



WEST HIGH SCHOOL NEWSLETTER



WEST HIGH SCHOOL

966 Shawano Avenue
Green Bay, WI 54303
(920) 492-2600

Main Office:
(920) 492-2601

Attendance Office:
(920) 492-2603

Student Services:
(920) 492-2602

LMC:
(920) 492-2733 ext. 43044

FEBRUARY EVENTS

- 7** No School
- 28** No School
Parent/Teacher
Conferences

LOOKING AHEAD

- March 6 - Parent/Teacher
Conferences
- March 11 - Parent/Teacher
Conferences
- March 11 - ACT for Juniors
- March 14-16 - Cinderella the
Musical
performances
- March 24-28 - Spring Break
- April 5 - Prom/Senior Ball
- April 8 - Pre-ACT
- April 18 - No School
- April 23-25 - No School
(NFL Draft)

@GBWestHS



 west.gbaps.org

Message from the Principal

Dear West Community,

We began this school year with a simple, yet powerful message: Welcome to Green Bay West High School. You belong here! As we move into the second semester, that message remains unchanged: You belong here!

This semester, we remain committed to refining our approaches to learning while focusing on connecting students with a high school experience that is rigorous, relevant and enriching.

We encourage you to share your experiences, insights, expertise and even your concerns with us. Your partnership is invaluable as we navigate the challenges and opportunities of this school year. Together, we will continue to embody the spirit of Green Bay West—helping our students realize their full potential. Thank you for your unwavering support as we work to ensure the success of every student.

Together, we are one.

Sincerely,

Dexter McNabb, Principal at West High School



Principal McNabb

Upcoming ACT, Forward & Pre-ACT Testing

On March 11th, our 11th graders will be taking the ACT, a pivotal examination that can greatly impact future academic pursuits. We urge all 11th graders to adequately prepare for this test, dedicating time to review materials and practice questions. A focused mindset and ample preparation are key to achieving desirable scores.

Additionally, our 10 grade students will be taking the Forward Exam during the week of March 17th - 20th.

On April 8th, our 9th and 10th graders will be taking the Pre ACT Test. This assessment serves as an important benchmark for students as they progress through their high school years. We encourage all 9th and 10th graders to approach this test with seriousness and dedication.

For the ACT and Pre-ACT tests, only the grade(s) being tested will be at school. Grades not testing will have an asynchronous day of school, working from home.

PARENT-TEACHER CONFERENCES

Spring Semester Conferences

Spring conferences are the perfect opportunity to check in and see how your student is doing in school. Conferences will be held in person this year, unless requested otherwise.

EduSched, <https://conferences.gbaps.org>, uses your parent contact email address on file with the District to schedule your student's conferences online and review your chosen times. We hope that you will find this method of scheduling to be user-friendly. Please visit <http://goo.gl/imVtP4> for directions to use this convenient service.

If you do not have an email, need to update your email address with the District, or are unable to schedule conference times for your child(ren) through the EduSched system, please contact our main office. To request a phone call or virtual conference rather than meeting in-person, you will also need to call the main office.

If you request a virtual meeting, you will find each teacher's Zoom meeting link in EduSched under "Zoom Link." When you click on the link at the time of your conference, you should see a white screen with the message, "Please wait for the host to let you in." You will need to wait for the teacher to let you into the meeting, as they will need to finish their previous conference.

As we prepare for parent-teacher conferences, efforts are made to ensure that we are fully compliant with protecting the privacy of your child's educational records. State and federal laws regarding privacy of educational records require that any individual who is not a parent or a legal guardian (such as a step-parent) must have a written authorization in place, from a parent or legal guardian, allowing the sharing of the student's educational record. Please contact our Registrar, Kari Petitjean, at klpetitjean@gbaps.org or (920) 492-2602 to learn more about this authorization.

Conference Dates

- Friday, February 28
7:30 – 11:30 am
- Thursday, March 6
3:30 – 7:00 pm
- Tuesday, March 11
3:30 – 7:00 pm



Conference sign-up
opens Monday,
February 17 at 8 am.

