



WEST HIGH SCHOOL NEWSLETTER



WEST HIGH SCHOOL

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(920) 492-2601

Attendance Office:
(920) 492-2603

Student Services:
(920) 492-2602

LMC:
(920) 492-2733 ext. 43044

@GBWestHS



IMPORTANT DATES IN DECEMBER

- 1-2 School Play
- 8 Early Release
- 11 Winter Band Concert
- 18 Winter Choir & Orchestra Concert
- 25-29 Winter Break (No School)

Happy Holidays



Pictured: Associate Principal Heather Zelzer, Principal Dexter McNabb and Associate Principal Katie Zacarias

Message from the Principal

Dear West Community,

As we approach the holiday season, it provides us with a valuable opportunity to momentarily step back from the hustle and bustle of our daily lives. During this festive time, I want to express my heartfelt gratitude to the entire school community for the unwavering support you consistently extend to our students, families and staff.

Looking ahead to the coming new year, I believe it is crucial for us to continue fostering a culture of learning for our students, exemplifying grace in our interactions, and advancing as an IB World School. Witnessing our West community come together as a tightly-knit family, prioritizing celebration and support for one another, has been truly inspiring. Throughout these moments, our shared commitment to our primary purpose—our students—has remained steadfast.

I extend my sincere thanks for the remarkable efforts you have already made and the ones you will undertake in the upcoming months. As we navigate the challenges that the New Year may bring, let us persist in doing "What's Right!"—supporting, celebrating and taking pride in the accomplishments of every member of our West family. Your unwavering dedication and commitment across all aspects of academic rigor continue to leave me in awe.

May this holiday season be filled with joy and special moments, offering you ample time to relax and enjoy the company of family and friends. Whether you're staying close or traveling, I wish you safe journeys and warm, festive moments throughout this holiday season.

With gratitude,

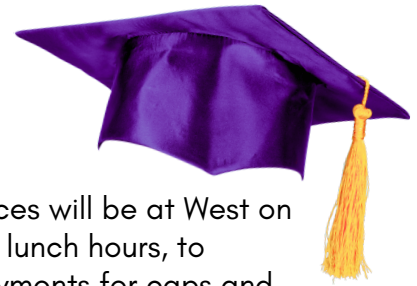
Dexter McNabb, Principal of West High School



ENTERING THE BUILDING

All visitors must stop at the circle desk to sign in when they arrive at West. Upon signing in, you will be issued a visitor's badge to wear while you are in the building.

Senior Cap & Gown Orders



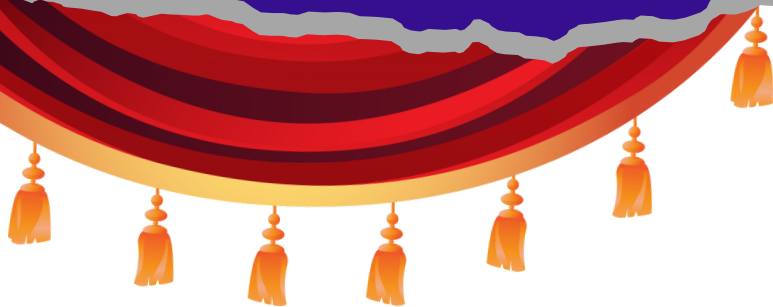
Brickhouse School Services will be at West on February 8th, during the lunch hours, to measure and collect payments for caps and gowns. The cost for a cap and gown is \$35. Families can also order caps and gowns online at: <https://buildagrads.com/greenbaywesths>

Gowns ordered after February 8th may be subject to a late fee.



Progress Check for MYP Personal Projects

December 7th is the next grading and check-in deadline for Sophomores on their MYP Personal Project. Remind students to have their Planning section completely written out, and to schedule a conference with their Project Advisor as soon as possible to avoid scheduling conflicts.



THEATRE NEWS

Don't Miss the Fall Play: *The Birds*

In this 2400 year-old play by Aristophanes, our main characters befriend the Birds (yes, all of them!) and hatch a plan to trick Zeus into surrendering his position as Ruler of Olympus.

Performances run Thursday, November 30th, through Saturday, December 2nd. Curtain is at 7 pm each night. Tickets will be available at the door: \$3 for students & Senior Citizens; \$5 General Admission.

'23-24 Yearbooks

The Yearbook team is hard at work capturing all of the events, games and special moments happening at West.

