



OAK PARK AND RIVER FOREST
HIGH SCHOOL

Abridged for Remote Learning

FAMILY SURVIVAL GUIDE

Click here for:
[Reopening Plan](#)

Click here for:
[Frequently Asked Questions \(Regularly updated\)](#)

First Semester

2020-2021

Welcome to OPRF High School!

Dear OPRF High School Families,

Welcome back to a school year that will be unlike any we've experienced before. Veteran Huskie parents who have seen this guide before may notice it's a little (okay, a lot) different than years past. This handy guide is typically 50 pages long and filled with practical, hands-on info you and your students need the most during the year. However, while putting together this year's version, we realized much of the information doesn't apply to our current remote learning environment.

There *are* still relevant topics you may still have questions about, which is why we are happy to present this abridged version. And we do plan to provide an updated guide, when the decision is made to transition back to in-person learning.

Navigating this new normal will take all of us working together. Feel free to contact the communications department at any time if you are unable to find answers here.

Best wishes for a great year!

Karin Sullivan
Executive Director of Communications & Community Relations
ksullivan@oprfs.org
708-434-3691

Jackie McGoey
Communications & Community Relations Coordinator
jmcgoey@oprfs.org
708-434-3692

August 2020

Contact Us

Attendance Office: 708-434-3104, attendance@oprfs.org

Welcome Center: 708-434-3125 - Hours:

School year: Monday – Friday, 7:00 a.m. – 10:00 p.m.

Summer: Monday – Thursday, 7:30 a.m. – 3:30 p.m.

Bookstore: 708-434-3940, bookstore@oprfs.org

Superintendent Dr. Joylynn Pruitt-Adams: 708-434-3511, jpruittadams@oprfs.org

Associate Superintendent Greg Johnson: 708-434-3215, gjohnson@oprfs.org

Executive Director of Equity and Student Success Dr. LeVar Ammons: 708-434-3373, lammons@oprfs.org

Director of Student Learning Dr. Laurie Fiorenza: 708-434-3205, lfiorenza@oprfs.org

Director of Student Services Lynda Parker: 708-434-3208, ljparker@oprfs.org

Athletic Director John Stelzer: 708-434-3000, jstelzer@oprfs.org

Student Activities Director Susan Johnson: 708-434-3174, sjohnson@oprfs.org

Division Heads:

- **English:** Helen Gallagher, 708-434-3378, hgallagher@oprfs.org
- **Fine and Applied Arts:** Semaj Coleman, 708-434-3297, scoleman@oprfs.org
- **History:** Amy Hill, 708-434-3379, ahill@oprfs.org
- **Mathematics:** Dr. Julie Frey, 708-434-3296, jfrey@oprfs.org
- **Physical and Driver Education:** Clay Reagan, 708-434-3250, creagan@oprfs.org
- **Science and Technology:** Matt Kirkpatrick, 708-434-3749, mkirpatrick@oprfs.org
- **Special Education:** Kennedy Dixon, 708-434-3105, kdixon@oprfs.org
- **World Languages:** Claudia Sahagun, 708-434-3884, csahagun@oprfs.org

Health Services/Head School Nurse: Julee Terretta, 708-434-3234, jmterretta@oprfs.org

Library Circulation Desk: 708-434-3695, librarygroup@oprfs.org

Main Switchboard: 708-383-0700

Registrar's Office: 708-434-3262 and 708-434-3260, registrar@oprfs.org

Tutoring Center: 708-434-3493

Pupil Support Services Teams

Team	Title	Office	Phone Extension (Prefix 434-)	Email (Add @oprfs.org)
Lynda Parker	Dir. of Student Services	205	3208	ljparker
Heather Tisue	Admin. Assistant	205	3508	htisue
Team 1				
Ambrose, Brandi	Counselor	208	3711	bambrose
Cahill, Meghan	Counselor	208	3716	mcahill
Hobson, Darryl	Counselor	208	3207	dhobson
D'Avella, Mary	Secretary	208	3510	mdavella
Silver, Jonathan	Dean of Students	208	3725	jsilver
Calcuttawala, Nabiha	Social Worker	208	3238	ncalcuttawala
Team 2				
Johnson, Kris	Counselor	207	3714	kjohnson
Ojikutu, Carolyn	Counselor	207	3713	cojikutu
Radziszewski, Darek	Counselor	207	3708	dradziszewski
Lucas, Carin	Secretary	207	3506	clucas
Weintraub, Jonathan	Dean of Students	207	3731	jweintraub
Makely, Lisa	Social Worker	207	3733	lmakely

