East High Parent Newsletter

May 2023

Principal:
Lori Frerk

Associate Principals:
Katie Bleier
Lisa Lipp

Activities Director:
Stephanie Mathu

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TRIMESTER 3 TEST SCHEDULE

SENIORS

Tues, May 30	Wed, May 31	Thurs, June 1
Periods 1 and 4	Periods 2 and 5	Period 3

Seniors will test during normal class time on the assigned days. Senior checkout will be at 12:45 in the Auditorium on June 1.

GRADES 9, 10, 11

Wed. June 7		Thurs. June 8	
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		

Students will attend school all day on exam days and take tests on the assigned days.

Buses arrive at 3 p.m.

2023-24 REGISTRATION DATES

Mark your calendars! All families are expected to report to an Early Registration session in August to prepare for the school year. The dates are scheduled for:

Thursday, August 17, 2023
10 a.m.—6 p.m.

Wednesday, August 23, 2023
10 a.m.—6 p.m.

All families will receive information in July.

SENIORS!

MANDATORY
Graduation Practice
Friday, June 2
9 am
On the football field

Incase of rain, practice will be held in the gymnasium.





2023-24 ATHLETICS

Families must use this online registration link to register an athlete for sports **PRIOR** to the start of the season. Online registration opens for fall sports on July 1, 2023.

Students are required to have a sports physical every two years. Bring a physical form to the clinic with you for the physician to sign, and return the signed form to the East Main Office prior to the beginning of the season. Forms are available in the East Main Office or on the School website under ACTIVITIES, ATHLETICS, ATHLETIC FORMS.

FALL PRACTICE START DATES

August 1—Football
August 7—Girls Co-op Golf at Preble
August 8—Girls Tennis
August 8—Girls Co-Op Swimming at Southwest
August 14—Cross Country
August 14—Volleyball
August 14—Boys Soccer

Start times and location to be announced in July.

bellinhealth

SPORTS PHYSICALS

Families can get a sports physical at any of the Bellin FastCare locations for $20 and 100% of the money is donated back to East. All you have to do is identify yourself as a Green Bay East athlete.

Click on this link for FastCare locations and hours.





PARENT/ATHLETE CODE OF CONDUCT MEETING

June 5, 2023
6—8 p.m.
East High Auditorium

Athletes and at least one parent should attend.

PRESEASON SUMMER CONTACT DAYS

Volleyball —June 21, 28 and July 12, 19, 26 from 12:30—2:30 p.m. at East Gym.

Football—July 10—14 from 3—6 p.m. at East City Stadium and July 14 (All day event at the Don Hudson Center)

Boys Soccer —June 28—29 and July 18—20 from 4:30—6::30 p.m. at East City Stadium.

Boys Basketball—July 25—28 and July 31 from 4—6 p.m. at East Gym

Girls Basketball—June 20, 22, 27 and July 11,13 time TBD at East Gym

EAST HIGH STUDENT SERVICES

we can help

SUMMER COLLEGE VISITS

Summer vacation is an excellent time for parents and students thinking about college after high school to schedule campus visits to the colleges of their choice.

To arrange a visit, contact the college's admissions office on their website or by contacting the college/universities admission office. Take advantage of these opportunities to simplify your application process.

COLLEGE APPLICATION INFORMATION

The senior class of 2024 can begin the online college application process any time late August/September 2023. After submitting the online portion of the application, students will need to also send an official transcript through www.PARCHMENT.com.

East High School has partnered with PARCHMENT to provide secure online transcript ordering available 24/7. Creating an account is free and only takes a few steps! All PARCHMENT account directions can be found in an email to the Green Bay student g-mail account. For any PARCHMENT questions, please see your counselor or Michelle Cropsey in Student Services.

Service Learning Hours

Service learning hours are no longer a graduation requirement. Students should still complete hours for scholarships, National Honor Society qualification, civic engagement awards and presidential awards. Any questions, please contact your counselor.

