



WEST HIGH SCHOOL NEWSLETTER



WEST HIGH SCHOOL

966 Shawano Avenue
Green Bay, WI 54303
(920) 492-2600

Main Office:
(920) 492-2601

Attendance Office:
(920) 492-2603

Student Services:
(920) 492-2602

LMC:
(920) 492-2733 ext. 43044

IMPORTANT DATES IN FEBRUARY

Black History Month

- 9 Early Release
- 23 No School
- 29 Evening Parent/Teacher Conferences



@GBWestHS



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

Message from the Principal

Dear West High School Community,

I am pleased to share the success of our recent WI College Goal event hosted at Green Bay West, aimed at assisting students and their families in completing the FAFSA (Free Application for Federal Student Aid). Despite the challenging weather conditions, we had an impressive turnout of over 40 families, demonstrating your commitment to your child's education.

I would like to extend my appreciation to the Do Great Things (DGT) Initiative for providing meals to West families before the event. Support from DGT contributes significantly to our collaborative efforts in fostering a supportive educational environment.

A special acknowledgement goes to West Student Services and the Career Center Coordinator, who played a crucial role in ensuring that attendees received the necessary support to successfully navigate the changes made to the FAFSA this year. Their dedication is commendable and it reflects the spirit of our community.

Helping students navigate the financial aspects of college is a pivotal aspect of their educational journey. Events like the College Goal night play a significant role in facilitating that process. We understand the importance of staying informed and prepared, especially with the recent adjustments to the FAFSA.

If you have any specific questions or if there's anything else you'd like to know, please do not hesitate to reach out to West Student Services. Your engagement in your child's education is truly valued and we look forward to continuing our collaborative efforts for the success of our students.

Thank you for your ongoing support,

Dexter McNabb, Principal of West High School



HAPPENING AT WEST

Junior ACT Testing

Mark your calendars for Tuesday, March 12th, as the ACT testing day for all Juniors. You may know that the ACT can help with college admissions, but it can also help a student with getting placed in a certain class at the technical school or college they attend in the future. The ACT is also important because it helps support and measure the academics of West High School students in the District and at many levels. This is an essential day and makeups will be required for all Juniors who miss.



ASVAB Testing

On Tuesday, February 20th, West will be hosting an ASVAB Exam for any students interested in joining a military branch of government after graduation. The ASVAB is a vocational test that helps determine knowledge of basic concepts and skills to date, and it determines what branch and rank in the military you are eligible for. Generally, this is knowledge you acquire in high school. However, there are sections of the test that you may not have been specifically taught in class, but measure your knowledge of necessary skills for certain positions, such as mechanical comprehension. When students take the ASVAB, it can also help them in career exploration. If your child is interested in signing up, have them stop in the Career Center (room 219) at West High School.



IB Career-Related Certification

On Monday, January 22, 2024, West High was officially authorized to offer the IB Career-Related Programme to Juniors interested in pursuing a pathway to a Lab Tech or Business Management Associate's Degree at NWTC. We are excited to offer these pathways to students and are working to expand the number of paths students can pursue.

LMC NOOK



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.



**PURCHASE YOUR
YEARBOOK TODAY**



jostens.com

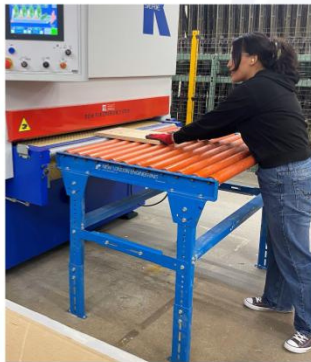
WEST STUDENTS IN THE SPOTLIGHT

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 December, those students were Tai VanRemortel and Briseas Contreras. 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!



Isis
Green Bay West High School



Isis is in the 12th grade. She participates in Youth Apprenticeship at Valley Cabinet, where she participates in the Production Operations Pathway.

Isis says her Youth Apprenticeship has taught her "better communication because it pushed me out of my comfort zone. I'm introverted and I had to open up with my manager and co-workers to communicate effectively."

"I recommend Y/A to other students because this way, your job isn't only about income anymore; it's about earning credits, too."