Team 3

Fuentes, Julie	Counselor	207	3709	jfuentes
Nixen, Pete	Counselor	207	3712	pnixen
White, Erica	Counselor	207	3710	ewhite
Franco, Amy	Secretary	207	3507	afranco
Walton, Alisa	Dean of Students	207	3727	awalton
Ecker, Jonathan	Social Worker	207	3734	jecker

Team 4

Hanson, Jacqueline	Counselor	308	3705	jhanson
Herbst, Joe	Counselor	308	3707	jherbst
Sherman, Thaddeus	Counselor	308	3841	tsherman
Asbury, Kim	Secretary	308	3509	kasbury
Beyers, Brian	Dean of Students	308	3724	bbeyers
Madock, Katherine	Social Worker	308	3728	kmadock
Colamussi, Ginger	Prevention/Wellness Coord.	308	3729	gcolamussi
Sutton, Barbara	Deans' Secretary	308	3503	bsutton

Team 5

Lynch, Heidi	Counselor	272	3715	hlynch
Medina, Esteban	Counselor	272	3718	emedina
Sponsler, Scott	Counselor	272	3717	ssponsler
Martinek, Sharon	Secretary	272	3596	smartinek
Bishop, Janel	Dean of Students	272	3726	jbishop
Benson, Conchita	Social Worker	272	3730	cbenson



For OPRF Parents and Guardians

I Have a Question about...

Topic	Contact	Assistant (if applicable)
504 Plans (including accommodations)	Daniela Lukic-Cole, 504 coordinator, dlukiccole@oprfs.org	
Absences and tardies	Attendance office, 708-434-3104	
Athletics	John Stelzer, director of athletics, jstelzer@oprfs.org Courtney Sakellaris, assistant director of athletics, csakellaris@oprfs.org	Lori Foley, lfoley@oprfs.org , 708-434-3600
Back-to-School Night	Greg Johnson, associate superintendent, gjohnson@oprfs.org	
Campus safety	David Walksler, director of safety and security, dwalksler@oprfs.org	
Computer proficiency test	Matt Prebble, business education department chair, mprebble@oprfs.org	
Counselors/social workers	Lynda Parker, director of student services, ljparker@oprfs.org	Heather Tisue, htisue@oprfs.org , 708-434-3259
Course registration	Student's counselor	
Curriculum	Dr. Laurie Fiorenza, director of student learning, lfioenza@oprfs.org	Shoneice Reynolds, sreynolds@oprfs.org , 708-434-3505
Disciplinary consequences, including appeals	Janel Bishop, jbishop@oprfs.org	Sharon Martinek, smartinek@oprfs.org , 708-434-3596
Dual credit	Greg Johnson, associate superintendent, gjohnson@oprfs.org	Lisa Evans, levans@oprfs.org , 708-434-3515
Extracurricular activities/clubs	Susan Johnson, director of student activities, sjohnson@oprfs.org	Angie Sakellaris, asakellaris@oprfs.org , 708-434-3773
Facilities reservations/school calendar	calendar@oprfs.org	
Family Access (Skyward)	FamilyAccess@oprfs.org	
Fees	Jacqui Charette-BassiriRad, Bookstore director, jcharettebassirirad@oprfs.org , 708-434-3140	
Food service account	Micheline "Mike" Piekarski, director of food service, mpiekarski@oprfs.org	Jana Cannon, jcannon@oprfs.org , 708-434-3144
Grades	For specific class: Teacher For multiple classes/questions: Counselor	
Graduation	Susan Johnson, director of student activities, sjohnson@oprfs.org	Angie Sakellaris, asakellaris@oprfs.org , 708-434-3773
Homebound tutoring	Greg Johnson, associate superintendent, gjohnson@oprfs.org	Lisa Evans, levans@oprfs.org , 708-434-3515
Homecoming or Prom	Susan Johnson, director of student activities, sjohnson@oprfs.org	Angie Sakellaris, asakellaris@oprfs.org , 708-434-3773
Incoming freshman events	Lynda Parker, director of student services, ljparker@oprfs.org	Heather Tisue, htisue@oprfs.org , 708-434-3259
Lost and found	708-434-3125	
Medications, physicals	Julee Terretta, head school nurse, jmterretta@oprfs.org , 708-434-3236	Donna Digioia, ddigioia@oprfs.org , 708-434-3534



For OPRF Parents and Guardians

I Have a Question about...