ACT/SAT Test Dates

For more information on test dates:

www.actstudent.org

www.collegeboard.com

STUDENTS EARN VOLUNTEER SERVICE AWARDS

East High is proud of our students that have earned volunteer service awards this school year. Twenty-four seniors will be wearing a special honors cord at graduation for volunteering 100+ hours over their high school career.



This school year 45 of our students will be receiving the Civic Engagement Awards White Ribbon from the City of Green Bay for volunteering between 25-49 hours. Twelve students volunteered 50-74 hours and will receive a red ribbon. Six students volunteered 75-99 hours to receive a blue ribbon

Six students volunteered over 100 hours and will be earning a Bronze Presidential Award. Two students volunteered over 175 hours and will receive the Silver Presidential Award and four students volunteered over 250 hours to receive the Gold Presidential Award.

RED DEVIL PRIDE

It is that time of year when senioritis, end of schoolitis and summeritis tries to take over, but Red Devils, we ALL need to end the school year RDP strong! Below are RDP guidelines to help you have the best end of year yet!

Respectful: Be kind and caring to peers and staff. As the weather warms up, wear school appropriate clothing and use school appropriate language.

Dependable: Be on time and engaged in your classes

Prepared: Check your grades regularly, and talk to your teachers if you need help.

We got this! Be Red Devil Proud!

AVID = COLLEGE AND CAREER SUCCESS

Advancement Via Individual Determination (AVID) is an in-school program that provides scaffolded support for students who possess a desire to go to college and the willingness to work hard even though they may not truly have the opportunity to be college-ready. These are often students who will be first in their families to attend college and are from groups traditionally underrepresented in higher education. AVID equips teachers and schools with what they need to help students succeed on their path to college and career success. Through organization and self-reliance, students are expected to try their best and achieve their full potential. AVID students are enrolled in the AVID Elective course during each trimester of their high school career. In this course, students receive the additional academic, social, and emotional support that will help them find success in their school's most rigorous courses.

AVID Results

- 93% of AVID students complete four-year college entrance requirements
- 90% of AVID students who apply are accepted into four-year colleges
- 84% of AVID students who enroll in college persist into the second year

The East High School AVID Program is currently taking applications for Trimester 1 of the 2023-2024 school year for entrance into AVID 1 - 4. Applications can be found in the Student Services office.

The criteria for entrance in the AVID program includes a 2.0 - 3.5 grade point average, excellent attendance, motivation to improve grades, self discipline to complete all work, and the sincere desire to attend college. AVID is **not** a guarantee for success, an easy "A," a remedial program, a quick fix, a study hall, nor individual tutoring.

Students considering applying to the AVID program need to ask themselves:

- Am I determined to go to college?
- Am I willing to sacrifice my free time to study and learn?
- Am I willing to take notes in my classes every day?
- Am I willing to maintain an organized binder with all schoolwork AND an organization system to track homework?
- Am I willing to challenge myself by taking advanced, AP, and/or DC courses?

If you have further questions or are interested in learning more, please contact:

Lisa Lipp, AVID Site Administrator
lmlipp@gbaps.org, 448-2090

Karen McGrath, AVID Elective Teacher
kamcgrath@gbaps.org, Room 234

Brian Nast, AVID Site Coordinator
bwnast@gbaps.org, Room 236

Oriana Hunter, AVID Site Counselor
omhunter@gbaps.org, 448-2090, ext 2

Green Bay East FFA's

Spring Plant Sale



East High Greenhouse

		Saturday, May 6 10 am. - 2 pm.
Thursday, May 11 3 - 6 pm.	Friday, May 12 3 - 6 pm.	Saturday, May 13 10 am. - 2 pm.
	Friday, May 19 3 - 6 pm.	Saturday, May 20 10 am. - 2 pm.

Profit goes back to the students in supporting quality, real-world agricultural experiences at Green Bay East

What's Happening in Our School Community!!

NHS INDUCTION

The Green Bay East High Chapter of the National Honor Society will induct new members on April 30.

Membership into the society is one of the highest honors that can be awarded to a high school student. The four ideals of scholarship, leadership, service and character are considered as the basis for selection. No student is inducted simply because of a high academic average. NHS strives to recognize the total student.

The new National Honor Society members for 2023-24 are:

Cindy Barrera
Kowsar Salad
Calvin Heller
Careli Navarro
Brandon Zapote Villalobos
Asho Abdi
Alejandra Alavez
Ruby Bielinski
Kiana Brandner
Erick Brito
Wyn Buss
Abbott Dickey
Uriel Guerrero Trujillo
August Hudson-Vadnais
Sophia Lipp
Ella Lutz
Keyana Perez
Jerah Purdy
Yanely Rubio Candelario
Najma Salad
Shanze Zhang

East High School Music Banquet

The Music Banquet will be held on Wednesday, May 31, at Riverside Ballroom. Reception begins at 6 PM, and Dinner at 6:30 PM. The Music-Parents are sponsoring a ticket for all music students this year - RSVP forms are due May 23..



State Solo & Ensemble
Congratulations to our State-qualifying music students. Performances will be held Saturday, May 6, 8—4 p.m., at the UWGB campus.

Center Stage Awards For High School Music
Appleton Performing Arts Center
May 6, 7 p.m.

STATE FORENSICS RESULTS

The East High School Forensics team traveled to DeForest High School to compete in the State Forensics competition on April 22. Congratulations to the team. The East High School Forensics team did a great job representing our school!

(Leif) Angelica Delfosse, Prose Reading - GOLD

Erick Brito Acevedo, Prose Reading—GOLD

Jennifer Duarte Castillo, Prose Reading—GOLD

Zoe DiSalvo, Prose Reading—SILVER

Rubi Guzman—Gonzalez, Solo Acting Serious—GOLD



2023 Spring Concerts

East High Auditorium

Orchestra
Wednesday, May 17, 6 p.m.

Band
Wednesday, May 17, 7:30 p.m.

Choir
Wednesday, May 24, 7 p.m.

Free admission to all concerts

EAST HIGH SCHOOL ANNUAL FISHING TOURNAMENT

The East High School Fishing Tournament will be holding its 31st annual Green Bay East fishing tournament on June 3. This is the Wisconsin DNR Free Fishing weekend, so you don't need a fishing license to fish.

We will be meeting by the footbridge in the school parking lot and fishing from 8 - 11 a.m. All current students are welcome to attend.

Prizes will be awarded for the largest, smallest and most fish caught. There will be extra equipment available for those who don't own any.

Please contact, Brian Fisk, (bdfisk@gbaps.org), if you have any questions.

YEARBOOK

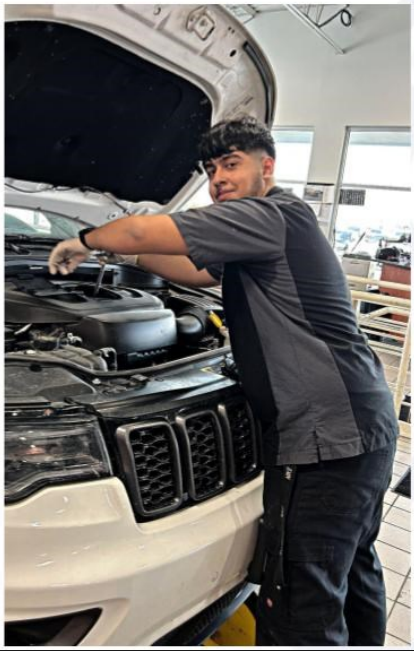
The deadline to order the 2022-23 yearbook is May 5. Yearbooks will be delivered to East sometime in July. The 2023 seniors will be contacted first to pick up their books from the Main Office. All others are welcome to pick up their yearbook during the summer months, otherwise, they will be distributed at the registration sessions in late August.

Attention 2024 Seniors! If you have your senior portraits taken over summer, please e-mail Ms. Blackford your photo for the yearbook to amblackford@gbaps.org. You can ask your photographer to do this for you; most will do it for no extra charge.

