



DEERFIELD HIGH SCHOOL

Weekly Update

*From the desk of Principal Kathryn Anderson
Issue 19, January 14, 2021*



School News You Can Use

Three things you need to know:

1. There is no school on Monday, January 18, which is Dr. Martin Luther King, Jr. Day.
2. Course registration is occurring this month. Please see emails from the counseling department or check the DHS counseling webpage for more details.
3. Submit a Semester 2 Change to the IC Portal by 4 PM Tuesday, Jan 19 (Remote Learning or Hybrid Learning).



Message from the Principal



Dear DHS Staff, Students, and Families,

This week we began our course registration process for the 2021-2022 school year. Freshman, sophomores, and juniors have all received pre-registration information in their homerooms or advisory class. Counselors are also available this week for appointments with students regarding the overall course load.

[Click here to find details about course registration on the counseling webpage.](#) Students may also access registration information on their counselor's Schoology page, including pre-registration slides and videos from homeroom.

Additionally, seniors received important information from our post-secondary counselors regarding the next steps in the postsecondary planning process, including topics such as sending first semester grades to colleges, navigating admissions decisions, financial aid, and DHS scholarships. Seniors, if you have any questions, please contact your post-secondary counselor.

Finally, we want to remind you of counseling services available to all students when they require additional supports. While our counselor team works with students on academic and post-high school planning, school counselors are also trained mental health professionals who are here to support students with their social-emotional needs. Students can access their school counselor by emailing or scheduling an appointment using the link found in their school counselor's Schoology class.

For immediate support in response to a crisis, please contact one of these resources:

911

Call 911 if you are in danger or need police assistance.

District 113 Tipline

Tips can be submitted by phone or text at (847) 262-3363. Tips will not be monitored outside of school hours, on student non-attendance days, weekends, school breaks (including summer) or holidays.

National Suicide Prevention Lifeline

1-800-273-8255

Available 24 hours/day. Languages: English, Spanish

The Trevor Project

The Trevor Project provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. If you are thinking about suicide and in need of immediate support, please call TrevorLifeline at 1-866-488-7386, available 24/7/365.

Sincerely,

Principal Kathryn Anderson



Happening Next Week

DHS Remote Learning Bell Schedule					
Week of January 18-22					
		Tuesday, January 19 Cycle 78	Wednesday, January 20 Cycle 56	Thursday, January 21 Cycle 34	Friday, January 22 Cycle 12
Monday, January 18 NO SCHOOL	7:15 – 8:00	Early Bird	Early Bird	Early Bird	Early Bird
	8:15 – 9:05	1st Period	1st Period	1st Period	3rd Period
	9:20 – 10:10	2nd Period	2nd Period	2nd Period	4th Period
	10:25 – 11:15	3rd Period	3rd Period	5th Period	5th Period
	11:15 – 12:15	LUNCH	LUNCH	LUNCH	LUNCH
	12:15 – 1:05	4th Period	4th Period	6th Period	6th Period
	1:20 – 2:10	5th Period	7th Period	7th Period	7th Period
	2:25 – 3:15	6th Period	8th Period	8th Period	8th Period

[View Calendar](#)



Counseling

Taking Charge of Your Mental Health

Please click on the infographic to the left from the counseling department as developed by the National Alliance on

Taking Charge of Your Mental Health

FIND THE RIGHT SPECIALIST

- Ask your doctor or nurse to help you find a specialist and make your first appointment
- There may be a long wait for your first visit, so speak up if you need to see someone right away
- If the first mental health specialist you see isn't a good fit, keep looking for one who works for you

DON'T FORGET!

- Surround yourself with family and friends
- Talk to a counselor, social worker, nurse or trusted adult
- Continue doing what you love: reading, sports, writing, nature walks, creating art

MAKE YOUR FIRST APPOINTMENT COUNT

NAVIGATING YOUR INSURANCE

- Involve someone with experience to help you
- Call your insurance company to ask what mental health benefits are covered
- To find a provider, visit your insurer's website or call the number on your insurance card

ASK QUESTIONS

STAY INVOLVED

- Keep a wellness log and monitor your progress
- Ask for changes if your treatment plan is not working for you
- Sick with it; most therapies and medications take time to work
- Your treatment plan may change, so be an active partner in the process

LIVE WELL

GETTING THROUGH IT

- By staying away from drugs and alcohol. This is not always easy, so find strategies that work. Using drugs or alcohol to feel better is harmful to you.
- If you use alcohol or drugs be honest and tell your therapist or doctor because it affects your care plan.
- Stay positive. Surround yourself with positive messages, people and activities. This will help you to feel better.

