East High Parent Newsletter

February 2023

Principal:
Lori Frerk

Associate Principals:
Katie Bleier
Lisa Lipp

Activities Director:
Steph Mathu

Telephone:
Main Office: 448-2090
Attendance Office: 448-2093
Student Services: 448-2092
Activities Director: 272-7048

Trimester 2 Testing			
Wednesday, March 1		**Thursday, March 2**	
Period 1	7:30-9:00	**Period 2**	7:30-9:00
Period 3	9:15-10:45	**Period 4**	9:15-10:45
Unit Lunch	10:50-11:30	**Unit Lunch**	10:50-11:30
Period 5	11:45-1:15	**Student Make-Up**	11:30-3:00
Student Make-up	1:15-3:00		

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Parent/Teacher Conferences

April 18 and April 20
3:30—6:45 p.m.

On-line conference sign-up will begin on April 3, 2023.

1. Access the online parent teacher conference scheduling system at https://conferences.gbaps.org.
2. If you are a new user, click on "New Users". Enter your e-mail address then check your e-mail for instructions to sign in.
3. If you are an existing user and have forgotten your password, click on the "Login Problems?" link. Enter in your e-mail address, and check your e-mail for instructions on how to reset your password.
4. Click on your student's name on the left side of the screen. Click on the "Schedule" link next to their classes to schedule a conference with that teacher.

ACT FOR JUNIORS

Tuesday, March 7th

Only juniors will come to the building for school on March 7th. All other students (grades 9th, 10th, and 12th) will learn asynchronously, logging into Google Classroom for the day's assignments.

This year the ACT will be taken online. All 11th graders need to ensure their computers are charged and brought to school on March 7th.

Lunch will be served after the last exam of the day and buses will run at their normal times. If you have any questions about the ACT please contact Katie Bleier at kableier@gbaps.org.



Graduation Preparation

As seniors finish up their high school career, please make sure to take care of the following:

Cap and Gown: The deadline to order caps and gowns is Wednesday, March 15. You may order and pay online at *greenbayeast.shopoakhalli.com* or in the East Main Office. The cost is $30 and is due when ordering. Payments may be made with cash or checks payable to Brickhouse School Services.

School Fees: All outstanding fees and food service balances must be paid prior to May 15. Families may make partial or full payments in the East Main Office or online using the Parent Portal. Credit card payments accepted.

Grades: Students should meet with their guidance counselor if they are unsure if credit requirements are met.

Commencement Date:

Friday, June 2, 2023
7 p.m. at Green Bay East Football Stadium
If rain—East High Gymnasium

More information will be provided in spring

Senior Exam Schedule: Exams will be held during the regular school day. Students must attend all classes on all days.

May 29—Schools Closed for Memorial Day

May 30—Exams during Periods 1 and 4

May 31—Exams during Periods 2 and 5

June 1—Exams during Period 3, checkout starts at 12:45

June 2—Last required day for Seniors. Seniors will report to East stadium at 9 a.m. for mandatory graduation rehearsal.

If you have any other questions, please call school at 920-448-2090.

Important Dates

March 3—No School
Professional Learning Day

March 20-24—Spring Break
Classes resume March 27

April 7—Recess Day (no school)

April 21—Early Release at 12:50



ATTENTION SENIORS

Graduation Program Cover Design Contest

Winner gets a free graduation cap & gown

Design requirements available in Student Services.

All designs are due to Student Services by Thursday, April 13.

SILENT NIGHT A HUGE SUCCESS

Silent Night 2023 was a HUGE success. The event raised $6,383.25 from donations, 50/50 raffles, raffle baskets and a silent auction.

Silent Night 2023 will benefit our homeless and unaccompanied youth at East High School. THANK YOU to everyone who donated, volunteered, and came to enjoy and support the event! None of this is possible without all of you!

Together, WE are the solution!



YEARBOOK DATES

LAST DAY TO BUY: MAY 1ST

COST: 55$

SENIOR TRIBUTES DUE: APRIL 14TH

SENIOR PHOTOS DUE: MARCH 3RD





WHERE TO BUY

Main office

or

Yearbookforever.com

Search Green Bay East

SENIOR TRIBUTE

Submitted electronically on yearbookforever.com

Cost: 1/4 page: $50

1/8 page $30

SENIOR PHOTOS

Please email photo to Ms Blackford at amblackford@gbaps.org

Please make sure the photo is a head shot and school appropriate.