**Need help signing up
or want to request a
virtual conference?
Call our main office
at (920) 492-2601.**



SCHEDULE CONFERENCES AT:
<https://conferences.gbaps.org>

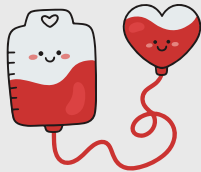
HAPPENING AT WEST



Blood Drive Coming in March

The student leadership group FCCLA (Family Career and Community Leaders) are partnering with the American Red Cross to host a Blood Drive on Wednesday, March 5th from 8:45 am to 1:45 pm in the Old Gym at West. Please help us make a difference in our community by donating. Please see this [link](#) to schedule an appointment. Students ages 16 and up are welcome to donate. Please see this [link for more information](#) on the donation process.

Contact Roseann Smith at rsmith@gbaps.org with any questions.



Winter Dance

This year's Winter Dance will be held on February 8th, from 7-10 pm at West.

Students should make plans to attend this Winter Wonderland. DJ Haze will be playing songs and refreshments will be available.

Tickets will be \$10 per person and will be sold during lunches, the week of the dance. Students need at least 85% attendance between January 17th and February 7th with no behavior referrals for 2nd semester to be allowed at the dance.

Contact Student Council with questions or if you are interested in helping to plan the event.



Prom/ Senior Ball

SAVE THE DATE

Our Junior Prom/Senior Ball will be held on Saturday, April 5th, at the Riverside Ballroom. Juniors and Seniors are currently working on a theme and details will be shared soon.



Game Night at West

On Wednesday, February 12th, the West High School Library will be hosting a Game Night from 3:15-4:15 pm. The Library will have entertaining games, fabulous prizes and friendly competition. All students and staff are invited to this community event where laughter in the library is encouraged!



*Save
The
Date*

Green Bay West students will be performing
**RODGERS & HAMMERSTEIN'S
CINDERELLA**
March 14, 15 and 16

*Check out
page 6
for details*

WEST STUDENTS IN THE SPOTLIGHT



AMERILUX
DEVIN
Green Bay West High School



"Devin came in with little knowledge but has been a very active listener and quick learner. He has taken the initiative to learn new areas on his own, which is an exceptional trait for a young guy like Devin."

-Devin's Manager





Senior Section



Senior Pictures for the Yearbook

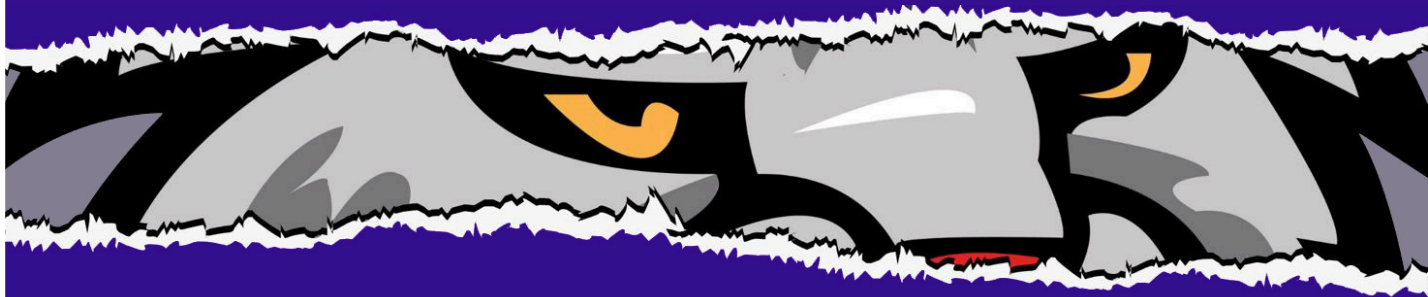
In order for your senior's picture to be included in the yearbook, a digital image must be submitted **by January 31st**. Please contact Yearbook Advisor Jill Diebold with any questions at jdiebold@gbaps.org.

