



Where can I go for help with...

### Academics?

- **Teachers**
  - Teachers are here from 7:25 a.m. to at least 2:30 p.m. (Many are here beyond those times as well.)
  - Seeing your teachers is a great first step to getting your academics on track
- **Guidance counselors**
  - The guidance office is located in the lower E-Wing near the cafeteria
  - Counselors: the counselors are assigned students based on the students' **last names**.
    - Ms. Andrew: A-Driscoll
    - Ms. Singer: Elias-Leitao
    - Mr. Geary: Leonard-Paul
    - Ms. McGrann: Pelkey-Z
- **National Honor Society**
  - NHS offers free tutoring by upperclassmen during x-block periods in any subject
  - Get the forms from Ms. Margolis in A212 or Mrs. Dearborn in A205
- **Friends and upperclassmen**
  - Work with friends in study groups to clarify the material being covered in class
  - Get help from older siblings, friends, teammates, etc.
- **Link Leaders**
  - We're here to help!
- **Coach(es)**
  - They want to help you stay eligible to play

### Social concerns or problems?

- **School psychologists**
  - Ms. Vail: her office is at the corner of the upper A- and E-wings
  - Ms. Weagraff: her office is at the corner of the upper A- and E-wings (inside the big office)
- **School adjustment counselor**
  - Mr. Monaghan: his office is at the corner of the upper A- and E-wings (inside the big office)
- **Guidance counselors**
  - The guidance office is located in the lower E-Wing near the cafeteria
  - (See counselor assignments in the Academics section)
- **Nurse**
  - The health office is located in the lower A-wing, across from the main office
  - The DHS nurses are Mrs. Antonuccio and Mrs. Kelley
- **Teachers /Advisors**
  - Teachers can help get you connected with the right people to get help
  - Choose someone with whom you feel comfortable and don't be shy about getting help
- **Upperclassmen/Link Leaders**
  - We're here to help!
- **Parents and Coach(es)**
  - Problems at school are noticeable at home and on the team
  - They care about your well-being and can connect you with the right people to get help

### Community service requirements?

- **Guidance counselors**
  - The guidance office is located in the lower E-Wing near the cafeteria
  - (See counselor assignments in the Academics section)

- **Main office**
  - In the lower A-wing
  - Secretaries: Mrs. Catinella, Mrs. Kenney and Mrs. Maloof
- **Dedham Youth Commission**
  - In the lower E-wing across from the guidance office
  - Different activities around Dedham to help you get involved
  - Check out their website: <http://www.dedham-ma.gov/index.cfm?pid=11781>
- **Interact/Rotary club**
  - Meetings are Thursday mornings in B205
  - Different activities around Dedham to help you get involved
- **School website/ School emails**
  - There are often opportunities highlighted under announcements or sent via email
  - There is also a community service link on the guidance office website
- **Coach(es)**
  - Youth programs often need refs or coaches

### Getting involved in the school?

- **Class of 2018 Council**
  - Make your years at DHS great by being involved in your class!
  - Ms. Sullivan (advisor): A109
- **Student Council**
  - Mr. Comeau (advisor): B104
- **Fine Arts**
  - Mr. Bolduc (director of Fine Arts): His office is located near the auditorium across from the TV studio
  - Mr. Nicholson: Auditorium
- **Sports**
  - Mr. Traister (Athletic Director): His office is located near the auditorium foyer
- **Friends and upperclassmen**
  - Get involved in activities with your friends
  - Start a new club: get a teacher to be the advisor and meet with Mr. McCarthy to get it approved
- **Teachers/Guidance counselors/Main office**
  - Many teachers and counselors run clubs that you might not know about
  - You can propose a new club and get a faculty member to be the advisor
- **Dedham Youth Commission**
  - They run programs in the high school and the community
  - They also run programs in the other schools and need older students to help
- **Coach(es)**
  - Many teams do not make cuts and are looking for new people to join the sport

### Technology issues?

- **Library**
  - Located in the upper D-wing
  - Librarians: Mrs. Johnson and Mrs. Clinton
- **Computer technology teachers**
  - Mr. Rouse in room D303
  - Mrs. Pepin in room D307
- **Technology department**
  - Located in the upper D-wing, across from the library
  - Staff members: Dr. Langenhorst, Ms. Conte, Mr. Tucker
- **Classmates**