

East High Parent Newsletter

Issue 3 **December 2023/January 2024**

Principal:
Lori Frerk

Associate Principals:
Katie Bleier
Lisa Lipp

Activities Director:
Stephanie Mathu

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

Inside this issue:

Inclement Weather/ Red Devil Pride	2
Silent Night Event	3
Student Services	4
Scholarships/Youth Apprenticeship	5
Yearbook/Cap and Gown Information	6-7
Eats for East/Caring Closet	8
Razzle Dazzle/Staff Author	9
Doctors in Recital	10
Nurse Letter	11-13
New Orleans Dinner and a show/Concert	14-15

Note from the Principal

The State School Report card is now available for East High School and the district. We are proud to announce that as a school we **EXCEED EXPECTATIONS**; an improvement over last year's report card. Our students and staff are working hard to achieve academic excellence in the classroom. We do have work ahead of us, however, we are moving in the right direction.

Soon I will be sending out information on the beginning of our construction phase from the referendum last November. Miron Construction will be doing that work and our hope is that the work will begin the end of December.

Parents/Guardians, please check your Parent Portal to see your students grades and credit attainment toward graduation. Students need 22 credits for graduation. Freshman should have 2+ credits, Sophomores should have 8+ credits, and Juniors should have 13+ credits right now to be on target for graduation. If they do not, please check the 10th period on their schedule, those are the classes that are needed for graduation purposes. We have after school tutoring and credit recovery support from 3:00pm - 4:00pm Monday - Thursday. Please contact your student's counselor if you have questions.

MARK YOUR CALENDARS

Winter Recess
December 25 through January 1.
Classes resume January 2.



Teacher Workday
January 22 - No School for Middle/High School

No School
January 15 (MLK Day)
January 19

Parent Teacher Conferences
January 18 3:30 pm- 7:00 pm
January 25 3:30 pm - 7:00 pm

HAVE YOU MOVED??

To maintain accurate records and ensure that you receive school communications, please notify the main office of changes in address, phone numbers, emergency numbers, and e-mail addresses for your children.

To change an address, you must complete a form available from the Main Office. Written proof of the new address is required; you will be required to show a lease, mortgage document, or utility bill with the new address.

INCLEMENT WEATHER

In the event of bad weather where schools may be closed, delayed or closing early, area radio and television stations will be notified so parents can listen for school closing announcements. The district will also inform parents through social media, such as instant messaging, X, and Facebook.



If schools close after the start of the student day, the notice is given to the media at least an hour before the first students are released to give parents, bus companies and others enough time to respond.

When you know that school will begin to close at a specific time, East High School will dismiss school approximately 30 minutes later.

Whenever there are inclement weather days and the school may or may not be dismissed early in the day, parents are reminded that they may pick up their child/children anytime. Students will not be dismissed prior to the assigned time unless parents pick them up. For parents who are working, please instruct your children what to do and where they need to go should you remain at work.

Red Devil Athletic Reminders

Participation in East High School Activities is for all of OUR students. We believe that no barrier should prevent any of OUR students to participate in athletics or an activity.

We want them to use their sport or activity to help develop their personal, physical, intellectual skills and to know that they are part of a close knit family. To achieve this development and sense of family, we demand that the students conduct themselves with ethical and responsible behavior on the field and off, attend school daily and be on time for classes, and to achieve academic success by being an engaged participant.

The adherence to these bedrock principles will help them be their best and lead them to be successful now and in the future.

Red Devil Pride

From the RDP Committee:
New at East High School: We are recognizing classes that are following Red Devil Pride - Being Responsible, Dependable, and Prepared. Teachers will nominate their classes for exemplary behavior and following RDP expectations. Each week a class will be chosen and receive a visit from Mr. Niko with a fabulous class incentive! Currently at East High School, 97% of students are following our Red Devil Pride Expectations. Please remind your child to always show Red Devil Pride at East!