- Senior photos should be of the student only, no other individuals in picture.
- Picture should be in color and PORTRAIT layout, NOT landscape.
- Send senior pictures to Ms. Jill at jdiebold@gbaps.org.
- We are also asking families to share a baby picture for use at graduation. Please upload to: bit.ly/Senior-Baby-Pic-25



Cap & Gown Ordering

In-person cap and gown ordering will take place on Tuesday, February 18th, during all lunch periods in the cafeteria. The cost for cap and gown is \$35. Checks should be made out to Brickhouse School Services. You may also pay with cash or electronically, using Venmo at @Sean-Brick or Cash App \$mrbrickster63. If paying by Venmo or Cash App, please include student name and school (GB West HS). Caps and gowns arrive at West 3-5 weeks prior to graduation.



REGISTER NOW FOR SPRING SPORTS!

Spring sports season is just around the corner. Please be sure to register your child, using the following link, before the start of the season:
<https://gbwhs-ar.schooltoday.com/viewmyaccount>

DON'T FORGET!

SPRING SPORTS DATES & COACH INFO

Sport	Start Date	Head Coach
Track & Field	March 10th	Boys' Coach: Tydus Morrow tjmorrow@gbaps.org Girls: Mari Tomita mtomita@gbaps.org
Softball (co-op with East)	March 17th	Coach: Andy Kasten ajkasten@gbaps.org
Girls' Soccer	March 24th	Coach: Emily Rausch eerausch@gbaps.org
Baseball (co-op with East)	March 24th	Coach: Tyler Nelson tnelson@gbaps.org
Boys' Tennis	March 31st	Coach: Heather Strayer hstrayer@gbaps.org
Boys' Golf (co-op with Southwest)	March 31st	Coach: Brian Matz bjmatz@gbaps.org

Girls' Soccer will have a meeting for players on Tuesday, February 4th, during Advisory. Students should sign up in Flex if interested in participating.



Softball will have a meeting on February 12th, in the West Thune Center, at 6:00 pm. This meeting is for all interested students and their parents.





GREEN BAY WEST HIGH SCHOOL
proudly presents



FRIDAY, MARCH 14TH, 2025 @ 7:00 PM
SATURDAY, MARCH 15TH, 2025 @ 7:00 PM
SUNDAY, MARCH 16TH, 2025 @ 1:00 PM



Tickets



ADULTS \$8

STUDENTS \$5

RALPH HOLTER AUDITORIUM
GREEN BAY WEST HIGH SCHOOL



966 SHAWANO AVENUE, GREEN BAY, WI 54303



WHY WE SLEEP MORE IN THE WINTER

It happens every year like clockwork: we lose an extra hour of daylight as we set the clocks back for Daylight Saving Time. The sudden early onset of darkness has its consequences. Our bodies tend to tire when the sun goes down and we find ourselves quietly wondering, "Is it just me, or am I sleeping more this winter?" If you've ever sat at your desk with heavy eyes, you're not alone. A recent survey from the American Academy of Sleep Medicine shows that 34% of Americans report sleeping more in the winter.

Is it normal to sleep more during the winter?

Our bodies take cues from the sun when it comes to wake and rest periods. When it's bright outside, we're meant to remain active, but it can be a different story once the sun goes down. It all has to do with the sun and our body's circadian rhythms. According to a recent study from researchers at the Charité Medical University of Berlin, the sun sets the human body's clock. When the length of day and light exposure changes, our bodies change in response, craving the sleep that normally comes with the night. After all, darkness typically signifies the difference between when it is time to rest and when it is time to function. The decrease in sunlight causes an increase in melatonin, which encourages sleep. With colder temperatures, our metabolism increases, which furthers the need to sleep more in winter.

Benefits of more sleep in the winter

Experts recommend that adults sleep an average of 7 hours or more per night. This is important because there are several benefits to getting enough quality winter sleep.

