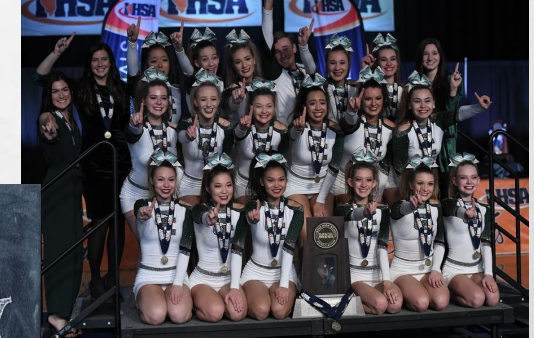


WE ARE GRAYSLAKE CENTRAL!!!



GRAYSLAKE CENTRAL
HIGH SCHOOL



STUDENT SERVICES

COUNSELORS

MR. KAY: A-COMBER

MRS. ROSSIE: CONGDON-HAYES

MRS. MITCHELL: HEAVELYN-KOCIAL

MR. GOLDMAN: KOKKIN-OLSEN

MRS. CASILLAS: ORTIZ-SJODIN

MRS. PRZANOWSKI: SLATTERY-Z

SAP COORDINATOR

MRS. OLDENBURG

DEANS

MR. MURPHY: A-GUS

MR. SCHWALB: GUT-PETERSON

MRS. PIOTROWICZ: PETRAY-Z

SOCIAL WORKERS

MRS. ARANGO

MR. GRIFFIN

MS. YU (intern)

SRO

OFFICER KUEBER

COUNSELING SERVICES

- ★ LOCATED IN 2820
- ★ ASSISTANCE WITH ACADEMIC, CAREER, AND SOCIAL-EMOTIONAL NEEDS
- ★ WALK IN OR MAKE AN APPOINTMENT TO SEE YOUR COUNSELOR
- ★ COUNSELORS ARE AVAILABLE BEFORE, DURING, AND AFTER SCHOOL

STUDENT ASSISTANCE PROGRAM

MRS. OLDENBURG – ROOM 2830A



PREVENTION ACTIVITIES

CREATING AWARENESS TO SUPPORT STUDENT HEALTH, SAFETY & WELLNESS!

- SUICIDE PREVENTION
- SUBSTANCE ABUSE PREVENTION
- BULLYING AWARENESS
- HEALTHY RELATIONSHIPS
- STRESS MANAGEMENT
- HEALTHY EATING
- MENTAL HEALTH AWARENESS
- CLASSROOM PRESENTATIONS
- HOLIDAY FUNDRAISING
- STUDENT LEADERSHIP OPPORTUNITIES
- RAMS DEDICATED



SUPPORT SERVICES

NEED TO TALK?

- ★ ACADEMIC STRESS
- ★ MENTAL HEALTH CONCERNS
- ★ ISSUES WITH SUBSTANCE ABUSE
- ★ RELATIONSHIP CONCERNS
- ★ CONCERNS ABOUT A FRIEND

GROUP SUPPORT

- ★ STRESS AND ANXIETY MANAGEMENT
- ★ HEALTHY RELATIONSHIPS
- ★ GRIEF AND LOSS
- ★ ALLIANCE (LGBTQ SUPPORT)
- ★ FAMILY ISSUES

***INTERESTED IN A SUPPORT GROUP?
COMPLETE THE GROUP SURVEY ON
SCHOLOGY!!***

RAMS DEDICATED



It's not a club... it's a *LIFESTYLE*.



KEEP IN TOUCH!



@WellnessGCHS



ATTENDANCE



EXCUSED ABSENCES

- ★ EIGHT(8) EXCUSED ABSENCES PER SEMESTER
- ★ ANY ABSENCES BEYOND THE EIGHT(8) DOCUMENTATION NEEDED IN ORDER TO BE EXCUSED
- ★ DOCUMENTATION NEEDED OF ILLNESS OR APPT FROM DOCTOR, COURT, ETC...
- ★ PROVIDE DOCUMENTATION TO ATTENDANCE

