



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



## Walsh Academy

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walshacademy.org



## Upcoming Events

2/21 – Q3 ends  
2/24 – Q4 begins  
2/28 – Inservice Day and  
Parent/Teacher Conferences

### Greetings!

February is a month for reflection, particularly on relationships and overall well-being. At Walsh Academy, we believe a healthy learning environment includes not only academic success but also the well-being of our students. We recognize that substance abuse is a concern for all communities, and we are committed to proactively educating our students and equipping them with the tools to make healthy choices. Open communication, education, and a supportive environment are key to prevention.

To further enhance student safety and well-being, we have implemented several new initiatives. First, vape detectors have been installed in strategic locations throughout the school. This is one of several steps we are taking to ensure a healthy and respectful learning environment for everyone.


The student services team will begin reviewing and integrating substance abuse awareness into our Social Emotional Learning (SEL) curriculum. This additional SEL curriculum will focus on:

- **Understanding the Risks:** Learning about the potential short-term and long-term consequences of substance use.
- **Developing Healthy Coping Mechanisms:** Exploring strategies for managing stress, emotions, and peer pressure in positive ways.
- **Building Resilience and Decision-Making Skills:** Developing the ability to make informed and healthy choices.
- **Identifying Support Systems:** Recognizing trusted adults and resources available for help and guidance.

Our intent is to provide students and families with accurate information and empower them with essential skills to make informed decisions about their health and well-being.

We invite you to attend our Parent-Teacher Conferences on February 28th from 1:00 PM to 6:00 PM. This is a valuable opportunity to discuss your child's academic progress, social-emotional well-being, and any concerns you may have. We encourage you to connect with your child's team to discuss how we can work together to support their overall health and success. Information regarding scheduling your conference time will be sent home shortly. Addressing substance abuse requires a collaborative effort. We encourage you to reach out to our school counselors, social workers, or administrators if you have any questions or concerns. Together, we can create a safe and healthy community for our students.

Thank you and be safe,

  
Dr. Ann M. Craig, Ed.D.  
Principal / Director of Educational Services



# Health Beat:

## More Tips for Staying Healthy This Winter

By: Tracy Mullen – School Nurse

It is important to stay informed about how to maintain good health during the winter months. The winter weather brings unique challenges, but with the right habits, we can stay healthy and active throughout the season. Here are some helpful tips to keep everyone feeling their best:

### 1) Wash Hands Frequently

Winter is prime for germs, especially with the flu and colds circulating. This is your reminder to wash your hands frequently, particularly before eating, after using the restroom, and after coughing, sneezing, and blowing your nose. Good hand hygiene is one of the best ways to prevent the spread of illness.

### 2) Stay Hydrated

Even though it is cold outside, staying hydrated is just as important in winter. Dry indoor air can dehydrate our bodies, so drinking plenty of water helps prevent dry skin, sore throats, and headaches.

### 3) Boost Your Immune System

With the colds and flu that winter months can bring, it's a good idea to focus on immune boosting foods. Eat a well-balanced diet with plenty of whole foods, fruits and vegetables, and consider a vitamin C boost with oranges and other citrus fruits. A healthy diet helps keep your immune system strong.

### 4) Get Enough Sleep

Colder weather and shorter days can sometimes make us feel tired and getting enough sleep is crucial for overall health and well-being. A consistent bedtime routine will help keep your immune system strong and ready to fight off illness.

### 5) Physical Activity

It can be harder to stay active during colder months, but physical activity is important to maintain health. If outdoor activity is not possible due to cold or snow, try indoor activities like dancing, stretching, indoor walking or yoga to keep energy up.

### 6) Stay Home if You Are Sick

This helps to prevent the spread of germs to others and ensures you get the rest you need to recover.



Thank you, Tracy Mullen, RN

## Classroom Corner

By: Natalie Greenfield – Teacher

We've made it through January and are on our way through the shortest month of the year, February. Punxsutawney Phil saw his shadow this year, leading us into 6 more weeks of winter. Make sure you bundle up for the rest of winter, and let's look at what our teachers are cooking up to stay warm this month.

- Ms. L's class is working on pre-vocational skills. Each student is working on something different to help them towards their future goals.
- Mr. Steve's class is in general science. They connect science to mythology and ancient structures.
- Ms. Karlesky's class is reading *The Kite That Couldn't Fly and Other May Avenue Stories*; they are diving into the traumas that some students have faced and what they can do to grow.
- Ms. Natalie's class is working on different reading skills for each student, meeting them where they are at and promoting individual growth.
- There is grammar and sentence structure being worked on in Mr. T's class. These students are going to correct my grammar!
- Edgar Allen Po is being read in Mr. Justin's class. They are comparing their lives to his writing.
- Ms. M's class is in English, working on different parts of speech and what is important for daily living.
- Ms. Tyler's class is in civics, working on the importance of each student as a citizen or being a part of a group.

Each teacher works hard to help each student to grow from where they are, to where they want to be. We have a long stretch until spring break, and each student is ready to work hard to reach their goals.



Pictured Above: Mr. T's class using virtual reality goggles to bring learning to life!

# Getting to Know Us!

By: Joel Gonzalez – Administrative Assistant

For February we will be highlighting Tessa, who is a senior at Walsh, and Ms. Kris, who is a teacher in one of our 10/11 classrooms.

Ms. Kris is a teacher, currently working alongside Ms. Katya & Ms. Martha supporting students 16-18 years old. Ms. Kris enjoys building relationships with her students and spending time with her dog.



Tessa joined us in January in Mr. Steve's classroom. She has been settling into her new classroom, making new friends, and enjoying CAAEL. Tessa is scheduled to graduate at the end of this school year. We are excited to welcome Tessa to Walsh!

