



CHARLES H. WALSH SR. ACADEMY & CAREER TECH HIGH SCHOOL



Céad Míle Fáilte!

They say procrastination is a thief of time, but in this rare instance, the delay in sending this newsletter may have been fortuitous. It allows me to speak to you today with the most current information regarding the significant events of this past weekend.

As many of you are aware, the high winds on Friday, March 13th, caused extensive damage to the roof of our building. While the sight of the damage is jarring, I want to start with the most important piece of news: everyone is safe. Buildings can be repaired, but our people are irreplaceable.

I am truly moved by the outpouring of support we have received over the last 72 hours. To our faculty, our families, the Niles community, and our partners at Maryville—thank you. Your immediate outreach and offers of assistance have been a beacon of strength for us during a challenging moment.

I want to wish everyone a very Happy St. Patrick's Day! Despite the damage to our roof, I truly believe the "luck of the Irish" is with our school; we are safe, we are supported, and we are resilient.

To ensure the safety of our students as repairs begin, we are temporarily shifting our operations. Please take note of the following schedule:

- Monday, March 16: We are coordinating the delivery of Chromebooks to all students to ensure they have the tools needed for remote instruction.
- March 17 – March 20: Walsh Academy will transition to remote learning. Teachers will provide specific instructions through their digital classrooms.
- March 23 – March 27: Spring Break (No school).
- Monday, March 30: It is my firm plan to have our doors open and resume in-person learning.

We are working closely with structural experts and contractors to ensure the building is secure and ready for our return. I am committed to transparency throughout this process and will provide regular updates via email and our school website over the next two weeks.

Thank you for your continued patience, flexibility, and dedication to our students. We are Walsh strong, and we will see you back on campus soon.

Thank you & be safe,

Dr. Ann M. Craig, Ed.D.
Principal / Director of Educational Services



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Issue Date

March, 2026

Upcoming Events

3/17-3/20 – Remote learning due to building damage

3/23-3/27 – Spring Break

4/6 – STUDENT ATTENDANCE

Health Beat

World Oral Health Day

Friday, March 20 is World Oral Health Day! Good oral health is an important part of a child's overall health and well-being. Healthy teeth help children eat well, speak clearly, and feel confident in their smiles.

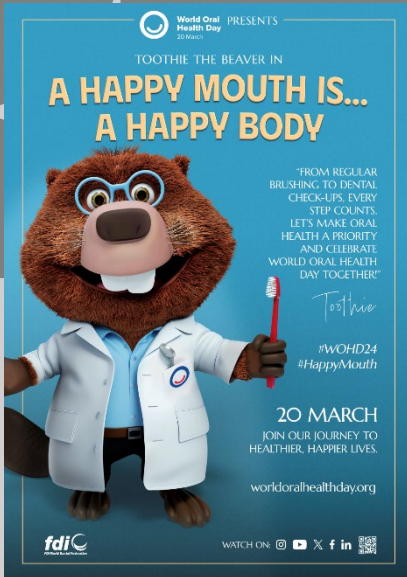
Here are a few simple ways we can support healthy habits at home:

- Brush teeth twice a day for two minutes
- Floss daily to remove plaque between teeth
- Limit sugary drinks and snacks
- Visit the dentist regularly for checkups and cleanings
- Drink plenty of water, especially after meals

Tooth decay is one of the most common chronic conditions in children, but it is largely preventable with good daily habits.

Let's work together to keep our students healthy, smiling, and ready to learn!