ATTENDANCE

TRUANCY

- ★ ABSENCE WITHOUT VALID CAUSE...WITHOUT KNOWLEDGE OF SCHOOL OR A PARENT/GUARDIAN
- ★ WALKING OUT OF CLASS WITHOUT PERMISSION, MORE THAN 5 MINUTES LATE, MISSING ENTIRE CLASS/DAY
- ★ STUDENTS WHO ARE TRUANT WILL NOT RECEIVE CREDIT FOR DAILY ASSIGNMENTS DUE OR COLLECTED ON THE DAY OF THE TRUANCY. STUDENTS WILL RECEIVE 1/2 CREDIT FOR ANY MAJOR ASSIGNMENTS(TESTS, PROJECTS, ETC.)

attendance
MATTERS

The logo for "attendance MATTERS" features the word "attendance" in a grey, lowercase, sans-serif font. Below it, the word "MATTERS" is written in a larger, bold, grey, uppercase, sans-serif font. A red, stylized signature or scribble is overlaid on the "MATTERS" text, specifically over the "A" and "T".

CLASS TARDY

- ★ STUDENTS MUST BE IN THEIR ASSIGNED CLASSROOM WHEN THE BELL RINGS
- ★ TARDIES ARE CUMULATIVE OVER THE SEMESTER...EACH STUDENT WILL START WITH A CLEAN RECORD EACH SEMESTER
 - ★ TEACHER WILL NOTIFY STUDENT/PARENT OF TARDIES
 - ★ DEAN INTERVENTION UPON ISSUE OF THIRD(3) TARDY

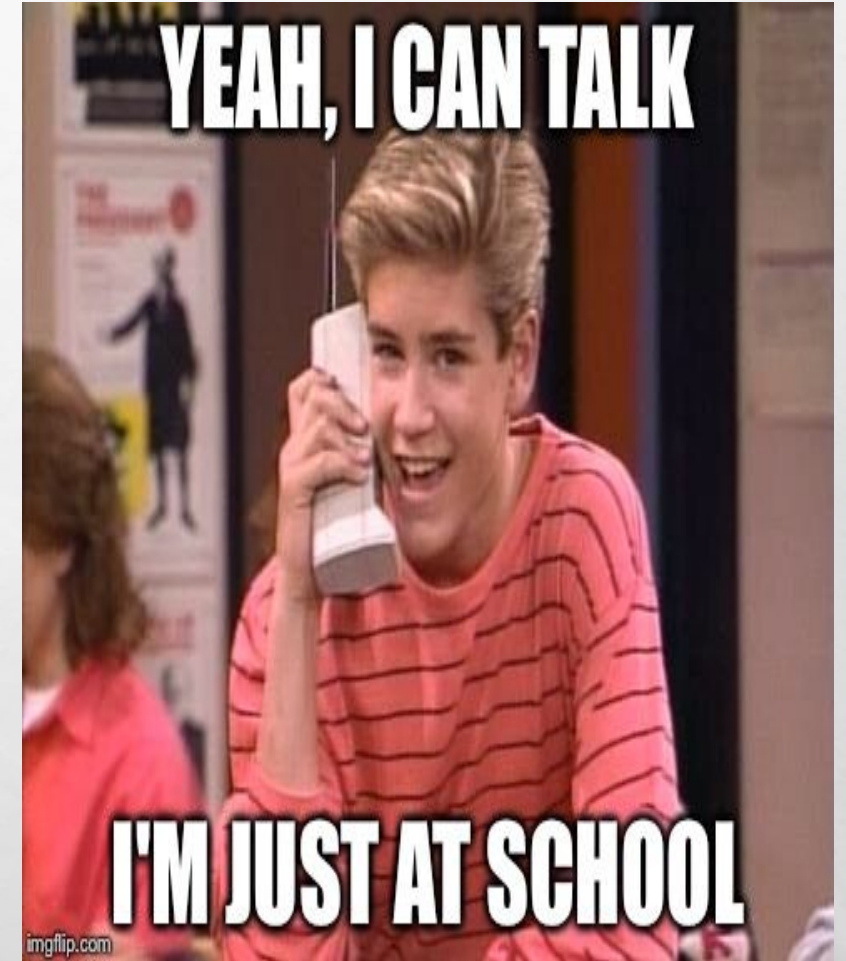


SCHOOL SAFETY ID INITIATIVE

- ★ SCHOOL ISSUED GCHS LANYARD
- ★ LANYARD IS TO BE WORN AROUND YOUR NECK
- ★ MUST BE WORN WHEN ENTERING YOUR FIRST CLASS OF THE DAY
- ★ SIGNING IN/OUT OF LRC, MARC, TECH. CAMPUS, & SLO
- ★ **POSITIVE INCENTIVES: WIN FREE FOOD/DRINK AT SUBWAY, JERSEY MIKE'S, CHIPOTLE, TACO BELL & DUNKIN DONUTS...AND FREE MOVIE PASSES!!!**

