



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



Walsh Academy

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Issue Date

May, 2026

Upcoming Events

5/25 – Memorial Day / No School
6/4 – Graduation
6/15 – Start of ESY

Year End Wrap-up!

It is hard to believe another school year has passed in the blink of an eye. Yet, when I take a moment to reflect, I am once again in awe of the progress our students have made, the dedication of our faculty, and the unwavering support of our community partners.

This year has been filled with growth, uncertainty, new faces, and unique challenges. Through it all, our school community has remained anchored in our founding philosophy of respectful reciprocity, compassion, and relationship building.

I am incredibly proud of each of our students, and I am especially moved by the achievements of our graduating class. I am inspired by your resilience, your determination, and your dedication to making your goals a reality. On behalf of the faculty, staff, Board of Directors, and community partners, we wish you the very best as you achieve this significant milestone and move forward on your life's journey.

As we wrap up the academic year, please take note of these important upcoming dates and times:

- Graduation Ceremony: Thursday, June 4th at 10:30 AM.
- Early Dismissal: All students will be dismissed at 12:00 PM on June 4th.
- School Break: There will be no school on Friday, June 5th, or the week of June 8th.
- Summer School: Programming begins on Monday, June 15th.
 - Summer Hours: 8:30 AM – 1:15 PM; CTE Extension goes until 3:00 PM.

Congratulations once again to the Class of 2026!

Thank you & be safe,

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



Health Beat

Summer Prep

As we head into summer, here are a few reminders to help everyone stay healthy and safe:

- Stay hydrated and wear sunscreen during outdoor activities.
- Practice water safety.
- Keep up with healthy habits including sleep, nutritious meals, and physical activity.
- Be mindful of seasonal allergies and insect bites.

For families with students who have asthma, allergies, diabetes, seizures, or other medical conditions, summer is a great time to schedule yearly checkups and update any medical plans for the next school year.

Your School Nurse,
Tracy Mullen, RN

May is Mental Health Awareness Month

By: Kristina Nickels – Social Worker

Mental Health Awareness Month has been observed since 1949 and is a tradition that serves to raise awareness, share resources, and support individuals and communities. Throughout the month various mental health organizations such as SAMHSA (Substance Abuse and Mental Health Services Administration) and NAMI (National Alliance on Mental Illness) create various campaigns that help people recognize the ways mental illness impacts individuals and communities, highlights available services and supports, and ways to advocate. Having more people understand and recognize how mental health illness impacts individuals, as well as the services available to support communities, help to reduce the stigma associated with mental illness. Additionally, the month of May is an opportunity for fundraising to improve programs that provide outreach, treatment options, and connect concerned advocates.

Mental Health is a part of everyday life and shapes how individuals think, feel, connect with others, and move through the world. Nearly one in five adults in the United States has a mental health condition. Current prevalence of specific mental health conditions include:

(Brown University Health, 2024)

- 48 million have an Anxiety Disorder
- 21 million have Major Depression
- 7 million have Bipolar Disorder
- 9 million have Post-Traumatic Stress Disorder
- 1.5 million have Schizophrenia



SAMHSA has outlined several themes of focus throughout the month. Week one focuses on understanding mental illness and the impacts serious mental illness can have on an individual's life such as interfering with progress in school, employment, relationships, and self-care. Week two focuses on the importance of early support. Recognizing the signs in childhood or adolescence and getting timely assessments and services improve outcomes later in life. Week three focuses on how language can be impactful on how a person is recognized and validated. Week four focuses on how to support loved ones affected by mental illness.

NAMI also has several campaigns throughout the month that encourage individuals to speak up and share their experiences to help reduce stigma. By sharing these experiences on social media platforms or NAMI websites, personal stories break the silence or stigma and may help someone realize they don't have to face mental illness alone. Other ways to contribute to the community is to volunteer, advocate, or fundraising in events like NAMIWalks through your local NAMI affiliate. If you or a loved one are experiencing a mental health emergency or need support contact **988 Suicide & Crisis Lifeline**, text **988**, or chat online at [chat.988lifeline.org](https://www.nami.org/About-NAMI/Contact-Us/988-Suicide-Crisis-Lifeline).



Getting to Know Us!

By: Joel Gonzalez – Administrative Assistant

In our latest newsletter this school year, we're excited to highlight two new faces in the Walsh Academy community: Anthony, a sophomore, and Mr. Joe, our newest teacher in the transition program.

Anthony is a new student at Walsh who enjoys spending his free time with friends and staying active by playing soccer and basketball. He has a strong interest in creative outlets, which is reflected in his favorite class, Graphic Communication. In this class, