



# West High School Parent Newsletter

November 2019 | 966 Shawano Ave. | Green Bay, WI 54303 | (920) 492-2600

### Principal:

Michelle Jacobson

### Associate Principals:

Dexter McNabb

Micah Hoffman

### Athletic Director:

Sue Kuester

### Assistant Activities Director:

Mari Tomita

### Assistant Athletic Director:

Kari Petitjean

### Telephone Numbers

#### Main Office:

(920) 492-2600

#### Attendance Office:

(920) 492-2603

#### Student Services:

(920) 492-2602

### Important November Dates

15 Early Release

28-29 Thanksgiving Holiday  
(no school)

Have you had an exceptional customer service experience at West, or at any school within the Green Bay Area Public School District? Let us know!



<https://www.gbaps.org/our-district/extra-mile>

### A Message from the Principal

Congratulations!!

West High School has been steadily making gains on our state report card for the last three years. Since the 2015-16 school year, our state report card had never met expectations, but each year thereafter we have grown by an average of 3 points per year. Last year was a banner year--we went up 13.2 points! For the first time in the 6 year history of state report cards, West is in the Meets Expectations category. The current West score is now 63.3.

The increase in West's score would not have happened if our parents did not work hard to ensure that education was a priority for their sons and daughters. With parents and teachers in partnership, we can ensure students are valued and that their education is valued--making it possible for these types of gains.

As we look ahead, the goal isn't to simply be a school that meets expectations, but a school that exceeds expectations. Again, we can only do this in partnership with caring parents. The most immediate action parents can take to help boost our state report card score is to ensure students make it to school each and every day. Please reach out to Student Services at (920) 492-2602 if you need assistance in making this happen.

On behalf of all staff, congratulations! The parents here at West High School are what makes West the best!!!

### Michelle Jacobson

Principal of West High School  
"Empowered Learners Committed to Integrity"

View the full West report card:  
<http://bit.ly/West-19-Report>



Connect with us on social media @GBWestHS

## Students Need to Lock it Up!

At the start of each school year, every student in physical education is given a locker to keep their belongings safe while in class. Over the last couple of months, the physical education teachers have noticed an unsettlingly, high frequency of personal items being stolen from the locker rooms. Many students leave their belongings out on benches beside their lockers, forget to close their lockers, or leave cell phones plugged into outlets to charge. These habits increase the risk of having items stolen.

We are asking parents to remind their student of Locker Room Procedures to help prevent thefts:

1. Students are expected to keep the locker room, and lockers, neat and clean.
2. Each student is assigned a long locker with a built-in combination lock, to keep clothes, sweats, shoes and personal belongings safe. It is imperative that students lock their belongings in a long locker while in PE class. Sharing of lockers is not permitted.
3. Students must check with their locker room teacher if they have lost or left something out in the locker room. Every attempt will be made to reunite lost items with students. **It is the responsibility of the student to lock their locker and to keep his/her belongings safe.**



## New Sources of Strength Program

West High School started a new program this year for our students: a best practice youth suicide prevention project. The program—Sources of Strength—is designed to harness the power of peer social networks to change unhealthy norms and culture, ultimately preventing suicide, bullying, and substance abuse. The mission of Sources of Strength is to prevent suicide by increasing help-seeking behaviors and promoting connections between peers and caring adults. Sources of Strength moves beyond a singular focus on risk factors by utilizing an upstream approach for youth suicide prevention. This upstream model strengthens multiple sources of support (protective factors) around young individuals so that when times get hard they have strengths to rely on. We have about 50 students who are peer leaders pushing this program forward!



## Student Gingerbread Competition

We are inviting students to join us for a Gingerbread Competition on Friday, December 13 from 1:00-3:30 pm in the cafeteria. Students in grades 9-12 can form a team of 2-4 people. The entry fee is \$20 per team. Students will be creating a gingerbread house from scratch and decorating with the supplies provided.

We ask parents to encourage students to gather their friends for an afternoon of fun and festive creativity! Students can sign up in the office or with Mrs. Halada in Room 206. Entry fee must be paid at the time of registration. Deadline to register is Tuesday, December 10.