Isis plans to attend NWTC for the Sonography and Paralegal programs, followed by Legal Studies at UWGB to advocate for immigration rights and legal pathways for families to work and remain in the United States. "This job, through Youth Apprenticeship, has allowed me to save funds for my education."



#ThisIsC7

DO GREAT THINGS

INITIATIVE

Assisting Green Bay West High School students to plan for their future, become college-ready and fund the cost of college. do-great-things.org/

Upcoming Field Trips

Both West and our District offer many field trip opportunities for our students. We encourage you to talk about these opportunities with your child to see if they have an interest in any of the upcoming field trips. Many provide an opportunity

for career exploration that can help a student determine and plan for their future after high school graduation. February opportunities include:

- Wednesday, February 7th, to NWTC and UWGB. Topic: Engineering and STEM Careers
 - Contact Liz Sternig to sign up at emsternig@gbaps.org.
- Wednesday, February 28th, to NWTC and UWGB. Topic: Education Careers/Overall schooling
 - Google sign up form: <https://bit.ly/Edu-NWTC-UWGB>

WEST PROGRAM HIGHLIGHT



TECH ED: WOODWORKING CLASSES

Students in our woodworking classes have worked to create a cutting board and a clock. As the first semester ended, they began prepping lumber to make the face frame for a small cabinet with a drawer, which they will complete during second semester.

In woodworking classes, students are introduced to various tools and given the opportunity to use the compound miter saw, table saw, drill press, planer, jointer and sanders. In addition to learning all of the machines and techniques common to woodworking, they are introduced to reading and interpreting project prints and plans as they work on their wood cabinet. Students are also taught how to measure properly, safety in the shop, employability skills and collaboration with their peers. Woodworking courses are designed to foster independence, self-confidence, critical thinking and working within a team--as if they were out in the workforce.

Additional classes/programs offered by our Tech Ed program include Small Engines, Welding, BayLink Manufacturing, Bridges Building & Renovation and Animation/Gaming. Speak to your student's school counselor to get signed up for classes in future semesters.



THE RIPPLE EFFECTS OF DAMAR HAMLIN'S CARDIAC ARREST STILL STRONG A YEAR LATER

By Laura Williamson, American Heart Association News

Whenever Quentin Tomlin heads out to play high school football, his mother, Laura, knows one thing is for sure: The team won't take the field without access to an automated external defibrillator, or AED. Laura Tomlin knows because she purchased the device, which can shock a heart into a normal rhythm, after her family watched Buffalo Bills safety Damar Hamlin collapse on the field from a cardiac arrest during the January 2, 2023, game against the Bengals in Cincinnati.

"It was a real motivator," said Laura, who was watching the "Monday Night Football" game on TV with her kids from their home in nearby Fort Thomas, Kentucky, while her husband, Christopher, watched from the stands. Christopher had recently had a stroke, so he and Laura had been talking to Quentin and their daughter, Ari, about the importance of nutrition and exercise to maintain good cardiovascular health.

But when Hamlin's heart stopped – and was restarted with CPR and a defibrillator on live television – the conversation changed.

"After the game, we focused on preparing them to save someone's life if they were ever in a position to do so," Laura said.

Receiving immediate CPR and a shock from a defibrillator following a cardiac arrest is critical. Yet only 40% of people who have a cardiac arrest outside the hospital get bystander CPR, and just 9% survive, according to American Heart Association statistics.

When a lay responder delivers a shock from an AED, an estimated 44% survive, according to 2022 data from the national Cardiac Arrest Registry to Enhance Survival. Yet AEDs are used by bystanders only 5% of the time.

The dramatic unfolding of Hamlin's cardiac arrest immediately spiked interest in AEDs and CPR, giving rise to an increase in training and education around the nation. The AHA said views of its hands-only CPR webpages jumped more than 600% in the ensuing days. By April, three million people had watched its video on how to perform hands-only CPR, which requires pushing hard and fast in the center of the chest at 100 to 120 beats per minute.

