



# WEST HIGH SCHOOL NEWSLETTER



## WEST HIGH SCHOOL

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**Main Office:**  
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(920) 492-2603

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(920) 492-2602

**LMC:**  
(920) 492-2733 ext. 43044

@GBWestHS



## IMPORTANT DATES IN SEPTEMBER

- 29 Homecoming Game
- 30 Homecoming Dance



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

## Message from the Principal

Dear West Community,

I am thrilled to introduce you to our new Associate Principals at West High School who will be instrumental in ensuring the safety and fostering the education of your sons and daughters. Please join me in welcoming Ms. Heather Zelzer and Ms. Katie Zacarias to our administrative team.

We are committed to transparency and empowering each student to pursue the education that best suits their individual needs and aspirations. Your support is invaluable to us and we want you to know that our doors at West High School are always open. We believe that collaboration and communication between educators, students and parents are essential in creating a thriving learning environment.

Ms. Zelzer and Ms. Zacarias bring a wealth of experience and dedication to their roles. I am confident that their contributions will help us continue to provide the highest quality education and a safe, nurturing environment for all of our students.

We look forward to working together with you to make this school year a successful and enriching experience for everyone. If you ever have any questions, concerns or ideas to share, please do not hesitate to reach out. Your feedback is essential as we strive to create the best possible educational environment for your children.

Thank you for being a part of the West Community, we are excited to embark on this journey with you.

Sincerely,

Dexter McNabb, Principal of West High School

## Devices, Technology Help and Books

### Chromebook Student Check-Out

All 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 to class daily. Students who forget their assigned Chromebook may 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 who withdraw from GBAPS District should return their Chromebook and cord to the LMC before leaving the District.

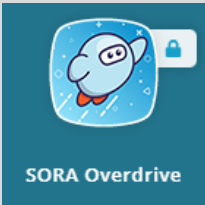
### Kajeet SmartSpot® Devices for Student Wi-Fi at Home

Students without home WiFi can check out a WiFi hotspot in the LMC.



### Library Book Check-Out

Students are encouraged to check out books from the LMC. Students may check out up to five books at a time with a due date of one month. Please ask your student to check their school email for library overdue notices. The West LMC does not charge overdue fines, but we ask students to return materials in a timely manner so others may use them.



### Featured App: SORA: E-Books, Audiobooks & Online Magazines

Interested in checking out e-books? Check out SORA on Classlink Launchpad, use the Google sign-in and choose Green Bay Public Schools. Formats include e-books, audio books and magazines. There is also an app for SORA available in all app stores.

### 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.

## Sophomore Personal Projects



The Personal Project is a requirement for all Sophomores. It is meant as a showcase to demonstrate learning that occurs on their own, outside of the normal school curriculum. Projects are internationally and locally assessed on students' ability to learn something new and the reflection of the process of learning, rather than the end product. The Personal Project represents a minimum of twenty-five hours of outside work during the school year. During the year, they will meet with an assigned teacher (listed in period 10 of their schedule) to help guide them through the process and reflections on

their work. They will ultimately submit a report with evidence, bibliography and an Academic Honesty Form, to be graded by the International Baccalaureate Organization.

The Personal Project encourages students to practice and strengthen their Approaches to Learning (ATL) skills, to consolidate prior and subject-specific learning, and to develop an area of personal interest. This is an excellent opportunity for students to produce a truly personal and often creative product/outcome and demonstrate a consolidation of their learning through the Middle Years Program (MYP).

# Message about Dogs on School Grounds

The safety of all students is the priority of the Green Bay Area Public School District. The District appreciates that for some of our families, a pet is also an important member of the family. That being said, some students are uneasy around animals and some animals are uneasy around other children, creating potential safety risks. Therefore, family pets (such as dogs) should not be brought into school buildings or onto school property during the school day while school is in session or while staff and/or students are present. This includes during student drop-off/pick-up times and lunches. If an animal is brought during these times, a building administrator may ask that the animal be removed from school property. Additionally, animals are not allowed within outdoor school fields or stadiums during school-sponsored activities, with the exception of Service Animals. The District is not responsible for any damage or injury to persons, property, or the animal that results from any animal present on school property or at school-sponsored activities.

Additionally, for school playgrounds that are a part of Green Bay city parks, in accordance with City of Green Bay Ordinance Sec. 28-4 domesticated, privately-owned animals (including dogs) are prohibited in any part of the city parks unless it is a service animal.

If you are bringing a dog with you during drop-off or pick-up, we ask that you wait across the street and have your child walk to school or to you using the crosswalk. Should you have any questions, please contact your building principal.



## Update to Work Permit Process

As of June 2023, guardians/households must apply for a work permit online using a smart phone or home device. Any child aged 14 or 15 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 will need to print it. If you do not have access to a printer, the Career Center at West can help with printing the document. Please email [emsternig@gbaps.org](mailto:emsternig@gbaps.org) for assistance.