Our school district is embarking on the search for the next superintendent of schools and we are asking for your help! We want to learn your thoughts about the current state of our school district as well as what you think are the most important qualifications and characteristics for our next leader. Your feedback matters to us and we will use what you have to say to create a Leadership Profile and the framework of a job description for the new superintendent.

A focus group for parents/families has been scheduled for **November 14, 6:30 p.m., at the District Office Building (200 S. Broadway), Room 331.** We strongly encourage you to attend and provide your input - we want your voice to be heard.

You can follow the superintendent search process at the following website: [gbaps.org/superintendentsearch](http://gbaps.org/superintendentsearch)

### Chromebook Student Check-out

Green Bay West High School students are issued a Chromebook for instructional use. Chromebook check-outs allow students to have access to digital learning resources both during the school day and outside of the school day. Students are required to bring their charged Chromebook along to class daily. Students that forget their assigned Chromebook can check out a "loaner" Chromebook from the LMC and return it before the end of the school day. Lost or damaged Chromebooks should be reported to the LMC immediately. Students that withdraw from GBAPS should return their Chromebook and cord to the LMC before leaving the district.

If you have any questions or LMC issues please contact our Library Media Specialist, Clare Putman at 492-2600.

### Elevator Passes

The elevator at West is now equipped with a security badge-reader. Students who need an elevator pass can get one in the Main Office. Students are asked to bring a note from their doctor, an athletic trainer or other medical professional stating how long they will need to use the elevator. Passes must be returned at the end of the designated time period. A \$10 fee will be charged for lost or damaged elevator passes.

### West Head Wear Policy

The school board recently released its new head wear policy. Despite the update, the policy at West has not changed. Our head wear policy is:



"In public areas students will be allowed to wear headwear. The rules for head wear are the same as for any other item of clothing. Offensive and inappropriate items will not be allowed. In the classroom, the teacher will create their own rules around head wear. Teachers will discuss the rules with students and publish their expectations."

### Winter Gear

As we enter cold weather season, we want to be sure all students are appropriately dressed outside. If your student is in need of winter gear such as a coat, hat or gloves, please speak with a social worker to get necessities from the Cat Clawset.



West's Cat Clawset is a resource for students who may not have essentials they need to have a successful day.

## November Events

<b>15 Early Release</b>		<b>24 Boys' Basketball</b>	<b>6:00p</b>
<b>15 Student Athlete Leadership Team</b>	<b>1:00-2:30p</b>	Parent Meeting	
<b>18 Wrestling Varsity</b>	<b>3:30p</b>	<b>26 Girls' Basketball JV1 Game</b>	<b>5:45p</b>
first day of practice		vs Wausaukee	
<b>18 Booster Club Meeting</b>	<b>5:30-6:30p</b>	<b>26 Boys' Basketball JV Game</b>	<b>5:50p</b>
<b>18 Boys' Basketball Varsity</b>	<b>6:00p</b>	@Kiel High School	
first day of practice		<b>26 Girls' Basketball Varsity Game</b>	<b>7:00p</b>
<b>21 Girls' JV1 Game</b>	<b>5:45p</b>	vs Wausaukee	
vs Bonduel		<b>26 Boys' Basketball Varsity Game</b>	<b>7:15p</b>
<b>21 Girls' Varsity Game</b>	<b>7:00p</b>	@Kiel High School	
vs Bonduel		<b>28-29 Thanksgiving Holiday Break</b>	
<b>22 Boys' Basketball Varsity &amp; JV</b>	<b>4:00p</b>	<b>30 Girls' Basketball JV1 Game</b>	<b>1:30p</b>
Scrimmage @Hilbert High School		@Algoma High School	
<b>22 Spooky Movie Night</b>	<b>5:00p</b>	<b>30 Girls' Basketball Varsity Game</b>	<b>3:00p</b>
Movie night and bake sale		@Algoma High School	
		<b>30 Hockey Boys Varsity Game</b>	<b>6:50p</b>
		at Ponds of Brookfield Ice Rink	

Looking for Club meetings? Visit <http://bit.ly/WestClubMeet>

## Ways to help your Wildcats have an engaging high school experience

Here at West, we offer many activities to keep our students engaged while they try new things, expand on what they enjoy, and learn to become a part of a community. To make the most of each activity, many of the clubs and groups are asking for help in various ways, ranging from volunteers to donations. Please consider getting involved in any way you are able.