Once Hamlin recovered, he began working with the AHA to teach people about CPR and AEDs. The NFL also worked with the AHA to provide CPR and AED training at the Super Bowl and the April draft. More than half of all NFL teams provided training for their staff or local communities, resulting in roughly 18,000 people getting hands-only CPR training and roughly 500 becoming CPR-trained. Hamlin's cardiac arrest even spurred state and federal legislation. New York now requires all camps and youth sports organizations to develop AED plans and to have at least one AED-trained staff member on hand. Ohio has renewed its efforts to require AEDs in schools, and similar efforts are underway in Virginia. The federal Access to AEDs Act would create grants for elementary and secondary schools to purchase, maintain and provide training for AEDs.



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The focus on how to save a life was particularly intense in Cincinnati – where Hamlin collapsed – and Buffalo, New York, home of the Bills.

"It's all everybody talks about, still to this day," said Russ Lyons, a Bills season ticket holder who was inspired to take the team-sponsored CPR training. Lyons, who used to sell portable AEDs, reached out to the Bills to see what more he could do to educate the local community.

"They said come on out to the stadium. We got to meet Damar," said Lyons, who took the training with his 12-year-old son, David, and was given a kit to train 300 more people. He has since given a presentation at his son's school and is helping to organize CPR training for his daughter Elizabeth's 500-member youth soccer league. He even helped the league purchase its own AED.

"We didn't have an AED at our pavilion," he said. "I would be devastated if someone went down and we weren't equipped."

Laura also took CPR training, then started encouraging others to get trained, including 14-year-old Quentin and 10-year-old Ari. She immediately called her kids' football and cross-country coaches to see if they always had access to AEDs. The football coach did not.

"I told the coach there will be one at practice, and Quentin will have it," she said.

Laura said her son teases her that she may sometimes forget her phone but never forgets to bring the AED to a game. "I told him he can make fun of me all he wants, but I want him to be prepared." Her daughter's cross-country coach, who once had a heart attack while running, has been carrying an AED to meets and practices for years. Laura plans to advocate for placing AEDs throughout local park systems.

Lyons, the Bills fan, hopes to spread as much awareness and training as possible. Even if most of it goes unused, he said, saving a single life would make it worthwhile.

"Wouldn't it be awesome," he asked, "if we were able to make even a tiny little difference?"


Financial Workshop

TUESDAY, FEBRUARY 13TH
OR TUESDAY, MARCH 19TH
FROM 4:30-6:00 PM IN LMC

Interactive workshop for West parents/guardians:

- creating a budget sheet
- understanding credit
- credit building tips
- setting a money mindset

Attendees will also receive a free 1-on-1 meeting with a professional CFPR financial planner. Each attendee will be entered to win a \$25 gas card.

 bit.ly/Financial-Workshop-West



UNIVERSITY of WISCONSIN
GREEN BAY
Center for Financial Wellness





Senior Page



GRADUATION CEREMONY

Class of **2024**

West High School's 2024 Graduation Ceremony will be held on **Saturday, June 1st at 11:00 am**. The Ceremony will take place at the Kress Events Center, on the UW-Green Bay campus. Graduation Practice will be held at 11:00 am on Friday, May 31st, also at the Kress Events Center. All graduating Seniors are required to attend Practice and will need their own transportation.

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. Payment for caps & gowns will need to be provided at the time of ordering and must be cash or a check made to Brickhouse School Services.

Families can also order caps and gowns online at: <https://buildagrad.com/greenbaywesths>

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



Assistance with FAFSA Applications

Now is the time for Seniors to start applying for scholarships! By this point, if your Senior is planning to attend a technical college or 4 year college, they should have applied to their college(s) and have their FAFSA filled out.

Once applications and FAFSA have been completed, students have the opportunity to earn FREE money via scholarships! Please encourage your child to use the Senior Google Classroom to access some of the scholarships that are available.

Important Scholarships that West students should apply: College Ready, Greater Green Bay Community Foundation. Representatives from each scholarship foundation will be here February 8th to help students fill out their scholarships.

Students can reach out to their school counselor, Career Center Coordinator, or career coach to get help with any of these important steps.

Class Rings

Force

Royal

Enigma

Stellar

Triad

Embrace

For a complete selection of rings, pricing, and to ORDER, go to National Recognition Products' website at nrprings.com



**Green Bay West
High School**
presents
Seussical
The Musical

Friday, March 8th, 2024 - 7 pm

Saturday, March 9th, 2024 - 7 pm

Sunday, March 10th, 2024 - 1 pm

Ralph Holter Auditorium

**Adults
\$8**

Tickets

**Students
\$5**

available at the door

Seussical The Musical Is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI.
www.mtishows.com

Northeast Wisconsin Youth Apprenticeship Night *at* NWTC

Learn more about the opportunities with the
Youth Apprenticeship Program:

Who Should Attend?