Detailed instructions for how to obtain the work permit are available at: <https://dwd.wisconsin.gov/er/laborstandards/workpermit/>



## Students Looking for Work

For any student at West High School looking for employment after school and on weekends, we offer support in looking for a job, applying and preparing for an interview. The Career Center, located in Room 219 of West High School, is where students will find Liz Sternig available to help them with the process. Students should stop in the room or email [emsternig@gbaps.org](mailto:emsternig@gbaps.org) to set up an appointment.

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# Opportunity for Juniors & Seniors to Explore Careers

N.E.W. Youth Apprenticeship (NEWYA) is currently enrolling students for the 2023-24 school year! NEWYA is a program for Juniors & Seniors that allows students to explore their career interests while earning High School credits and getting paid to do it! Completion of the program earns students a State-Issued Skill Certificate from the Wisconsin Department of Workforce Development. Colleges view this certificate similarly to AP courses or Dual College Credits earned when applying. This certificate can also be used on your resume when applying for jobs or internships.



## Pathway Possibilities

- **Agriculture, Food & Natural Resources:** Animal Pathway, Plant Pathway, Water Resources Pathway, Agriculture Mechanic Pathway
- **Architecture & Construction:** Carpentry, Electrical, Heavy Equipment, Masonry, Mechanical/HVAC, Sprinkler/Plumbing, Drafting, Gas, Utilities
- **Arts, A/V Technology & Communications:** Graphic Design, Pre/Post Press Operator, Media Broadcast
- **Business Administration:** Administrative Professional, Human Resources Professional
- **Education:** Early Childhood Education Assistant, School Age Education Assistant
- **Finance:** Accounting Services, Banking, Insurance
- **Health Science:** Dental Assistant, Medical Assistant, Nursing Assistant, Resident Aide, Ambulatory Support, Pharmacy Technician, Medical Office, Dietary Aide, Medical Lab Assistant, Medical Imaging, Optical Assistant, Phlebotomist, Physical Therapy Aide
- **Hospitality, Lodging & Tourism:** Food & Beverage, Lodging, Meetings & Events
- **Information Technology:** IT Broadband Technician, IT Essentials, IT Network & Security, IT Software & Application Development
- **Manufacturing:** Welding, Industrial Equipment, Assembly & Packaging, Manufacturing Process, Machining, Production Operations
- **Marketing:** Professional Sales, Merchandising, Communication & Research
- **Science, Technology, Engineering & Math:** Engineering Drafting, Bioscience
- **Transportation, Distribution & Logistics:** Auto Technician, Diesel Technician, Auto Collision, Supply Chain Management, Aviation Maintenance, Airport Operations Management

For more information, or to enroll, contact West High Youth Apprentice Coach Mindy Frank about enrolling at [mfrank@cesa7.org](mailto:mfrank@cesa7.org) or 920-764-2552.

## HOMECOMING 2023

This year's Homecoming week will be September 25th - 30th. The Homecoming game will be a home game against East High School on Friday at 6 pm. Our Homecoming dance will be held at West High School from 7-10 pm, with the last admittance at 9 pm.

In order to attend the Homecoming game or dance, students:

- Must not have any administrative required referrals
- Must not have any suspensions
- Must be in attendance 80% of the time



Guest pass forms are available from Ms. April in Attendance, and must be returned by September 27th at 3 pm. No middle schoolers or people age 20 and older allowed.

West's Homecoming parade will be held after school on Friday and will be routed from Reed Street to Oneida Avenue, to Oregon Street, then to Gray Street. A hot dog cookout will be held between the parade and football game.

## Innovative Partnerships in Public Education to Eliminate Barriers in STEM

Green Bay West High School's Serious About Stem program and the Department of Human Biology at UW-Green Bay formed a partnership to inspire and prepare the next generation of scientists and healthcare professionals by immersing female high school students in the International Course-Based Undergraduate Research Experience (CURE) curriculum known as Tiny Earth. Tiny Earth is a form of active learning that offers a scalable way for all students to obtain college-level research experience, leveling the playing field and closing the gap for students, especially those from historically excluded communities. The course provides students with the opportunity for original thinking and scientific discovery of new antibiotics to address the world crisis of antibiotic resistance, capturing the very aspects of science that inspire students to pursue STEM careers.



Students are inspired not just by the chance to do authentic research, but also to be a part of a global effort addressing a public health crisis. West High School students participate in a skills-development camp (9-12pm) for 2 weeks on the UW-Green Bay campus in August to prepare them with the concepts and skills necessary to conduct Tiny Earth research over 14 weeks at UW-Green Bay during the fall semester. The students present their findings at the Tiny Earth winter symposium at the Lambeau Field Atrium each December.

The development, evolution and teaching of the Tiny Earth project is the result of efforts by Bonnie Gonzales (West High School, Math), Lisa Merkel (West High School, Science) and Brian Merkel (UW-Green Bay, Chair of Human Biology). Project success is strengthened by the participation of former Tiny Earth students, including student mentors from UW-Green Bay and West High School.

This year's participants are: Desahni Thao, Brenna Ruonavarra, Chole Burton, Laxamee Vue, Nikki Xiong, Ana Garcia Calva and Jessenia Cruz. All seven participants successfully completed this course work and earned one (1) college credit. Olivia Vang and Fatuma Umberwa acted as peer mentors during the Lab Skills Portion of this Camp.