CELL PHONE POLICY

- ★ YOU ARE PERMITTED TO USE YOUR CELL PHONE DURING NON-INSTRUCTIONAL PERIODS OF THE DAY (HALLWAYS-CAFETERIA-STUDY HALL)
- ★ PERMISSION MAY BE GRANTED BY INDIVIDUAL TEACHER(S) TO USE DURING INSTRUCTIONAL TIME
- ★ CELL PHONES ARE TO BE OFF AND AWAY PRIOR TO ENTRANCE INTO ANY INSTRUCTIONAL CLASS
- ★ UPON ENTERING THE LOCKER ROOM CELL PHONES **MUST** BE PUT AWAY AND REMAIN AWAY UNTIL YOU HAVE EXITED THE LOCKER ROOM! NO EXCEPTIONS WILL BE MADE!
- ★ THE USE OF CELL PHONES TO TAKE PHOTOS, CHEAT, OR OTHERWISE VIOLATE STUDENT CONDUCT RULES IS PROHIBITED AND WILL BE CONSIDERED GROSS MISCONDUCT



DRESS GUIDE

Students are expected to dress in a way that is appropriate for the school day or for any school sponsored event.

- ★ STUDENTS **MUST** WEAR
 - shirt(fabric in front, back & on the sides under the arms)
 - pants/jeans(skirts, sweatpants, leggings, dress or shorts)
 - shoes
- ★ STUDENTS **MAY** WEAR
 - HATS
- ★ STUDENTS **CANNOT** WEAR
 - violent &/or vulgar language/images
 - anything depicting drugs or alcohol(or any illegal item/activity)
 - hate speech, profanity, pornography
 - images/language that creates a hostile or intimidating environment based on protected class/marginalized groups
 - accessories that could be dangerous/used as a weapon
 - any item that obscures the face **including hoods**



if you

SEE
something



SAY
something



TEXT-A-TIP

Download the
"Lake County Help" App
or
Text LAKECO to
1-844-823-5323

24/7 365
SAFE. ANONYMOUS.
ALWAYS AVAILABLE.

★ WHAT IS IT?

- 24/7 anonymous text-communication system for youth needing immediate mental health assistance for themselves or a friend
- comfortable place for students to share information
- provides a safe outlet for voicing concerns about themselves and others