Sophomore and Junior students
interested in learning more about
the Youth Apprenticeship program.

*Parents and guardians are encouraged
to attend with their students.*

When?

Monday, February 5th

Where?

NWTC Green Bay Campus
Student Center SC130
Enter at Door 9

AGENDA

- 5:45pm - Check In Begins
- 6:00pm - NEWYA Presentation
- 6:30pm - NWTC Presentation
- 6:45pm - Panel Discussion
- 7:15pm - Campus Tours

Register Here:



CX² careers to
explore & experience



2024 Ignite Your Future! Science, Technology, and Engineering

Date: February 27, 2024

Time: 7:45am – 3:00pm

Located at: Fox Cities Performing Arts Center

Transportation: Provided ** Students will attend the exhibit for 90 minutes

Who Should Attend?

High School Juniors and Seniors join us for an immersive exploration into the exciting world of science, technology and engineering careers at the 2024 Careers to explore and experience exhibit. This event is a unique opportunity for students to discover, engage, and envision their future in the rapidly evolving profession across industries.

- Engaging conversations with industry professionals and mentors.
- Insights into diverse science, engineering, and technology career paths: software development, cybersecurity, artificial intelligence, data science, and many more 35 careers will be showcased.
- Information on educational opportunities and industry trends.

Why Attend?

- **Inspiration:** Discover the possibilities that science, engineering, and technology careers offer.
- **Networking:** Connect with local professionals and mentors in the field.
- **Education:** Learn about the skills required for success.
- **Opportunities:** Explore educational programs.

See your teacher or counselor if you are interested in learning more.



Presented by:
Platinum Sponsor



Kimberly-Clark



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.

FOX RIVER CLASSIC

NON-CONTACT SPRING LEAGUES 7v7

**\$25
DISCOUNT
CODE -
2024\$25**

- Highly Competitive
- Passing League
- Ages 7-18

FLAG

- Coed or **Girls Only**
Rec Style
- Run/Pass League
- Ages
Coed 6-11
Girls 9 - 17



REGISTER NOW @ FRCYOUTHFB.COM

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**limited number of scholarships available to qualifying families.*

YOUTH FOOTBALL

Contact 920-264-6290 or frcyouthfb@gmail.com



2024 Green Bay Kickers Soccer Registration

Registration for the 2024 season is open!

REGISTER ONLINE AT: gbkickers.org

Questions: Call 920-492-1752

EARLY REGISTRATION FEES:

4-year-olds: \$25

Ages 4-5: \$45

Ages 6-11: \$55

Ages 12-18: \$65

SEASON DATES:

Practices begin in May.

Games run from June-July.

Registration closes 3/3/2024.



Volunteers and Referees
Needed!



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****Scholarships offered for participants in a low-income bracket.****



Registro de Fútbol con Los Green Bay Kickers 2024

¡Ya está abierta, la inscripción para la temporada 2024!

REGISTRO EN LINEA: gbkickers.org

Preguntas: Llama 920-492-1752

TARIFAS DE LA INSCRIPCION TEMPRANA:

Niños de 4 años: \$25

Edades 4-5: \$45

Edades 6-11: \$55

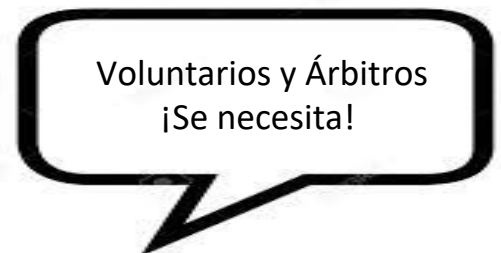
Edades 12-18: \$65

FECHAS DE TEMPORADA:

Las prácticas comienzan en mayo.

Los juegos son de junio a julio.

El registro cierra el 3/3/2024



Voluntarios y Árbitros
¡Se necesita!



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****Becas ofrecidas para participantes de bajos ingresos.****