On Saturday, November 4, East National Honor Society and Football players raked leaves for the elderly, disabled and veterans in the East attendance area. The students raked 20 yards. This tradition originally started in 1993 by Mr. Reiman and was resurrected 2 years ago with NHS.

10th Annual Silent Night Fundraising Event For Homelessness

Green Bay West High School

Saturday, January 27, 2024

Join us for an afternoon of:
Girls' Varsity Basketball at 12 p.m.
Boys' Varsity Basketball at 2 p.m.

"Silent Until 10"
Crowd remains completely silent until one of the teams scores their 10th point! Then the crowd erupts and breaks the silence of homelessness in our schools and community.

Basket Raffles and Silent Auction
East vs. West Wing Eating Contest

Silent Night is sponsored by both East and West High School, and the event hosting rotates each year between East and West. Since this event's inception, over $50,000 has been raised to benefit students and families in the East and West High school communities who are struggling with homelessness.

Please help continue the tradition by promoting, attending, and/or contributing to the Silent Night event. For more information, contact Kristina Ha or Matt VandenHouten at 448-2090. We thank you for your support in breaking the silence of homelessness and hunger in our schools.

Together,   are the solution!

EAST HIGH STUDENT SERVICES

we can help

Xello

Green Bay Public School students now have access to XELLO! Xello helps students discover the pathway that's right for them whether it involves a trade, college, university, entrepreneurship, or other training. As students gain self-knowledge through assessments and reflection, they save careers, schools, programs, and experiences to form a vibrant, visual roadmap that's easy to update and share. The Xello App can be found on your student's Launchpad!

https://launchpad.classlink.com/greenbay

CAREER CENTER

Did you know that East High School has a Career Center? There is a wealth of information pertaining to post-secondary planning including links to college and technical college websites, a calendar for each month highlighting what reps will be visiting, the most recent scholarship postings, local job opportunities, the military, and volunteer/service learning sites. This is an excellent resource for all students and parents!

TESTING

Students needing to take a college entrance exam(s) should check the following websites to register online:

ACT: www.actstudent.org
SAT: www.sat.collegeboard.org
Accuplacer: register in person in the East High Career Center.

Fee waivers are available for students approved for free/reduced lunch. Please see your counselor with any questions.

AVID = COLLEGE PREP
It's Never Too Late!

Advancement Via Individual Determination (AVID) is an in-school support program designed to help students not currently reaching their potential, who may be the first in their family to attend college or may be underrepresented in universities. Targeting students in the academic middle, ***AVID*** prepares students for college eligibility and success. Through organization and self reliance, students are expected to try their hardest and achieve their full potential. Typically, students enroll in ***AVID***, a general elective class, each semester of their high school career.

***AVID* RESULTS**

95% of ***AVID*** graduates go on to college.
77 % go on to 4-year colleges.
89% of them are stll there two years later.

The East High School AVID Program is currently taking applications for AVID 1, AVID 2, AVID 3, and AVID 4 for Trimester 2 of the 2023-24 school year, and taking names and/or applications to interview students who are interested in AVID for Trimester 1 of 2024-2025.

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, an at-risk program, a study skills program, a quick fix, a study hall, nor individual tutoring.

