



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 MARCH

- 1 No School
- 5 AM Parent/Techer Conferences
- 8-10 Spring Musical
- 12 ACT for Juniors
- 25-29 Spring Break (no school)

@GBWestHS



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

Message from the Principal

Dear West High School Community,

As we approach the upcoming ACT test for Juniors on March 12th, it is important to understand the significance of this assessment and the importance of students putting forth their best effort. We urge all students to adequately prepare for the test, approach it with a focused mindset, and dedicate ample time to each question. These strategies are pivotal in helping students attain their desired scores.

With the winter season coming to a close and the weather beginning to get warmer, we often see a rise in absenteeism due to spring fever. It is crucial for students to maintain consistent attendance, particularly during this period, to prevent any setbacks in their academic progress. Our goal is to limit student absences to fewer than 10 excused days per year. We encourage parents to reach out to our attendance office with any concerns regarding their child's attendance.

Let's work together to ensure that our students have a successful academic year. Thank you for being a part of the West family!

Dexter McNabb, Principal of West High School



MYP Personal Project Update

Parents, remind your Sophomore student to contact their Personal Project Advisor and schedule a Final meeting before April 3rd. This meeting should be to review, finalize, and SUBMIT their written Reflection Paper for the Personal Project Paper.

PARENT-TEACHER CONFERENCES

Spring Semester Conferences

Spring conferences are the perfect opportunity to check in and see how your student is doing in school. Conferences will be held in person, unless requested otherwise.

EduSched, <https://conferences.gbaps.org>, uses your parent contact email address on file with the District to schedule your student's conferences online and review your chosen times. We hope that you will find this method of scheduling to be user friendly. Please visit <http://goo.gl/imVtP4> for directions to use this convenient service.

For assistance with any of the following items, please contact our main office at 920-492-2601:

- You do not have an email.
- You need to update your email address with the District.
- You are unable to schedule conference times for your child(ren) through the EduSched system.
- You would prefer a phone call or virtual conference rather than meeting in-person for conferences.

If you request a virtual meeting, you will find each teacher's Zoom meeting link in EduSched under "Zoom Link." When you click on the link at the time of your conference, you should see a white screen with the message, "Please wait for the host to let you in." You will need to wait for the teacher to let you into the meeting, as they will need to finish their previous conference.

As we prepare for parent-teacher conferences, efforts are made to ensure that we are fully compliant with protecting the privacy of your child's educational records. State and federal laws regarding privacy of educational records require that any individual who is not a parent or a legal guardian (such as a step-parent) must have a written authorization in place, from a parent or legal guardian, allowing the sharing of the student's educational record. Please contact our Registrar, Kari Petitjean, at klpetitjean@gbaps.org or (920) 492-2602 to learn more about this authorization.



Conference Dates

- Thursday, February 29
3:30 - 7:00 pm
- Friday, March 1
7:30 - 11:30 am
- Tuesday, March 5
3:30 - 7:00 pm



Conference sign-up
is open now

**Need help signing up
or want to request a
virtual conference?
Call our main office
at (920) 492-2601.**

SCHEDULE CONFERENCES AT:
<https://conferences.gbaps.org>



HAPPENING AT WEST



**PURCHASE YOUR
YEARBOOK TODAY**



jostens.com

Junior ACT Testing

ACT Testing will be held on Tuesday, March 12th, for all Juniors. This is an essential day and makeups will be required for all Juniors who miss the test. 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.

