



# WEST HIGH SCHOOL NEWSLETTER



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

@GBWestHS



## IMPORTANT DATES IN OCTOBER

- 6 Early Release
- 7 GBAPS Marching Showcase at Preble
- 13 End of 1st Grading Period
- 27 No School



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

## Message from the Principal

Dear West Community,

Green Bay West High School is an International Baccalaureate Middle Years and Diploma Programme school. This means that our curriculum is internationally-minded, allowing students to advance their learning through an inquiry-based approach. Students are taught to be risk-takers, communicators, balanced thinkers, principled, open-minded, reflective and caring.

The MYP Personal Project (part of the Middle Years Programme) is a valuable opportunity for sophomore students to apply what they've learned and develop important skills that will benefit them throughout their lives. Here are a few key points:

- 1. Student-Centered Learning:** The project allows students to take the lead in their learning, fostering independence and self-management skills.
- 2. Interdisciplinary Learning:** Students have the freedom to choose almost any product or project, encouraging them to connect what they've learned in various subjects and apply it in a practical way.
- 3. Assessment:** The assessment process provides valuable feedback and recognition of students' skills and efforts in planning, taking action, and reflecting on their project.
- 4. Long-Term Benefits:** Completing the Personal Project can open doors to scholarships and serve as a valuable talking point during job interviews. It's a tangible representation of their self-directed learning journey.
- 5. Personal Growth:** This project encourages critical and creative thinking, collaboration, and the development of lifelong learning interests.

We encourage parents and guardians to inquire about their students' progress on this project. It not only shows support for students but also highlights the significance of the project and its potential benefits. This initiative will undoubtedly help prepare students for their future endeavors and make their educational journey at West High School even more enriching.

Thank you for all your support of our students, school and community.

Dexter McNabb, Principal of West High School

## Sophomore Personal Projects



Our Sophomores' MYP Personal Project assignments have begun. Ask your Sophomore if they have contacted their project advisor yet and what creative idea they have to demonstrate how they learn best. These projects will be sent to International evaluators!

## IB Evaluation Review: Share Input!

West High School has its 5-year evaluation review from the International Baccalaureate Organization (IBO) this October. The evaluation is a 3-day exhaustive review of both the MYP and DP programs by the IBO.

Parents/Guardians are invited to discuss the programs with IB evaluators. The small group discussions will take place virtually via Zoom on the morning of October 19th. Due to the virtual nature, parental spots are limited.

If you would like to participate please contact:  
Stephane Bielen ([snbielen@gbaps.org](mailto:snbielen@gbaps.org))  
Andy Evenson ([arevenson@gbaps.org](mailto:arevenson@gbaps.org))

UPDATE



## Tiny Earth Progress Updates



The Tiny Earth Participants (Chole Burton, Jessenia Cruz, Ana Garcia Calva, Brenna Ruonavarra, Desahni Thao, Laxamee Vue and Nikki Xiong) started a 2-credit college course on Wednesday, September 13th, at the UW-Green Bay campus. All participants are conducting hands-on research with Dr. Merkel, looking for novel antibiotics produced by bacteria found in the soil. Students will present their research at the Winter Symposium at Lambeau Field Atrium on December 11th, 2023. Maritza Lopez, a 2023 West High Graduate, UWGB student and former Tiny Earth participant, is now a teaching assistant for the program.



## Engineering Scholars Program

Alexandria (Alex) Kozicke earned a full scholarship to Michigan Tech to participate in the Engineering scholars program in July of this year. She returned more confident about attending a University after high school and loved the experience. According to Alex, the best parts of the program were the mentors, university atmosphere and people. She thought the classes and projects were really cool and wants to study Chemistry after she graduates high school. Alex said "yes" to an ambitious opportunity and is so glad she did.



# TAKE NOTE!



# THINGS TO KNOW

## Oral Health Partnership at West

Oral Health Partnership (OHP) will be at West High School this fall to see students. Oral Health Partnership provides important dental services to students who have ForwardHealth, Badgercare or no private dental insurance.

Dental services can include teeth cleaning and oral hygiene, dental exam, fluoride treatment, x-rays and general oral screening/education.

Please contact West High School at 920-492-2603 or OHP at 920-965-0831 with any questions.



## Cap & Gown Ordering for Seniors

As our Seniors continue through their final year of high school, it's time to start planning for Graduation. Caps and gowns can now be ordered online for \$35 (per package) at <https://buildagrad.com/greenbaywesths>.

Online orders must be placed by November 5th, 2023. Please see flyers on pages 8-10 for more information about graduation apparel and merchandise available to help celebrate your soon-to-be graduate's accomplishments.



## Update to Work Permits

As of June 2023, guardians must apply for a work permit online using a smart phone or home device. Any child age 14 or 15 years old needs a work permit to begin work in Wisconsin.

The first step is for the child to apply for and have a job offer, then the guardian fills out online documents for a work permit. The cost for the permit is \$10. Once the work permit documentation is completed online, you can request it be sent to your child's employer. If you need assistance, the Career Center at West can help. Please email [emsternig@gbaps.org](mailto:emsternig@gbaps.org) to schedule an appointment.