SENIORS! Remember, Senior portraits and quotes are due by January 1st! Submit photos using this QR code:



YEARBOOKS ARE MEMORIES FROM COVER TO COVER



ORDER YOURS TODAY

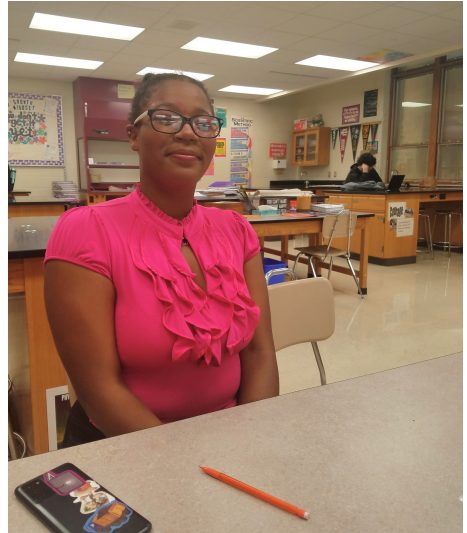
jostens.com/2024yearbook | 1-877-767-5217



WEST STUDENTS IN THE SPOTLIGHT

Student Solidifies Future Goals at Local Conference

Freshman J'Kaden Short said "yes" to an opportunity to attend a local conference that has now impacted her future plans. JKaden attended the Neuroscience Conference, held at UW-Green Bay this fall. She was the only freshman invited to attend and was initially hesitant about attending a conference with upperclassmen. Not only did the experience solidify her dream to pursue neuroscience as a career, but it demonstrated the positive impact of going outside one's comfort level. J'Kaden has already agreed to attend the Mini Medical School Day at the Medical College of Wisconsin (Green Bay Campus) to learn about the role of neuroscience in the medical field. As she continues on her journey of self-actualization, J'Kaden empowers herself and is inspiring her peers as a role model.



Ms. Webb's Featured Students

Each month, Ms. Webb selects one or two students to feature from her ELA 10 classes. For the month of October, those students were Andy Arauz and Hailey Demuth. These students are hard workers, have positive attitudes and are great role models for their West High peers. If you see these two exemplary Wildcats, please congratulate them!



LMC
NOOK

Semester Textbook Reminder

With first semester ending mid-January, please remind students to return textbooks and/or calculators to the LMC for any classes that end at semester (includes one semester only, elective classes taken mostly by grades 11 & 12). Anytime a student drops a class or changes classes, the textbooks or calculators for the dropped classes should be returned to the LMC.



LMC



Questions?

If you have any questions about the LMC (Library Media Center) or technology, please contact Clare Putman, West High Library Media Specialist, at ceputman@gbaps.org or 920-481-9417.

Climbing Club

New this year, West now has a Climbing Club that meets once or twice a month at Odyssey Climbing + Fitness. To get involved, students should join the Google Classroom using the code: UR55AT2. You can also contact Ms. Giannunzio at slgiannunzio@gbaps.org for details.



West Wins Opportunity to Decorate Airport Holiday Tree

West High School was the winner of the Holiday Tree Decorating contest at Austin Straubel Airport, hosted by the GRB Arts Program. West's Glass Snowflake concept was selected out of fifteen different proposals to adorn a 20-foot holiday tree.



The goal was for students and staff to make a snowflake that reflects their unique personality out of glass pieces that would then be melted into a delicate ornament. These masterpieces are the primary decorations on the holiday tree.



The decorated, 20-foot holiday tree will be on display from December to early January at the Green Bay Austin Straubel Airport.

Special thank you to our art teacher, Annie Larsen, for creating and submitting the winning decorating proposal, in addition to helping students create their unique glass creations.

Youth Apprenticeships

Juniors and Seniors considering a Youth Apprenticeship for this school year should act now! Enrollment for the 23-24 school year is coming to a close mid-December. If interested, students should reach out to our School-Based Coach, Mindy Frank. NOW is the time to do so! She can be reached at mfrank@cesa7.org or 920-764-2552. Remember, if your student already has a job, they should speak with Coach Mindy!

