



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



Walsh Academy

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Upcoming Events

4/1 Back from Spring Break
4/4 Progress Reports Out
5/2 End of Quarter 4

Dear Walsh Academy Community,

On behalf of the entire staff, we hope everyone had a relaxing and enjoyable spring break. With warmer weather returning, we're excited to return to a busy and productive semester at Walsh Academy. We've successfully transitioned to our new location and established a strong sense of routine, which will be crucial as we prepare for upcoming events.

This week marks State Testing for our students. We commend Ms. Donna for her exceptional work in leading the preparation process and ensuring a smooth testing experience for everyone.

Looking ahead, we're thrilled to announce exciting opportunities for both the May Term and Extended School Year programs. These programs offer students the chance to earn additional academic credits while participating in enriching activities like field trips, all-school events, and outdoor adventures such as canoeing and team-building courses. We strongly encourage all students to explore these options, as they can significantly enhance their learning experience.

We are committed to continually expanding our vocational training programs. The wood shop is nearing completion, and we have a dedicated teacher working towards certification to lead this exciting new offering. We are also collaborating with the Plumbers Union and their training school to establish functional plumbing and welding labs. Existing programs include a small engines class with support from the Dimeo Brothers construction company, podcasting, computer technology, and the culinary arts classroom within the CTE extension program under the supervision of Chef Zachary.

As the semester progresses, our excitement for graduation grows. This day holds immense significance for our entire school community, and this year, we are particularly thrilled to celebrate this milestone in our brand-new facilities. We eagerly await the moment when our graduating class takes center stage, their hard work and achievements shining brightly.

Thank you and be safe,

Ann M. Craig
Principal /Director of Educational Services



Health Beat:

Stress Awareness Month

By: Kristina Seidelman Nickels – Social Worker

April has been identified as stress awareness month. It is important to be aware of the effects of stress as many teenagers face a high level of stress due to school demands, negative thoughts or feelings about themselves, changes in their bodies, social issues, or family conflicts. Stress is a natural part of life and can be a positive influence at times by motivating individuals to perform better and rise to an occasion. However, too much or chronic stress can be detrimental when it becomes overwhelming and can have a negative impact on one's physical and mental well-being.

Some negative symptoms of stress include physical symptoms such as headaches, stomach aches, or irritability, as well as emotional symptoms of depression or anxiety. When stress is chronic or at extreme levels over a significant period of time, it can negatively affect a teenager's developing brain as high cortisol, a stress related hormone, has been linked to decreased cognitive performance.

In order to cope with feelings of stress, it is important to develop healthy coping skills such as getting enough sleep, exercising regularly, and engaging in hobbies or enjoyable activities like listening to music, going to the movies, or drawing. Additionally, it can be beneficial for teens to talk about overwhelming feelings with friends or a trusted adult, develop grounding strategies, or utilize breathing techniques.



Talking Tech: Small Engines

By: Stavros Kouriabalis – CTE Teacher

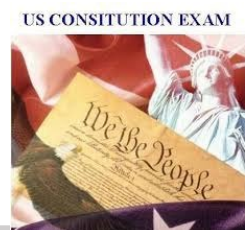
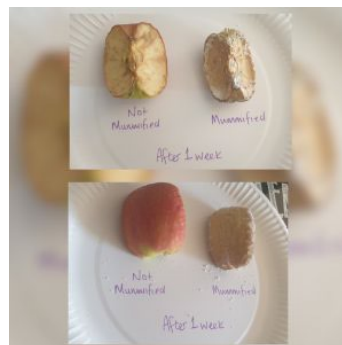
Hello again everyone! I hope things are going well. Today I have something exciting to share with you; we have officially started our small engines class here at Walsh. In this class we are showing the students the different parts of an engine and how it all works. We have 5 small gas engines that the students can disassemble and reassemble, with the help of professionals from the field. So far, the students are very excited and engaged with taking the engines apart. Hopefully this course will spark an interest in this industry for some of the students and they can make this a career in the future.



Classroom Corner

By: Mark Trerotola – Teacher

It's been over a week since our students traded in their spring break beach towels for textbooks and are now back in the classroom. Transitioning from the freedom of vacation to the routine of school can be challenging, but with the exciting lessons being taught by our talented staff, the students have adapted without too much resistance. Mr. Justin's class has been traveling back to early civilizations in their world history class. They are currently studying ancient Egypt, and they didn't have the help from other worldly beings when they constructed their own models of the pyramids. Instead, they used images from their texts and cardboard to construct their own models. Mr. Justin's students also learned the art of mummification by using a baking soda and salt mixture to preserve fruit. Hopefully, the fruit spirits won't come back to haunt them! Students in Ms. Claire's class are currently studying civil law in their civics class along with the Constitution. Knowing the importance of why we have laws has helped the students to gain a more complete understanding of society and will aid in their growth to become model citizens. Here's hoping that the creative teachings of Ms. Claire will enable her students to pass the Constitution test with flying colors (red, white and blue)!



Getting to Know Us!

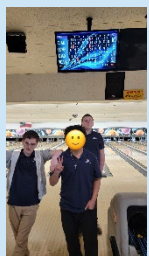
This month we are featuring a student and staff that are newer to Walsh Academy; student, Matthew Whitlock, and teacher, Claire Lutz. Matthew joined us in January and has been a great addition to one of our sophomore/junior classes. Ms. L came onboard at the start of the school year after graduating from the University of Alabama last spring. Roll Tide!