Topic	Contact	Assistant (if applicable)
Mental health services	Lynda Parker, director of student services, ljparker@oprfs.org	Heather Tissue, htissue@oprfs.org , 708-434-3259
Motivational Mentors	Shannon Perryman, program coordinator, sperryman@oprfs.org	
Online classes	Lynda Parker, director of student services, ljparker@oprfs.org	Heather Tissue, htissue@oprfs.org , 708-434-3259
Parent Visitation Day	Dr. Laurie Fiorenza, director of student learning, lfioenza@oprfs.org	Shoneice Reynolds, sreynolds@oprfs.org , 708-434-3505
Parent-teacher conferences	Greg Johnson, associate superintendent, gjohnson@oprfs.org	
Racial equity policy implementation	Dr. LeVar Ammons, executive director of equity & student success, lammons@oprfs.org	Melody Brown, mbrown@oprfs.org , 708-434-3573
Report cards	Lynda Parker, director of student services, ljparker@oprfs.org	Heather Tissue, htissue@oprfs.org , 708-434-3259
Sexual harassment investigations	For reporting by a student: Kris Johnson, complaint manager, kjohnson@oprfs.org , 708-434-3714 For reporting by an adult: Roxana Sanders, assistant superintendent for human resources, rsanders@oprfs.org , 708-434-3214, OR Greg Johnson, associate superintendent, gjohnson@oprfs.org , 708-434-3215	
SILCs (Student Independent Learning Corps)/independent study	Dr. Laurie Fiorenza, director of student learning, lfioenza@oprfs.org	Shoneice Reynolds, sreynolds@oprfs.org , 708-434-3505
Special Education	Dr. Kennedi Dixon, kdixon@oprfs.org	
Student Activities (clubs, activities, dances, exchange trips, assemblies, etc.)	Susan Johnson, director of student activities, sjohnson@oprfs.org	Angie Sakellaris, asakellaris@oprfs.org , 708-434-3773
Student parking	Marian Gerena, assistant to operations, mgerena@oprfs.org	
Student schedules	Lynda Parker, director of student services, ljparker@oprfs.org	Heather Tissue, htissue@oprfs.org , 708-434-3259
Summer School	Jason Lee, summer school co-coordinator, jlee@oprfs.org	Margaret Collins, mmcollins@oprfs.org , 708-434-3121 Linda Hayes, lhayes@oprfs.org , 708-434-3504
Teacher, problem with	Teacher first; if no resolution then division head	
Tech Support	708-434-3737, helpdesk@oprfs.org	
Testing	Mayra Delgado, testing specialist, mdelgado@oprfs.org	
Theatre, performing arts events	Leila McGowan, assistant to fine and applied arts, lmcgowan@oprfs.org	
Transgender-student support	Student's counselor	Heather Tissue, htissue@oprfs.org , 708-434-3259
Tutoring Center	708-434-3493	
Updating contact information	FamilyAccess@oprfs.org	
Work permits	OPRF students: Counselor's secretary Non-OPRF students: Linda Hayes, lhayes@oprfs.org	

Community Resources

Where can I find local resources on housing instability, food assistance, mental health support, and more, for my family?

Visit bit.ly/oprfguide to view a comprehensive guide of local resources compiled by the Oak Park and River Forest Township.

Family Access/Skyward

What is Family Access?

This is our online parent/guardian tool for checking your student's grades, attendance, and discipline information, paying school fees, adding money to your child's lunch/SNAP (School Nutrition Accountability Program) account, and receiving messages from your student's teachers.

What is Skyward?

Just another name for Family Access. Download the mobile app by searching the app store for *Skyward*.

How do I get my Family Access login information?

In July we send letters to parents/guardians of all active students with the Family Access login IDs and e-mail addresses we have on file. Prior to this, if you remember the e-mail address you entered during online enrollment, use it to retrieve your Family Access login ID and password by going to oprfs.org > hover over 'Parents/Community' > click on 'Family Access.' Click the 'Forgot your Login/Password?' link.

How do I update my information in Family Access?

Log in to your account and click the *Student Info* tab on the left side of the screen. Then click *Request Changes* in the upper right. If you have any problems contact familyaccess@oprfs.org or 708-434-3737, option 1. You may also contact the Registrar (registrar@oprfs.org, 708-434-3262), who will update your Skyward/Family Access account.

What can students see in Family Access?

They have their own login and can see their grades and attendance and discipline information. To avoid having contact information changed without your knowledge, do not give your student your login.

How often should I log in to my Family Access account?

The more supervision your student needs, the more often you should check. But we suggest sitting down with your student and checking grades at least once a week. Pick a standing time to check in so your student expects that you'll be monitoring his or her work.

Mental Health Resource

I've heard there's a text resource for students?

Yes, the high school has worked with elementary districts 90 and 97 to implement a new text hotline for students called **support4U**. Any student who wants help for themselves or for a friend with feelings of sadness, confusion, anger, despair, upset, etc., can just text CARE 24 hours a day to 844-670-5838. This is a completely confidential, anonymous call. Within a few minutes, a clinical social worker will respond to provide the student with available resources in the school and community. Typical reasons students call include anxiety, depression, substance use, suicidal thoughts, eating disorders, bullying, and abuse.