QUESTIONS:

Email Ms Blackford at

amblackford@gbaps.org

Student Services/Servicios Estudiantiles

we can help

SUMMER SCHOOL

Stay tuned for summer school information coming out in March 2023. Please click the link below to get more information on our district web site. Please direct any questions to Student Services.

ESCUELA DE VERANO

Estén atentos a la información sobre la escuela de verano que se publicará en marzo de 2023. Haga clic en el enlace para obtener más información en el sitio web de nuestro distrito. Por favor dirija cualquier pregunta a Servicios Estudiantiles.

https://www.gbaps.org/news/what_s_new/summer_school_2023

Scholarship Information
Información sobre becas

SCHOLARSHIPS/BECAS

It's time to apply for scholarships! The GBAPS Scholarship Guide offers all GBAPS students the opportunity to quickly browse local and national scholarships. The scholarships are organized by due date and are updated often.

¡Es hora de aplicar a becas! La Guía de becas de GBAPS ofrece a todos los estudiantes de GBAPS la oportunidad de buscar rápidamente becas locales y nacionales. Las becas se organizan por fecha de vencimiento y se actualizan con frecuencia.

GBAPS Scholarship Guide

The East High Scholarship application opens March 1, 2023 and closes at 3 pm on March 16, 2023. These scholarships are for East High students ONLY.

La aplicación de las becas de la escuela East abre el 1 de marzo del 2023 y cierra el 16 de marzo del 2023 a las 3pm. Estas becas son SOLAMENTE para estudiantes de la escuela East.

22-23 East High Scholarship Application

MILITARY CHECKLIST

Meet with a recruiter

Recruiters come to East and will meet with interested students in the Career Center. See Mrs. Kong for more information.

Sign up for the Armed Services Vocational Aptitude Battery (ASVAB) test

- Offered in Fall and Spring at East for FREE
- Other times by appointment with recruiter
- ASVAB information and test prep: https://www.testprepreview.com/?s=ASVAB

General Military Information: https://myfuture.com/

LISTA DE REQUISITOS MILITARES

Reunirse con un reclutador

Los reclutadores vienen a East y se reunirán con los estudiantes interesados en el Centro de carreras. Visita a la Sra.Kong para más información.

Regístrese para la prueba de batería de aptitud vocacional de las fuerzas armadas (ASVAB)

- Ofrecido en otoño y primavera en la East GRATIS
- Otras fechas disponibles con el reclutador
- Información de ASVAB y preparación para exámenes: https://www.testprepreview.com/?s=ASVAB

Información militar general: https://myfuture.com/

2022-23 SAT TEST DATES

Register online at

LAS FECHAS DEL EXAMEN SAT 2022-23

Regístrese en línea en

https://satsuite.collegeboard.org/sat/registration

2022-23 ACT TEST DATES

Register online at

LAS FECHAS DEL EXAMEN ACT 2022-23

Regístrese en línea en

https://www.act.org/content/act/en/products-and-services/the-act/registration.html

Hello 11th Grade Parents/Guardians:

With Senior year right around the corner, it's time to start planning for life after high school. Sign up TODAY for your child's Junior Planning Meeting. Every Junior and their parents/guardians are invited to meet with their school counselor to discuss:

- Student's high school credits and graduation requirements
- Plans for after high school graduation (college/university/military/employment)
- Financial aid
- Scholarships

Call Student Services at 920-448-2092 to make an appointment. Conferences are being scheduled for March 13-April 28 (7:30am-3:00pm) for 30-45 minutes.

