



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



Walsh Academy

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Upcoming Events

3/24-3/28 - Spring Break
4/18 - STUDENT
ATTENDANCE MAKE UP DAY
4/29 - Q4 ends

Greetings!

As the days grow longer and the first signs of spring begin to emerge, we find ourselves entering a season of renewal and anticipation. March is a time of transition, bringing with it the promise of warmer days and the excitement of upcoming events, including our much-anticipated Spring Break. As an old Irish saying goes, *"The world is full of magic things, patiently waiting for our senses to grow sharper."* Let us embrace this season with a fresh perspective and enthusiasm for the opportunities ahead.

Spring Break and Looking Ahead

Spring Break will take place from March 24th - 28th, providing students and staff with a well-deserved opportunity to recharge. Whether you're traveling, spending time with family, or simply taking a break from the routine, I encourage everyone to use this time to relax and return refreshed for the remainder of the school year. Upon our return, we will be in the final stretch toward the end of the academic year, with many exciting activities and opportunities ahead.

State Mandated Testing

March also marks the beginning of our State Mandated Testing period. These assessments are an important measure of student progress and provide valuable insights to help guide our instructional strategies. We encourage all students to come prepared by getting a good night's sleep, eating a healthy breakfast, and arriving on time. As always, our teachers and staff are here to support and ensure that every student feels confident and ready.

Celebrating Student Achievements and Hands-On Learning

We are proud to recognize our students' achievements at the upcoming Quarter 3 Awards Ceremony, where we will celebrate their hard work and dedication. In addition, students have been actively engaging in hands-on learning experiences in our trade classrooms. From constructing projects in the building trades class to crafting delicious meals in the culinary arts program, and developing innovative solutions in our computer technologies classroom, our students are gaining valuable skills that will serve them well beyond the classroom. We commend their efforts and look forward to seeing their continued success.

Celebrating Irish Heritage

With St. Patrick's Day around the corner and in the spirit of the season, I leave you with this Irish proverb: *"A good beginning is half the work."* Let's embrace this time of renewal with motivation, positivity, and a commitment to finishing the school year strong.

Thank you for your ongoing support, and I wish you all a wonderful March!

Thank you and be safe,

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



Health Beat

National Nutrition Month: Tips for Healthy Eating

By: Tracy Mullen – School Nurse

March is National Nutrition Month, a great time to focus on making healthy food choices! As your school nurse, I want to remind you that eating a variety of foods from all food groups is key to staying healthy and energized for school.

Here are a few simple tips:

- **Eat a rainbow:** Include fruits and vegetables of different colors to get a variety of nutrients.
- **Stay hydrated:** Drink plenty of water throughout the day.
- **Choose whole grains:** Opt for whole-grain bread, pasta, and cereals.
- **Limit sugary snacks:** Choose healthier snacks like nuts, fruits, or yogurt.



Remember, small changes can make a big difference in your overall health. Let's celebrate National Nutrition Month by making nutritious choices every day!

Thank you, Tracy Mullen, RN

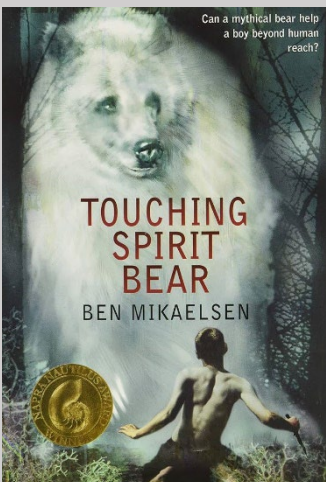
Classroom Corner

By: Natalie Greenfield – Teacher

Welcome to March! The weather is finally starting to warm up again and the sun is shining. Did you know that March 11th is national fanny pack day? Fill up your fanny packs and let's peek at what our teachers are doing for this month.

- Mr. Justin's class is learning about biology right now. They are focused on the cells of different plants and animals.
- In Ms. L's class they're playing The Game of Life in real life. They have a blown-up board with different scenarios that connect to their students!
- Ms. Natalie's class is in health and life management right now. They are comparing their life habits to others to see what a good vs bad habit for their goals might be.
- Mr. Steve's class is discussing bias in the media, and how different viewpoints can affect each other's daily learning.
- In Ms. K's class they are learning about the Native Americans in U.S. History.
- Also in U.S. History, Mr. T's class is looking at the parameters of when the constitution was written. They are then relating this to current political issues.
- Mr. Robert's class is reading Touching Spirit Bear.
- Consumer Math is taught in Ms. Beth's class. They are looking at real life situations such as banking and budgeting.

We've got about 2 weeks until spring break starting the 22nd. Students and staff alike are excited for a break and ready to come back refreshed for the rest of the year!



Getting to Know Us!

By: Joel Gonzalez – Administrative Assistant

This month we are highlighting long time Paraprofessional and Job Coach extraordinaire, Mr. Doug and beloved junior from Mr. Justin's class, Jennifer!

