

Madison & Preparatory High School Newsletter

MAY 22, 2025 EAGLE SPOTLIGHTS 🛠

Class of 2025 Clap Out

Our Class of 2025 Seniors were led by our Eagle Marching Band on their final day at MHS this Tuesday, clapped out by our underclassmen and Eagle staff. Our Seniors also followed tradition in marching to MES for our Eaglettes to also show support in clapping them on to celebrate the next chapter of their lives!

CIS Senior Mentors Clap Out

Our CIS MHS Senior Mentors Angel, Josey and Scar were celebrated by their mentees during their clap out walk at Madison Elementary! We're very proud of your accomplishments!! As a token of our appreciation for guiding our youth, CIS sponsored their prom tickets!













2025 Prom

Our Eagles enjoyed a memorable night of dinner, dancing and fun at the Gazebo

Congratulations to our Prom Queens Amber and Serenity! Shout out to our Senior sponsors Ms. Smiley and Ms. Tocco for planning an amazing Prom!

Thanks to Ms Chambliss and Coach Ashlyn for creating a beautiful balloon arc, and to all Eagle staff for helped out and attended!













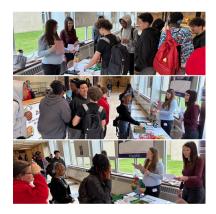


Prom PROMise

Thank you so much to our fantastic community partners from MHCC (Madison Heights Community Coalition), Ms. Kara and Ms. Kim for including our youth in the AAA PROMise and being such great advocates! Prom Promise is a prom pledge for students to not drive impaired or distracted, not to let friends drive impaired or distracted, and promise parents they will get home safely or call



them for help. Our Eagles participating in our Senior/Junior prom signed the banner to pledge prom safety. They enjoyed the Wheel of Fun, learning more about safety and also fun facts about school staff. Remember to lock a safe number in your phones to call in case of an emergency. We deeply care about your safety. Congrats to MHCC raffle winner: Khainiya who won Beats!









Women of Tomorrow May Session

Our WOT mentees had a fascinating session last week with our fabulous mentors Joanne and Renate, focused on healthy and unhealthy relationships. Our Eagles started off with a self-reflective activity to explore the notions of healthy and unhealthy interactions, using a color system to better visualize the duality. We watched and discussed the TED Talk featuring Katie Hood, CEO of One Love Foundation: "<u>The difference between healthy and unhealthy love</u>". Data shows that 1 in 3 women and 1 in 4 men will experience a form of relationship abuse in their lifetime. Hence the importance of being educated about signs of abusive relationships. According to Hood, there are 5 markers of unhealthy love: intensity, isolation, extreme jealousy, belittling and volatility. Although love is an instinct and an emotion, the speaker claims that "the ability to love better is a skill we can all build and improve over time". So, let's empower ourselves through knowledge and education. Your physical and emotional health matter, your voice matters! If something seems off, we encourage you to speak up. Help is available. <u>https://www.michigan.gov/mdhhs/safety-injuryprev/publicsafety/crimevictims/assistance/domestic-violence-hotline https://www.canr.msu.edu/healthy_relationships/ https://haven-oakland.org/</u>









Big Brothers Big Sisters Year End Celebration

What a fabulous way to wrap up to our 3 years of mentorships! Our BBBS mentors were matched with our Eagle mentees their sophomore year and have supported them throughout high school. The last session had a look back at the 3 years and a celebration for the pathways students are forging as their graduate this year

Positive Community Norms

Earlier this month, our mental health ambassadors attended their last Positive Community Norms session. Shout out to Aerious for winning the best poster contest stating that "90% of Oakland County 11th graders do NOT use marijuana"! Throughout this program, our Eagles, guided by the amazing Mr. Justen from the Alliance of Coalitions for Healthy Communities, have been learning about the importance of correcting misconceptions based on reliable data and through sharing positive health messages. This is part of the cycle of transformation with the end goal of possibly influencing people to shift their attitudes. We're very proud of our young leaders! Keep influencing your peers positively and focus on what makes us great! Thank you so much to Mr. Justen for inspiring our students!







MHS/WMS 2025 Grand Finale Concert

Outstanding performances by our MHS Symphony, Learning and Jazz Bands & our WMS Concert and Beginning Bands in their annual Grand Finale Concert! Congratulations to our Seniors Chris and Malachi!





