** Sometimes teens feel like they need to handle difficult issues—like cyberbullying, identity theft, or sextortion—alone. They need to know they have a trusted adult who can help them manage the situation and seek out the appropriate resources if they are a victim of cyberbullying or another online attack. Visit <https://takeitdown.ncmec.org/>, <https://report.cybertip.org/>, or contact your local law enforcement to report any instances of online exploitation.

Talk to your child's healthcare professional if you think your teen has symptoms of anxiety, depression, or other mental health concerns related to social media use. Also, **talk with your child's care professional if your teen has any of the following symptoms:**

- Uses social media even when wanting to stop.
- Uses it so much that school, sleep, activities or relationships suffer.
- Often spends more time on social platforms than you intended.
- Lies in order to use social media.

By recognizing that social media will likely continue to play an important role in teens' lives, and by keeping the lines of communication open, you can teach the teens you care for how to navigate the digital landscape independently, safely, and productively.

Adapted from the [Mayo Clinic](#).

Honoring Veterans Through Music & Stories

Grant students had the privilege of participating in two meaningful Veterans Day events, each designed to honor and learn from those who have served our country.

Chamber Singers' Tribute

Our Chamber Singers performed for residents at Leisure Village during their Veterans Day celebration. Their heartfelt renditions of the national anthem, America the Beautiful, and God Bless America created a moving tribute to the veterans in attendance. The singers brought joy and reflection to the Fox Lake residents, emphasizing the profound connection between music and gratitude.



Chamber Singers perform at Leisure Village.

Veterans Day Panel

Students attended a Veterans Day panel featuring veterans from diverse branches and generations. The panelists shared personal stories of their military experiences, their motivations for serving, and the challenges they faced during and after their service. Students engaged in discussions, gaining a deeper understanding of the sacrifices made by these individuals and the importance of supporting veterans in our community. We extend our heartfelt gratitude to the veterans who joined us, enriching our students' perspectives and strengthening our school community.

Panelists include:

- Ken Arnold, Army
- Jeff Austin, Army, GCHS Teacher
- Allan Ayers, Marine Corps
- Tom Evans, Army, GCHS Staff
- John Fairgrieve, Army, GCHS Class of 1963
- Erik Fries, Marine Corps
- John Hall, Air Force
- Jason Hill, Navy
- Stephanie Klitzka, Army, GCHS Class of 2005
- Thomas Lents, Navy
- Joe Martinez, Marine Corps, GCHS Class of 2016
- Liz Rohrbach, Army, GCHS School Counselor
- Hayden Shrewsbury, Navy, GCHS Class of 2011
- Ginny Voelker, Army, GCHS Teacher
- Matt Voelker, Marine Corps

These events highlighted the significance of honoring those who have served and provided our students with valuable opportunities to learn, give back, and connect with veterans in meaningful ways. On behalf of everyone at Grant, we thank all veterans for their service and sacrifices.



Veterans Day Panelists



Veterans Day Panelists



Holiday Concerts

Band



December 9
7:00 PM
Auditorium

Performances by Percussion Ensemble, Concert Band,
Symphonic Band, and Wind Ensemble.



Choir



December 11
7:00 PM
Auditorium

Performances by Treble Choir, Bass Choir, Chamber Singers, Quartets,
Advanced Treble Choir, Concert Choir, and a combined finale featuring all
Choir members and some special guests from our Band program!



**Admission is free for both concerts, but donations
are greatly appreciated. We look forward to
festive nights in the Auditorium with you!**

Cheer Program Gives Back & Gears Up for Competition Season

The Grant Cheer program has been hard at work this year, both on the mat and in the community. Our athletes have dedicated themselves to service, teamwork, and spirit, showing what it truly means to be a Bulldog.

The season began with several volunteer projects that brought the program together in meaningful ways. The entire team participated in the Walk & Roll to Cure FSHD, supporting research and raising awareness for the FSHD Society. Varsity athletes also assembled thoughtful care packages for cancer patients, donating them to the Northwestern Cancer Care Center with each bag filled by our



Grant Cheer shows support for Walk & Roll to Cure FSHD event.



Varsity athletes assemble care packages for cancer patients.

cheerleaders and paired with an inspiring message. Most recently, the program volunteered at Feed My Starving Children in Libertyville, where they packed 143 boxes, providing an incredible 30,888 meals for communities in need around the world.

Beyond their service efforts, the Cheer program is gearing up for an exciting competition season. With their routines coming together and momentum building, our athletes are eager to take the floor and represent Grant with energy, strength, and pride. Be sure to come out and cheer them on as they take the mat this season!