Senior pictures must be an **up-close head shot**, wallet-sized picture measuring 2" x 2.25" with no props (i.e. sunglasses, hats, sporting equipment, etc.).

Northeast Wisconsin YOUTH APPRENTICESHIP

GANDRUD



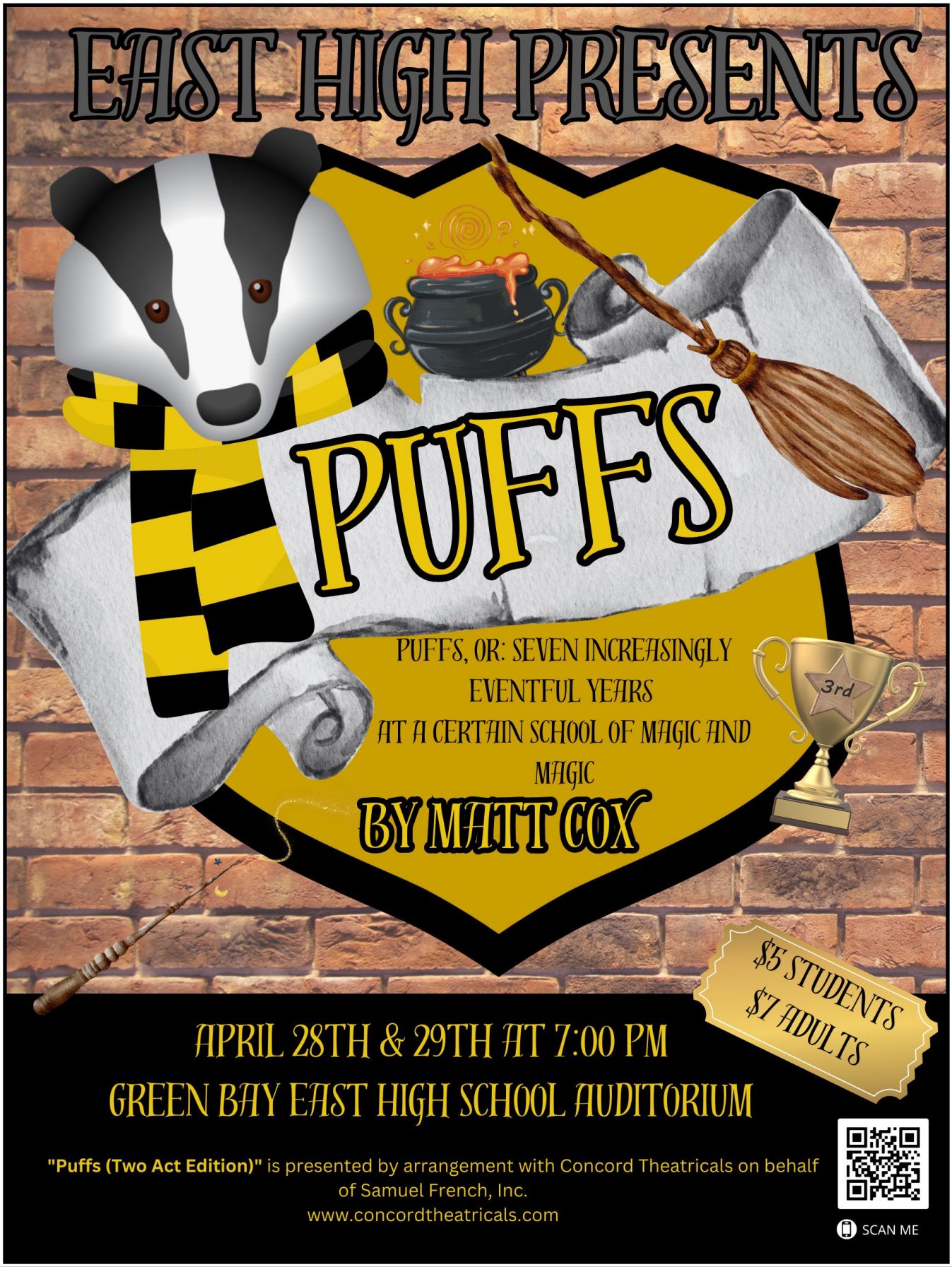
Brian

East High School City Stadium Automotive

Brian is in the 12th grade. He participates in Youth Apprenticeship in Automotive Technology at Gandrud Automotive. Brian said, "I enjoy working in the field and still being in high school; it has helped me get experience. Youth Apprenticeship has helped me get more comfortable in my future career path and has helped me learn new things and meet new people. I would recommend Youth Apprenticeship to anyone that has it available. You get school credits and you work at the same time! I plan to complete my Automotive Diploma and being in Youth Apprenticeship has let me take my first step into my future career."

Brian's Supervisor, Mr. Soung, says, "Brian has grown into a great role model for our younger technicians. He shows what you can achieve if you put your heart and will into it. We are very fortunate to have met and employ Brian here at Gandrud."

#ThisIsC7


EAST HIGH PRESENTS
PUFFS
PUFFS, OR: SEVEN INCREASINGLY EVENTFUL YEARS AT A CERTAIN SCHOOL OF MAGIC AND MAGIC
BY MATT COX
3rd
$5 STUDENTS
$7 ADULTS
APRIL 28TH & 29TH AT 7:00 PM
GREEN BAY EAST HIGH SCHOOL AUDITORIUM
"Puffs (Two Act Edition)" is presented by arrangement with Concord Theatricals on behalf of Samuel French, Inc.
www.concordtheatricals.com
SCAN ME

EAST BUSINESS EDUCATION DEPARTMENT NEWS

EHS Students Qualify for FBLA Nationals in Atlanta

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.



Above: EHS FBLA members Isaac Munchoff, Tallon Baird, ChaNtuj Lee, Brisset Torres Alvarado, Anthony Muskovitz-Karl, and Giovanny Rodriguez at the FBLA State Leadership Conference in Green Bay, WI