Naviance

What is Naviance?

Students use Naviance to build a profile and see which majors and what colleges might be a good fit. The program provides a wealth of information and feedback. For instance, a scattergram showing where OPRF students with a particular GPA have gone to college can be helpful in shaping goals and expectations about where an individual student may go. Freshmen receive an introduction to Naviance second semester. Parents are formally introduced to the program sophomore year, but it's a good idea to become familiar with it even earlier if possible; ask your student to show you.

Online Classes

Can my student earn credits through online courses?

Yes. A student may earn up to four online/correspondence course credits toward meeting graduation requirements. OPRF does not endorse any particular correspondence program; however, options include the Illinois Virtual High School, American School, and Indiana University. ***Before registering for any online program, consult your counselor to be sure the course does in fact meet graduation requirements.***

Parent Groups

What are your parent groups?

To learn more about each group, go to oprfs.org > hover over 'Parents/Community' > click on 'Parent Groups'.

- APPLAUSE: Booster group for music, dance, and theater.
- A.P.P.L.E.: African American Parents for Purposeful Leadership in Education.
- Community Council: Advisory group to the administration and Board of Education.
- Huskie Booster Club: Booster group for academics, activities, arts, and athletics.
- Parents 4 Student Success (P4SS): OPRF's PTO.

Social Workers

Does my child need some kind of referral to see a school social worker?

No, they can just contact the social worker on their Pupil Support Services Team (see pages 4-5) to make an appointment for free, confidential help with any personal issues. If their social worker is not available or they prefer to see one of the same gender, they may contact one of the other social workers listed.

Social Media

Do you have official social media accounts?

Yes! We would love for you to connect with #oprfs on social media. Follow our official accounts:

Facebook - @oprhuskies

Instagram - @oprfs_huskies

Twitter - @oprfs_huskies

YouTube - OPRFUtube

There is also an independent, parent-run Facebook page, *OPRF High School Parents*, where a lot of conversation among parents and guardians happen. It is a closed group, so after you click “join,” your request has to be approved by the moderators of the group.

Staying Informed

How do I keep up with what’s going on at school?

Your best sources are our official school social media accounts (see *Social Media*), HuskiEmail, and the Daily Bulletin. HuskiEmail is the school’s e-newsletter, which is automatically sent to all families every Friday classes are in session. The Daily Bulletin contains the daily announcements that students hear each day at the beginning of second period. It is sent to all families on a daily basis.

Struggling Students

My child is struggling academically. What should I do?

Contact the teacher. While the goal is for students to becoming increasingly independent during their four years, parents—especially freshman parents—should not be afraid to express concerns and ask for guidance from the teacher.

You also can contact the counselor, who can set up a meeting with the teacher, student, and counselor. The counselor can model what kinds of questions to ask, which can help a student advocate for himself in the future. Keep in mind that the more information a counselor has, the more helpful he or she can be. Sharing what may feel like private information with counselors can give them a better idea of what is contributing to the student’s struggles and how to address the situation. Counselors are bound to confidentiality and do not release information to teachers unless the parents, and sometimes also the students, have given permission.

Student Email

How can my student log in to her student email account?

For instructions go to oprfs.org > hover over ‘Students’ > click on ‘Student Technology Support’ > click on ‘Student Technology Website.’

Teachers, Contacting

What’s the best way to reach a teacher?

In general, email is the quickest, easiest way to reach a teacher. Even if you prefer to have a phone conversation, you likely will find that sending a brief email with your request to schedule a conversation will ensure the quickest response.

Where do I find a teacher’s email address?

Go to oprfs.org, look at the upper right corner of the homepage, and click on the orange address card icon. Our email format is first initial plus last name @oprfs.org. So to contact math teacher Sheila Hardin, for instance, you would email shardin@oprfs.org.

A tip: When teachers hear from parents, often it’s because of a concern or complaint. Don’t forget to give teachers compliments and thanks as well! They like to hear that their efforts are appreciated.

Transferring in or out of OPRF

Whom should I contact?

Whether transferring out of OPRF to another school or into OPRF as a new student, contact the Registrar's Office at (708) 434-3262, (708) 434-3260, or registrar@oprfs.org.

Tutors

How can I find a tutor who will come to our home?

The high school does not keep a referral list of tutors, nor are teachers permitted to make tutor recommendations. Word of mouth among other parents/guardians is probably your best bet.

Yearbook

How do I order the yearbook?

You can order a Tabula, our yearbook, by going to oprfs.org > scroll to 'Quick Links' > click on 'Web Store' > click on 'Tabula Yearbook.' Also, the Bookstore accepts preorders for the current year's Tabula, and sells any extras from the previous school year.



THOSE THINGS THAT ARE BEST