- **Stronger immune system:** Good sleep has been linked to a stronger, healthier immune system, so you get sick less often. Those who get enough sleep have lower rates of heart disease and diabetes.
- **Lower weight:** Healthy sleep patterns, along with a good diet and the right vitamins, can actually affect your weight. Those who sleep seven hours or more have a lower risk of obesity than those who sleep less.
- **Better mental health:** You could be at a higher risk of anxiety and depression when you do not get enough sleep.
- **Better mood:** Depression and seasonal affective disorder are common during the winter months, but getting enough rest could combat those symptoms and show an improvement in mood.



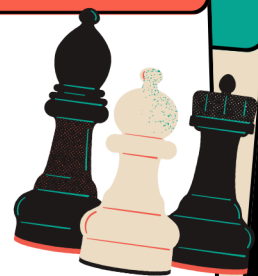
How to combat excessive winter sleepiness

Don't fret. There are ways to get more sleep during winter so you look and feel your best.

- **Get sunlight right away in the morning:** Sunlight prevents melatonin, the sleep hormone, so surround yourself with sunlight as soon as you wake up. Open the blinds and curtains in your home to welcome as much natural light as possible. Vitamin D has been proven to play a role in sleep regulation, helping you to sleep better at night and feel more alert during the day.
- **Get some exercise:** Make sure you allot some time each day for exercise. Morning exercise can be especially beneficial as it helps the body wake up after a long night's rest. Just a simple walk around the neighborhood could give you a great jolt of Vitamin D and help you maintain a more balanced circadian rhythm. To get started, consider asking a friend or family member to walk with you or join an exercise group.



See Ms. Ollmann in the library with any questions.



GAME NIGHT

All Students and Staff



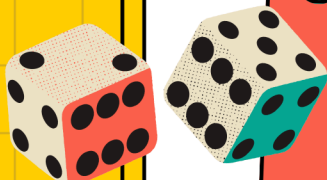
Eat snacks, play old favorites, learn a new game, or bring one to share!



LAUGH AND PLAY

WEDNESDAY
FEBRUARY 12, 2025
3:15 PM - 4:15 PM

Library



Taboo

Chess CODENAMES

mancala EXPLODING Kittens

CONNECT FOUR

Catan

APPLES TO APPLES

JUMBO JENGA

MANCALA

CORNHOLE

PICTIONARY



Fun

Food

Friends



GREEN BAY WEST

HIGH SCHOOL SENIORS

CAP, GOWN, AND CORD

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

PACKAGE INCLUDES:

- ◆ CAP/GOWN/CORD/TASSEL
- ◆ JOGGERS
- ◆ SENIOR HOODIE
- ◆ CHOICE OF WILDCAT TASSEL OR BLING TASSEL

MEMORY PACKAGE

\$85

PACKAGE INCLUDES:

- ◆ CAP/GOWN/CORD/TASSEL
- ◆ CHOICE OF JOGGERS OR SENIOR HOODIE
- ◆ CHOICE OF WILDCAT TASSEL OR BLING TASSEL

CAP, GOWN, AND CORD PACKAGE

\$35

PACKAGE INCLUDES:

- ◆ CAP/GOWN/CORD/TASSEL

NOT INCLUDED:

- ◆ HOODIE, JOGGERS, WILDCAT TASSEL, OR BLING TASSEL
(can be purchased at an additional cost)



Year Date Tassel
(In school colors)
\$8



Wildcat Tassel
(In school colors)
\$15



Bling Tassel
(In school colors)
\$15



Hoodie
\$35
Sml to 3X



Joggers
\$35
Sml to 3X

ORDERING DETAILS

TO ORDER AT SCHOOL :

Order Day: February 18, 2025
Time: 10:00 AM - 1:30 PM
Place: Cafeteria Commons
Payment: Due in-full on Order Day
Venmo @sean-brick, cash, money orders or personal checks made out to: "Brickhouse School Services"
Cap/Gown/Cord packages will be delivered to school 3-5 weeks prior to Graduation Day

TO ORDER ONLINE(THRU 3/3/2025) :

Cap, Gown, Cord & Tassel Package ONLY
Go to:
<https://buildagrads.com/greenbaywesths>
Full payment required at time of order (including tax and shipping costs)

BRICKHOUSE SCHOOL SERVICES | Green Bay, WI
brickhouse007@new.rr.com 920-494-6111

Northeast Wisconsin Youth Apprenticeship Night *at NWTC*

Learn more about the opportunities with the
Youth Apprenticeship Program:

Who Should Attend?