## Sports Report

By: Dan Baffin – PE Teacher

We are full speed ahead in the month of February as our CAAEL basketball season is underway and a sensational spelling bee performance is in the books. I want to congratulate all our students that participated in the spelling bee as we took home first place in the group category. But we weren't done there, Evan took first place in the singles competition and Brandon took third place. We are so proud of all of you. Our basketball team is improving every week as we are a third of the way through our season. Our student athletes continue to unselfishly pass the ball, show great sportsmanship, and most importantly have fun and make new connections on the court. Here's to a great season and I hope to see as many students as



possible be eligible and on the court this year! [Picture above: Teams awarding Sportsmanship Ribbons at the end of our last game.]

|   |   |
|---|---|
| <b>What is your favorite color?</b>   |   |
| <b>K - Red</b>  | <b>T – Forest green and ultra blue. (NOT YELLOW)</b>  |
| <b>What is/was your favorite subject in school?</b>   |   |
| <b>K - Math</b>   | <b>T – I really enjoy Chemistry and Physics.</b>  |
| <b>Have you ever had a nickname?</b>  |   |
| <b>K – Killer Karlesky</b>  | <b>T – I've had so many nicknames, and some can only remain in the Melancon family household, so I will just say Tess.</b>  |
| <b>What is your favorite holiday?</b>   |   |
| <b>K – Memorial Day</b>   | <b>T – I really like the 4<sup>th</sup> of July because the BBQs never fail. I do like Christmas, too, don't get me wrong.</b>  |
| <b>What is something you've done that you are proud of?</b>   |   |
| <b>K – Being first in my family to graduate college.</b>  | <b>T – I am proud of many things in my life. One of my best boasts would be my powerlifting PR's.</b>   |
| <b>What is your favorite movie, show, and/or book?</b>  |   |
| <b>K – Movie: Mean Girls; Show: Always Sunny in Philadelphia; Book: Charlie and the Chocolate Factory</b> | <b>T - My favorite show would be It's Always Sunny in Philadelphia</b>  |
| <b>If you were a superhero, what powers would you have?</b>   |   |
| <b>K - Invisibility</b>   | <b>T – The ability to cure diseases. Something that will benefit this world, not only mammals, but all organisms.</b>   |
| <b>Tell us something interesting about you.</b>   |   |
| <b>K – I am a national champion in Tae Kwon Do (when I was 13); this explains the nickname.</b>           | <b>T - I have a huge hat collection. I have containers full of flat hats, trucker hats, and baseball caps. I don't wear many hats anymore. Yet, they come in handy for some nice summer golf with my dad. Lastly, I am the youngest of 4 girls. My house was never un-eventful.</b> |
| <b>What is the best part about being a student/staff at Walsh Academy?</b>                                |   |
| <b>K – Having the best counselor and para in the WORLD!</b>   | <b>T – I really love the community within this school. The teachers really care and are passionate about the students. For me, being a student, I enjoy CAAEL. Students here are very nice, and I am lucky to have met some of them.</b>  |

# What's Happening at Walsh?

## Spring Conferences

By: Mark Trerotola – Teacher

Our second round of Parent/Teacher Conferences is coming up at the end of the month, on February 28th, from 1:00 to 6:00 PM. These conferences are coordinated by classroom staff members, who will reach out to families to schedule a time for discussion. This is an excellent opportunity for parents and guardians to reconnect with the staff members working closely with their children. It's a chance to celebrate the progress students have made since the beginning of the second semester, and to discuss any adjustments needed to support their continued success. Many students have shown great improvement in work completion and grade performance since the first semester. Conferences can be attended in person or remotely. For those attending in person, you will have the chance to tour the building as well, as we will be holding an open house for visitors.

Be sure to keep an eye out for communication from your child's team and schedule your conference so you can gain a full understanding of what to expect from your Walsh Academy student. See you there!



### CTE Update:

#### Expanding Opportunities at Walsh Academy

##### New Vocational Electives

As many of our readers are aware, Walsh Academy moved into our newly renovated building in Niles a little over a year ago, a step that allows us to expand our offerings and provide more vocational electives for our students. This move has created exciting new opportunities for those looking to develop hands-on skills in a variety of fields. Here's a closer look at the courses being offered for the first time this year, as well as those coming up in the future.

##### New Courses This Year

Thanks to the expanded space in our new facility, Walsh Academy is proud to introduce the following vocational electives for the first time this year:

- **Carpentry I**
- **Plumbing**
- **Electrical**
- **Graphic Arts**

Additionally, **Small Engines and Bike Repair**, which was introduced last year, is being offered again for the second time this year, allowing more students to gain experience in this practical field.

##### Courses Available Through the End of the School Year

These courses will continue to be available through the remainder of the school year, giving students the chance to gain valuable skills and knowledge that will serve them well in future careers.

##### Looking Ahead: Exciting Programs for Next Year

We're not stopping here! Looking ahead to next year, Walsh Academy is excited to announce the addition of **Welding** to our vocational course offerings. We're also exploring the possibility of launching a **Barber Shop Training** class, giving students the opportunity to learn barbering techniques and run their own small business.

##### Special Sessions

During May Term, **Carpentry I** will be available once again, giving students another opportunity to explore the basics of carpentry. We will also be offering a **more advanced Carpentry course** during the summer session for those who are ready to take their skills to the next level.

At Walsh Academy, we are committed to preparing students for success by providing them with hands-on learning experiences that are relevant to the job market. We are excited about the new programs and look forward to seeing our students thrive in these valuable vocational fields.