Stay healthy,
Tracy Mullen, RN



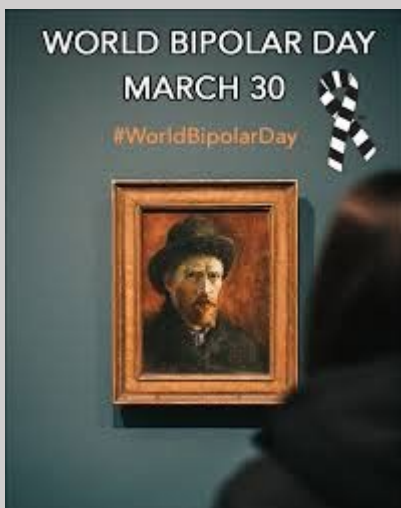
Bipolar Awareness Day

By: Kristina Nickels – Social Worker

Bipolar Awareness Day occurs at the end of March and is an opportunity to educate, advocate, and amplify the voices of those living with Bipolar Disorder. Bipolar Awareness Day occurs annually on March 30th, to honor the birthday of Vincent van Gogh, the legendary artist who is believed to have lived with Bipolar Disorder. This initiative was started by several international bipolar foundations that have come together to educate the public about treatments and support, as well as help people feel connected and understood. The theme for World Bipolar Day 2026 is #BipolarStrong, in order to highlight the resilience of those living with the condition.

Bipolar Disorder is estimated to affect more than 40 million people worldwide but is still often stigmatized and misunderstood. It is a mental health condition that is marked by extreme mood swings, defined as mania (elevated or irritable mood, increased energy, or impulsivity) and depression (low mood, fatigue, or hopelessness). Bipolar can be diagnosed as one of three types: Bipolar I, Bipolar II, or Cyclothymic Disorder, based on the intensity or type of mood swings experienced. There is not one single cause for Bipolar, but a combination of factors may predispose individuals to having the condition: brain chemistry, genetics, or biological differences of the brain structure. These factors can be intensified by environmental triggers such as extreme stress or trauma.

The symptoms of Bipolar Disorder are highly manageable with the right combination of medication and therapy. An individual can also make lifestyle choices that can help manage their symptoms, such as regularly getting enough sleep, exercising, maintaining a healthy diet, and avoiding triggers like stress or substance use. If you or someone you know is affected by symptoms of Bipolar Disorder, it is important to consult a mental health professional for a formal evaluation. Early diagnosis can be beneficial in creating an effective treatment plan to manage the symptoms.



Getting to Know Us!

By: Joel Gonzalez – Administrative Assistant

Our Spotlight this month features Ms. Madison and David, who are both part of the same transition classroom. Ms. Madison, one of our dedicated paraprofessionals, has been with Walsh Academy for four years, while David joined us this past October.



Ms. Madison recently went back to school to pursue her master's degree. She currently works alongside Mr. George and Ms. L, and together they've built a fun, energetic, and welcoming classroom. Ms. Madison also plays a key role in our podcast, doing an amazing job supporting students.

David is part of one of our transitional classrooms and even though he hasn't been here for a full year yet, he has already made a meaningful impact on both staff and peers. He has a strong interest in technology and is known for his great sense of humor, especially when he's trying to give someone a playful scare!

CTE Update!

By: Barbara Samaniego – Paraprofessional/Job Coach

As we hop into spring, here's a look at what's been happening in CTE!

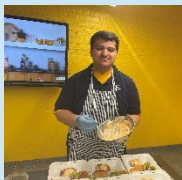
In podcasting, we were excited to welcome David, our newest student to join the CTE program. David did an excellent job presenting his segment and has already made a strong impression. With guidance from our dedicated job coaches, students continue to share a weekly quote and its meaning, provide a weather report for the upcoming week, and highlight sports activities in CAEL.



In building maintenance, students took advantage of a few warmer days to head outdoors and begin spring cleanup around the school grounds. They worked

hard picking up garbage and debris that had accumulated over the winter, doing a fantastic job sprucing up the campus—and enjoying the fresh air along the way.

In cooking, students received recipe binders to begin collecting and organizing the dishes they prepare in class. This will make it easier for them to practice their cooking skills at home. This past month, students enjoyed making fish tacos, chicken salad, and waffles topped with strawberries and whipped cream.