These seven participants will continue their research starting on Wednesday, September 13th. They will present their findings on Monday, December 11th, at the Tiny Earth Winter Symposium held at Lambeau Field.

# JUNIORS SHOULD CONSIDER TAKING THE PSAT

The Preliminary SAT/National Merit Scholarship Qualifying Test is a great tool for students considering college. The PSAT/NMSQT measures critical reading skills, math problem-solving skills and writing skills. The Green Bay Area Public School District recommends that 11th graders take the PSAT/NMSQT in order to receive feedback about academic strengths and areas for improvement, to be eligible for National Merit Scholar scholarships, and to help prepare for the SAT.

The PSAT/NMSQT is an optional exam offered to all 11th grade students in the District and will take place on Tuesday, October 31st, 2023, at West High School. The cost of the exam is \$20. There is a limited number of exams, so we recommend that interested students register as soon as possible. Registrations will be awarded on a first-come, first-served basis.

Online exam registration opens on Wednesday, September 13th, and ends on Wednesday, September 27th. In order to register, students should use their school's link below. To complete registration, students must answer all required questions and will receive a confirmation page. Please have a debit or credit card available before beginning registration.

Juniors with a Free or Reduced Lunch status will have the exam fee waived and should apply for the waiver when they register.

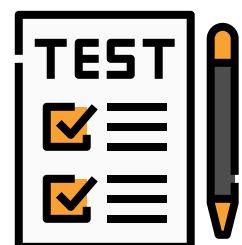
## Registration Links

- East: <https://user.totalregistration.net/PSAT/500790>
- Preble: <https://user.totalregistration.net/PSAT/500795>
- Southwest: <https://user.totalregistration.net/PSAT/500813>
- West: <https://user.totalregistration.net/PSAT/500815>

Important dates for the registration process:

- Wednesday, September 13th at 5:00 am - Registration Begins
- Wednesday, September 27th at 5:00 pm - Registration Ends
- Wednesday, September 27th - Registrations that have not been paid will be canceled. Exam will go to a waitlist recipient.

If you or your student are having issues with registration, please reach out to our Career Center Coordinator, Liz Sternig, in room 219.



## BENEFITS OF WALKING 30 MINUTES A DAY

Walking is a simple and accessible form of exercise that offers numerous health benefits:

**Weight management:** Walking can help you maintain a healthy weight or aid in weight loss by burning calories. The intensity and duration of your walks influences the number of calories burned.

**Cardiovascular health:** Regular walking can improve your cardiovascular fitness by strengthening the heart, lowering blood pressure, and improving circulation. It reduces the risk of heart disease, stroke and other cardiovascular conditions.

**Mental wellbeing:** Walking has been shown to have positive effects on mental health. It can help reduce symptoms of anxiety and depression, improve mood, boost self-esteem and promote better sleep.

**Bone & joint health:** Walking is a weight-bearing exercise that helps improve bone density and strength, reducing the risk of osteoporosis. It also keeps the joints mobile, lubricated and may alleviate joint stiffness and pain.

**Improved digestion:** Walking aids in digestion by stimulating the muscles of the abdomen and intestines, promoting more efficient movement of food through the digestive system. It can help reduce the risk of constipation and improve overall gut health.

**Enhanced immune function:** Regular moderate-intensity exercise like walking can strengthen the immune system, making you less susceptible to common illnesses and infections.

**Diabetes management:** Walking can assist in managing blood sugar levels, improving insulin sensitivity and reducing the risk of developing type 2 diabetes.

**Increased energy levels:** Engaging in regular walking can boost your energy levels by increasing oxygen flow throughout the body, improving cardiovascular fitness and releasing endorphins, which are natural mood enhancers.

**Improved cognitive function:** Walking has been linked to better cognitive function and memory. It can enhance brain health and reduce the risk of cognitive decline and age-related diseases such as dementia.

**Longevity:** Studies have shown that regular walking is associated with a longer lifespan. It contributes to overall health and reduces the risk of chronic diseases, thereby increasing life expectancy.

### How many calories does walking burn?

The number of calories burned during walking depends on various factors, including your body weight, walking speed, distance covered, and terrain. Here are some approximate calorie expenditure estimates for a 30-minute walk at different speeds for an average-weight adult (around 155 pounds or 70 kilograms):

- Casual walking (2 mph or 3.2 km/h): Around 105 calories burned.
- Brisk walking (3.5 mph or 5.6 km/h): Approximately 140 calories burned.
- Fast-paced walking (4.5 mph or 7.2 km/h): Approximately 185 calories burned.
- Power walking (5 mph or 8 km/h): Around 220 calories burned.



Keep in mind that these are general estimates and individual calorie expenditure may vary. Factors such as body composition, fitness level, and metabolism can influence the actual calorie burn. Additionally, walking on an incline or challenging terrain can increase the intensity of the workout and lead to higher calorie burn.

To get a more accurate estimate of the calories burned during walking, you can use wearable fitness trackers, smartphone apps, or online calculators specifically designed for this purpose. These tools take into account personal factors like age, weight, height, and walking speed to provide a more tailored estimate.





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**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.

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