EAGLE EVENTS

2025 Graduation

Join us Saturday May 31st @ 11 am -- Jim Myers Stadium for our 2025 Commencement Ceremony

In the event of inclement weather, the ceremony will be moved inside to the auditorium. Due to the seating capacity of the auditorium, each student will be permitted 5 family members as guests for an indoor commencement

Madison High School E Madison Preparatory **Class of 2025** Commencement

Class of 2025 Graduation Rehearsal and Senior Celebration Day

Our Seniors will report to school next Thursday May 29th @ 9am-12pm for senior breakfast, graduation rehearsal and a celebration day full of traditions - handprints on the hallway, decorating graduation caps and more! See you then, seniors!

COMMUNITY EVENTS & RESOURCES

CIS National

May is Asian American and Pacific Islander Heritage Month, a time to honor the history, culture, and significant impact Asian Americans and Pacific Islanders have had on our country Here at Communities In Schools, we proudly celebrate and support our #AAPI students, staff and families!





May Family & Community Events

FAMILY FUN

- Message from our friends at MH Public Library: The **Michigan Activity Pass**, a collaborative program between Michigan's public

libraries and certain statewide attractions, gives library patrons a chance to visit local destinations at a discount. For more info, visit:

Michigan Activity Pass: How you can get free, discounted park and museum passes in 2025

- Starting **May 12**: **Speed, strength and agility FREE training**, Waterford. *"Whether you're an athlete looking to elevate your game or just want to boost your performance, our conditioning sessions are designed to push your limits and unlock your potential. All levels welcome!! Join us at our new practice field in preparation for this upcoming season!! No registration required!"* <u>https://www.waterfordcorsairs.org/</u>

- Today, Thursday, May 22 & May 29: Anime Club, Detroit Public Library, Wilder branch. More info & registration at: <u>Anime Club May 22, 29</u>

- Friday, May 23: Watercolor Painting Workshop, Detroit Public Library, Wilder branch. More info & registration at: Watercolor Painting Workshop May 23

- Saturday, May 24: Arts & Crafts Show, Pontiac Public Library.

- Tuesday, May 27: Douglas Branch Chess Club, Detroit Public Library. More info & registration at: Douglas Branch Chess Club May 27



- Wednesday, May 28: 3D Model Workshop, Detroit Public Library, Wilder branch. More info and registration at: <u>3D Model Workshop May 28</u>

- Friday, May 30: Pickleball Grand Opening and Mixer, Rosie's Park, MH.

- **Saturday, May 31: Paradise Eve, Lantern Festival, sponsored by** The Madison Heights Human Relations and Equity Commission. Enjoy authentic Asian food, music and dance from 5pm to 9pm near the bandshell at Civic Center Park, 360 W. 13 Mile Road. <u>Madison Heights plans lantern festival celebrating Asian culture</u>

- From our friends at MH Public Library: Exhibit from April 7 - June 27: For the Love of Reading: Letters to the Children of Madison Heights, in the Library's Exhibit Space. Nearly fifty years ago, former Librarian Sharon Godfrey wrote letters to authors and influential people of the time asking for signed photos or letters to help inspire the love of reading for the children of Madison Heights.

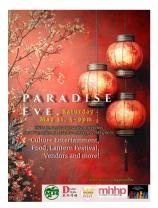
Every Tuesday until June 24th: Traditional Yoga presented by Brilliant Detroit. For parents/guardians:
Take a deep breath and stretch it out with us every Tuesday!
Join us for Yoga at the Brilliant Detroit Central Hub from 10AM - 11AM
Whether you're a total beginner or a seasoned expert, this is a welcoming space to move your body, find your calm, and build community
803 Hazelwood St, Detroit MI 48202
Tuesdays | 10AM - 11AM
Bring your mat if you have one - or use one of ours!
See you on the mat!
Central Hub Yoga, Tuesdays

- Wednesdays: Knit and Crochet w/ Ms. Joyce, Pontiac Public Library. Everything provided. Age: 18+

- Free Admission Days at Metro Detroit Museums Detroit Institute of Arts: Always free for Macomb, Oakland and Wayne County residents. <u>https://www.metroparent.com/things-to-do/attractions/metro-detroit-museums-free-admission/</u>

- See Brilliant March Calendar for family friendly events. <u>https://brilliantcities.org/detroit/</u>

















Career Readiness

- Message from Oakland County Sheriff's Office: NOW ENROLLING: **2025 Youth Police Academy**!