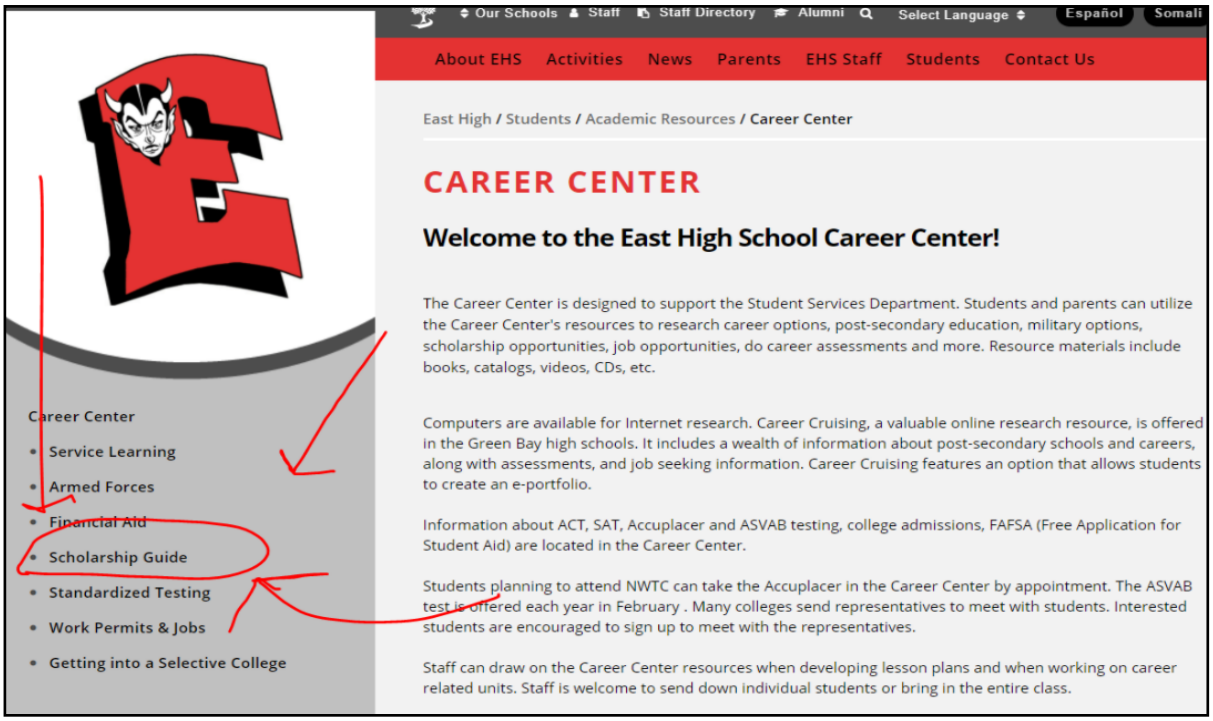
Students considering applying to the AVID program need to ask themselves:

- 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 every class every day?
- Am I willing to maintain one 3-inch binder with all schoolwork?
- Am I willing to challenge myself by taking advanced and AP courses?

*Please contact Lisa Lipp, **AVID** Site Administrator, lmlipp@gbaps.org 448-2090, Brian Nast, **AVID** Site Coordinator, bwnast@gbaps.org in Room 236, or Oriana Hunter, **AVID** Site Counselor, omhunter@ gbaps.org 448-2092, if you would like to apply or if you have further questions.*



Hey Seniors:
Check the East Scholarship Guide on the school website **often** for new scholarship opportunities. See your school counselor or Mrs. Kong in the Career Center if you need assistance with the scholarship process.



Northeast Wisconsin YOUTH APPRENTICESHIP

LAFORCE

David, Lazaro, & Ramses
Green Bay East High School



David, Lazaro,& Ramses are in the 12th grade. They participate in Youth Apprenticeship in the Welding & Production Operations Pathways at LaForce. When asked what Youth Apprenticeship has taught them some examples include responsibility, time management, patience and the ability to stay organized. All three said they would recommend Youth Apprenticeship to other students because "you get credits for working, and actual career experience with good pay."



David is looking forward to working on oil rigs after graduation. Lazaro plans to stay full time at LaForce for at least another year after graduation to gain experience while he attends NWTC for Welding & Metal Fabrication. He says his job at LaForce, "has given me more confidence and encouraged me to to pursue welding as a career."
Ramses will also be attending NWTC for Welding & Metal Fabrication while staying on with LaForce. He envisions a Future that might include iron working, pipe fitting or doing some traveling contract welding.

#ThisIsC7

Senior Photo Information!