Six members of the Green Bay East Chapter of Future Business Leaders of America recently attended the Wisconsin FBLA State Leadership Conference at the KI center in Green Bay. They competed with over 2000 students from across the state in a variety of events for a chance to represent Wisconsin this summer in Atlanta at FBLA nationals.

The following students from East placed in the top 4 for their event and qualified for nationals:

- **Anthony Muskovitz-Karl** – 3rd place in Mobile App Development
- **Isaac Munchoff** and **Tallon Baird**– 2nd place in Network Design

Placing in the top 8 for their event and earning honorable mention are:

- **Brisset Torres Alvarado** - event finalist and placed 6th in Banking and Financial Management
- **Giovanny Rodriguez** - 5th place in Computer Problem Solving and national team alternate
- **ChaNtuj "Sunny" Lee** - 8th place in Computer Problem Solving

Since 2007 East High School has had 58 FBLA National Qualifiers and 17 top 10 National finishers.

To learn more about the FBLA Chapter at Green Bay East High School visit our website at www.greenbayeastfbla.org.

Wisconsin FBLA
Green Bay East High School


Green Bay East High & Washington Middle present.....
RIPPLES
Dance Concert
Connecting - Sharing - Synergizing through Dance.
EAST HIGH SCHOOL'S AUDITORIUM
DIRECTED BY: ESROM WILLIAMS, JR.
THURSDAY 05.11.23 @6:30PM
FRIDAY 05.12.23 @6:30PM
TICKETS AVAILABLE AT EAST HIGH'S MAIN OFFICE AND AT THE DOOR:
STUDENT TICKETS - $3
GENERAL TICKETS - $6
ALL SEATS ARE GENERAL SEATING
FRIDAY'S EVENING SHOW CELEBRATES THE VISUAL AND PERFORMING ARTS - LIVE MUSIC - ART DISPLAYS - SILENT AUCTION - RAFFLES -SWEET TREATS WILL BE SERVED AFTER THE SHOW.
WASHINGTON MIDDLE SCHOOL for the arts
FINE ARTS INSTITUTE AT EAST HIGH
FOR MORE INFO, PLEASE CONTACT:
EAST HIGH SCHOOL'S MAIN OFFICE:
920.448.2090
ESROM WILLIAMS, JR. - EPWILLIAMS@GBAPS.ORG
Green Bay Area Public School District
Ataraxia DANCE THEATRE

OHP
Oral Health Partnership
Dentistry for Tots to Teens

Changing the lives of our communities' children through access to excellent oral health services and education.