WEST PROGRAM HIGHLIGHT



BRIDGES CONSTRUCTION & RENOVATION

The Bridges Construction & Renovation Program is a work-based learning experience offered to Juniors and Seniors of all high schools in the Green Bay Area Public School District. Students participate in either the 2-hour morning section or the 3-hour afternoon section, earning both high school credit as well as college credit at NWTC in the carpentry program. Students learn carpentry skills such as framing, window and door installation, roofing, drywall, flooring and interior/exterior trim. The skills are developed as students work to build new homes from the ground up. This year's projects are two new homes, each with 3 bedrooms, 2 bathrooms and detached garages. Both homes are located in the 1100 block of Day Street. These homes are built in cooperation with NeighborWorks Green Bay with the goal of providing more affordable new homes in the Green Bay area. Upon completion at the end of the school year, the homes will be sold. This year, 20 students are participating in the program from West, East, Southwest and Preble high schools. Students are making great progress on the houses with the goal of having both closed up and weather-tight by early December. This will allow for indoor work to be done during the coldest season. Outdoor work will continue on calm winter days and into the spring.



HOW TO HANDLE FAMILY DRAMA DURING THE HOLIDAYS

The holidays can be a time for togetherness, gratitude, and, for some of us, family drama. Year after year, we might find ourselves in uncomfortable situations rooted in long-standing conflicts, differing beliefs, or continued patterns of behavior, leading to tension or inevitable holiday fights. While we can't control how relatives act, we can be mindful of how we react to holiday family drama – and even find a better way to approach this emotionally loaded time of year.

Why are the holidays difficult for families?

In a busy season that promotes time spent together, gift giving, and the value of relationships, holiday stress might make us feel lonely, experience financial worries, and even heighten our social anxiety. In one survey, 62% of participants said they experience a “very or somewhat elevated” stress level during the holiday season, with only 10% of participants reporting no holiday stress at all. One common stressor participants had in common is navigating family dynamics.

It's not just holiday timing that can be difficult for families. Relationships with our families have an effect on our well-being, strained relationships create a noteworthy amount of stress in our lives. So when a stressful time and a stressful family relationship collide, we might find ourselves feeling more fraught than ever.

4 ways to handle holiday family drama

1 Set boundaries. Before heading into family time, prepare yourself by understanding what to expect from the situation and setting clear boundaries for how you're going to approach it. If you know your family members will ask you the same questions they ask each year, you can decide ahead of time to engage in the discussion or not. When set in a compassionate way, boundaries can protect both you and family members. By establishing your own limits and needs, you can feel safe and comfortable. In turn, you're able to show up better for loved ones. If someone in your family chooses to set different boundaries for themselves, that's how they're approaching the situation, and it says nothing about you.

2 Take a break. If you sense things are heating up, excuse yourself for a moment to find some personal space. Some simple, deep breathing (in through the nose, and out through the mouth) can ground you and help regain a bit of calm. If possible, a quick walk outside can help you connect with your body and get some mood-boosting endorphins so you're ready to re-enter the family situation with a clear mind.

3 Model good behavior. Some experts recommend modeling the behavior you want to receive as a key tool for approaching family drama. So if you're looking for compassion, try to be compassionate, first showing a family member you care about them. If you want to feel understood by your family, do your best to understand their perspective and point of view as well. Seeing a dispute or a concern from their point of view always affords any heated situation the opportunity of understanding. When you truly take the time to listen, rather than always wanting to get your point across, it increases the prospects of our points being truly heard as well.

4 Practice self-compassion. You may approach a situation mindfully and do everything “right,” but still find yourself saying something you're not proud of. That's okay. Remember to be gentle and understanding with yourself as you would for a close friend. When you're kind to yourself, you're much more likely to take a kind approach when interacting with others, even those family members who know just what to say to set you off.



FROM THE SCHOOL NURSES

A GUIDE TO GOOD SLEEP PRACTICES



Getting enough sleep is an important part of kids' health. Kids who don't get enough sleep are at risk for:

- Falling asleep (and behind) in school
- Problems with memory, concentration and problem solving
- Behavior or mood problems such as hyperactivity, irritability, anxiety or depression

What is the right amount of sleep?

The American Academy of Sleep Medicine recommends the following:

- 3-5 years old: 10-13 hours of sleep (including naps)
- 6-12 years old: 9-12 hours of sleep
- 13-18 years old: 8-10 hours of sleep

These numbers are actual hours of quality sleep recommended. Kids may take 5-30 minutes to fall asleep, so bedtime should be planned accordingly. For example, an elementary student needs approximately 10 hours of sleep. If they wake up at 7 am, they should go to bed at 8:30 pm to allow them time to fall asleep and still get 10 hours of uninterrupted sleep. Middle and High Schools start at 7:30 am. If a student needs a minimum of 8 hours of sleep and they wake up at 6 am, they should be in bed by 9:45 pm.