CAAEL

By: Dan Baffin – PE Teacher/Coach

As spring arrives, the flowers are blooming and so has our bowling team! Each week they kept improving and bonding as a team. The team's total pin average increased each week, starting at 73, to 83, 88, 96.8, 102.5, and



91. That's tremendous improvement each week as they worked to fix minor details in their bowling form. Our three high average leaders were Evan

with 82 pins per game, Corey with 98 pins per game, and B.P. with 100 pins per game. The highest scored game was K.L.R. with a 127-pin game. We just missed out on the final 4 bowling tournament by less than 1 pin! Our team average for the season was 89.05, earning us 5th place. Great job everyone on a tremendous year and I can't wait for us to keep on improving when we return in the fall.

What is your favorite color?	
MW - Green	CL - Pink
What is/was your favorite subject in school?	
MW - Science	CL - US History
Have you ever had a nickname?	
MW - Matt	CL - Claire Bear, Clarice, Claire-a-bell
What is your favorite holiday?	
MW - St. Patrick's Day	CL - Christmas
What is something you've done that you are proud of?	
MW - Get good grades	CL - Graduating from high school and college
What is your favorite movie, show, and/or book?	
MW - Movie: IT	CL - Book: Mysterious Benedict Society; Movie: Shrek 2; TV Show: Parks and Rec
If you were a superhero, what powers would you have?	
MW - Web slinging	CL - Talk to animals so that I can have a conversation with my dog.
What is the best part about being a student/staff at Walsh Academy?	
MW - Playing basketball with my friends.	CL - The best part of working at Walsh Academy is forming bonds with my students and earning their trust. I love being able to give advice and help my students solve problems in and out of school.

What's Happening at Walsh?

State Standardized Tests

By: Donna Hoffman – School Psychologist

I hope everyone had a nice relaxing spring break! Now it's back to the grind and Walsh Academy students will be busier than ever finishing up fourth quarter classes and completing mandated state testing. In the next few weeks, all freshmen will be taking PSAT 8/9, all sophomores will be taking PSAT 10, and juniors will be taking the SAT (Scholastic Aptitude Test). The SAT, including the essay, is a graduation requirement in Illinois. This year, all College Board testing is digital and the test itself has been streamlined and more adaptive to the students' academic functioning.

In past years, there was a specific test day and an accommodation window in which to administer SAT. Now there is a test window (3/18-4/26), and schools can pick when they will be administering the three tests. We have chosen to start the week of April 8th with our juniors and have freshmen and sophomores test the week of April 15th. The last week in April will be for make-up testing. All students will be testing on one day, even those with extended time as an accommodation. Other accommodations our students receive are small group setting, extra and/or frequent breaks, and a screen reader. All students have access to the following tools: calculator, line reader, reference sheets, option eliminator, color contrast, and a zoom feature.

The SAT includes two reading/language sections, two math sections, and a written essay. Since the SAT does not have a science section, the state board of education also mandates that juniors take the Illinois Science Assessment (ISA). This test is a computerized assessment broken into three parts covering physical science, life science, and earth / space sciences. All our juniors completed the ISA before spring break.

In addition to the state required testing, Walsh Academy will participate in a spring MAP (Measures of Academic Progress) session which can start as early as April 1st but due to state testing, most classes will be administering MAP tests in May. MAP is a standardized assessment that generates grade equivalencies and national percentiles for each subject (reading, math, and language) that can be used to gauge current levels of performance and predict readiness for state assessments such as SAT. MAP scores reveal student's strengths and weaknesses to help monitor progress toward IEP goals. Moreover, teachers can track growth in skills by looking at RIT scores from fall and/or winter to spring. Most of our students do not enjoy testing, but MAP seems to be the least intimidating and most user friendly as it adapts to individual skill levels during the test session. Wishing all of our students the best of luck on their assessments this spring!

CTE Update:

A Plate from our Kitchen

By: Maysaloon Alkhafaji – Paraprofessional/Job Coach

Cooking is like drawing or singing a song; there are many details and colors. There are so many flavors to play with and every culture has a unique and distinct food philosophy to experience.

At Walsh, we have our new culinary classroom equipped with all brand new appliances and equipment, which makes the cooking process enjoyable for our students in the CTE Extension program.



We cook with the students twice a week and we brought this dish for you today to try in your kitchen.

Cherry Chicken Wings: Makes 3 servings

12 Whole chicken wings
1/3 cup All Purpose Flour
1 cup Cherry Preserves
1 Tbsp Balsamic Vinegar
1 Tbsp Sriracha
1 tsp Salt



Directions:

- Neutral, high smoke point oil for deep frying
- Lightly dredge Chicken wings in flour. Make sure to shake off any excess. Set aside.
- In a small pot bring the preserves, vinegar, sriracha and salt to a boil. Let this slightly reduce then remove from the heat.
- Deep Fry the wings at 350 degrees until very golden brown and crispy. Be sure to "overcook" the wings so all the connective tissue and cartilage can break down. The internal temperature should be around 200-210 degrees when finished.
- While still hot, toss the wings and the cherry sauce in a large bowl until the wings are evenly coated.