The Oakland County Sheriff's Office is proud to announce the 2025 Youth Police Academy, open to Oakland County students in grades 8–12!

Spots are limited, so don't wait!

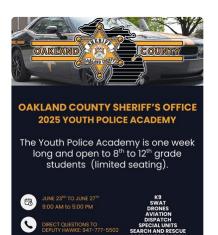
For more info or to request a registration form, contact Deputy Todd Hawke at hawket@oakgov.com

Dates: June 23 – 27, 2025

Time: 9:00 AM - 5:00 PM daily

Location: Provided upon Registration

This exciting and interactive program gives students a hands-on look into the world of law enforcement, including:



-Investigations -Dispatch -SWAT -Search & Rescue -K9 demonstrations -Leadership and teamwork building ...and so much more! Whether you're thinking about a career in law enforcement or just want a behind-the-scenes look at what we do, this is the opportunity for you!

Job Opportunities

- Message from the City of Madison Heights (see flyer for more info)

We're Hiring: Summer Camp Staff!

Looking for a fun and rewarding part-time summer job? Join our dynamic Madison Heights Recreation team and make this summer unforgettable for kids and staff alike! We're seeking passionate, energetic, and responsible individuals to fill various positions for camp this season.

What We're Looking For:

- A positive attitude and a love for working with kids
- Strong teamwork skills
- Ability to handle a fast-paced environment
- Previous experience in similar roles
- CPR/First Aid certification (City of Madison Heights provided upon hire)

View all open positions and apply today at

http://www.madison-heights.org/Jobs

https://madisonheights.criterionhcm.com/jobs/461/1/#141

Civic Opportunities

Calling all youth leaders ages 13–18!

Detroit PAL's Youth Voice Council (YVC) is your opportunity to lead, learn, and make a real difference in your community. Join a powerful network of young changemakers and build skills in leadership, financial literacy, time management, and more! As a YVC member, you'll:

Leverage your voice

- · Gain mentorship and real-world experience
- Connect with leaders across Metro Detroit
- Represent PAL as a Youth Ambassador

Monthly meetings: First Wednesday of every month, 5:00–6:30pm. Register and take your leadership to the next level!

https://registration.teamsnap.com/form/14449

Educational / Cultural Events

- Today, May 22: How to create impactful essays before senior year stress? Free live webinar. Don't wait for senior year stress to start writing your college essays. Join our free webinar to learn





how to craft standout personal statements now—with expert guidance every step of the way. <u>How</u> to Create Impactful Essays Before Senior Year Stress

- May 23: online workshop, Game Coding for Creatives Info Session More info & registration at: <u>Game Coding for Creatives May 23</u>

- Madison Heights! Free ESL class: Conversation for Beginners, every Monday; free Citizenship Exam Preparation, register now, starts in June. More info & registration at: <u>https://rickydongfoundation.org/programs</u>

- Starting May 6th, from our CIS partners MSU Extension: FREE online parenting workshops providing guidance for parents of children as they navigate the challenges, concerns, and joys of parenting. Participants may register for as few or as many workshops as they wish. The workshops are on Tuesday evenings from 8:00 to 9:30PM ET as follows: Class dates:

May 27: Let's Talk: Parent and Provider Communication

Class Times: 8:00PM to 9:30PM

Registration: <u>Welcome! You are invited to join a webinar</u>: <u>Extension Extras Parenting Hour April-</u> June 2025. After registering, you will receive a confirmation email about joining the webinar.

- Health Messages:

*Message from CIS of Mi: May is Mental Health Awareness Month, and we're shining a light on the importance of supporting student mental health—because every student deserves to feel seen, heard, and supported. #beingpresentmatters #CommunitiesInSchools #CISofMichigan #StudentWellness

From handling academic pressure to navigating friendships and big emotions, students face challenges every day. That's why creating safe spaces, teaching coping strategies, and providing access to caring adults is more important than ever.

