



CHARLES H. WALSH SR. ACADEMY & CAREER TECH HIGH SCHOOL



Walsh Academy

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Upcoming Events

4/7-4/18 - ACT and PreACT
testing
4/29 - Q4 Ends
4/30 - May Term classes
begin

Greetings and Happy Spring!

As spring blooms around us, a renewed sense of energy and enthusiasm is filling the halls of Walsh Academy. April is a season of growth—not only in nature, but also within our school community—as our students continue to embrace new challenges, expand their learning, and engage meaningfully with one another.

This month marks a significant academic milestone as our students prepare to complete the ACT. We are incredibly proud of the dedication, focus, and perseverance they have shown throughout the preparation process. Special thanks go to our teachers and staff for their unwavering support, and to our families for the encouragement they provide at home. These partnerships are essential to student success.

We are also inspired by the high levels of student engagement taking place across campus. Our Student Council has launched a school and community-wide food drive for the month of April, in collaboration with Niles Public Works, the Police Department, Village Hall, and Niles Family Services. This initiative reflects the spirit of compassion and service that lies at the heart of our school's mission.

Creativity continues to thrive at Walsh Academy as well. The Art Club is transforming our hallways with stunning murals that showcase student imagination and talent. These works of art not only enhance our learning environment but also offer students a meaningful way to express themselves and leave a lasting mark on our school.

As we approach the final stretch of the school year, let us continue to support one another and celebrate the remarkable growth we see each day—academically, socially, and artistically. Together, we are cultivating a school community where every student is valued, empowered, and inspired to reach their fullest potential.

Be Safe,

Dr. Ann M. Craig, Ed.D.

Principal / Director of Educational Services



Health Beat: Stress Awareness

By: Tracy Mullen – School Nurse

Hello, Walsh Students and Staff!

April is National Stress Awareness Month, a great time to reflect on how stress affects us and how we can feel better. Stress is a normal part of life, but when it builds up, it can affect both our mind and body.

How Stress Affects Us

Stress can lead to:

- **Mental Effects:** Anxiety, difficulty focusing, feeling overwhelmed
- **Physical Effects:** Headaches, stomachaches, muscle tension
- **Emotional Effects:** Irritability, sadness, frustration



Tips to Destress

Here are a few simple ways to manage stress:

1. **Take a Break:** Step away from tasks and take a short walk.
2. **Practice Deep Breathing:** Breathe in for 4 seconds, hold for 4, and breathe out for 4.
3. **Move Your Body:** Stretch or try some yoga to release tension.
4. **Talk to Someone:** Share your feelings with a friend or trusted adult.
5. **Get Creative:** Draw, write, or do something artistic to relax.
6. **Listen to Music:** Play calming tunes to boost your mood.

Remember, it's okay to take care of yourself, and I'm here if you ever need support!

Take care,
Your School Nurse, Tracy Mullen, RN

Classroom Corner

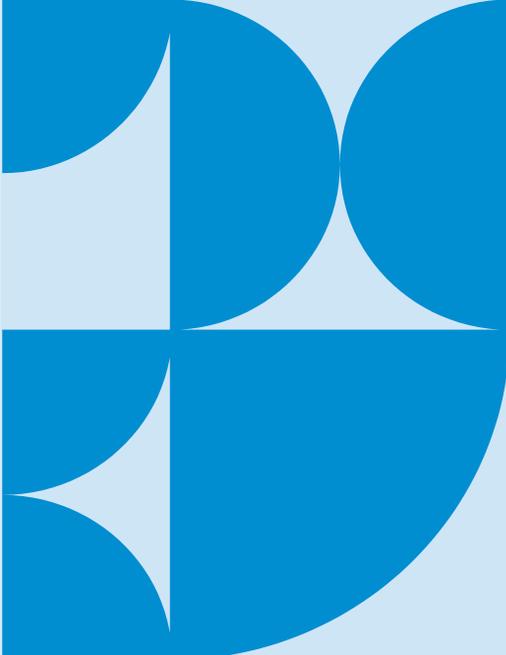
By: Natalie Greenfield – Teacher

Students have arrived back from spring break and are fresh and ready to finish the year out strong. Quarter 4 ends April 29th and leads into May Term beginning April 30th. There are many things to look forward to this month, such as Earth Day happening on April 22nd. Let's rotate around the world to see what our teachers are up to this month.

- Mr. T's class is focusing on grammar in their English class. The students are engaged throughout the fun lessons.
- Mr. Steve's class is repairing bikes in and preparing to move on to small engine repairs in their CTE elective. This class teaches great skills to each student across all subjects.
- Ms. L's class is completing an advertising project in consumer education. This allows students to explore different types of advertisements and how they affect different people.
- Shapes and lines are very important to learn about in Geometry. Ms. K's class is moving towards a unit on 3d shapes.
- Ms. Beth's class is learning about physical science. This brings in a lot of real-world information to help them in life.
- Mr. Robert's class is learning about the Constitution and the American Revolution in U.S. History.
- In Civics, Mr. Justin's class is learning about the different types of government in America.

The change in the weather is helping to lift students' spirits and gets them excited for summer coming right around the corner!





Getting to Know Us!

By: Joel Gonzalez – Administrative Assistant

This month we will be highlighting Manny, a 15-year-old student going into his sophomore year in Mr. Justin's class, and Ms. Katya who's in her second year as a Counselor at Walsh Academy.

Manny enjoys spending time with classmates and getting to know the staff at Walsh. During his free time, he likes to watch his favorite TV show and spend time with his pets.

