

★  
Welcome to Gearing Up  
for High School



Español



WEST HIGH SCHOOL  
**SPARTANS**

★



# Administrators



**MRS. POTTER**

Executive Principal



**MR. UELMEN**

Associate Principal



**WEST HIGH SCHOOL  
SPARTANS**



# Assistant Principals



**MS. PETERSEN**

Freshmen Administrator

**MR. KIESOW**

Sophomore Administrator

**MR. FELDKAMP**

Junior Administrator

**MR. RILEY**

Senior Administrator





# Athletic Directors



**MS. HENGST**  
East High School



**MS. FELBER**  
West High School



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# Sports & Club Sports

More information can be found in your folders

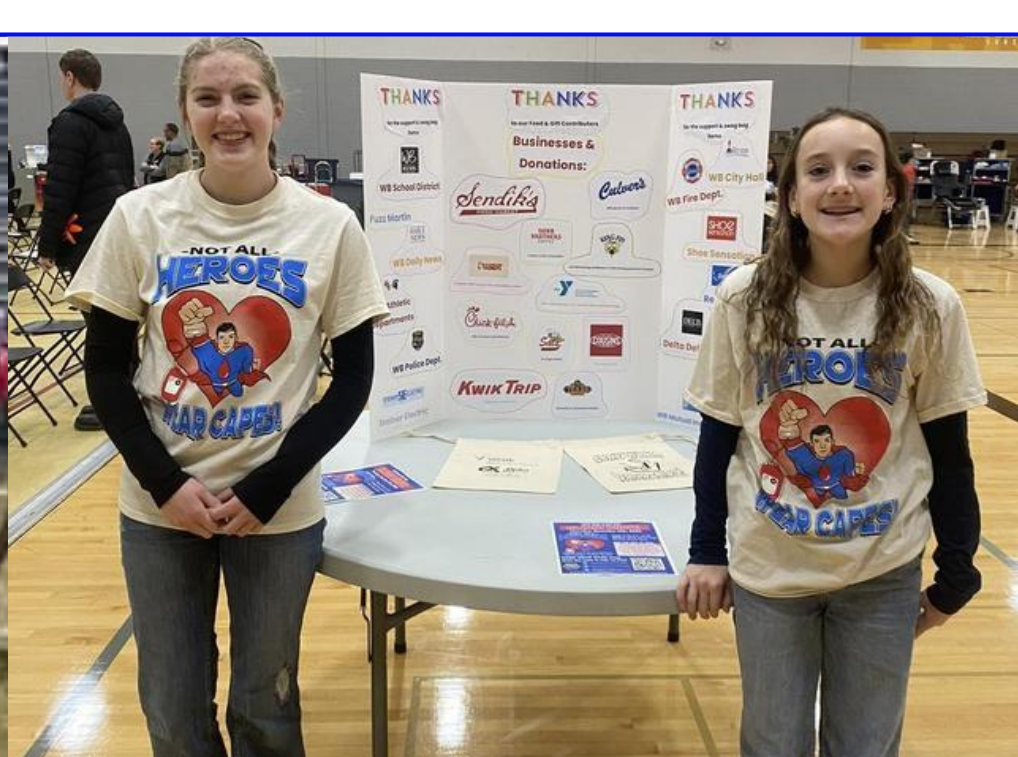
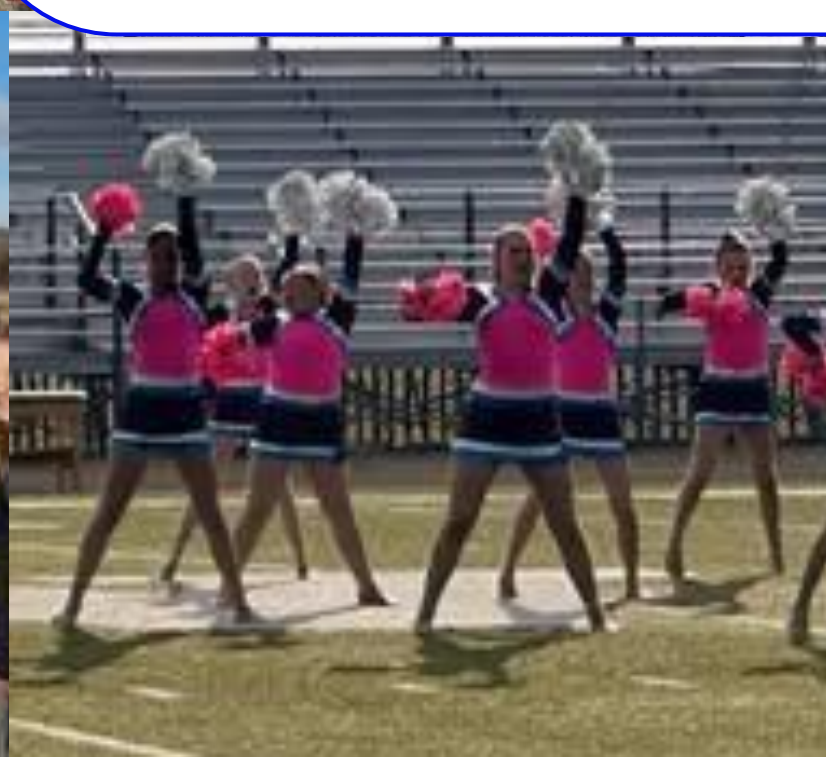