Mr. Doug worked in the residential homes at Maryville before joining the Jen School family on the Des Plaines campus almost two decades ago and has seen Jen School and Walsh Academy through many periods of change and growth. But one thing remains constant, he is always there to support and guide his fellow staff and the students in his care.



Jennifer joined Walsh Academy at the beginning of the 2024-2025 school year. She has made some great improvements this year and even got herself on the B Honor Roll for Quarter 3! She is a favorite of the school therapy dogs and can often be found in Ms. Heather's office giving them love and pets.

Sports Report

By: Dan Baffin – PE Teacher

Students started the month off strong by accomplishing something no Jen or Walsh team has done before. Our academic bowl team of Evan, Tessa, Nate, and Brandon took home the first-place trophy! We at Walsh could not be prouder of these students for working together as a team to answer the most trivia questions correctly. They earned this one, too, as the questions were noticeably more difficult than in the past. With March nearly halfway over and April around the corner. That means our basketball season has come to a close as we finished 1-5 but learned, laughed, and made so many great memories along the way. The next sports up on the CAAEL calendar is our Spring bowling league and soccer league which so many students are excited for. Good luck to all our student athletes on their spring sport season!

What is your favorite color?	
J – Black, White, and Red	D - Blue
What is/was your favorite subject in school?	
J – Arts and Crafts	D – Reading and English
Have you ever had a nickname?	
J – Yes, Pame	D – Yes, but that information is <i>need to know only</i> .
What is your favorite holiday?	
J - Halloween	D - Christmas
What is something you've done that you are proud of?	
J – Becoming a brows and lash tech at 15 years of age.	D – I saved a life via CPR last Easter. Thank you, Nurse Tracy [for our CPR certification training]!
What is your favorite movie, show, and/or book?	
J – <i>The Secret is my favorite book.</i>	D – Usual Suspects and Gone with the Wind
If you were a superhero, what powers would you have?	
J – Be invisible	D – If I was a superhero, somehow I'd help the poor, the down trodden, and the weak.
Tell us something interesting about you.	
J – I was born on New Years and honestly its not as cool as you'd think.	D – I'm a former musician.
What is the best part about being a student/staff at Walsh Academy?	
J – Having an amazing staff that shows you so much support and helps you and guides you through the steps you need to get through in order to achieve your goals.	D - Interactions with the students; if one student remembers one thing I've said, I've done my job which is to make a positive impact.

What's Happening at Walsh?

Expanding Sense of Community

By: Mark Trerotola – Teacher and
Dr. Ann M. Craig – Principal / Director of Educational Services

It has been said that March is the month when the earth shows its grace. Well, it seems that art continues to grace our hallways and classrooms here at Walsh Academy this March. Before the staff met with parents and guardians for second semester conferences, they were given the task to create a shield that reflected each of their classrooms. The variations and messages that were attributed with each team banner showed the diversity and talent of our staff. We were graced with messages of unity, wisdom, challenges, growth and excellence.



In addition to the one-day event, we have also been graced by the presence of a volunteer organization, **The Club of Hearts**.

The Club of Hearts is a nonprofit organization dedicated to supporting charitable causes through service and fundraising. This incredible organization partners with 501(c)(3) exempt organizations to aid families and individuals in need.

Founded in the fall of 2020 by a group of compassionate women from across Chicagoland, The Club of Hearts was built on the belief that bringing people together—regardless of background, religion, or age—can make a meaningful difference. Inspired by Mother Teresa's words, "Together we can do great things," these women set out to create a community-driven effort to help those in need.

Each year, members of The Club of Hearts select one charitable organization to support, dedicating their time and fundraising efforts to that cause. At the end of the year, the funds raised are donated to the chosen organization during a special celebration, marking the impact of their collective generosity.

We are incredibly honored and excited to be the charity/organization chosen by the club members. Several volunteers have already toured our school and spent time creating murals and helping with the Hand Wall. We are looking forward to working with this group in various ways over the next year.

We are grateful for organizations like The Club of Hearts, whose mission aligns with our values of service, community, and compassion.



CTE Update:

Mr. Steve Introduces Students to Essential Bike Repair Tools and Techniques!

By: Raven Campbell – Paraprofessional/Job Coach



This quarter, Mr. Steve is leading students through the fundamentals of small engines and bike repair, equipping them with hands-on skills they can use for a lifetime. In the first week, he introduced the class to the essential tools needed for bike repair, emphasizing the importance of using the right tool for each job. Students learned how to properly handle wrenches, drills, air pumps, and bicycle stands, gaining a better understanding of how to adjust brakes, tighten bolts, replace wheels, and flat tires. Mr. Steve encouraged hands-on practice, guiding students through each step with patience and expertise. His engaging teaching style ensures that students not only understand the mechanics of bike repair but also develop confidence in their ability to troubleshoot and fix common issues.

Mr. Steve is not only teaching technical skills but also fostering problem-solving and independence, preparing students to tackle real-world repairs with ease!