Ms. Katya is a counselor and currently works alongside Ms. Kris & Ms. Martha. Ms. Katya enjoys building relationships with her students and spending time with her dog (Rizzo) and rabbits.



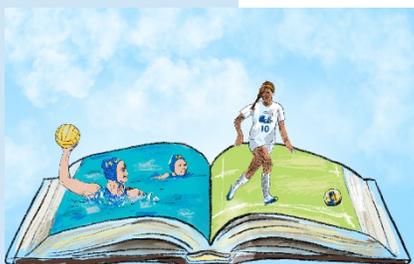
Sports Report

By: Dan Baffin – PE Teacher

As spring has come roaring in, the thunder of bowling pins can be heard as the CAAEL bowling season has kicked off. After our first match, Will leads the team with a high score of 103, followed by Brandon at 80, and Tessa with a 75. For CAAEL we take our team's top 5 scores and average them together. We finished our first week with a team average of 77.4. We had 11 students participate in the first week, which is a bowling team record. Keep up all the great work in your classes, team, so we can see you on the lanes!

Walsh Academy will also be playing their first soccer game of the year on April 11th. Students are excited and ready to go and compete out on the pitch. We can't wait to see you all on the field competing, having fun, and making lifelong memories.

What is your favorite color?	
M - Purple	K - My favorite color is green.
What is/was your favorite subject in school?	
M - Gym because volleyball is too easy.	K - My favorite subject in school was biology.
Have you ever had a nickname?	
M - Chakko	K - My nickname in college was Gato.
What is your favorite holiday?	
M - April Fool's Day	K - I don't have a favorite holiday, but if I had to pick one, I would say Halloween.
What is something you've done that you are proud of?	
M - Beating Mr. Justin (teacher) in Volleyball.	K - I was very proud of myself when I received my Masters.
What is your favorite movie, show, and/or book?	
M - <i>The Boondocks</i>	K - My favorite movie is <i>Titanic</i> , my favorite show is <i>The Nanny</i> , and my favorite book is <i>The Silent Patient</i> by Alex Michaelides.
If you were a superhero, what powers would you have?	
M - Immortality	K - I would love to teleport to places.
Tell us something interesting about you.	
M - I got a pet squirrel, rabbit, and racoon.	K - I love animals and currently have 2 rabbits and a dog. I'm hoping to get a pig and more dogs in the future.
What is the best part about being a student/staff at Walsh Academy?	
M - My classroom team, Justin, Melissa, and sometimes Doug.	K - I love that I have an amazing, supportive team. I also love how unique our school is and having the opportunity to build great rapport with the students.



What's Happening at Walsh?

Guests Speaker Supports Students

By: Mark Trerotola – Teacher and

Walsh students were graced with the presence of guest speaker and author, Angalia Bianca the week before we went on spring break. Ms. Bianca works as a violence interrupter on the streets of Chicago and was appointed as a goodwill ambassador for Golden Rule International by IChange Nations (an affiliate of the United Nations). She's described as a former criminal, a master manipulator, and a brilliant con artist. Once a woman with a littered past that included spending 12 years in prison for forgery, embezzlement, drug dealing, and theft, Bianca is now an invited guest to speak at events across the country and around the world. During her visit here at Walsh Academy, Bianca visited each classroom and shared her experiences of being homeless and trying to figure out her next steps for survival on the streets. Students were given a first-hand account of the troubles that Bianca had to face only to rise up and become the person she is today. Her message of resilience and determination was one that surprised a lot of students. The questions from the students were a clear sign that Bianca was able to relate with some of their own experiences. She was able to give the students the message not to give up when faced with challenges that may seem unconquerable. The story of her challenging life can be read in her recent book, *In Deep: How I Survived Gangs, Heroin, and Prison to Become a Chicago Violence Interrupter*.

CTE Update:

Culinary Arts Pave the Way to a Successful Future

By: Raven Campbell – Paraprofessional/Job Coach



This year, thanks to our new state-of-the-art facility at Walsh Academy, we are focusing on teaching our students valuable life skills such as cooking, food preparation, and dishwashing. Under the guidance of our Chef, Mr. Zach, students are collaborating on recipe creation and honing essential kitchen skills like cutting, dicing, and slicing fruits and vegetables.

Mr. Zach is also introducing students to a variety of cooking techniques, including broiling, baking, and searing meats, all designed to enhance flavor and elevate different dishes. We've even had some fun experimenting with creative beverages, such as recreating the Shamrock Shake using peppermint extract and a whipped cream topping!

In addition to culinary skills, students are learning the importance of dishwashing and kitchen cleanliness. Our cafeteria is equipped with all the necessary tools for proper sanitization, and students spend time cleaning and preparing for the daily lunch service.

After lunch service, we shift gears to teach our students about laundry. They are learning how to wash and dry aprons, dishcloths, and kitchen towels as part of their routine, helping them build important life skills for the future.



NOTICE: April Food Drive

Walsh Academy's Student Council is hosting a Food Drive in Niles throughout the month of April! Please join us in supporting local families in need by donating non-perishable food items, toiletries, and paper products at any of the following municipal buildings:

- Niles Village Hall – 1000 Civic Center Drive
- Niles Police Department – 7000 Touhy Avenue
- Niles Fire Station – 8360 Dempster Street
- Fitness Center – 987 Civic Center Drive
- Senior/Family Center (1st Floor) – 999 Civic Center Drive
- Public Services Administration – 6849 Touhy Avenue



Look for the Food Drive Boxes decorated by Walsh Student Council!

Thank you for your generosity!