Senior photos are due on Friday, March 1, 2024, at 3 p.m. There is no cost to submit a photo. Photos should be a head shot, no props or hats, no derogatory clothing, fully clothed and tasteful. The Yearbook Club reserves the right to alter a photo if a full-body shot is submitted. If no senior photo is submitted, the student ID photo will be used.



Contact Ms. Tobin at jmtobin@gbaps.org if you have any questions about senior pictures.

YEARBOOK PURCHASES

The price of the yearbook has now increased to $55 through the end of the school year.



Buy your yearbook in the Main Office or online at:
www.yearbookforever.com
Search for Green Bay East High

SAVE THE DATE!

East Junior Prom
Saturday, April 20, 2024

The junior class is starting to plan soon.



PREPARING FOR GRADUATION

The East High commencement ceremony will be held in City Stadium Tentative on Friday, May 31, at 7 p.m. More information will be provided as the plan progresses.

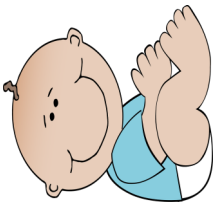
Brickhouse School Services will be at East during the lunch periods on January 17 to take orders for caps and gowns and senior apparel. Refer to the information on the next page for more information.



Each student participating in graduation must pay the $30 district commencement fee. Students who have waived fees are also eligible for waived commencement fees. Although participation in the ceremony is not mandatory, we strongly encourage students to participate. Fees may be paid online or to the East Main Office.

Yearbook Senior Baby Pictures and Tribute Section

The yearbook will again feature a senior tribute/baby picture section.



Pictures and tributes can only be submitted electronically through the Walsworth Yearbook website at www.yearbookforever.com.



Green Bay East
High School Seniors

Cap & Gown
All seniors to wear a cap & gown for their Graduation Ceremony

Order Information
Order forms provided in school on Order Day

IN-SCHOOL SPECIALS:

Deluxe Package
$120

Includes:
- Cap/Gown/Cord/Tassel
- Joggers
- Senior Hoodie
- Choice of Mascot Tassel or Bling Tassel

Memory Package
$85

Includes:
- Cap/Gown/Cord/Tassel
- Choice of Joggers or Senior Hoodie
- Choice of Mascot Tassel or Bling Tassel

Cap, Gown, & Tassel Package
$35

Includes:
- Cap/Gown/Cord/Tassel

Not Included:
- Hoodie, Joggers, Mascot Tassel, or Bling Tassel *(can be purchased at an additional cost)*



Year Date Tassel $8


Mascot Tassel $15



Joggers $35



Hoodie $35



Bling Tassel $15

2 WAYS TO ORDER
All orders will ship to school, and arrive a few weeks before Graduation Day

To Order At School (Parent or Student):
- Order Day: January 17, 2024
- Time: 10:15 AM to 1:00 PM
- Place: Cafeteria Commons
- Payment: Due in-full on Order Day
- Cash, money orders, venmo @sean-brick, or personal checks made out to: *Brickhouse School Services"*

Late Orders: *Cash only* for orders placed after Order Day

To Order online:
(Cap, Gown, & Tassel package only):
- Date: 10/16/2023 to 3/21/2024
- Go to: *greenbayeast.shopoakhalli.com*
- Full payment required at time of order

Brickhouse School Services | Green Bay, WI
920-494-6111 *brickhouse007@new.rr.com*

EATS FOR EAST

East High School's Eats for East backpack meal program provides healthy meals and snacks to our unaccompanied youth, homeless students, and families in need on a weekly basis. Good nutrition supports good academics. This program will help improve student academic performance by providing essential provisions to ensure students arrive Monday morning ready to learn.



Our schools are the core of our community. By providing meals and snacks over the weekend, we are not only providing support to our students, but improving our community—one backpack at a time.