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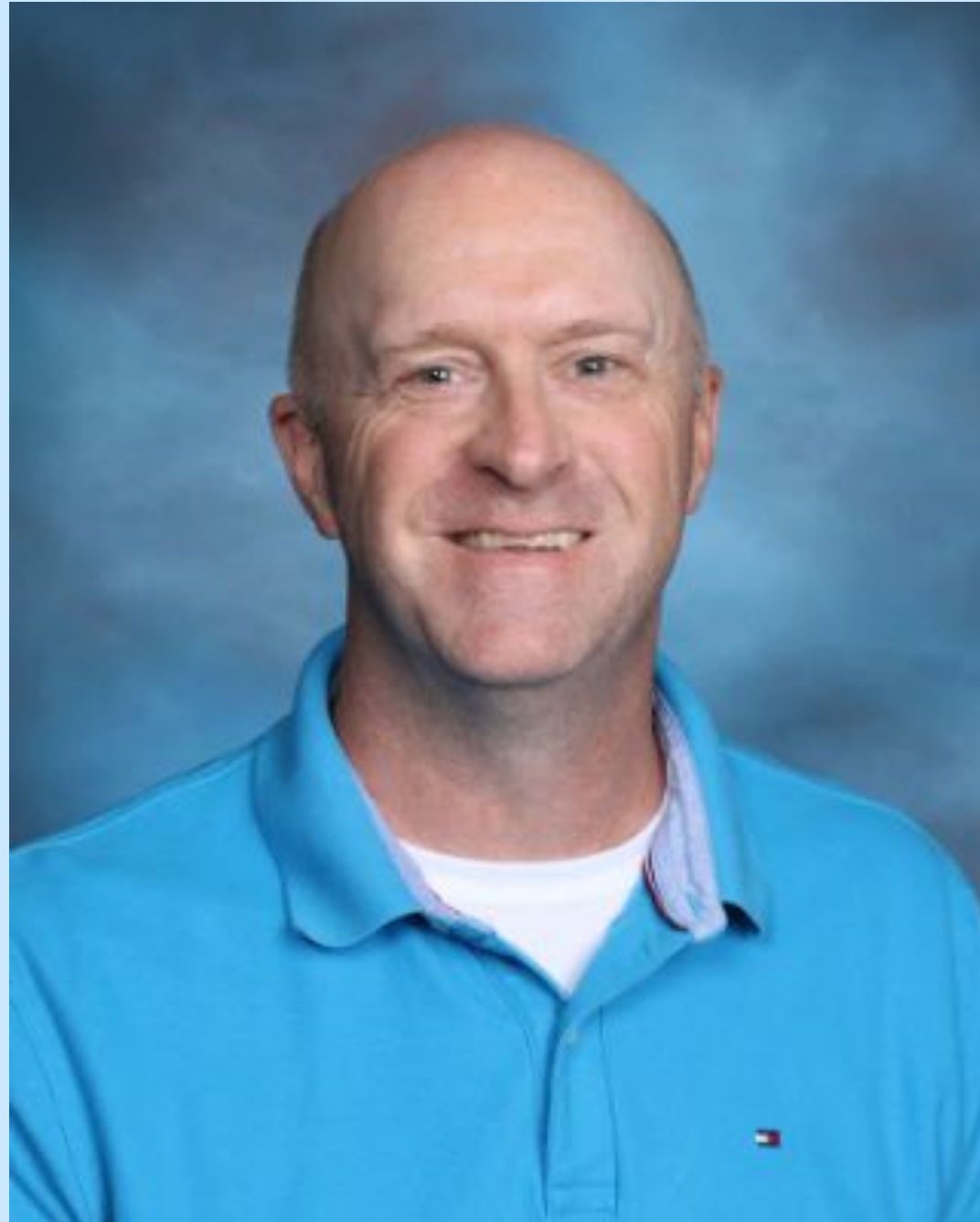