Let's keep reminding our students:

It's okay to ask for help.

You are not alone.

Your mental health matters.

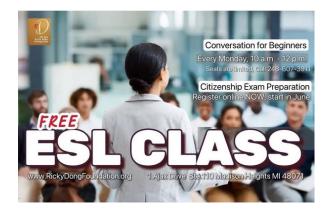
Together, we can build a culture where wellness is a priority—at school, at home, and in every community.

*Message from the Alliance (ACHC): May is Mental Health Awareness Month. Start off this month with a self-care challenge!

For Mental Health Awareness month, create a self-care jar! This is a fun way to ensure you are practicing self-care.

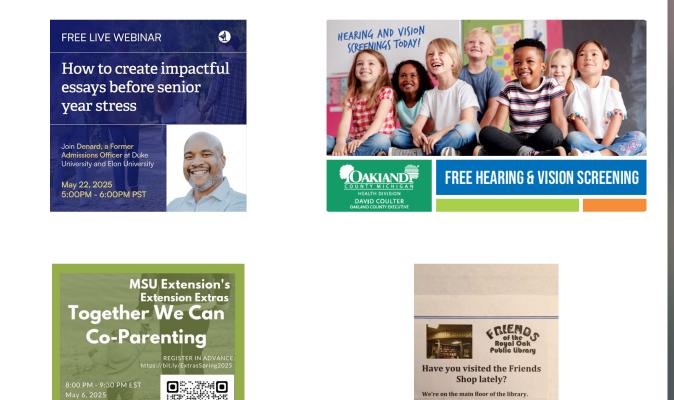
*April 29 was National Fentanyl Awareness Day. Sign up for a free virtual naloxone training, so you can learn how to save a life. Next session: May 27. Sign up here: <u>tinyurl.com/onlinenarcantraining</u> Learn more at <u>fentanylawarenessday.org</u>.

*Hearing & vision screening is required by Michigan law prior to kindergarten entry. Call 248-424-7070 for a free appointment. <u>https://bit.ly/3UjEo30</u> #OaklandCounty Public health Oakland - Book Lovers: Check out Friends of The Royal Oak Public Library (main floor of the library) for very affordable books! 50cents to \$1.





We're on the main floor of the library. We have books for all ages~~many 50¢ to 1.00. We re-stock 3 times each week, so the selection is always changing!



Family Supports and Resources

- Check out **Levadeh**, a non-profit whose mission is to enrich individuals & empower communities to experience abundance by providing resources, support, & development in the areas of Health, Education, Relationships, and Ownership.

Free services, including the H.E.R.O parenting workshop. More info at: <u>https://www.levadeh.org/</u> and on the flyers.

May 29: Navigating Healthcare, Ladies Wellness Series, brought to you by Vernon Chapel Church & Levadeh. Location, <u>Vernon Chapel Church</u>

- May 31: Free Dental Extractions

GoldenDent will be hosting a **Free Dental Exam and Extractions** event on Saturday May 31, 2025. The event will be located at **Wayne County Community College Health Science Center** 8200 West Outer Dr. Detroit, MI 48219. We are looking for people who are in need of getting one or multiple teeth removed. The exams, tooth extractions and grafting procedures are all FREE. All procedures will be performed by LICENSED dentists. To sign up you MUST call Donna at 248-210-6443 to schedule your arrival time. Please come at your scheduled arrival time. (No Texting Please)

- Message from the **ACHC**: **Clear the Smoke: prevent youth marijuana use**. For more info, visit: <u>https://achcmi.org/resources/youth-marijuana-use</u>

- CNS Healthcare - Michigan is offering a new service called Walk-In Wednesdays. If you are in need of behavioral health services, feel free to drop in and complete and intake survey with no appointment needed! <u>https://www.cnshealthcare.org/</u>

Message from our CIS partner:
Join the Parent Empowerment Center Today!
Are you a parent looking for real support and real results? The Parent Empowerment Center is your go-to hub for resources, growth, and community!
As a member, you'll receive:
One-on-one case management support!
Access to housing, employment, and education resources
Free & discounted household items through our ECOS Family Store
Exclusive business discounts
Early registration for workshops, programs & special events
Mental health resources, parenting workshops & more!
Over 1,000 families visit us each month – now it's your turn!
Join today and get connected instantly: https://forms.gle/sVYWG3Ni2DPpYTid8
Let's uplift, empower, and grow—together.