Sophomore and Junior students
interested in learning more about
the Youth Apprenticeship program.

*Parents and guardians are encouraged
to attend with their students.*

When?

Monday, February 3rd

Where?

NWTC Green Bay Campus
Student Center SC130
Enter at Door 9

AGENDA

5:45pm - Check In Begins
6:00pm - NEWYA Presentation
6:30pm - NWTC Presentation
6:45pm - Panel Discussion
7:15pm - Campus Tours

Register Here:





INTERESTED IN THE CONSTRUCTION INDUSTRY?



Boilermakers • Bricklayers • Carpenters • Cement Masons • Electricians • Ironworkers
Laborers • Millwrights • Operators • Pipefitters • Sheet Metal Workers

JOIN US for a SKILLED TRADES CAREER EXPLORATION NIGHT

Wednesday February 26, 2025
5:30 to 7:30 pm

Charles R. Meyer Leadership Center
900 E. Hyland Avenue, Kaukauna

Students, Parents, and Educators Welcome!



RSVP:

Or to Dawn Barber
at 920-267-4971 /
dbarber@crmeyer.com

<https://forms.office.com/r/psQ93PnAu5>

Space is limited!

UPCOMING TRADE CAMPS

Millwright Camp

Tues., 3/18/25, 5:30 to 8:30 hands-on learning

Thur., 3/20/25, time TBD - job site tour

Pipefitter Camp

Tues., 4/1/25, 5:30 to 8:30 hands-on learning

Thurs., 4/3/25, time TBD – job site tour

Electrician Camp

Tues., 4/8/25, 5:30 to 8:30 hands-on learning

Thur., 4/10/25, time TBD- job site tour

Iron Worker Camp

Tues., 4/15/25, 5:30 to 8:30 hands-on learning

Thur., 4/17/25, time TBD – job site tour

Carpenter/Laborer Camp

Tues., 4/22/25, 5:30 to 8:30 hands-on learning

Thurs., 4/24/25, time TBD – job site tour

Sustainability Youth Engagement Working Group

Purpose

This group is for the youth in Green Bay to create initiatives and work with leaders in the community to help support the cities goal of becoming carbon neutral by 2050.

Requirements

Members must be under 18, live around Green Bay, and have a passion for making a difference in our environment and throughout the community.

Involvement

Members will be required to attend meetings as scheduled and do any necessary work outside of meeting time such as helping with the organization and operation of community events.

How it Formed

This working group was created by the City of Green Bay Sustainability Commission approving this Youth Engagement Working Group to involve and inspire others to make an impact in the community through environmental efforts.

How to Apply

If this working group interests you, please fill out the following application form below to apply: [Link](#)

If you have any further questions please email: kendblah@greenbaystudent.org

GREEN BAY YOUTH LACROSSE

...expanding lacrosse in Northeastern WI while mentoring players in all aspects of life

**3/1/25, 9:00 AM
BAY PORT GYM**

New to lacrosse? Come try
it out and learn more!



GBYL is a 501(c)(3) organization. This organization, program or activity is not affiliated with the Green Bay Area Public School District nor is it a school-sponsored activity. The District does not approve, support or endorse the information contained within this document or this program or activity.



**Season Registration
Open**

gbyouthlax.com
gbylpres@gmail.com





FREE Monthly Vaccine Clinics for eligible kids 0-18!

Medicaid/BadgerCare
Uninsured or Underinsured
American Indian/Alaska Native

**Call 920-448-6400 or scan the QR
code to make an appointment**



Public Health
Prevent. Promote. Protect.

Brown County
Health & Human Services



BOYS & GIRLS CLUB
OF GREATER GREEN BAY