We look forward to meeting with you!
East High School Counselors

Counselors (by student last name):

Laura Siemering	A-B English and A-C Spanish
Heather Seaborn	C-I
Oriana Hunter	J-Q
Stacy Seaquist	R-Z
Fabiola Rizo	D-Z Spanish

Hola Padres/Tutores de 11° grado:

Con el último año a la vuelta de la esquina, es hora de comenzar a planificar la vida después de la escuela secundaria. Regístrese HOY para la reunión de planificación junior de su hijo. Cada Junior y sus padres/tutores están invitados a reunirse con su consejero escolar para discutir:

- Créditos de la escuela secundaria del estudiante y requisitos de graduación
- Planes para después de la graduación de la escuela secundaria (universidad/universidad/militar/empleo)
- Ayuda financiera
- Becas

Llama a Servicios Estudiantiles al 920-448-2092 para programar una cita. Las conferencias están programadas del 13 de marzo al 28 de abril (7:30 a. m. a 3:00 p. m.) durante 30 a 45 minutos.

¡Esperamos reunirnos con usted!
-Consejeros de la escuela secundaria East

Consejeras (por apellido de estudiante):

Laura Siemering	A-B inglés y A-C españolar
Heather Seaborn	C-I
Oriana Hunter	J-Q
Stacy Seaquist	R-Z
Fabiola Rizo	D-Z español

East High School 2023 Spring Sports Start Dates

Students must register online for athletics. All information is posted on the Athletics - East High - website.

Spring Sports	Start Date
Track and Field - Girls and Boys	March 6—Coach Arbour klarbour@gbaps.org
Softball - East/West Coop (West hosts)	March 13—Coach Wehausen gwehausen7@gmail.com
Baseball - East/West Coop (East hosts)	March 20 - Pitchers/catchers report on March 13—Coach Nelson ttnelson@gbaps.org
Boys Golf	March 27—Coach Vandenlangenberg bjvandenlangenberg@gbaps.org
Girls Soccer	March 20—Coach Tyler Perrault tjperrault1@gbaps.org
Boys Tennis	March 27—Coach Calo ajcalo@gbaps.org



MANDATORY SPRING PARENT/ATHLETE CODE OF CONDUCT MEETING

February 27—6:30 pm in the Auditorium

All athletes participating in spring sports and a parent must attend. Check with the head coach of your sport if there will also be a parent meeting after.

EAST BUSINESS EDUCATION DEPARTMENT NEWS

EHS FBLA Students Advance to State Competition

By Scott Christy, EHS FBLA Advisor



Hello from the Green Bay East High School chapter of **Future Business Leaders of America**! For those of you who haven't heard of FBLA, it is a nationwide organization for students preparing for careers in business. It is the largest student business organization in the nation with more than a quarter of a million members! FBLA prepares students for the real world by developing leadership, and communication skills through leadership training, conferences, service projects, and competitive events.

On Saturday, February 4th students from Green Bay East FBLA competed in regional competition at Gillett high school. We are pleased to report that our 16 year consecutive record of East FBLA members qualifying for state remains unbroken!

Students who placed in the top 3 for their event and qualified for FBLA State include:

- **Tallon Baird** and **Isaac Munchoff** - 1st place in Network Design
- **Giovanny Rodriguez** - 2nd place in Computer Problem Solving
- **Brisset Torres Alvarado** - 3rd place in Banking and Financial Systems

Top 5 Honorable Mention finishers include:

- **Sunny Lee** - 4th place in Computer Problem Solving
- **Anna Lersch** - 4th place in Graphic Design
- **Anthony Muskovitz-Karl** - 4th place in Marketing Concepts
- **Careli Navarro** - 4th place in Personal Finance

Wisconsin FBLA Green Bay East High School

Students who placed in the top 3 for their event will compete at the FBLA State Leadership Conference in Green Bay on April 17-18, 2023 for a chance to represent Wisconsin at the FBLA National Leadership Conference June 27-30 in Atlanta, GA.

EHS DECA Students Advance to State Competition

By Bailey VandenLangenberg, EHS DECA Advisor



Students from the Green Bay East High School chapter of **DECA** recently competed in the District 4 regionals at Bay Port High School. Earning the 3rd place award in the Apparel & Accessories Marketing event was **Careli Navarro Castenada**. With her 3rd place finish, Careli qualified for the DECA state competition held later this spring. Also finishing in the top 10 for their event was **Larson Parks** who finished 6th place in the Sports & Entertainment Marketing event.

DECA

Congratulations EHS DECA!

AC DEC SCORES AT COMPETITION

On January 6 the East Academic Decathlon team went to UWGB to compete in the regional competition. East was seeded 5th going into the competition, but the students did awesome and ended up with a 3rd place finish. Their overall score earned them an 11th consecutive state bid!