In preparation for the ACT, all Juniors are asked to complete the following tasks:

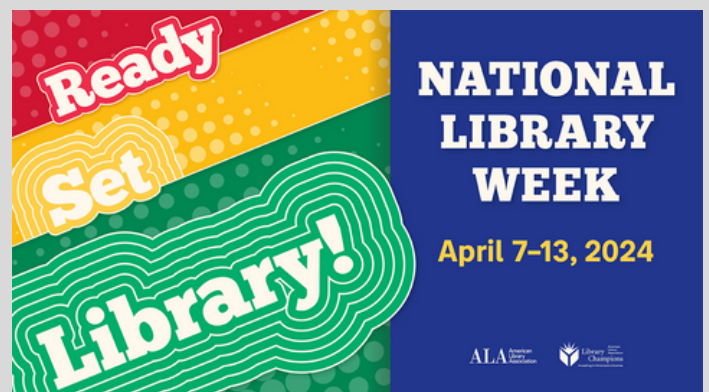
- Update your Chromebook version to 120.
- If your Chromebook is not working, stop in the LMC for assistance.
- Bring your Chromebook & charger to school on March 11th.
- Leave your Chromebook & charger in your assigned ACT testing room plugged in on the afternoon of March 11th so it will be fully charged and ready to go for testing on March 12th.
- Cell phones and/or smart watches will NOT be allowed during testing. Plan to leave them at home or prepare to give the teacher your device while testing.



LMC NOOK

National Library Week

April 8-12 is National Library Week and the theme is "Ready Set Library." During the week to celebrate, West LMC will host classrooms to participate in makerspace activities including virtual reality, button making, perler beads and giant games.



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@gaps.org or 920-481-9417.



WEST STUDENTS IN THE SPOTLIGHT

Silver Medals for Two FCCLA Students

On Monday, February 19th, members of FCCLA (Family Career and Community) competed in the Regional STAR (Students Taking Action with Recognition) Competition. Students competed with 91 middle and high school students from throughout Northeast Wisconsin.

Izabellah Markovic earned a silver medal in the Interior Design Event. She researched, designed and presented plans for a dog rescue center. The scenario and specifications of this project were exceptionally detailed and the budget was quite conservative in current economic standards. Despite the challenging event, Izabellah's perseverance and creative spirit shines through.

Nathan Christnot earned a silver medal in Pastries and Baked Goods Event. He had 30 minutes to complete a 30-point written evaluation assessing his knowledge of measurement, baking technique and ingredient function. Entering the baking competition with only a bin of equipment, he had 90 minutes to prepare the multi-step cranberry cookie recipe. Adding an additional element of collaboration was sharing the competition space with nine other competitors. At the conclusion of the competition the judges had positive remarks about his response to their questions, patience and endurance throughout the competition.

Congratulations to Nathan and Izabellah on superior representation of West High School.

Community Conversations

Share your thoughts as we work together to create a community safety plan.



March 21st
West High School
Library Media Center (LMC)
6:00 - 7:00 pm

All community members welcome!

Join us for conversation
and light snacks.



**We want to
hear about:**

- What safety means to you
- What you love about your community
- What could be better
- Suggestions you have for the community safety plan

WEST STUDENTS IN THE SPOTLIGHT

AVID, Taking Students from Good to Great!

Advancement Via Individual Determination (AVID) is a college readiness course that has been taught at West for the last 16 years. This program is taking Green Bay West High School students from good to great, preparing students to be career, college and community ready and so much more. Students were recently asked to share their thoughts about the AVID experience. The quotes below highlight the value of this transformative experience on our students:

- "AVID gives us hope for a bright future."
- "AVID helps us be prepared to overcome academic challenges."
- "AVID helps us mentally and physically with school."
- "AVID challenges us to be better people."
- "AVID gives us mentors."
- "AVID helps us be more confident with ourselves and what we want to do in the future."

Thank you for supporting AVID as it continues to make a difference in the lives of our students.



AVID 2 at a Financial Wellness Workshop at UWGB

Academic Decathlon State Competition

The West Academic Decathlon Team earned a trip to the state competition. The team performed very well at the regional competition in January. Congratulations to the following students who earned ribbons: Isaiah Becker, Francesca Campos-Moya, Ethan Hendrickson, Stacy Martinez, John Moravetz, Brandon Moua, and Dayana Zamora-Vazquez.

