



# 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 JANUARY

- 15 MLK Jr. Day - NO SCHOOL
- 17-19 Semester Exams
- 22 NO SCHOOL
- 27 Silent Night Event

## Message from the Principal

Dear West High School Community,

As we embark on a new year, I extend a warm welcome back to school after the Winter Break. I trust that each of you enjoyed a safe and rejuvenating holiday season filled with cherished moments spent with loved ones. Our heartfelt gratitude goes out to all who shared their holiday wishes and offered generous support leading up to the Winter Break. I must express our sheer enthusiasm at the outstanding participation in the dress up days leading up to break—the collective spirit and engagement were truly remarkable!

The dawning of a new year prompts reflection and despite the inevitable ebbs and flows, our steadfast commitment propels us forward in our quest to make West High a beacon of educational excellence. A special acknowledgment is due to our exceptional staff, whose tireless efforts manifest in the guidance and creative instruction they provide to our students with unwavering kindness.

To our West High families, your enduring support is deeply appreciated. We are grateful for the privilege of doing what we love—nurturing and educating your children—because, ultimately, that is the essence of our mission.

As we navigate the coming weeks, please take note of the following dates:

1. **Exam Days:** January 17th - 19th. See the full schedule on page 5 of this newsletter.
2. **No Classes on MLK Day:** In observance of Martin Luther King Jr. Day, there will be no classes on Monday, January 15th.
3. **No Classes on January 22nd:** Teachers will be engaged in professional development, so there will be no classes on Monday, January 22nd.

In our daily interactions, members of the administration consistently visit classrooms to connect with both students and teachers. Each visit affords us the opportunity to witness the passion and dedication exhibited by our students and the educators guiding them. We are continually impressed by the respectful and resilient nature of our students, who actively engage in their learning.

Our gratitude extends to the entire West High community for contributing to the vibrant learning environment at our IB World School. Thank you for your ongoing support, and we look forward to another year of shared accomplishments.

Dexter McNabb, Principal of West High School



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

# Progress for MYP Personal Projects

Sophomore parents, please remind your sophomores that their next personal project checkpoint is January 26th. Students need to make an appointment with their project advisors to review the "Applying Skills" section of their written paper.

## Be a Part of Strategic Planning!

The Wisconsin Department of Public Instruction (DPI) is launching a Strategic Planning Process and wants to hear from you! Join DPI at a virtual or in-person community engagement session to share your thoughts. Register at the following link: <https://bit.ly/wi-dpi-planning>  
A link to the session will be emailed to you closer to the date of the event.

- Virtual Session: January 31st from 5:30 - 7:00 pm

## Greenhouse Update

Renovations are underway at Green Bay West High School. These renovations require that we move the greenhouse to a different location. Due to the age of the structure, the District has decided it was best to tear it down completely and rebuild a brand new structure. Unfortunately, that means we will not have our normal greenhouse sale during Mother's Day weekend 2024. Please know how much Science Club appreciates all the community support. We will be back in business soon. Our grand opening will be Mother's Day weekend of 2025.



## 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.



## Library Resource for ALL Wisconsin Residents



All Wisconsin residents have access to an amazing digital resource called [BadgerLink](#). BadgerLink is a collection of databases on a wide variety of topics. For individuals interested in local history or genealogy, check out the Archive of Wisconsin Newspaper database or HeritageQuest Online. Thinking about purchasing a car or appliance? Read through Consumer Reports Magazine. If you need information on car repair, Auto Repair Source is a great go-to. There are also general and professional magazine databases that our students use frequently for research projects.