Follow Us!



Student Life

Warrior Words
January 11, 2021

DHS Home Activities Home School Calendar Weekly Calendar Athletics Calendar

All School

Janets
Time to start planning for senior year registration! Don't miss the mandatory registration meeting during extended homeroom on Monday, January 11th, from 9:35 - 10:05 am. (11)

Subhomies
Time to start planning for Junior year registration! Don't miss the mandatory pre-registration meeting during extended homeroom on Monday, January 11th, from 9:35 - 10:05 a.m. (11)

Registration Questions
Your school counselor is here to help. Counselors will offer student-only appointments January 12-15. They will be available all day to answer registration questions. Sign up for an appointment by going to your counselor's Schoology class. (11)

Troubadour
TROUBADOUR is DHS's Art and Literary magazine - we are now accepting applications for editorial staff positions. If you have any questions, please email Mr. Rigler or Mr. Black. Here is the application: <https://forms.gle/3h6d6744991318> (13)

From the Counseling Department

How to Schedule an Appointment with Your School Counselor:
Students can make an appointment through your Counselor folder in Schoology. Students can choose free periods, off-labs, and passing periods to schedule a meeting.

To place an announcement in Warrior Words, please click [here](#).

Warrior Words Week Summary

Monday, January 11

- Junior and Sophomore pre-registration meeting during homeroom
- Counselor appointments are available January 12-15 for registration questions
- Troubadour, art and literary magazine is now accepting application for editorial staff positions
- Making an appointment with a counselor

Wednesday, January 13 (not including repeats from January 11)

- Earthworks - January environmental tips

Warrior Words Webpage



Services and Supports



Warrior Athletics Webinars

Thursday, January 14

4:00 - 4:30 p.m.

Maximizing your Potential

Presenter Sam Brown

Tuesday, January 19

4:00 - 4:30 p.m.

Cultivating Leadership

Presenter Eugene Chung

Thursday, January 21

4:00 - 4:30 p.m.

Health & Injury Prevention

Presenter Brie Cimino & Karl Lindblad
(Athletic Trainers)

[Warrior Webinar Zoom Links](#)



DHS PTO Annual College Scholarship Fundraiser

The PTO Scholarship Fund helps students who sincerely desire to continue their education but have limited financial resources. Many of us are looking for ways to make a difference during these uncertain times. These college scholarships are a tangible way to change someone's life.

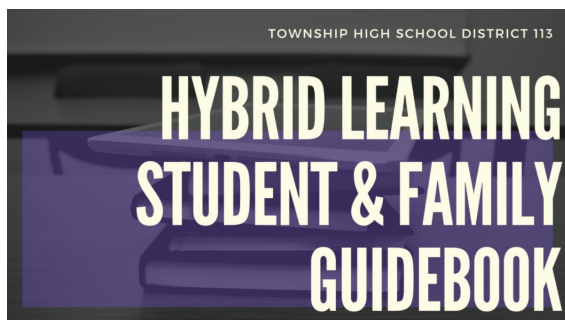
Please consider making a gift of ANY AMOUNT. There are two ways to donate by March 5th:

- Online at www.dhspto.org, select Executive Board/Scholarship Fund or,
- By mailing a check payable to Deerfield High School PTO Scholarship Fund to:

Deerfield High School
Attn.: PTO Scholarship Fund
1959 Waukegan Road
Deerfield, IL 60015

Contact Tami Levy at
tamilevy@atproperties.com with any

questions.



Infinite Campus Open for Changes to Semester 2 Selections until January 19

Submit a Semester 2 Change to the IC Portal by 4 PM Tuesday, Jan 19

- No action is required for parents who wish to continue with the selection made in November.
- Only one parent/guardian needs to submit.
- *Regardless of the option selected, students' schedules and teachers will not change.*
- Check out the Hybrid Learning Student & Family Guidebook for more information
- Questions? Contact Semester2@dist113.org