The state competition takes place at the KI Convention Center on March 14th and 15th. Twenty teams from throughout the state will compete in ten events plus a super quiz relay. We wish the Green Bay West High School team the best of luck and we are proud of all their efforts and hard work preparing for this competition.



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

If your graduating Senior has not yet ordered a cap and gown for graduation, this should be done right away. The cost for a cap and gown is \$35. Families can 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 available.

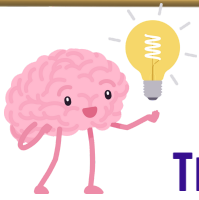
Important Scholarships that West students should apply for right away:

College Ready
Greater Green Bay Community Foundation

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

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



TIPS TO KEEP YOUR BRAIN HEALTHY

1. **Exercise regularly to benefit your brain.** Numerous studies indicate that physical activity reduces the risk of cognitive decline and Alzheimer's disease by enhancing blood flow and preserving brain connections. Aim for 30 to 60 minutes of moderate aerobic exercise, such as walking or swimming, several times per week.
2. **Prioritize adequate sleep for brain health.** Aim for seven to eight hours of consecutive sleep each night to facilitate memory consolidation and brain function. Address sleep apnea, which can disrupt sleep patterns and affect brain health, by consulting with healthcare professionals.
3. **Adopt a Mediterranean diet to support brain function.** Emphasize plant-based foods, whole grains, fish, and healthy fats like olive oil while limiting red meat and salt intake. Studies suggest that this diet reduces the risk of Alzheimer's disease, potentially due to the omega fatty acids found in healthy fats.
4. **Engage in mentally stimulating activities to maintain brain health.** Challenge your brain with activities like puzzles, reading, or social interactions to prevent cognitive decline. Avoid relying on paid brain-training programs, as everyday activities can provide similar benefits without overpromising results.
5. **Foster social connections to support brain health.** Interacting with loved ones and friends helps combat depression and stress, which can contribute to memory loss. Remaining socially active may strengthen brain health and prevent atrophy associated with solitary confinement.
6. **Maintain healthy blood vessels to support overall brain health.** Monitor blood pressure, blood sugar, and cholesterol levels regularly, and take steps to keep them within a normal range. Adopting a Mediterranean diet, staying physically active, reducing sodium intake, moderating alcohol consumption, and avoiding tobacco are essential for maintaining vascular health and preserving brain function.

Information taken from an article written by Kelsey Kidd, a nurse practitioner in Neurology in Mankato, Minnesota.

**DID YOU
KNOW?**

SOME INTERESTING BRAIN FACTS



10 PERCENT MYTH

You actually use all of your brain, even when sleeping. Using only 10% is untrue.



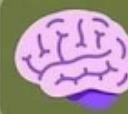
BRAIN SIZE

The brain triples in size during the first year and matures until age 25.



NEUROPLASTICITY

Our brain has the capacity to grow and change through learning and experiences.



MULTITASKING

The brain cannot multitask, instead it quickly alternates tasks which increases errors.



AVERAGE WEIGHT

The adult human brain on average weighs 1300-1400 grams (around 3 pounds).



LEFT AND RIGHT

Our brain has two 'halves' (hemispheres) connected by nerve fibers (corpus callosum)



THE FATTY BRAIN

Our brain consist for around 60% of fat. This makes it the 'fattiest' organ in our body.



ELECTRICITY

Our brains run on electricity generating enough power to light a small bulb (25 watts)



BILLIONS OF CELLS

The human brain has billions of neurons (nerve cells) that communicate with synapses



SLEEP DEPRIVATION

Lack of sleep can lead to the creation of beta-amyloid, which impairs brain function



**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



GENCYBER CAMP

The GenCyber program provides cybersecurity experiences and exposure for 9th-11th grade students, as they increase their awareness of postsecondary and career opportunities to accomplish new levels of success.




FACULTY CONNECTION
Build long-term connections with expert faculty from the University of Wisconsin - Whitewater.