- The Alliance of Coalitions in partnership with Oakland County Sheriff's Office presents: **Crisis Response Unit**: resources related to mental health and substance use disorders. More info at: <u>https://linktr.ee/oaklandsheriff</u>

Message from our community partners at MHCC (MH Community Coalition):
 We're proud to partner with Alliance of Coalitions for Healthy Communities to bring lifesaving harm reduction boxes to our community. These stations provide 24/7 access to:
 Naloxone (Narcan) doses
 Fentanyl & Xylazine testing strips
 Safe disposal kits
 Educational resources

You can find them at: Jennifer & Dequindre Sacred Heart Madison Heights Outpatient & Wellness Services Even though Naloxone is available OTC, cost and stigma still create barriers. These stations are free and open to anyone in need.

Help us spread the word!

- Wellness Wednesdays, Baldwin Center, Pontiac. Every Wednesday from 10:30 a.m. to 12:30 p.m., Oakland County residents in need of health, housing, employment and community resources are invited to enjoy a meal at the Baldwin Center, located at 212 Baldwin Ave., while connecting with services. More info at: <u>Wellness Wednesdays by Oakland County</u>

- Message from Oakland Family Services:

"Take the first step toward positive change with SMART Recovery! Our evidence-based, stigma-free meetings focus on self-empowerment and provide practical tools rooted in motivational and cognitive behavioral theories.
Topics Covered:
Building and maintaining motivation
Coping with urges and cravings
Managing thoughts, feelings, and behaviors
Living a balanced life
Who: Adults 18+ | Free | No registration required
For more information, contact Rachel Boyle at rboyle@ofsfamily.org.
Join us on the path to a healthier, more balanced life—we're here to support you!"
Royal Oak: Thursdays @6:30pm https://meetings.smartrecovery.org/meetings/6614/
Pontiac: Tuesdays @ 1pm

- Message from **MDHHS**:

No one has to face their struggles alone. If you or a loved one are feeling overwhelmed or experiencing thoughts of suicide, free confidential support is available 24/7/365.

- Every Thursday, Pontiac Public Library is offering FREE TUTORING from 5:30-7 p.m. So please bring your child/children out and let us help them be the best they can be! A light snack will also be provided. TUTORING IS CANCELED FOR THE REMAINDER OF MAY. SEE YOU IN JUNE.

- **Ferncare free clinic**: to become a Patient, call 248-677-2273. This is an appointment only clinic. All calls are returned within 24 hours Monday through Friday. More info at: <u>https://www.ferncare.org/</u>

- The City of Pontiac is offering **free carbon monoxide detectors** to Pontiac residents through our Carbon Monoxide Safety Program.

Click the link to apply on our website today: <u>https://tinyurl.com/PontiacGrants</u> Applications are also available at Pontiac City Hall in the Grants and Philanthropy office.

- Buyer's Assistance Program, Oakland County Treasurer's Office. More info at: <u>Buyer's Assistance</u> <u>Program</u>

- Need help with improving your computer skills? Check out **Michigan eLibrary.** Thanks Madison Heights Public Library for the tip! More info at: <u>MeL Computer Skills Center</u>

- The Hardship Assistance Program:

The Hardship Assistance Program can help eligible Oakland County residents. The program is open to Oakland County residents who get their water from a municipal water system, not a private well.

- Pay their current water or sewer bill for up to three months.
- Eliminate past-due balances.
- Pay for plumbing repairs.

For more info, visit: https://www.oakgov.com/government/water-resourcescommissioner/affordability/hardship-assistance-program To apply: United Way for Southeastern Michigan Utility Assistance Application











For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

1-888-544-8773



BANK Operated by the Flood Bank Council of Michigan Funded in part by the Michigan Department of Health and Human Services





Volunteering Opportunities

- Volunteer with Madison Heights Public Library! **Volunteens** is **every last Thursday of the month (Thursday, May 29)**! Get recorded volunteer hours, a snack and help our library!