Join a Club  
 Information about Clubs and  
 Co-Curriculars in the  
 West Cafeteria





# Freshmen Counselors



**MR. COYLE**

Freshmen A-P



**MS. MILLER**

Freshmen Q-Z  
Seniors Q-Z



**MS. DELGADO**

Freshmen Virtual & 504s



# Upperclassmen Counselors



**MS. PHILLIPS**

**MS. HANNI-SCHMITZ**

**MS. KEMP**

**MS. THOMAS**

**MS. DELGADO**

Sophomores A-HA  
Juniors A-HA

Sophomores HE-Z

Juniors HE-Z

Seniors A-P

Upperclassmen Virtual &  
504s

# Your Resources & Team



## GEARING UP FOLDER

Includes:

- Gearing Up Newsletter
- Course Selection Form
- Athletic & Co-Curriculars info
- Department information

## YOUR TEAM

- Every student is assigned a counselor & an administrator
- Teachers
- Career Readiness Advisors
- Coaches and Co-Curricular Advisors
- Parents / Guardians

# High School Transition - What's Next? >>>

- April >>> Touchpoint with HS Counselors
- May >>> High School tours
- August >>> High School Open House
- August >>> Freshmen / New Student Mini-Day
- September >>> FROSH Fest

# CREW Leaders

C.R.E.W



# Communication with your Counselors

Students - Visit Counseling Office to schedule  
appointments

OR

Use *YouCanBook.Me* - online scheduler

Parents can contact Counselors via email or phone



# Choosing Your Classes



- **7 CLASSES EACH SEMESTER /  
14 CLASSES IN ONE YEAR**
- **THINK ABOUT WHERE YOU  
WANT TO GO - END GOALS**
- **CONSIDER PRE-REQUISITES**
- **TRY A COURSE YOU'VE  
NEVER CONSIDERED**

**TAKE ADVANTAGE OF EVERYTHING!**





# LUNCH Time

All students are assigned to Lunch during  
Periods 4, 5, or 5C

Your 4th or 5th period will determine your lunch

## 4 Lunch

10:28 - 10:53

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## 4B Class

10:58 - 11:46

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## 5B Class

11:51 - 12:39

## 4A Class

10:28 - 11:16

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## 5 Lunch

11:21 - 11:46

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## 5B Class

11:51 - 12:39

## 4A Class

10:28 - 11:16

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## 5A Class

11:21 - 12:09

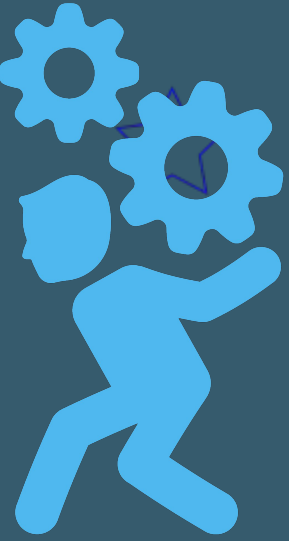
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## 5C Lunch

12:14 - 12:39



# Challenge Yourself



Should all students take AP or Honors Classes?

Challenge and Rigor  
are a good thing!