Detailed instructions for work permits at: <https://dwd.wisconsin.gov/er/laborstandards/workpermit/>

## October: Keeping Kids Safe Online Month

October is a time for us to refresh our understanding of the multiple facets of Online Safety:

- Age-Appropriate Content
- Cyberbullying
- Screen Time Balance
- Digital Footprint (Digital Tattoo)
- Digital Relationships
- Open Communication
- Privacy and Security

DPI and the DOJ have been working to curate resources to support our statewide education efforts. Resources directed toward parents, educators and students can be found on DPI's webpage [Online Safety](#).

DPI has developed several student geared contests for the month of October:

- [Elementary Contest 2023](#)
- [Middle School/Junior High Contest 2023](#)
- [High School Contest 2023](#)

## IMPROVEMENTS IN ATHLETICS AT WEST THIS FALL

All of our fall sports teams have been working hard on growth this season. Fall participation numbers have gone up 11.9% from last year's season. Our community is taking notice of all the hard work! Check out [this article](#) about our football team, published by the Green Bay Press Gazette on September 21st.



## JOIN OUR BOOSTER CLUB AND MAKE A DIFFERENCE!

Are you passionate about West High School Athletics and want to be part of something special? We invite you to join the Green Bay West Booster Club and help us take our support to the next level!

🌟 **What We Do:** Our mission is to provide unwavering support to Green Bay West Wildcat Athletics and create memorable experiences for our student athletes. We are dedicated to:

- Organizing fundraisers to enhance team resources
- Creating a vibrant and supportive community
- Building lasting friendships and connections
- Promoting sportsmanship and team spirit
- Organizing and ensuring concessions stands are staffed and stocked for all events

👉 **Why Join Us:** By becoming a member, you'll have the chance to:

- Boost team morale and success
- Be part of exciting events and activities
- Make a meaningful impact in your community
- Support the growth and development of young talents

During the 2022-23 school year, our Booster Club provided over \$10,000 to help our student athletes in all sports and to update the branding in our cafeteria, showing off our WILDCAT PRIDE!

Booster Club meets the 3rd Wednesday of every month in the Thune Center (room 134) of West High School. All are welcome! Contact Donny Kensmoe at [dkensmoe@gmail.com](mailto:dkensmoe@gmail.com) or Ben Erlar at [benerlar@yahoo.com](mailto:benerlar@yahoo.com) for more information.



## in Suicide Prevention and Awareness

### What we do matters. What we do makes a difference.

18%

Eighteen percent of Wisconsin high school students who have seriously considered attempting suicide

20%

About 20 percent of Wisconsin students who identify as female made a plan about how they would attempt suicide compared to 10 percent of students who identify as male.

48%

Forty-eight percent of those Wisconsin students who identify as Lesbian, Gay, or Bisexual (LGB) seriously considered attempting suicide.

8½%

Eight and a half percent of Wisconsin high school students attempted suicide.

14%

Fourteen percent of Wisconsin high school students made a plan about how they would attempt suicide.

1 in 4

Fewer than one in four Wisconsin students who felt sad, empty, hopeless, angry, or anxious agreed that they received the help they needed "most of the time" or "always."

38%

About thirty-eight percent of Wisconsin students who identify as LGB made a plan of how they would attempt suicide

67%

Sixty-seven percent of Wisconsin students reported having at least one teacher or another adult at school they could talk to.

Each of the groups below reported statistically **higher rates** of anxiety, depression, and self-harm than heterosexual, cisgender, white males:

LGB  
Students

Students  
who  
Identified  
as Female

Food  
Insecure  
Students

Hispanic/  
Latinx  
Students

Students  
with Low  
Grades

Data from the Wisconsin 2021 Youth Risk Behavior Survey (YRBS)  
(Participating students' reported during the 12 months preceding the YRBS survey.)

(continued on next page)

# You Matter in Suicide Prevention and Awareness

(continued)

## WARNING SIGNS

Watch for changes in thoughts, behaviors, appearance, and feelings, especially if they are connected to a current or past painful experience.

### Student Voice:

- Direct (I'm going to kill myself) and indirect (I won't be bothering you anymore) (NASP 2023)
- Feeling hopeless and without purpose
- Perceived burdensomeness
- Feeling trapped or experiencing unbearable pain

### Student Behavior:

- Searching for ways or making plans to end their life
- Making final arrangements (giving away possessions, saying goodbye to family and friends)
- Increased alcohol or drug use
- Sleeping or eating too much or too little
- Withdrawing from activities, family, and friends
- Acting recklessly

### Student Emotion:

- Extreme mood swings
- Persistently sad or depressed
- Anxious, agitated, irritable, or angry
- Humiliation, shame
- Expression of relief for sudden improvement in emotion (American Foundation for Suicide Prevention n.d.)

## CARE:

If a youth expresses suicidal ideation:

- Be there - listen, show care and empathy.
- Maintain supervision and student safety while connecting the youth with a guardian/caring adult.
- Consult with a mental health professional in their life - student services professionals (school counselor, psychologist, social worker, nurse) or community therapist.