Time for Summer!

WDA Mission of Mercy

Two Days of Free Dental Care!

Friday and Saturday, June 16 & 17

KI Convention Center, 333 Main St. Green Bay. Doors open at 5:30 am

Treatment for kids & adults (no childcare on site)

no appointments - first come first serve, no eligibility or income requirements

no identification, documentation or insurance required

For more info, visit wda.org/mom



Have a great summer and don't forget to schedule your next dental appointment!

OHP treats over 11,000 underinsured and uninsured kids yearly through multiple clinics locations, school-based programs, and hospital services.

920.965.0831 • smilegb.org

May is Mental Health Month!

As the school year winds down, your favorite East High Social Workers want to equip students, staff, and families with both strategies for maintaining mental health as well as resources for addressing mental health concerns.



SASS Club will be hosting a Sources of Strength Health Fair on Friday, May 5th during lunch hours. We have invited several community providers to have booths where they can educate students about how to use their resources. SASS student leaders will also be running a variety of interactive stations to address each area of the Sources of Strength wheel. Please encourage your students to attend and discuss what they learned after!

Look Around, Look Within: Your surroundings say a lot about your mental health. (Adapted from Mental Health America) Take a moment to consider your surroundings. Do you feel safe? Do you have access to healthcare and grocery stores? Does your home support you, both physically and mentally?

This Mental Health Month, challenge yourself to look at your world and how different factors can affect your mental health. Where a person is born, lives, learns, works, plays, and gathers, as well as their economic stability and social connections can all have an affect on your overall health. However, when it seems like the world is working against you, your mental health can suffer. While many parts of your environment can be out of your control, there are steps you can take to change your space and protect your well-being, such as:

- Working toward securing safe and stable housing. (Contact your child's social worker if you need support with this!)
- Focusing on keeping your space functional, clean, and safe.
- Creating bonds with your neighborhood and community to foster a sense of belonging.
- Connecting with nature, even if it's just opening your window shades to let in some natural light.

Tools you can use! If you are looking for strategies for improving mental health as a family, Erika's Lighthouse is a free online resource that has several tools for parents/caregivers and educators to support the young people in their lives. Here are a few we want to highlight:

Good Mental Health Week | English
Semana de Buena Salud Mental | Español

Family Conversation Journal | English
Diario Familiar | Español

Language for Parents During Times of Worry | English
Lenguaje que pueden usar los padres en tiempos de preocupación | Español



Need to Know Where to Go?



Brown County
Mental Health Navigation Guide

Safe

MyConnectionNEW.org

Connect to LOCAL mental health services & supports

MyConnectionNEW.org is a resource for mental health & substance abuse information, resources, and service navigation.

At Risk

2·1·1 Get Connected. Get Help.™

Call or Text 2-1-1 anytime for free assistance with human, social, mental, and basic needs and for help during disaster situations.

Unsafe

Family Services Crisis Center

Call 920-436-8888 anytime when immediate support is needed to prevent a situation from becoming dangerous.

Danger

Brown County Dispatch 9-1-1 Emergency 2001

Call 9-1-1 to request immediate assistance from police, fire and rescue personnel for any in-progress situation that could potentially result in danger to someone's life.

Green Bay East Athletics Golf Outing 2023

Saturday, July 29

Ledgeview Golf Course
3149 Dickinson Road
De Pere, WI

Registration deadline—July 21

$90 per person
When paid before the outing

$100 per person
The day of the event

4-Person Scramble
18 Holes
Includes cart and meal after golf

Registration at 11 am
Shot Gun Start 12 pm

Register on the Green Bay East High School Facebook page or email wrgaray@gbaps.org