**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](mailto:ceputman@gbaps.org) or 920-481-9417.



# WEST STUDENTS IN THE SPOTLIGHT

## Tiny Earth Participants Met the Challenge

Our third cohort of students from Green Bay West presented their research at the Tiny Earth Winter Symposium held within the Lambeau Field Atrium on Monday, December 11th. The Symposium hosted over 600 students, business leaders, families, educators and friends from areas throughout Brown County and even some from as far as Florida. This free community event held annually at Lambeau Field has inadvertently become a showcase for the value of education, collaboration, science and medicine. Judges and college students alike were stunned by the accomplishments and professionalism of these remarkable young women, many of whom communicated their science in more than one language at the Symposium. This level of accomplishment does not just happen and is a testament to who they are. We are so proud of all of them.

Congratulations goes out to the following future scientists and healthcare professionals: Chloe Burton, Laxamee Vue, Nikki Xiong, Desahni Thao, Ana Garcia-Calva, Jessenia Cruz and Brenna Ruonavarra.



## 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 November, those students were Adriana Moyano and Emily Vincent. 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!

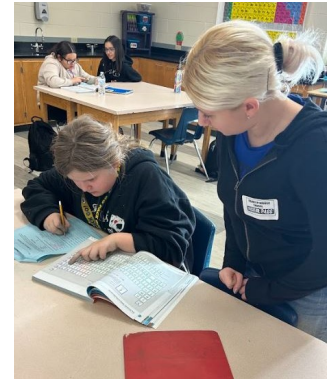




# WEST STUDENTS IN THE SPOTLIGHT

## Future Educators of America School Visits

Future Educators of America recently visited Lincoln and Franklin schools to gain hands-on experience of what being in education might be like. Students may have tutored students one to one, played a game in Phy Ed, or provided teacher assistance prepping activities. Thank you to both schools for partnering with us to curate interest in the education field for our high school students. Thank you to Ms. Sternig and Mrs. Scherer for chaperoning our visits.



THANK YOU!

## Sting Cancer Care Packages

Prior to winter break, students met after school on Thursdays for an hour to enjoy hot cocoa and cookies while they crafted our Sting Cancer care packages. Packages may include a card, tie blanket, puzzles, gift cards and word searches. The group learned that child cancer centers often receive plenty of donations, while adult centers are forgotten, especially during the holiday season. Sting Cancer decided to split donations to benefit both cancer groups.



## Thank You for Fundraising Support

The Class of 2025 held a fundraiser for their upcoming Junior Prom (April 6th). Through much planning, prep and hard work, they earned almost \$400 in profit. A special "Thank You" to Mrs. Smith for allowing our club to use her kitchen facilities as well as her expertise. Thank you to all the students and staff who supported our fundraiser as well as your patience to make it all happen!

## Northeast Wisconsin YOUTH APPRENTICESHIP

**Audra**

Green Bay West High School



**Audra is in the 11th grade and participates in Youth Apprenticeship in the Food and Beverage Pathway for Gather on Broadway and says,**

"My job has helped me to learn important life skills. I've gained confidence in my leadership skills, and have a wonderful work family, who encourage me to be my best. I plan on going to a four year college for a degree in the field of music. I consider both music and cooking to be art forms. My job made me rethink my career choice, as I previously wanted to become a lawyer. I realized I wanted to do something more artistic with my life. If I go to college and don't like music as a career, my plan B is Culinary School."



#ThisIsC7



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# GREEN BAY WEST HIGH SCHOOL

## First Semester Exam Schedule

2023-2024



### Wednesday, January 17, 2024

Period 1 7:30-9:00  
Period 2 9:10-10:40  
Period 4 10:50-12:20

### Thursday, January 18, 2024

Period 3 7:30-9:00  
Period 7 9:10-10:40  
Period 5 10:50-12:20

### Friday, January 19, 2024

Period 8 7:30-9:00  
Period 6 9:10-10:40

- Cafeteria breakfast and lunch will be served on Wednesday (1/17) and Thursday (1/18)
- Breakfast and a snack will be served on Friday (1/19)
- Students are to remain within the classroom for the entire testing period
- Students should not leave the classroom once a testing period begins
- If a student has a study hall period, a parent/guardian may excuse the student from that period
- Outbound buses will pick up at 12:20 pm (Wed & Thurs) & 10:40 am (Fri)



*You're Invited*

## EXCLUSIVE PRE-COLLEGE GOAL DINNER FOR WEST FAMILIES ONLY

DO GREAT  
THINGS SCHOLARSHIP

Do Great Things would like to invite you to a special dinner before the College Goal event at West. This special dinner is open to only West parents and students filling out their FAFSA application. This event is for West Seniors who need to fill out their FAFSA and their parent/guardian.