- Grant Cheer Competition Schedule 2025-2026**
December 20 - Rolling Meadows (LJV & Varsity)
January 10 - All of the Lights @ Lakes (All levels)
January 11 - Buffalo Grove (SJV & LJV)
January 16 - Conference @ Wauconda (All levels)
January 17 - Grayslake North (All levels)
January 24 - Fremd (Varsity)
January 25 - Huntley (Varsity)
January 31 - Sectionals @ TBD (Varsity)



Grant Cheer program volunteers for Feed My Starving Children.

Tellez Represents GCHS at UW-Milwaukee

Congratulations to Cole Tellez, who performed in the UW-Milwaukee Honor Band on Saturday, November 22, at the Zelazo Center for the Performing Arts. This marked the first time a student from GCHS participated in this prestigious event.

Cole was nominated by Ms. McGovern, GCHS Band Director, in recognition of his exceptional skills and long-standing dedication to music. He was also one of the few students from Illinois invited to take part, making this honor even more remarkable. We are proud that Cole represented Grant on a regional stage and showcased the talent and commitment of our Bulldogs.



Cole Tellez

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

Thursday, December 4

Baked Potato Bar

Line #2 in the Commons & Senior Café

Monday, December 8

Baked Mostaccioli

Line #2 in the Commons & Senior Café

Friday, December 12

Mango Lime Chicken

Line #2 in the Commons & Senior Café

Monday, December 15

Sweet Potato Fries

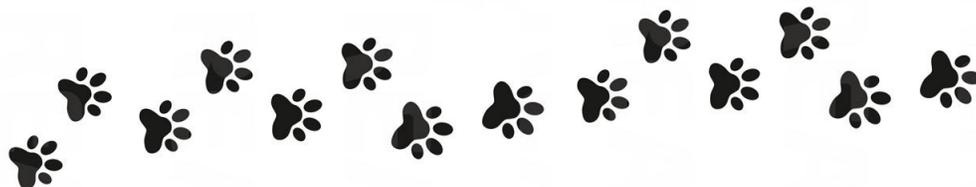
Tasting in the Commons

Tuesday, December 16

Cheese Tortellini w/ Alfredo Sauce

Line #2 in the Commons & Senior Café

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



College of Lake County (CLC) Advising Days are right around the corner for students planning to graduate early. Advisors from CLC will be available on December 2 and December 9 to help students explore programs, review requirements, and begin planning their next steps after high school.

These sessions are a great opportunity for early graduates to get personalized guidance and make a smooth transition into their postsecondary plans. Students interested in meeting with a CLC advisor should reach out to Mrs. Masura.

Bulldog Happenings

Youth Advisory Council

In our ongoing efforts to support students in living a drug- and alcohol-free life, our Youth Advisory Council (YAC) members, Addison Smith and Madeline Schneider, shared their expertise on the impacts of bullying with the entire Big Hollow Middle School. Their message was powerful, well-received, and made a lasting impact on students and staff alike. YAC also promoted the theme of “Being the Best You” during TEAM Live, supported by a student-created digital poster displayed on the backs of Chromebook screens throughout the school.



YAC members celebrate Red Ribbon Week.



Students write down their “natural high” for Red Ribbon Week.

To celebrate Red Ribbon Week, YAC hosted an interactive lunchroom event where students were encouraged to write down their “natural high,” something that brings them joy without drugs or alcohol. Each response was linked together to create a giant paper chain now proudly hanging in the lunchroom, serving as a colorful reminder of the benefits of living drug-free.

In November, YAC members turned their focus to Lung Cancer Awareness, where they continued the theme of “Being the Best You” by encouraging students to avoid vaping and cigarette use, helping them stay healthy, strong, and safe.

Transition Program

The Grant Transition Program has had an exciting and productive season as students continue building independence through hands-on learning and real-world experiences. Our students have been actively practicing daily living skills, including meal preparation, budgeting, and navigating community spaces with confidence.



Transition students participate in the Lake County Transition Market.

In addition to life skills, students have been strengthening their job readiness skills by working at several community businesses. These partnerships provide meaningful opportunities for students to explore interests, develop workplace habits, and contribute to the community in a positive way. Our outings this past



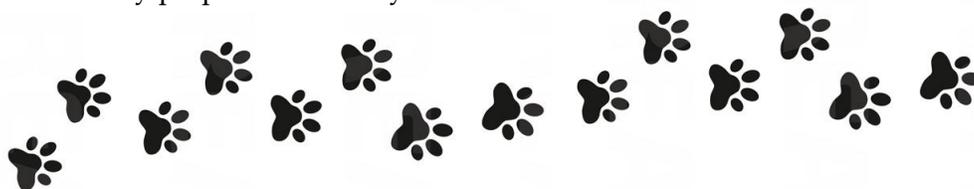
Transition students volunteer for Feed My Starving Children.

month have also been a highlight. Students volunteered at Feed My Starving Children, working together to pack meals for families in need. They also participated in the Lake County Transition Market, where they successfully sold their student-made candles and dog treats, practicing customer service, money handling, and entrepreneurship. To round out the experience, the group enjoyed a delicious breakfast outing at Whistle Stop, reinforcing social skills, communication, and independence in a community dining setting.