Sleep Tricks

It is important for kids of all ages to avoid screen time before bed, because the glow from cell phones, tablets or TV screens can suppress our natural sleep-inducing hormone, melatonin.

- Young Children: Try the routine of "Brush, Book, Bed." A nightly ritual of brushing their teeth, followed by reading a book or two with a parent or loved one is a relaxing way to end the day.
- Older Children: Kids benefit from a predictable bedtime (even on the weekends). Participating in at least 60 minutes of physical activity during the day can help kids to fall asleep and to get better quality of sleep. With many options of extra-curricular activities, now is the time to teach them that they can't do everything. Help them to make choices. Having too much on their plate (or mind) can keep them up at night.
- Teens: Need to be reminded to avoid screen time before bed and skip caffeine and sugary snacks past mid-afternoon. Encourage them to follow a healthy ritual before bed, such as a cup of herbal tea, reading a book or some light stretching.



MUSIC DEPARTMENT



Winter
BAND CONCERT

**MONDAY
DECEMBER 11TH
7:00 PM
WEST AUDITORIUM**

Featuring our Symphonic
Band, Wind Ensemble and
Jazz Ensemble



WINTER

VOCAL

&

ORCHESTRA

CONCERT

**MONDAY, DECEMBER 18TH
7:00 PM**

**WEST HIGH SCHOOL
AUDITORIUM**

Seussical Auditions

Attend one:
Monday, December 11th
or
Tuesday, December 12th

Call backs: Friday, December 15th
(list will be posted Wednesday)

Plan to be present from 3:15-5:00

Auditions will be held in the choir room
See Ms. Smejkal for audition materials

Google Classroom Code: isgzv2v

Save the Date

Green Bay West High School
proudly presents

Seussical

The Musical

March 8th & 9th @ 7:00 pm

March 10th @ 1:00 pm

GREEN BAY WEST

HIGH SCHOOL SENIORS



Typically, announcements are mailed to family and friends in April or May. Please order announcements no later than 1/24/24 to ensure timely delivery.

GRADUATION KEEPSAKES & ANNOUNCEMENTS

◆ ANNOUNCEMENTS

◆ APPAREL

◆ JEWELRY

For a complete list of keepsakes and pricing, refer to the order form included in your senior packet from school, or go to our website

brickhouse.gradclass.com

ORDERING & DELIVERY INFORMATION

To have your order included in shipment to school:

- Go to: brickhouse.gradclass.com
- Order between 10/23/2023 and 1/24/2024
- Full payment required at time of order

To have your order shipped to your home:

- Go to: brickhouse.gradclass.com
- It is strongly recommended that orders be placed by 1/24/2024
- Full payment including shipping is required at time of order
- Orders will be sent to the address that you supply.

BRICKHOUSE SCHOOL SERVICES | GREEN BAY, WI

920-494-6111

brickhouse007@new.rr.com



2023-24 Family Support Community

*Empowerment opportunity for families and caregivers
of people with disabilities.*

1st Wednesday of the Month

Afternoon Sessions via Zoom:

(9/6, 10/4, 11/1, 12/6, 1/3, 2/7, 3/6, 4/3, 5/1)

4:00 – 5:30 p.m.

1st Thursday of the Month

Mid-Day Sessions via Zoom:

(9/7, 10/5, 11/2, 12/7, 1/4, 2/1, 3/7, 4/4, 5/2)

11:30 a.m. – 1:00 p.m.

Please choose one session option to attend

Participants in this Community will:

- Build their **Capacity** by effectively developing advocacy skills through shared learning
- Expand their social capital by increasing **Connections** through networking
- Explore their **Cognition** of family engagement beliefs and practices
- Increase their **Confidence** by cultivating positive working relationships with schools, community agencies, and other support systems

Family Support Community will allow participants to engage in positive **problem solving** with others in a **solutions-based format**.

Meetings will allow for **networking, learning, and peer support**.

Learning topics will be determined based upon members' needs and interests.

Register Here:

[Link to Registration:](#)

For training questions contact:

Carlene Chavez:
carlene.chavez@cesa2.org

Heidi Lehman:
hlehman@cesa2.org

wspei.org



The Wisconsin Statewide Parent-Educator Initiative (CFDA #84.027A) acknowledges the support of the Wisconsin Department of Public Instruction in the development of all products or publications and for the continued support of this federally-funded grant project.