### Support West Basketball

The boys' basketball team is seeking monetary donations for gear, uniforms and more. Check out the video they made about their efforts and donate at this link: [bit.ly/Support-West-Basketball](http://bit.ly/Support-West-Basketball)

Want to wear your support for West's basketball teams? You can purchase custom Green Bay West Basketball apparel through our online store: <https://ktforms.com/forms/19879>  
Access Code: GBWBB19  
Apparel can be ordered through November 18.



*Alice in Wonderland*  
December 5, 6 & 7

### Volunteer to Help with the Fall Play

Our theater department needs help with selling tickets, ushering attendees, and refreshments during the evenings of our fall play on December 5, 6, and 7. We are also looking for families to bring in cookies to serve after each night's performance.

Check out our Volunteer Page to learn more and sign up: [https://west.gbaps.org/current\\_families/volunteer\\_opportunities](https://west.gbaps.org/current_families/volunteer_opportunities)



## WATCH WILDCATS ATHLETICS ALL YEAR LONG

**Watch the Green Bay West Wildcats on the NFHS Network!**  
The NFHS Network is your home for LIVE  
Wildcats athletics.

Get unlimited access to watch all Wildcat events this year on the NFHS Network. We've invested in new technology that will bring you every game from our field and gym LIVE.

Full access to ALL content on the Network:

- All of your school's live and on-demand sports broadcasts
- All other sporting events from around the Nation!

Friends and family members who can't make the game will never miss a play again!



**NFHS  
NETWORK**

Watch from anywhere



iOS



Android



Any browser

Subscription Options for Wildcats Fans

Annual Pass- \$69.99

Monthly Pass- \$10.99/month

Visit [www.NFHSnetwork.com](http://www.NFHSnetwork.com) - Search for **Green Bay West** and  
Subscribe and Follow

### AVID Needs Your Support

Advancement Via Individual Determination (AVID) is seeking donations to help cover the cost of college tours, pre-college testing, and college application fees. Donations can also help to create scholarship opportunities for students.

Learn more or share the fundraiser at: <http://bit.ly/West-AVID>

### Instrument Donations for IB Personal Projects

West is seeking donations of any instruments that you may have lying around. Instruments will be used by students during their IB Middle Years personal projects to explore a new creative outlet. All instrument donations can be dropped off in the main office.

### Blood Drive Impact

On Tuesday, November 5th the American Red Cross held the first of three Blood Drives this year. Green Bay West donated 23 units of blood. This contribution makes a significant impact. Many students and staff support this drive from donation, working the drive, encouraging new donors, excusing students from class to donate, and volunteering time to prepare. This truly takes a community effort! Our next drive is in January. If interested in donating please contact Ms. Smith [rsmith@gbaps.org](mailto:rsmith@gbaps.org)

**Uninsured or under insured?  
You may qualify for low or no cost services**

**Our Community Health Clinics Provide:**

- Confidential & affordable care for men and women of reproductive age.
- Physical exams and health education
- Pregnancy testing
- Cervical and breast cancer screening
- Most methods of birth control
- STD testing and treatment
- LGBT Friendly
- Bilingual staff
- Local experts in family planning and reproductive health

**New Services Offered:**

- Family practice for Acute and Basic Chronic Healthcare for those ages one to adult including adult and child wellness exams.
- Uncomplicated Diabetes
- Hypertension
- Ear, nose and throat infections
- Urinary Tract Infections
- Colds



**Green Bay Newcap Community Health Clinic | 1540 Capitol Drive, Green Bay, WI 54303 | 920-430-1350**  
**Hours: Monday—Thursday: 8 am—5 pm; Friday: 8 am —12 pm**

**Resources for STD and STI Prevention in Adolescents and Youth**

*Sexually transmitted diseases (STD) and sexually transmitted infections (STI) are an important health concern for sexually active adolescents. The following resources offer a wealth of tools and data on STD/STI prevention for adolescents.*

**YTH (Youth, Tech and Health)** is a great website for young people interested in learning more about their health and wellness involving tech. [youth.org](http://youth.org)