Students also scored very well individually and won the following awards:

Alexia Lindsley—3rd in Speech, 3rd in Math, 2nd in Economics, 3rd in Essay and 3rd in Music

Zola Kambandu Schilz—2nd in Interview and 2nd in Essay

Lydia Hanold—3rd in Literature, 3rd in Economics, 2nd in Music

Amelia Bazett-Jones—3rd in Literature, 1st in Math, 3rd in overall Scholastic caterory

Ema Schultz—3rd Essay

Max Homme—3rd in Social Studies

Maddie Warpinski—2nd in Interview, 2nd in Math, 3rd in Music

Greta Gartzke—1st in Interview, 3rd in Economics

Daniel DeBroux—2nd in Essay, 3rd in Science

The team will compete in the State Academic Decathlon competition on March 9 and 10. Good Luck Red Devils!

RHAPSODY REVUE 2023
February 24—25 at 7 pm

Rhapsody in Red Show Choir and Red Devil Jazz Band will present their annual Revue show at East High School. Tickets are $10 for adults and $6 for students. How to get tickets???

Guest show choirs include Edison Middle School, Washington Middle School and Webster Elementary. There will also be featured solo and small group acts performed by the members of Rhapsody. Don't miss the only Rhapsody concert at East High School.



NATIONAL HONOR SOCIETY

National Honor Society invitations for the 2023-2024 school year will be delivered to our students and families during the week of March 13th. The Induction Ceremony will take place on Sunday, April 30, at 2 PM in the East High School auditorium.

Criteria used for selection is listed below. If you have any questions, please contact the National Honor Society advisors: Mr. William Garay and Ms. Karen McGrath.

SCHOLARSHIP: Students must have a cumulative **GPA of 3.5** or higher at the end of the second trimester to be eligible to apply for NHS.

SERVICE: To be considered for membership, 10th grade students must have completed at least **36** service **hours**. 11th grade students must have **40 hours**, and 12th grade students need **48 hour**s. Any volunteer experience done from the summer before a student's 9th grade year through March 31 (application deadline) can count toward this requirement.

LEADERSHIP: To be considered eligible for membership,10th grade students will need to have participated in at least five **(5)** extracurricular activities throughout their high school career. 11th grade students will need to have participated in seven **(7)**, and 12th grade students will need to have participated in nine **(9)**. Each year of involvement will count as a separate activity.

Extracurricular activities include arts, athletics, clubs, teams, employment, and personal pursuits. Both school and community activities can count toward this requirement.

CHARACTER: At the time of application, students will choose three teachers to complete character evaluations.



Music Department Calendar of Events

February 15—WSMA Solo & Ensemble vocal and piano at Preble. 8 am—4 pm

February 25—WSMA Solo & Ensemble band and orchestra at Preble 8 am—4 pm

Feb 24-25—Rhapsody and Jazz Revue, East High at 7 pm

March 31—Literary & Visual Arts performance in Black Box Room, East High at 6:30 pm

April 11—WSMA Band Festival for wind en semble at West. 12:30—2:30 pm

April 25—GBAPS Honors Choir at West Concert at 7 pm

April 28—29—Spring Play, *Puff*, East Auditorium, 7 p.m.

May 6—WSMA State Solo Ensemble, UWGB 8 am—5 pm

May 6—Center Stage Music Theater Awards at PAC in Appleton, 7 pm

May 11 and 12—Spring Dance Showcase and Celebration of the Arts art show and musical performances—6:30 pm East Auditorium

May 17—Orchestra and Band Concert, East Auditorium, 7 pm FREE

May 24—Choir Concert, East Auditorium, 7 pm FREE

June 2—East Graduation at East Stadium., 7 pm

Music/Drama Parent Meeting Schedule

East Band Room
Third Monday each Month

March 13
April 17
May 15

Meetings start at 6:30 p.m. Enter through Door 8 in Baird parking lot by City Stadium.