## CONNECT YOUTH TO RESOURCES:

- Dial 988 - Suicide and Crisis Lifeline
- Text "HOPELINE" to 741741
- Trevor Lifeline - <https://www.thetrevorproject.org/get-help/>

## REFERENCES:

American Foundation for Suicide Prevention. n.d. "Risk factors, protective factors, and warning signs." Accessed May 18, 2023. <https://afsp.org/risk-factors-protective-factors-and-warning-signs>

National Association of School Psychologists. Accessed May 18, 2023. <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-safety-and-crisis/mental-health-resources/preventing-youth-suicide/preventing-youth-suicide-tips-for-parents-and-educators>

Center for Disease Control and Prevention (CDC). 2021. National Center for Health Statistics. National Vital Statistics System, Mortality 2018-2021 on CDC WONDER Online Database. Accessed May 18, 2023. <http://wonder.cdc.gov/ucd-icd10-expanded.html>.

*Data from the Wisconsin 2021 Youth Risk Behavior Survey (YRBS): (Participating students' reported during the 12 months preceding the YRBS survey.)*





# ARE YOU READY TO GET A JUMPSTART IN YOUR CAREER?



## Join Youth Apprenticeship!

Youth Apprenticeship (YA) is a work-based learning experience for high school juniors and seniors. There are 16 career clusters that students can participate in, ranging from Agriculture, Food & Natural Resources, Architecture & Construction, Manufacturing, Transportation to Health Science, Finance, STEM, and IT.

### Key Components of the YA Program



#### On-the-Job

450 (minimum) hours of paid work experience in a desired career pathway



#### Related Instruction

Courses related to your career path taken at your high school or local technical college



#### Support

Your school, YA team and Employer will all provide support through each step of the program

### How can YA help me?

- Develop employability and real-world experience to accelerate future
- Create networking opportunities with potential employers
- Strengthen resume, college applications, and interviewing skills
- State-recognized certificate

### Apply Now:



School Based Coach:  
Mindy Frank  
mfrank@cesa7.org

### CAP & GOWN

### ORDER INFORMATION

All seniors to wear a cap & gown for their Graduation Ceremony



### COMPLETE PACKAGE

\$35

#### ◆ PACKAGE INCLUDES:

CAP, GOWN, CORD & TASSEL

#### ◆ NOT INCLUDED:

ADDITIONAL ITEMS  
SUCH AS YEAR DATE TASSELS AND BLING TASSELS  
CAN BE PURCHASED INDIVIDUALLY  
AT AN ADDITIONAL COST



Year Date Tassel  
\$8

Bling Tassel  
\$15



## ONLINE ORDERING DETAILS

Order Between September 4, 2023 and November 5, 2023

Go to: <https://buildagrads.com/greenbaywesths>

All orders will ship to school and arrive in time for Graduation Day

BRICKHOUSE SCHOOL SERVICES | GREEN BAY, WI

920-494-6111

[brickhouse007@new.rr.com](mailto:brickhouse007@new.rr.com)



# 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](http://brickhouse.gradclass.com)

## ORDERING & DELIVERY INFORMATION

To have your order included in shipment to school:

- Go to: [brickhouse.gradclass.com](http://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](http://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](mailto:brickhouse007@new.rr.com)

# Class Rings



*Force*



*Royal*



*Enigma*



*Stellar*



*Triad*



*Embrace*

THINKING ABOUT A CLASS RING?  
CLICK ON THIS YOUTUBE LINK: [WHY BUY A CLASS RING](#)

For a complete selection of rings, pricing, and to ORDER, go to  
National Recognition Products' website at [nrprings.com](http://nrprings.com)

FOR PRE-HOLIDAY DELIVERY, ORDER BY OCTOBER 14, 2023

LOCAL CONTACT:

SEAN BRICK | BRICKHOUSE SCHOOL SERVICES | GREEN BAY, WI



920-494-6111



[brickhouse007@new.rr.com](mailto:brickhouse007@new.rr.com)





# HELP BROWN COUNTY IMPROVE INTERNET SERVICE IN YOUR AREA

*Scan the QR Code Above or Go To  
<https://www.browncountywi.gov/broadband>*





# Looking for Affordable Internet?

## Use the Wisconsin Internet Discount Finder!

### In seconds you can:

- Find internet providers where you live
- Find free or discounted internet service
- Get help applying for federal discounts

### You already qualify for free or discounted internet service if you receive:

- Free or reduced lunch for your child
- SNAP / Foodshare
- SSI
- WIC
- Federal public housing assistance
- Badgercare / Medicaid
- Other federal benefits

Go to the **Internet Discount Finder** website at [bit.ly/find-discount](https://bit.ly/find-discount)

**Need help?** Call the Wisconsin Internet Helpline: (608) 267-3595

The Internet Discount Finder is provided free of charge by the Wisconsin Public Service Commission.

Made possible in part by the Institute of Museum and Library Services.

**Access the Internet Discount Finder on your phone right now!**

**Just point your camera at the QR code below and press “qrco.de”**



WISCONSIN DEPARTMENT OF  
**Public Instruction**