We are so proud of the hard work, growth, and enthusiasm our students continue to show as they prepare for life beyond school.



Transition students enjoy a meal at Whistle Stop.



**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



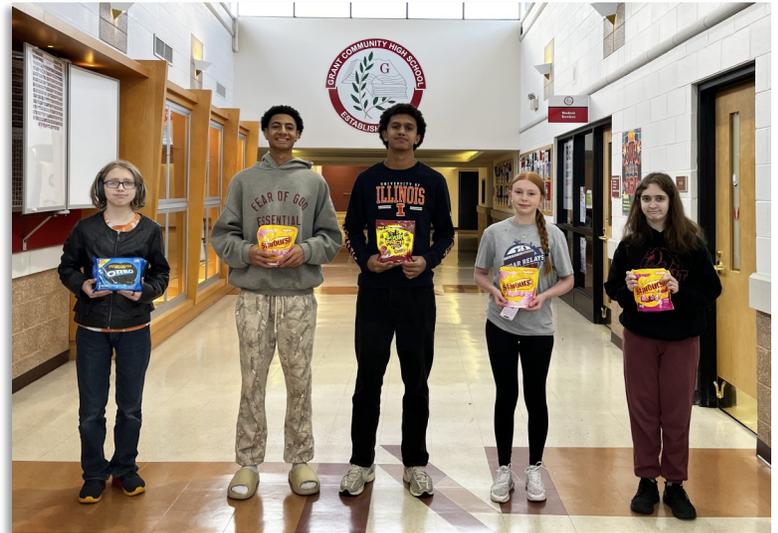
KEEP IT RED



With the passing of Thanksgiving, we are officially in the home stretch of first semester! Although we had a shortened month due to Thanksgiving Break, we celebrated 24 students through our weekly Bulldog Buck drawings. From attending scheduled meetings on time to participating in clubs/activities to volunteering as the student example, these Bulldogs are great examples of what it means to Keep It RED. Check out our RED X account ([@KeepingItRED](#)) and stay up-to-date about all the awesome things our students are doing.

Last month, we put together a video for students reminding them of the various resources available to them on campus. With everything that our Student Services team provides, there are so many avenues our students can take to work through problems and overcome obstacles. Outside of Student Services, there are an incredible number of staff members here to support students on a social, emotional, and educational level. We know school can be stressful and we want to ensure that every student can find an adult to confide in. If your student is in need of extra assistance, please encourage them to reach out to their Red Team or send us an email and we will connect with them. Remember, we are one Bulldog family.

With that being said, we wish all our Bulldogs good luck as they finish out the semester and tackle finals! 2026 is just around the corner, and we are excited to see how students Keep It RED in the new year.



Bulldog Buck Winners



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December

Dec. 3	School Improvement Meeting, 9:25 AM Flex Time Start
Dec. 6	Math Team Invite
Dec. 9	Holiday Band Concert
Dec. 10	School Improvement Meeting, 9:25 AM Flex Time Start Parent University: Mental Health Awareness
Dec. 11	Holiday Choir Concert
Dec. 15	Spring musical informational meeting
Dec. 16	Last Day of All-Student Attendance (First Semester)
Dec. 17-19	Final Exams
Dec. 18	School Board Meeting
Dec. 19	Final Day of First Semester
Dec. 22 - Dec. 31	Winter Break

January

Jan. 1-2	Winter Break
Jan. 5	School Resumes, Second Semester Begins
Jan. 7	School Improvement Meeting, 9:25 AM Flex Time Start
Jan. 8	Parent University: Parent/Guardian Support Group
Jan. 10	NLCC Speech Competiton
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)

February

Feb. 4	School Improvement Meeting, 9:25 AM Flex Time Start
Feb. 5	Progress Report Math NSML Event
Feb. 6	Speech Showcase
Feb. 7	Speech Regional Tournament
Feb. 9-10	NLCC Honors Band Festival (Grayslake Central)
Feb. 11	School Improvement Meeting, 9:25 AM Flex Time Start
Feb. 13	Institute Day, no student attendance
Feb. 16	President's Day, no school
Feb. 18	School Improvement Meeting, 9:25 AM Flex Time Start Blood Drive Sign-Up
Feb. 19	School Board Meeting
Feb. 20	Blood Drive
Feb. 25	School Improvement Meeting, 9:25 AM Flex Time Start Parent University: Career & Technical Education