JUNIOR PROM

Saturday, April 15, 2023
8 pm—11 pm
Masquerade Theme

Masks are NOT required, but are encouraged

Ticket Prices To Be Announced

Masks are NOT required, but are encouraged.
Half-face or eye masks will be permitted.
*Three-quarter or full-face masks **cannot** be worn.*

Junior Prom Dance Donation Wish List

- 10 Metallic gold **OR** metallic silver plastic/nylon tablecloths (2 rectangular, 8 circular/oval) *Select either color and get all 10 the same!*
- 10—RED Hawaiian Punch (1 gallon size)
- 10—2-Liter bottles of Sprite/7Up/generic equivalent
- 300—Clear 9 oz. drinking cups
- White napkins (Vanity Fair 300 ct.)
- Monetary donations accepted!

Donations can be dropped off in the East Main Office, or you can reach out to Mrs. DeJardin at bmdejardin@gbaps.org.

"Trees for Tomorrow" Camp Sign Up Now!!

"Trees for Tomorrow" is a four day outdoor/environmental education camp for students who are currently taking Biology.



Each year, East High School sends 16 students to this camp in Eagle River, Wisconsin. It is a fun, remarkable, and unforgettable educational experience for the students who are selected. It is also an opportunity for students to add an impressive experience to their resumes.

Activities include orienteering, survival skills, bog ecology, wildlife ecology, a night hike, a day hike through Sylvania Wilderness Area, tree identification, and classroom lessons that develop decision-making skills.

This year the boys will be going April 26-29, and the girls will be attending May 3-6. Anyone interested in attending, please see Mr. Brann in Room 214..

www.treesfortomorrow.com

EATS FOR EAST



The mission of East High School's Eats for East backpack meal program is to provide healthy meals and snacks to students during non-school hours. The program supports, on a weekly basis, our unaccompanied youth, homeless students and families in need.

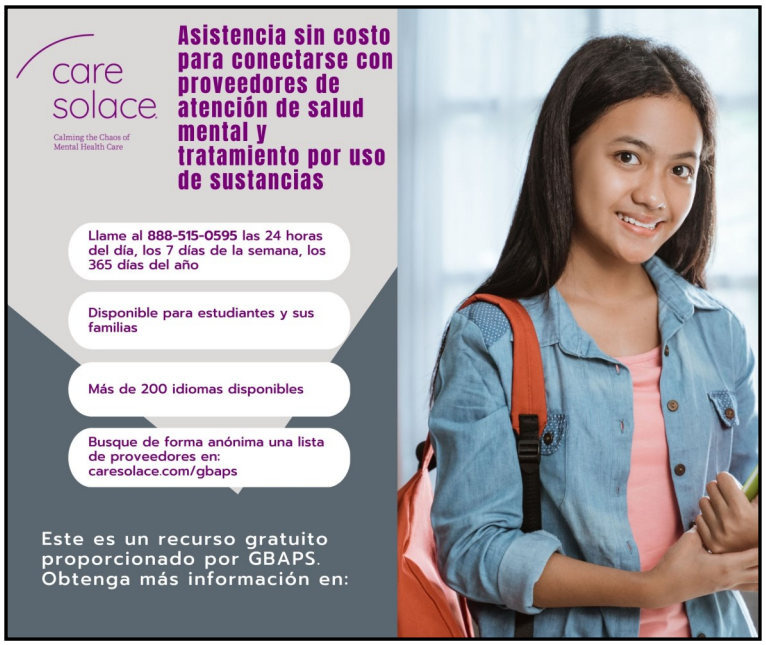
Good nutrition promotes good academics, and this program will ensure that students arrive on Monday morning ready to learn. When students feel their best, they do their best.

The vision for this program is that students be provided healthy food on both school and non-school days. Our schools are our community, and by providing meals and snacks over the weekend, we are supporting our students and improving our community one backpack at a time.

Donations and other inquiries can be directed to Sandy Waubanascum, school social worker, at 448-2092 or slwaubanascum@gbaps.org.

The following **non-perishable, non-expired items OR monetary donations** will be accepted. Specifically requested items include, but are not limited to:

Peanut Butter (small jars)
Jelly
White Rice
Pasta
Macaroni and Cheese
Pasta Sauce
Bag of Pinto Beans
Pop-tarts
Breakfast bars/Granola bars
Cereal
Canned meals such as soups, Spaghetti-O's and Beefaroni
Ramen Noodles (Chicken, Beef, Spicy)
Canned tuna or chicken
Hamburger/Chicken/Tuna Helper
Maseca Flour (Instant Yellow Corn Flour)



Parent Network/Booster Club Meeting Schedule

East Cafeteria
First Monday of the Month
6:30—7:30 p.m.

