

Lake Park High School

# From Small Steps to Giant Leaps 2024

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The Lake Park Freshman Student Service Team is excited to launch the first edition of our informational newsletter! Every quarter, we will use this as a tool to inform you of both the Counseling and Social-Emotional Learning Curriculum taking place. Please use this material to hold meaningful conversations with your student regarding essential topics and to stay informed on all things Lake Park.

**THE MISSION:** "That's one small step for man, one giant leap for mankind." Neil Armstrong. In 2024, NASA will reach their goal of returning to the moon, just as your student will be graduating with a plan for their future. To meet any significant goal in life, it's the small steps that help get you there. Each member of our Student Services Team aims to guide, support, and advocate for your student step-by-step and prepare them for the challenges they will face in our ever-changing world. We strive to help your student become successful in not only academics but also relationships, personal growth, and planning for a bright future.

**SETTING YOUR FOCUS:** Parent/Guardian support and presence is key in helping your student become successful. When working with our students, the Student Services Department focuses on three domains: academics, social-emotional, and post-graduation planning. These areas are also essential for you to direct your focus on when working with your student. Every edition of our Freshman Class Newsletter will be broken down into these three domains to help guide you in conversation.



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## LET'S MEET THE FRESHMAN TEAM

[Click Link for Who to Call & Why](#)  
[Click Link For Team Members' Role](#)

Freshman School Counselor: [Ms. Taylor Severino](#) (Last names A-L) - 630.529.2286



My name is Taylor Severino. This will be my ninth year working as a School Counselor at Lake Park High School. I worked my first four years at East Campus, the past four years at West Campus, and I am looking forward to my return to East! I earned my B.A. in Psychology from Northern Illinois University and a master's degree from Concordia University Chicago. I currently sponsor Student Council, Dance Ensemble, and am one of the Co-Choreographers for the School Musical. Sponsoring these activities allow me to foster relationships with a wide range of students encouraging self-discovery, leadership, and confidence. Some of my interests include yoga, sketching, and meditation.

Freshman School Counselor: [Mr. Chris Fruehling](#) (Last names M-Z) - 630.529.2280



Hello class of 2024! My name is Chris Fruehling, and I am entering my 25th year as a school counselor at Lake Park High School. For the past two years, I worked in a specialty role as Lake Park's Educational Support Counselor. I earned my B.A. in Economics as well as becoming certified to teach Physical Education from Eastern Illinois University. It was there where I also obtained my Master's Degree in School Counseling. I am currently an assistant coach on the varsity boys soccer team. Over the years, I have also coached in the girl's soccer program and the girl's basketball program. I have also enjoyed the years I was a co-sponsor for Lake Park's Stand for the Silent Anti-Bullying Organization. In high school, I played soccer, basketball, and baseball. I am a big Cubs fan (Go Cubbies!!) and love playing Golden Tee!

Freshman Social Worker: [Mrs. Paige Harlston](#) - 630.529.1580



Hi Lancers! My name is Paige Harlston, Social Worker for the Class of 2024. This is my fourth year at Lake Park and my first year working at East Campus! I earned my Bachelor's degree in Social Work from the University of Kentucky and my Master's degree from University of Illinois at Chicago. Before pursuing my career as a school social worker, I worked for Kentucky's Cabinet for Health and Family Services, where I specialized in supporting children and families during traumatic life events. I enjoy spending time with my two kids, cooking, going on hikes, and running. I look forward to meeting you!

Freshman/Sophomore Psychologist: [Mrs. Angelina Coy](#) - 630.529.2290



My name is Angie Coy, School Psychologist for East Campus. I earned my Bachelor's degree in Psychology from the University of Chicago and a Specialist in School Psychology degree from Illinois State University. I have also completed a Master's degree in Educational Leadership from Concordia University of Chicago. I have worked with students from Early Childhood to high school throughout my career. I have been at Lake Park High School since 2013. Over the past few years at Lake Park, I have enjoyed being one of the Special Olympics coaches and a Connections Cafe sponsor. I also sponsored the Speech Team for three years. In high school, I was in choir, band, theater, and tennis.

Freshman Dean: [Mr. Pete Kolzow](#) - 630.529.2299



My name is Pete Kolzow. I earned my Bachelor of Science degree from Eastern Illinois University and a Master's degree in Educational Leadership from North Central College. At EIU, I competed on the wrestling team. I'm entering my 23rd year at Lake Park. In my first six years, I taught Biology, and the last 16 years, I have been a Dean of Students. During my tenure at LP, I have been a football and wrestling coach, Earth Club Sponsor, and currently serve as the Assistant Athletic and Summer School Director. My wife is an educator in the Bloomingdale district, and I have two daughters, Sophia and Juliana, ages 11 and 13. My hobbies are different sports, gardening, and cooking. Also, I'm an avid Bears fan and attend a lot of home games.



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## FRESHMAN STUDENT SERVICES WEBSITE + VIRTUAL OFFICE

That's right! To meet our parents' and students' needs during these changing times, the Freshman Student Services Team has created a [Freshman Student Services Website](#). We hope this website will help to navigate the change to the hybrid/remote model. Here you will find information and links to our Online Appointment Scheduler, Virtual Student Services Office, and all archived Quarterly Newsletters.

To keep everyone healthy and safe, the Student Services Department created the [Virtual Bitmoji Student Services Office](#). This virtual office is an alternative way to provide quick links to valuable resources regarding our department, Activities, Athletics, and mini-lessons regarding social/emotional support. The Virtual Office will also allow students to sign up for appointments with their counselor, social worker, psychologist or dean through [Calendly \(Freshman Support Scheduler\)](#).