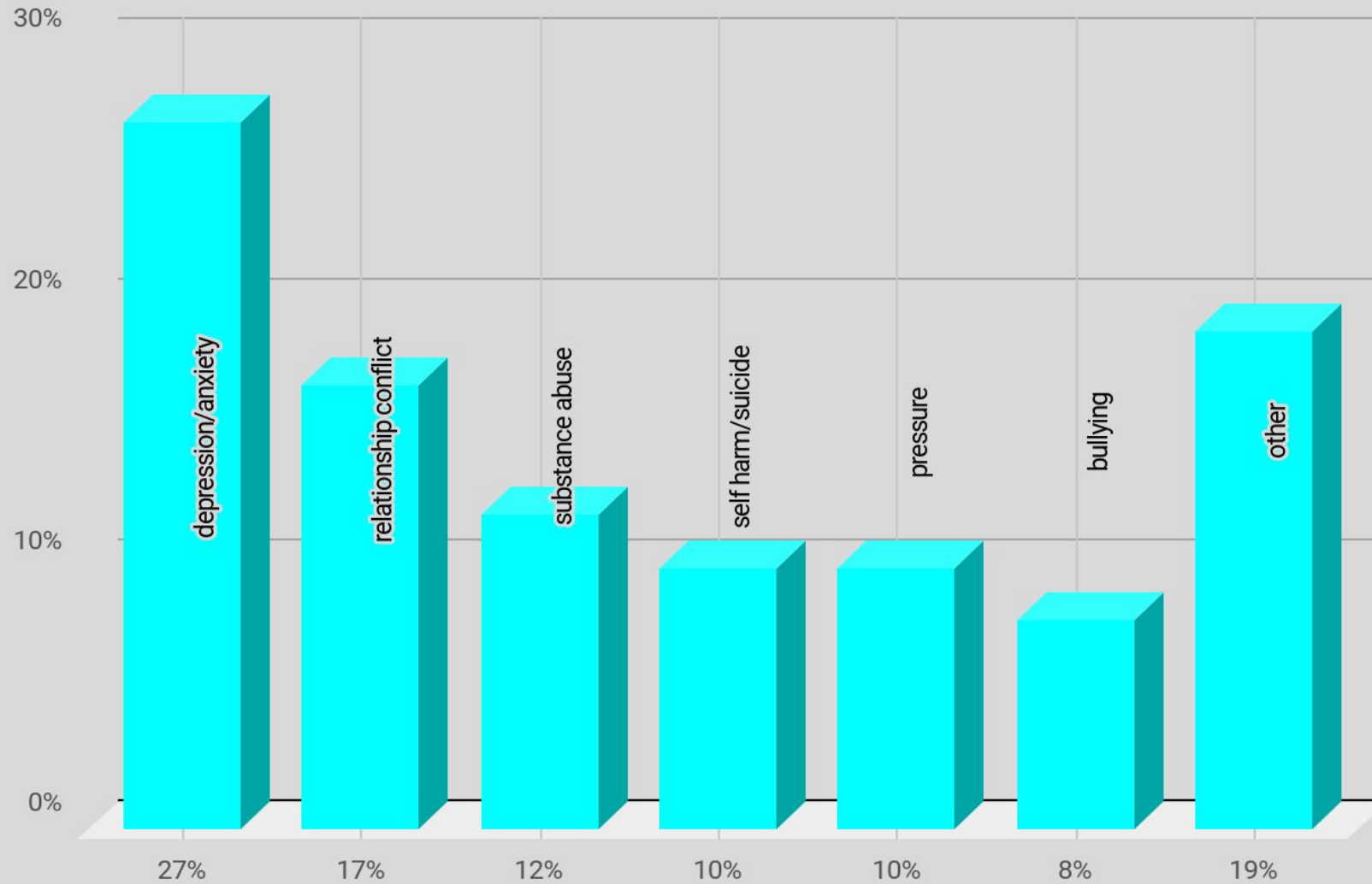
★ HOW IT WORKS

- download the "Lake County Help" app(google play/apple store)
- routes messages in real-time to local on-call response team
- completely anonymous

★ WHO RESPONDS TO THE TEXT?

- licensed/certified mental health professionals
- respond to each communication and will follow up whenever necessary
- life-threatening condition or criminal activity, emergency responders will be notified

Why Do People Use Text-A-Tip?





★ **REPORT BULLYING IMMEDIATELY**

- dean, counselor, staff member, security, etc...
- anonymously via our website(student resources)

★ **BE AN UPSTANDER NOT A BYSTANDER**

- act as if its an emergency
- understand the seriousness of the situation
- understand the lasting effects of bullying
- don't fear what others think
- assume personal responsibility
- understand the risk to victims if failure to act



INTERNET USAGE/SAFETY

- ★ OPEN ACCESS TO OUR COMPUTERS & NETWORK IS A PRIVILEGE
- ★ YOU MUST RESPECT THIS PRIVILEGE
- ★ YOU MAY BE HELD ACCOUNTABLE FOR MISUSE AND MAY RESULT IN LOSS OF PRIVILEGES, SUSPENSION AND EXPULSION
- ★ YOU MUST BE IN COMPLIANCE WITH THE DISTRICT'S ACCEPTABLE USE POLICY AND BYOT POLICY
- ★ VIOLATIONS OF THE ACCEPTABLE USE POLICY WILL RESULT IN LOSS OF PRIVILEGES AND MAY RESULT IN ADDITIONAL DISCIPLINE AND/OR REFERRAL TO APPROPRIATE AGENCIES



POSITIVE DIGITAL FOOTPRINT

Remember that what you put out there is a reflection of who you are as a person.



Send
Is
Forever