### **Dinner Portion of the Program:**

Thursday, January 11th, at 5:00 pm  
West High School Cafeteria

### **REGISTER HERE**

<https://bit.ly/Pre-College-Goal-West>



### **College Goal Program starts at 6:00 pm**

#### **About the College Goal Program**

You have completed your first step in your pathway to college by filling out your college application. Now it's time to fill out the FAFSA (Free Application for Federal Student Aid) to be eligible for financial aid including both grants and loans. The College Goal event will provide financial aid representatives from local colleges to help you through the FAFSA application. This application will need information from both you and your parent/guardian so it is highly recommended that your parent/guardian attend. Learn more about College Goal at: <https://collegegoalwi.org/>

*Childcare will be provided. The dinner is only open to West High School Seniors and their parents/guardians.  
5 Younger children may attend the dinner if needed to allow the student and parent to fill out the FAFSA.*

## 8 HEALTHY TIPS FOR A LONGER LIFE

There are many reasons for us wanting to live longer. More time with family and friends. To accomplish more. Or just curiosity about what the future will bring. Whatever our reason, our goal should be to enjoy a high quality of life. Our daily habits impact the length of our lives. Here are eight healthy tips for living a longer, high-quality life.

1. Eat healthier. Healthy eating can help prevent heart disease, diabetes or high blood pressure. Consider eating more fruit, vegetables, whole grains and nuts. Avoid processed foods. And try other lean proteins like fish and chicken.
2. Be active. Consistent physical activity can prevent chronic conditions like diabetes, hypertension or heart disease. Try being active 15–30 minutes a day. Exercise or just going for a walk daily can extend our lives.
3. Get enough sleep. A consistent sleep schedule can limit fatigue. Try for 7–8 hours of sleep every night. Getting enough sleep can help prevent hypertension, diabetes or heart disease. Be careful not to oversleep. Sleeping more than 8 hours can lead to other chronic conditions.
4. Connect with family and friends. Too much isolation can lead to high blood pressure, depression or anxiety. Having meaningful relationships can reduce stress. Also, it can give us a purpose for staying healthy and living longer.
5. See your doctor before you are sick. Primary care providers help us live longer. Annual checkups establish a baseline of our health. We should go to our checkups even when feeling healthy. We lose out on the benefits if we miss our checkups. Our care providers can help prevent chronic conditions with early detection. This could also avoid expensive or difficult procedures.
6. Stop smoking. Smoking reduces our lifespan. No smoking is healthy smoking. It is never too late to quit. By not smoking, we reduce the risk of lung disease, heart attack and heart disease.
7. Drink less alcohol. Drinking too much can increase our risk of liver disease and high blood pressure. We can avoid a lower lifespan by drinking in moderation or not drinking at all.
8. Take care of your mental wellness. Stress and anxiety are part of life. But extreme stress or anxiety can increase our risk of chronic conditions like high blood pressure, diabetes or mental illness. There are many ways to manage stress or anxiety. These include meditation, therapy, yoga and journaling.



We all get older. But it doesn't have to be bad. These healthy tips can help boost the quality of life as we age. Small changes make a big difference. Try focusing on one or two tips. Then, after the positive changes, try the others as well.