To help support this program and the students and families of East High, please consider making a donation of non-perishable, non-expired food. Currently, our Eats for East pantry is in need of the following items:

- Cereal
- Ramen Noodles
- Jelly/Jam
- Peanut Butter
- Pasta Sauce
- Noodles
- Granola/Fruit Bars
- Long Grain Rice
- Dried Pinto Beans
- Microwave Popcorn
- Maseca—Corn Flour
- Instant Oatmeal Packets - Box
- Tuna Helper
- Chicken Helper
- Mac and Cheese
- Pop Tarts
- Cooking Oil
- Pancake Mix
- Syrup
- Canned Chicken
- Canned Tuna
- Canned Ravioli w/pop tops
- Canned Soups w/pop tops

Donations can be brought to the East Main Office anytime. If you have any questions, contact Sandy Waubanascum, Social Worker, at 448-2092 or slwaubanascum@gbaps.org.



Caring Closet

Each year East High School provides students with hygiene products, school supplies, and gently used clothing from our Caring Closet. Through generous donations from school families, staff members, community members, local businesses, and churches, the Caring Closet has been able to provide these items. These services provided to students give them an extra boost so our students will only need to focus on their education. Any student needing help is encouraged to visit student services for assistance.

We have noticed an increased need this school year, please keep the Caring Closet in mind when you are shopping or cleaning out your teenager's clothes closet. Donations for frequently needed items will be accepted for:

Hygiene products: toothbrushes, combs, brushes, body wash, deodorant, feminine products, laundry detergent

School Supplies: backpacks, folders, notebooks, pens, mechanical pencils, and calculators

Clothing: new or gently Used high school-appropriate clothing (sweatshirts, shirts, jeans, tennis shoes, coats), new underwear, new bras, and socks

Caring Closet/Eats for East Referral





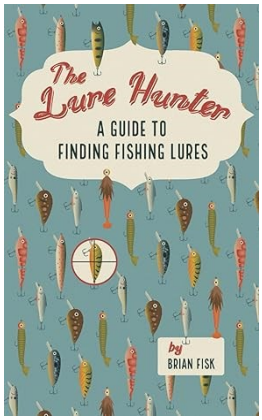


Parent Network And Booster Club

MEETING DATES

First Monday every month
6:30 p.m.
School Cafeteria

January 8, 2024
February 5, 2024
March 4, 2024
April 1, 2024
May 6, 2024



Mr. Fisk (Social Studies teacher) wrote a book about finding fishing lures that was published on Amazon. The book is entitled "The Lure Hunter: A Guide to Finding Fishing Lures." It explains how people can use the knowledge from the book and some simple tools to find hundreds of dollars of lost fishing lures. Some of you may know that Mr. Fisk has been selling "Red Devil Lures" for several years and donating 20% of lure sales to the East High Fishing Tournament. Way to go Mr. Fisk!



We're excited to be a part of the 2024 Doctors in Recital at the Weidner Center, Saturday, January 27th, 2024. Doors open at 6:30pm and the show begins at 7:00pm. Come hear the East High Jazz Ensemble and Vocal Jazz Ensemble as they take the stage at 6:35pm to perform pre-show music! Tickets are only $25 each and are available at Festival Foods until January 8th, then all tickets are purchased via Ticketstar. Come help us make a difference by making music!

Notes from the School Nurses



A Nurse's Guide for When to Stay Home From School

If your student becomes ill during the school day, the following general guidelines will be used by school staff to determine if student should be sent home:

- Fever of 100.4° F or greater
- Vomiting or diarrhea.
- Contagious illness such as chickenpox, strep throat, impetigo, scabies, etc.
- Undiagnosed rash.
- Injury/accident requiring care of parent/guardian.
- General discomfort such that the student cannot participate in class.
- Other concerns determined by school staff. Please keep your student home if they are sick!

Keep your student home if any of the following:

COVID-19 has a wide range of symptoms – ranging from mild symptoms to severe illness

Possible symptoms include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Testing and masking are recommended. Please report positive test results. Keep your child home until symptoms improve/resolve (see below for symptom management).