Develop good study  
habits & critical  
thinking

Prepare for challenges  
of college coursework

Universities & Tech  
Schools look for high  
level courses

This is the time to evaluate your abilities, interests, and future plans.  
Work with teachers, counselors, and your family to select courses that will  
provide challenges and help you achieve your goals.





# 5 Ways to Earn College Credits in High School



27 Advanced Placements Courses

1 available to Freshmen: AP Human Geography

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30 Technical Credit Courses

9 Available to Freshmen

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Project Lead The Way (PLTW)

2 Available to Freshmen

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Early College Credit (UW System / Private)

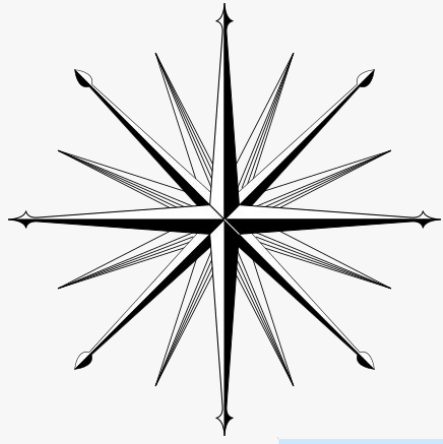
Available to Freshmen

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Start College Now (Tech)

Not Available to Freshmen





# Career Exploration

Job Shadowing - Grades 9-12



Youth Apprenticeship — Grades 11 & 12

Informational meeting TONIGHT @ 7pm -  
Auditorium



WEST BEND HIGH SCHOOLS PROUDLY PRESENT

LITTLE SHOP  
OF  
HORRORS

FEBRUARY 14TH & 15TH - 7PM  
FEBRUARY 16TH - 2PM



Tickets can be purchased at the door, by using the gofan app, or by searching go fan on google

# Ways to Support Your Freshman



Create strong routines

Eat a good breakfast  
& get plenty of sleep

Assist your student  
in getting to school  
on time

Attend  
Parent-Teacher  
conferences



Review Homework  
Progress

Check Skyward for  
missing work

Collaborate with  
school staff

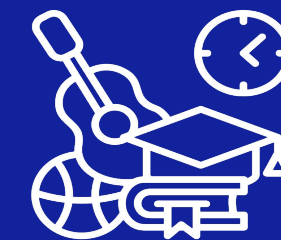


Find balance between  
independence &  
seeking support

Establish a balance  
of privileges  
Ex: technology



Encourage  
participation in  
extracurricular and  
social activities





# How to be Successful Freshmen



**Be Respectful** Get to class on time, Respond appropriately to others, Know school rules

**Be Responsible** Use Canvas, Check Skyward, Complete homework on time, Prepare for exams

**Be Ready** Show up on time and work hard, Be prepared for class

**Be Safe** Follow school rules, Maintain healthy relationships

**Be Resourceful** Know your team! Visit the Counseling Office & Career Readiness Center



# What to do after leaving the Auditorium?

## RESOURCE FOLDER

East Cafeteria

School Map & room numbers

Raffle Ticket - turn in at East / West  
main doors when leaving

\*Stop by library to fill out one extra  
raffle ticket to increase chances

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Spanish language materials available  
upon request

(Materiales en Español disponibles a  
pedido en la cafetería)

## EXPLORE

Use map to explore different  
classrooms & departments

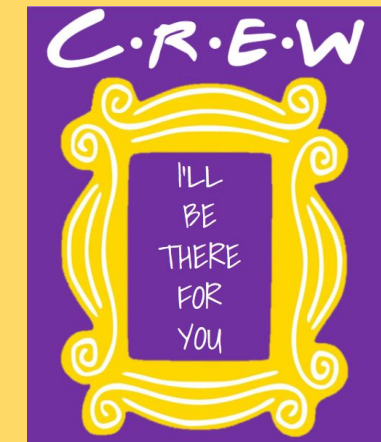
Meet teachers in their classrooms

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Athletics, Clubs & Co-Curricular  
Information located in West  
Cafeteria