We love seeing the progress our students continue to make and look forward to all they will accomplish next.

What is your favorite color?	
D - Blue	M - Orange
What is/was your favorite subject in school?	
D - Math	M - Psychology
Have you ever had a nickname?	
D – No, but my classroom staff call me the War Champion	M – Maddi or Maddawg
What is your favorite holiday?	
D – My birthday is my favorite holiday.	M – It is a tie between Halloween and Christmas.
What is something you've done that you are proud of?	
D – Getting on the camera during the Student News Podcast	M – I am proud of myself for going back to school to get my Masters and being more than half-way done already.
What is your favorite movie, show, and/or book?	
D – My favorite book series is Millennial Mage. I am currently on book 11.	M – My favorite movie is Dinosaur (2000)
If you were a superhero, what powers would you have?	
D - I would want to teleport.	M – I agree with David, I would like to be able to teleport.
If you could travel anywhere in the world, where would you go and why?	
D – I would like to travel anywhere in Europe because I've never been there before.	M – I would travel to go see my sister in Germany.
What's your go-to comfort food?	
D – Popcorn Chicken	M – Any shaped Kraft Mac and Cheese or one of my parents' homemade soups.
Tell us something interesting about you.	
D – I have witnessed two total solar eclipses.	M – I have two cats named Bo James and Penelope.
What is the best part about being a student/staff at Walsh Academy?	
D – I like being in CTE.	M – I love working with all of the students and seeing them grow into being young adults. Also, I LOVE when students come back to visit us. Yes, we still think of you after you leave Walsh Academy!!!

Classroom Corner

By: Heather Lischett – Assistant Principal for Student Services

This month's Classroom Corner highlights our recent transition to remote learning at Walsh Academy. Following the unfortunate incident in which a large section of the roof was damaged by high winds on Friday, March 13, the school shifted to remote learning for the week leading up to Spring Break while repairs are underway. Thanks to our incredible all-star team, this transition was planned and implemented on a remarkably quick timeline.

Although staff were unable to remain onsite that Friday, they immediately stayed in close communication with families, students, and one another to prepare for the days ahead. On Monday, staff were able to safely return to the building for an in-service day focused on delivering Chromebooks and instructional materials to students. Ms. Kat and Mr. Yaeger had already developed a preliminary plan identifying student needs and locations, which they then finalized with the support services team. Staff dispersed across our full one-hour service radius to ensure every student was equipped for success.

From March 17–20, Walsh Academy staff are fully remote with students. Our remote learning model includes live instruction and support throughout the school day—8:30–2:15 for academics and 2:15–4:00 for the CTE Extension Program. Students receive an hour for lunch away from screens, and for the remainder of the day they are supported by their teachers, counselors or social workers, and paraprofessionals, with special appearances from Coach Dan, Mr. Stavros, and Mr. Kaleem when appropriate. All related services and minutes, including speech and occupational therapy, continue to be provided remotely.

We recognize that this has not been an easy transition for our students and families, and we sincerely appreciate your patience, flexibility, and support as we work to restore the building and return to normal operations. We hope our staff and students enjoy a restful Spring Break, have time to recharge, and come back ready for the final stretch of the school year on March 30.

Thank you for being an essential part of our Walsh Family!

What's New at Walsh?

Clubs

By: Mark Trerotola – Teacher

Walsh Academy is now midway through the second semester, and the weather is beginning to show signs of early spring. With warmer days approaching, students looking for a break from daily academics participate in biweekly club activities. At the beginning of the school year, students selected a club of interest, choosing from options such as student council, art, volleyball, board games, and anime.

To date, the volleyball club has attracted the highest level of participation and continues to be the one to watch as competition remains intense. Mixed teams of staff and students demonstrate outstanding sportsmanship and collaboration during each match. Final scores are often decided by just a few points, highlighting how evenly balanced the teams are each week. It is always rewarding to see the beaming faces and positive energy at the conclusion of every game.