Fever is the body's way of destroying the germs making it sick, and it's a common symptom of infections. Keep your children home if their temperature is 100° F or higher. Wait until children are fever-free for 24 hours without a fever reducing medication before letting them return to school.

Diarrhea is often the result of infection, food poisoning, or a side effect to medications like antibiotics. If your child is not having pain, not having diarrhea frequently (2 or more in 24 hours) and can make it to the bathroom and wash hands well after using the bathroom they can come to school.

Vomiting is another way for the body to rid itself of the germs making it sick, and is usually caused by a stomach virus or stomach infection. Keep children home if they've vomited twice or more in the last 24 hours. They can return to school when they are symptom free and tolerating fluids.

Sore throat can be a symptom of strep or a common cold. If your child has been diagnosed with strep throat, keep your child at home for at least 2 doses of antibiotics or 24 hours after starting antibiotics. If your child has a mild cold, sore throat with no fever it is okay to go to school.

Notas de las enfermeras escolares



Una guía de enfermería sobre cuándo quedarse en casa y no ir a la escuela

Si su estudiante se enferma durante el día escolar, el personal escolar utilizará las siguientes pautas generales de síntomas para determinar si el estudiante debe ser enviado a casa:

- Fiebre de 100.4° F o más
- Vómitos o Diarrea.
- Enfermedad contagiosa como varicela, faringitis estreptocócica, impétigo, sarna, etc.
- Sarpullido no diagnosticado.
- Lesión/accidente que requiere el cuidado de los padres/apoderados legales.
- Incomodidad general tal que el estudiante no pueda participar en clase.
- Otras inquietudes determinadas por el personal escolar. ¡Por favor mantenga a su estudiante en casa si está enfermo!

Mantenga a su estudiante en casa si presenta alguno de los siguientes:

COVID-19 tiene una amplia gama de síntomas, que van desde síntomas leves hasta una enfermedad grave

Los posibles síntomas incluyen:

- Fiebre o escalofríos
- Tos
- Falta de aire o dificultad para respirar
- Fatiga Dolores
- musculares o corporales
- Dolor de cabeza
- Nueva pérdida de sabor u olfato
- Dolor de garganta
- Congestión o secreción nasal
- Náuseas o vómitos
- Diarrea

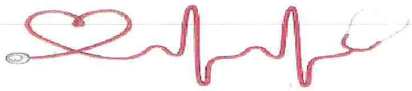
Se recomienda hacerse la prueba y el uso de máscaras. Favor de informar los resultados positivos de la prueba. Mantenga a su hijo/a en casa hasta que los síntomas mejoren o se resuelvan (consulte a continuación el control de los síntomas).

La fiebre es la manera que tiene el cuerpo de destruir los gérmenes que lo enferman, y es un síntoma común de infecciones. Mantenga a sus hijos en casa si su temperatura es de 100° F o más. Espere hasta que los niños no tengan fiebre durante 24 horas sin un medicamento para reducir la fiebre antes de dejarlos regresar a la escuela.

La diarrea a menudo es el resultado de una infección, una intoxicación alimentaria o un efecto secundario de medicamentos como los antibióticos. Si su hijo/a no tiene dolor, no tiene diarrea con frecuencia (2 o más en 24 horas) y puede llegar al baño y lavarse bien las manos después de usar el baño, puede venir a la escuela.

El vómito es otra forma en que el cuerpo se deshace de los gérmenes que lo enferman y generalmente es causado por un virus estomacal o una infección estomacal. Mantenga a los niños en casa si han vomitado dos veces o más en las últimas 24 horas. Pueden regresar a la escuela cuando estén libres de síntomas y toleren líquidos.

Notas de las enfermeras escolares



El dolor de garganta puede ser un síntoma de estreptococo o un resfriado común. Si a su hijo/a le han diagnosticado faringitis estreptocócica, manténgalo en casa durante al menos 2 dosis de antibióticos o 24 horas después de comenzar con los antibióticos. Si su hijo tiene un resfriado leve, dolor de garganta sin fiebre, puede ir a la escuela.