**care solace**

Care Solace will connect you with providers accepting all medical insurance, including Medicaid, Medicare, and sliding scale options for those without insurance. This resource is available to GBAPS families at no cost. All information entered on the Care Solace tool is confidential and securely stored. Learn more at: <https://ow.ly/UsZ550Qfi9N> or call [#CareSolace](https://www.instagram.com/CareSolace) 24/7/365 at 888-515-0595.





OHP treats over 11,000 kids on Medicaid or uninsured yearly through multiple clinic locations, school-based program, and hospital services.

## New Year, Healthy Smile!

This new year, take a moment to make sure everyone in your family has their dental check-ups scheduled!

Regular check-ups are important to keeping smiles healthy and catching issues before they become problems!



[Click here to fill out the forms for your child to have dental care right at school!](#)

920.965.0831 ● [smilegb.org](http://smilegb.org)

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# TRANSITION NEWSLETTER

Winter 2023

Green Bay Area Public School District

## WHAT IS THE ROLE OF CASE MANAGER?

Each student with an IEP is assigned a case manager. The case manager's responsibilities include:

- Holding IEP meetings
- Serving as a contact for parent and staff concerns or input
- Providing information and updates to all staff who work with students
- Ensuring the IEP is implemented
- Monitoring and reporting IEP progress
- Planning with students to prepare for post-secondary goals

## Secondary Transition Information

As students go through middle and high school, it is important to plan for adulthood and what goals each student has for their future. There are many resources available for families to help support the transition journey. The purpose of this newsletter is to inform families of agencies, groups and resources available to help plan for life after high school.

## Agency Spotlight

### Division of Vocational Rehabilitation (DVR)

DVR is an agency that provides support to help individuals with disabilities to gain employment.

#### What We Do

- Provide employment services and counseling to people with disabilities.
- Provide or arrange for services to enable an individual to go to work.
- Provide training and technical assistance to employers regarding disability employment issues.

If you would like more information on DVR, reach out to your child's case manager to discuss DVR possibilities.

For more information about DVR, visit their website:

<https://dwd.wisconsin.gov/dvr/about/>



# TRANSITION NEWSLETTER

Winter 2023

Green Bay Area Public School District

## WHAT CAN I DO TO HELP MY CHILD PREPARE FOR ADULTHOOD?

- Help your teen explore how their talents and skills can help them get a job.
- Talk to your teen about their goals for after high school. Discuss classes and jobs that can help support these goals.
- Encourage your child to try new things such as jobs, hobbies, friendships, transportation options, etc.

## Resources

There are many resources available to help families plan for transition. In each newsletter we will highlight a few of those resources that can help students and families plan for life after high school.

### 1. Before Age 18 Website

- Turning 18 is a big deal and taking some actions now will help students and families get ready. This website has tips you can reference specific to a child's age.

### 2. Wisconsin Transition Resource Guide

- This offers a directory of service providers to help families getting ready to consider choices, explore options available, and take action to prepare for their future.





## 2023-24 Family Support Community

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

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### 1<sup>st</sup> 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.

### 1<sup>st</sup> 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.

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### 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](mailto:carlene.chavez@cesa2.org)

Heidi Lehman:  
[hlehman@cesa2.org](mailto:hlehman@cesa2.org)

[wspei.org](http://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.





# 2024 Green Bay Kickers Soccer Registration

Registration for the 2024 season is open!

**REGISTER ONLINE AT: [gbkickers.org](http://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.**



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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](http://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

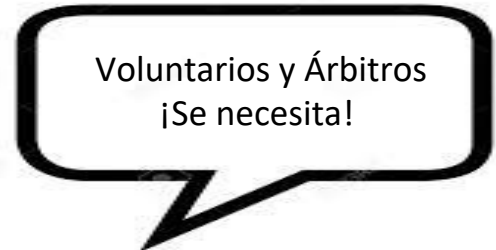
## FECHAS DE TEMPORADA:

Las prácticas comienzan en mayo.

Los juegos son de junio a julio.

**El registro cierra el 3/3/2024**

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