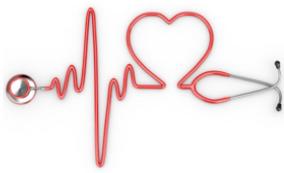
**Advocates for Youth** works alongside thousands of young people here in the U.S. and around the globe as they fight for sexual health, rights and justice. Advocates for Youth is also a great website surrounding curricula and information that is youth/guardian and educator friendly. [advocatesforyouth.org](http://advocatesforyouth.org)

**Planned Parenthood** does research into and gives advice on contraception, family planning and reproductive problems. The following article provides information safer sex—protecting yourself and your partners from transmission of STDs. Safer sex helps you stay healthy and can make sex better: <https://www.plannedparenthood.org/learn/stds-hiv-safer-sex/safer-sex>

Join the Physical Education staff on Thursday, November 28, 2019, at 8 am for the 2019 Turkey Trot. The Turkey Trot will be held at Lambeau Field, 1265 Lombardi Avenue, Green Bay, WI.

[www.festivalfoodsturkeytrot.com](http://www.festivalfoodsturkeytrot.com)





## Notes from the School Nurse

Flu season is coming! There have already been a few cases in the United States. The CDC recommends getting your flu shot by the end of October. Remember, it takes 2 weeks for your body to make antibodies to protect you from the flu after receiving your flu shot.

Last year, 138 children died from the flu in the United States and most of them were healthy without any high-risk medical conditions. Children who receive the flu vaccine decrease the risk of flu-associated death by 65%.

You should keep your child home if they have a fever. Remind your child to cover their nose and mouth with a tissue when they cough or sneeze. Tissues should be thrown in the trash immediately after use and hands should be washed with soap.

### Places to get your flu shot:

- Your family doctor
- Local pharmacies, usually at no cost with most insurances
- Brown County Public Health, which has free flu shots for children who are eligible starting in November. A limited supply of flu vaccine available for adults 19 years and older at a cost of \$30. Call Public Health 448-6445 for an appointment

Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Headache	Rare	Common

#FIGHT FLU

## A Nurse's Guide for When to Stay Home from School

**Fever** is the body's way of destroying the germs making it sick, and it's a common symptom of infections. Keep your children home if their temperature is 100° F or higher. Wait until children are fever-free without a fever reducing medication before letting them return to school.

**Diarrhea** is often the result of infection, food poisoning, or a side effect to medications like antibiotics. If your child is not having pain, not having diarrhea frequently (2 or more in 24 hours) and can make it to the bathroom and wash hands well after using the bathroom they can come to school.

**Vomiting** is another way for the body to rid itself of the germs making it sick, and is usually caused by a stomach virus or stomach infection. Keep children home if they've vomited twice or more in the last 24 hours. They can return to school when they are symptom free and tolerating fluids.

**Sore throat** can be a symptom of strep or a common cold. If your child has been diagnosed with strep throat, keep your child at home for at least 2 doses of antibiotics or 12 hours after starting antibiotics. If your child has a mild cold, sore throat with no fever it is okay to go to school.

**Pinkeye (conjunctivitis)** The American Academy of Pediatrics no longer recommends staying home from school for pinkeye unless a child is not able to avoid touching their eye, has a fever over 100°F or the doctor recommends they stay home.

**Rashes** generally are okay to attend school. You can call the school nurse to assess if you are concerned. If there is a fever with the rash keep your child home.

- Scabies: they may return to school once the treatment is completed. They will still have itching and rash for several weeks.
- MRSA infections: they may return as long as on treatment from a doctor and any drainage from a wound can be covered.
- Ringworm: they can attend school. Should keep area covered by clothing or bandage.
- Chicken Pox: they must stay home until all pox are scabbed over.
- Impetigo: they must stay home until lesions are treated with antibiotics for at least 24 hours or lesions are crusted over.
- Hand Foot & Mouth: can attend school unless a fever is present, child is unable to maintain good hygiene, or consistently drooling

**Lice** we do not exclude from school, once identified, we notify the parent and the expectation is that they be combed out, treated and return to school the next day.

**Earaches** are not contagious. There's no need to keep a child with a mild earache home.

**Mild cold or respiratory symptoms** are no reason to keep children at home. A persistent productive cough may be a sign of contagious conditions such as whooping cough, viral bronchitis, pneumonia, influenza or croup and may need medical evaluation.