Conjuntivitis (conjuntivitis) La Academia Estadounidense de Pediatría ya no recomienda quedarse en casa y no ir a la escuela por conjuntivitis a menos que el niño no pueda evitar tocarse el ojo, tenga fiebre de más de 100°F o el médico recomiende que se quede en casa.

Con erupciones generalmente está bien asistir a la escuela. Puede llamar a la enfermera escolar para evaluar si está preocupado. Si hay fiebre con la erupción, mantenga a su hijo en casa.

- **Sarna-** podrá volver a la escuela una vez que se complete el tratamiento. Todavía tendrán picazón y sarpullido durante varias semanas.
- **MRSA-** puede regresar siempre y cuando reciban tratamiento de un médico y se pueda cubrir cualquier drenaje de una herida.
- **Tiña-** puede asistir a la escuela. Se debe mantener la zona cubierta con ropa o vendaje.
- **Varicela** -debe quedarse en casa hasta que toda la viruela esté cubierta de costras.
- **Impétigo-** debe quedarse en casa hasta que las lesiones se traten con antibióticos por al menos 24 horas o hasta que se formen costras.
- **En las manos, pies y boca** - puede asistir a la escuela a menos que tenga fiebre o el niño no pueda mantener una buena higiene o babee constantemente

Piojos- no los excluimos de la escuela, una vez identificados, notificamos a los padres y la expectativa es que sean peinados, tratados y regresen a la escuela al día siguiente.

Los dolores de oído no son contagiosos. No hay necesidad de mantener a un niño en casa que tenga un dolor de oído leve.

Los síntomas leves de resfriado o respiratorios- no son razón para mantener a los niños en casa. Una tos productiva persistente puede ser un signo de enfermedades contagiosas como tos ferina, bronquitis viral, neumonía, influenza o crup y puede necesitar una evaluación médica.

¡Gracias!

9/29/22 plw

THE EHS MUSIC DEPARTMENT AND FINE ARTS PARENT NETWORK PRESENTS:

New Orleans Style Dinner and a Show ?

FEATURING BIG MOUTH AND THE POWER TOOL HORNS

SATURDAY, JANUARY 13TH 2024

Dinner

5:30 P.M. | EHS Cafeteria

Featuring all of the favorites found in the Big Easy

APPETIZERS

Red Beans and Rice
Cajun Veggies



ENTREES

Jambalaya
Gumbo
Vegetarian options available

Big Mouth and the Power Tool Horns?

7:00 P.M. | EHS Auditorium

"Big Mouth was originally formed by Jay Whitney in 1980 in and around Flint, MI. Over the years players have come and gone, but the band's focus is still the same as it was originally in 1980. And everyone is still having a blast!"



$20

Per ticket for dinner and show

Proceeds from the evening help pay for the music departments trip to New Orleans this Spring!

Scan this QR Code to secure your tickets for the dinner and show now!

THE EHS MUSIC DEPARTMENT AND FINE ARTS PARENT NETWORK PRESENTS:

Big Mouth and the Power Tool Horns

Concert fundraiser for the music trip to New Orleans

Saturday, January 13th
7:00 P.M. | EHS Auditorium



"Big Mouth was originally formed by Jay Whitney in 1980 in and around Flint, MI. Jay moved to Door County in 1989 and formed a new Big Mouth with Pat Judy, Woody Mankowski, and Paul Sowinski in 1990. After reaching a level of success in Door County and Green Bay, the band decided to add a horn section, this being the birth of the Power Tool Horns. Over the years players have come and gone, but the band's focus is still the same as it was originally in 1980. And everyone is still having a blast!"

$10

Per ticket for show only

Proceeds from the evening help pay for the music departments trip to New Orleans this Spring!

Scan this QR Code to secure your tickets now!