- Volunteer with Lighthouse. More info and registration at: Volunteer with Lighthouse

- Volunteer with **Oakland Literacy Council.** Schedule an info session at: <u>Oakland Literacy Council</u> <u>online info sessions</u>. Next session May 28. More info at: <u>Become a Tutor</u>





Basic Needs & Local Food Pantries

MAY

F.O.R HELPLINE (see flyer). More info at: <u>https://www.fbcmich.org/food-resources-helpline</u> If you are in need of assistance, contact the F.O.R. Helpline by calling 1-888-544-8773.

Pontiac Pop-Up Pantries. See flyer for more info.

WoodWard Outreach: Free meals every Monday and Friday from 1:00pm to 2:30pm, First United Methodist Church of Ferndale.

Gleaners Mobile Food Distribution Type your zipcode to find a food pantry near you: <u>https://pantrynet.org/</u> <u>https://pantrynet.org/mobile-distribution-events/</u> Please check the Gleaners Drive-Up Distribution Reminders for a safe and smooth process! Friday 5/23: 9:00am - 10:30am New Paradigm School - NEW TIME (Drive-Up Only) 4001 29th Street Detroit, MI 48210 1:30pm - 3:30pm Urban Neighborhood Initiative – NEW TIME (Drive-Up Only) 8300 Longworth Street Detroit, MI 48209 Tuesday 5/27: 2:00pm - 4:00pm NEW TEMPORARY LOCATION Macomb Community College (South Campus Parking Lots 7 & 8 – Enter off of Hayes Street) (Drive-Up Only) 14500 12 Mile Rd. Warren, MI 48088 Wednesday 5/28: 9:00am - 11:00am Oakland County Farmers Market (Drive-Up Only) 2350 Pontiac Lake Road Waterford, MI 48238 2:00pm - 4:00pm Lasky Recreation Center - NEW TIME (Drive-Up Only) (Jayne Field Lots, enter from Luce St) 13200 Fenelon Street Detroit, MI 48212 4:30pm - 6:30pm Fresh Market at Western International High School (Drive-Up Only) 1500 Scotten St Detroit, MI 48209 Friday 5/30: 1:30pm - 3:30pm Urban Neighborhood Initiative – NEW TIME (Drive-Up Only) 8300 Longworth Street Detroit, MI 48209

Forgotten Harvest: <u>https://www.forgottenharvest.org/find-food/?</u> Friday 5/23:

Body Of Christ International (9555 St. Mary's St, Detroit 48227) – Friday 9:00 AM – 12:00 PM Historic Little Rock Missionary Baptist Church (9000 Woodward Ave, Detroit 48202) 9:00-12:00P Grace Church of the Nazarene (18020 Hoover, Detroit 48205) – Friday 9:00 AM – 12:00 PM Gompers/Brightmoor Alliance (14450 Burt Rd, Detroit 48223) – Friday 9:30 AM – 11:30 AM Woodside Bible Church – Pontiac (830 Auburn Ave, Pontiac 48342) – Friday 2:00 PM – 4:00 PM

Saturday & Monday: all pantries closed

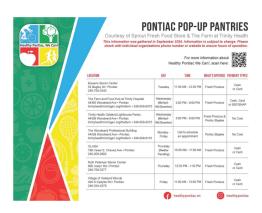




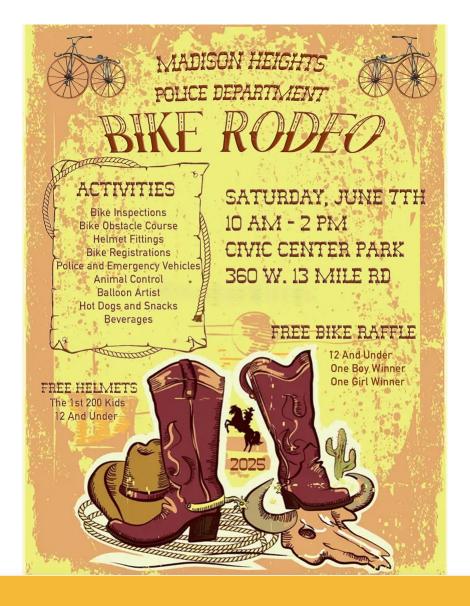
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food





Madison Heights City & Recreation Events





Principal Cauley & AP Helchowski