SUPPORT
Supported by the National Security Agency, the National Science Foundation, and the Department of Defense.

ACADEMICS
Virtual learning with faculty in April/May and September/October, supplementing camp experience.

CAMP DATES
JULY 7 - 12

 +262-472-1126

 www.edu/precollege/programs/genCyber



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.



gbyouthlax.com

TRY LACROSSE FOR FREE

Sponsored by Green Bay Youth Lacrosse

EQUIPMENT PROVIDED



**Saturday, March 2nd
at Bay Port High School
1217 Cardinal Ln, Green Bay, WI 54313
1-3pm**

*Open to **BOYS AND GIRLS 7-14 years old**, equipment will be available*

**Saturday, March 9th
at Bay Port High School
1217 Cardinal Ln, Green Bay, WI 54313
12-2pm**

*Open to **GIRLS 7-14 years old**, equipment will be available*

Contact gblpres@gmail.com with questions



Green Bay Youth Lacrosse
ABOUT US

A nonprofit 501(c)(3) organization whose mission is to expand the game of lacrosse in Northeastern WI while mentoring players in all aspects of life.

This organization, program or activity is not affiliated with the Green Bay Area Public School District nor is it a school-sponsored activity. The District does not approve, support or endorse the information contained within this document or this program or activity.



gbyouthlax.com

PRUEBA LACROSSE GRATIS

Patrocinado por Green Bay Youth Lacrosse

EQUIPO PROPORCIONADO



**Sábado 2 de marzo
en la escuela secundaria Bay Port
1217 Cardinal Ln, Green Bay, WI 54313
1-3 pm**

*Abierto a **niños y niñas de 7 a 14 años**, habrá equipamiento disponible.*

**Sábado 9 de marzo
en la escuela secundaria Bay Port
1217 Cardinal Ln, Green Bay, WI 54313
12-2 pm**

*Abierto a **niñas de 7 a 14 años**, habrá equipo disponible.*



Contacto gblpres@gmail.com con preguntas

Green Bay Youth Lacrosse
SOBRE NOSOTROS

Una organización sin fines de lucro 501(c)(3) cuya misión es expandir el juego de lacrosse en el noreste de Wisconsin mientras asesora a los jugadores en todos los aspectos de la vida.

Esta organización, programa o actividad no está afiliada al Distrito de Escuelas Públicas del Área de Green Bay ni es una actividad patrocinada por la escuela. El Distrito no aprueba, apoya ni respalda la información contenida en este documento o este programa o actividad.



HIGH SCHOOL GIRLS RUGBY

GIRL'S HIGH SCHOOL RUGBY FOR THE GREATER GREEN BAY AREA

The Green Bay Banshees Rugby team, comprised of girls from many area high schools, competes in the Wisconsin High School Girls League. The spring high school season will be held in April and May and we will start outdoor practice starting as soon as the weather cooperates. Practices will be Tuesday and Thursday from 4:30-6:30 pm at Willow Creek Park in Bellevue.

- Rugby is the ultimate team game
- Everyone plays, as there is a position for every size and shape
- Anyone on the field can run with the ball

For more info, email gbbansheerugby@gmail.com, or visit www.GBBansheeRugby.org



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HIGH SCHOOL RUGBY

GREEN BAY BOY'S RUGBY CLUB

The Green Bay Leprechaun Rugby team, comprised of boys from many area high schools, competes in the Wisconsin High School Boys League. The high school season will be held in April and May and we will start outdoor practice starting as soon as the weather cooperates. Practices will be Monday, Wednesday, and Friday from 4:30-6:30 pm at Willow Creek Park in Bellevue.

- Rugby is the ultimate team game
- Everyone plays, as there is a position for every size and shape
- Anyone on the field can run with the ball

For more info, email matt@greenbayyouthrugby.org, call 920-883-0325, or visit www.GBLeprechaunRugby.com



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