March 6, 2023
April 3, 2023
May 1, 2023





RED DEVIL PRIDE

HEAD LICE

Head lice are small wingless insects that live on a person's head. The adult louse is about the size of a sesame seed tan/gray in color. The female lives 3-4 weeks and can lay up to 10 eggs per day. The tiny eggs (nits) are attached ¼ from the base of the hair shaft usually at the back of the head and behind the ears. It takes 7-12 days for the nits to hatch. The nits may be camouflaged the color of the hair or white once the louse has hatched.

- Lice are not a health hazard or a sign of poor hygiene. Nor do they transmit disease.
- Lice only crawl, they do not fly or jump.
- Lice are most often shared by head to head contact, rarely through combs, hats or headbands.

Treatment

- Wash hair with a lice shampoo, like Nix. Repeat 7-10 days later if live lice are seen. The shampoo only kills live lice. They do not harm the eggs. May repeat in 7 days if live lice are seen. Do not use more often than every 7-10 days.
- Comb hair daily for 14 days with metal nit comb. Start with a very small section of hair and starting at the scalp. (THIS IS THE MOST IMPORTANT STEP)
- Remove every egg (nit) and louse that you see, dispose of them in the garbage or flush in drain/toilet.

Cleaning

- Wash bedding, hats, coats, towels in hot water and or put in drier on high heat.
- Clean brushes and combs in hot soapy water, soak for 10 minutes

Other things to consider

- Be sure to check everyone else living in the household and treat if lice/nits are found
- Notify the parents of your child's friends that your child has lice
- Your child will not be excluded from school
- Check your child's hair weekly for any signs of lice
- If your child has hair long enough consider putting it up in a ponytail or a braid



PIOJOS

Los piojos son pequeños insectos sin alas que viven en la cabeza de las personas. El piojo adulto es aproximadamente del tamaño de una semilla de ajonjolí de color marrón/gris. La hembra vive de 3-4 semanas y puede poner hasta 10 huevos por día. Los pequeños huevos (liendres) se pegan como a ¼ de pulgada de la base del tallo del cabello, generalmente en la parte posterior de la cabeza y detrás de las orejas. Las liendres tardan de 7 a 12 días en salir del huevo. Las liendres pueden estar camufladas del color del pelo o blancas una vez que el piojo ha salido.

- Los piojos no son un peligro para la salud o un signo de falta de higiene. Tampoco transmiten enfermedades.
- Los piojos solo pueden caminar, no pueden volar ni saltar.
- Los piojos se esparcen de persona a persona con mayor frecuencia por contacto de cabeza a cabeza, rara vez a través de peines, sombreros o cintas para la cabeza.

Tratamiento

- Lavar el cabello con un champú para piojos, como Nix. Repitir el lavado de 7-10 días después si se observan piojos vivos. El champú solo mata los piojos vivos. No causa daño a los huevos. Puede repetirse el lavado en 7 días si se observan piojos vivos. No lo use con más frecuencia que cada 7-10 días.
- Peinar el cabello diariamente durante 14 días con un peine de liendres de metal. Comience con una sección muy pequeña de cabello y comience desde el cuero cabelludo. (ESTE ES EL PASO MÁS IMPORTANTE)
- Remover todos los huevos (liendres) y piojos que vea, deséchelos a la basura o en el servicio sanitario/inodoro y tire de la cadena en el desagüe.

Limpieza

- Lave la ropa de cama, sombreros, abrigos, toallas en agua caliente y/o colóquela en la secadora a temperatura alta.
- Limpie los cepillos y peines con agua caliente y jabón, remoje durante 10 minutos

Otras cosas a considerar

- Asegúrese de revisar a todas las demás personas que viven en el hogar y de le tratamiento si se les halla piojos/liendres
- Notifique a los padres de los amigos de su hijo/a que su hijo/a tiene piojos
- A su hijo/a no se le excluirá de la escuela