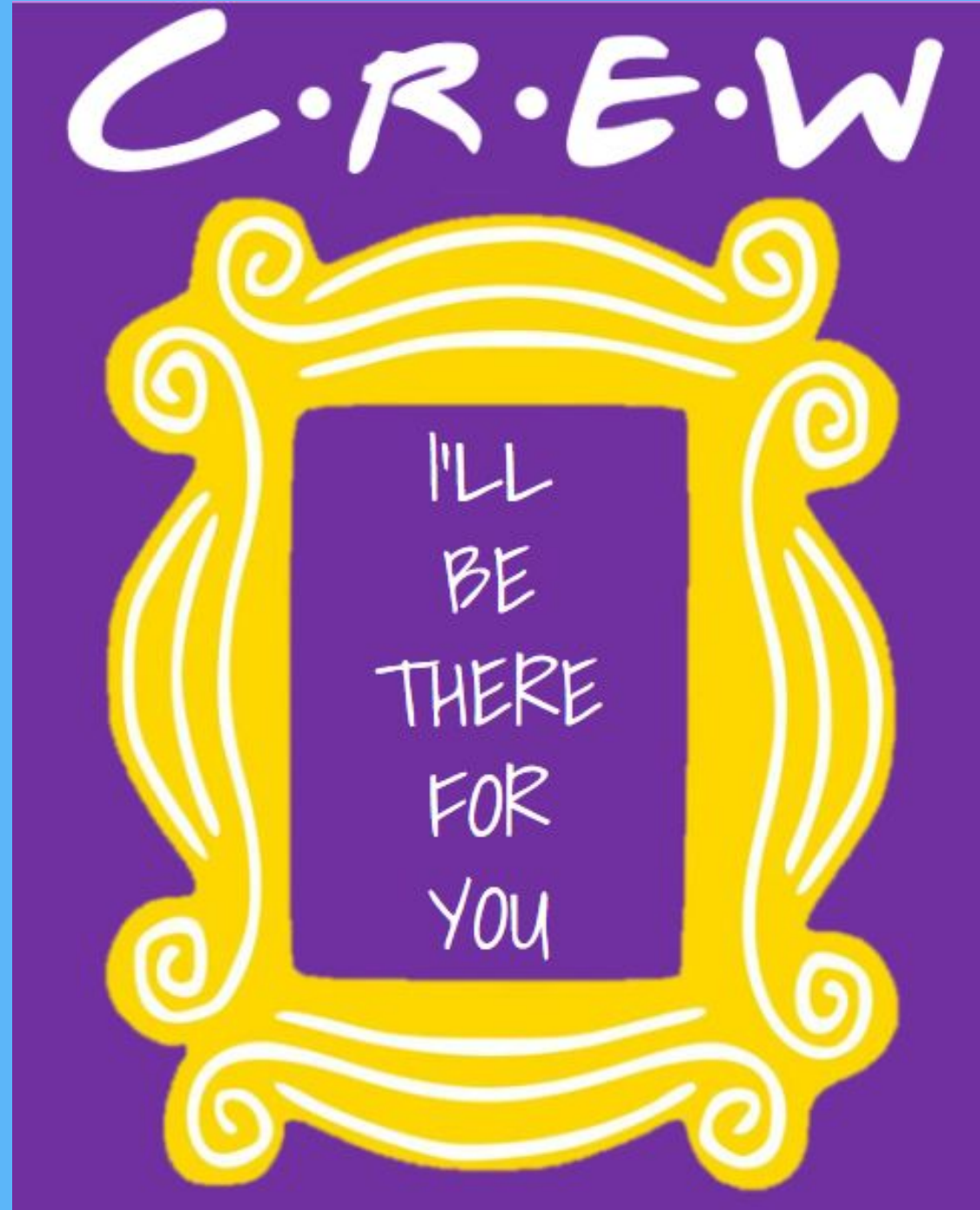
## CONNECT

Look for CREW leaders to help with  
directions and answer questions



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YA Presentation  
tonight @ 7pm  
In Auditorium



**WEST HIGH SCHOOL  
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Look for CREW members in purple shirts to help direct you through the hallways





# Thank You!



**Course Selections should be submitted by  
February 7**

**See the Gearing Up Resource Folder for the Newsletter and more information**