Additionally, our Counselors have created a Freshman Google Classroom. This classroom will automatically be shared with all Freshmen and linked to their LPHS Google Account. Our Counselors will use this classroom over the next four years to reach out directly to your student with Video Presentations and Lessons. Most of the information shared will include tutoring options, graduation requirements, and college/career readiness information. It will be beneficial for your student to become familiar with this resource and check it for updates frequently.

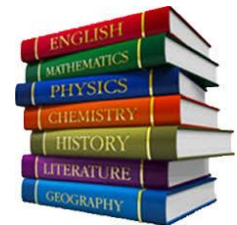
please check out [THIS VIDEO](#) to see how to navigate all of these new virtual resources.

The [Lake Park High School Website](#) is also an excellent resource for our students and parents. Not only does it provide important information through our highlight reel on the main page, but our [Counselors](#) and [SWaP Team](#) also have dedicated links as well.

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## ACADEMICS:

**Finding a routine** should be number one on your list when preparing for the upcoming school year. Please review the [Remote Learning Bell Schedule \(five 8-period days of virtual classroom instruction\)](#) which includes three 15-minute breaks throughout the day, and a slightly shorter schedule on “Student Support Wednesdays.” Note that your student should be awake and logged on virtually for their classes at the specified times as attendance will be taken.



The students' first day of school is **Monday, August 17, 2020** with a target date of Monday, September 21 to begin in-person instruction. During our remote learning plan, teachers will provide synchronous instruction to all of the students on their class roster for each of their assigned teaching periods. This means that teachers will be present to broadcast live audio and/or video during the class period.

**Unlike the remote learning experiences of last spring**, traditional **letter grades** (A, B, C, D, and F) on activities, assignments, and assessments will be given. With this in mind, it is crucial for your student to reach out to their teachers and us when they need support. You should encourage your student to seek their teachers for help and schedule appointments with Student Services when needed.

In addition to teaching five classes each semester, Lake Park teachers traditionally provide supervision for students during a supervisory period. During the remote learning weeks, these periods will provide a **dedicated period each day when teachers will be available via Google Meets to tutor students in their content area**. A list of available teachers, periods, and the process for soliciting tutoring assistance will be published for all students to reference soon.

Grades are highly impacted by attendance. **Attendance will be taken** during our remote learning plan. If your student begins to miss multiple sessions, our dean, Mr. Kolzow, and the Student Services Team will be reaching out to see how we can best support your student.

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## **SOCIAL-EMOTIONAL LEARNING:**

### **Student Support Wednesdays**

We know that social and emotional learning (SEL) will be critical to re-engaging students, rebuilding relationships, and creating a foundation for academic learning. An SEL survey will be administered to students to identify their social-emotional readiness to return to school. SEL supports will be put in place based on the findings from our survey. We plan to include SEL supports and activities on Student Support Wednesdays. Many of these Student Support Wednesday lessons and supports will be sent electronically. Keep in mind that some options will be voluntary and require students to sign up on their own. Additionally, ongoing SEL check-ins will be incorporated into the classroom curriculum to increase the awareness of students' changing emotional wellness.

### **Schoolwide SEL Curriculum by Grade Level**

Over the past two years, the Social-Emotional Learning Committee has worked on staff development and curriculum decisions. They have provided staff with professional development on the importance of SEL in education, the national learning standards associated with SEL, and key concepts within SEL. The committee also researched curriculum options and chose RULER, which was created by the [Yale Center for Emotional Intelligence](#). This past summer, committee staff worked on adapting RULER lessons to work within our schedule. For our first year of implementation, students will participate in four grade-level SEL lessons (1 lesson per quarter). The freshman lessons focus on:

- Lesson 1: Emotions Matter
- Lesson 2: Identifying Emotions
- Lesson 3: Recognizing and Understanding Emotions
- Lesson 4: Labeling and Expressing Emotions

### **Social Work & Psychologist (SWaP) Website**



Please take some time to visit our [SWaP Website](#). This website offers a variety of resources, forms, and general information to support your student's social-emotional needs. Through this website, you can refer a student who may need support. These referrals will be directed to our social worker and psychologist.

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## **POST-GRADUATION PLANNING:**

A significant focus of our [counseling department](#) is to prepare students for life after high school. In partnership with our College and Career Counselor, [Mr. Ziemba](#), we meet with our students in a classroom setting at least once a year as well as individually. Our lessons are built to help your student:

- To understand their likes/interests, personality type and what career cluster and/or specific careers that would be an excellent fit for them
- To research careers/career clusters
- To research and understand what responsibilities are linked to jobs of interest
- To understand what certificate program and/or degree is needed for a job in that career
- To learn how to apply for the required certificate programs, colleges or universities (and what major they should apply under)

We are excited to announce that your student will be given access to [Xello](#). This new, highly engaging online program re-imagines how students prepare for future success. This online program goes beyond just college and career planning to help students transform their aspirations into personalized, actionable plans for academic and future success. Xello is immersive, powerful, and accessible for all users, on any device. Lake Park's partnership with this program also allows every student to access this program at home.



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## **A FINAL NOTE FROM OUR DEAN**

This year I'm really excited to work with our new Lancers, the class of 2024! This will be a unique year with us adapting to the COVID-19 virus. Remember, school safety is our number one priority. Please abide by any new restrictions or protocols that will be in place this upcoming year, such as the requirement of wearing a face mask and social distancing.

We are in this together! Go, Lancers!

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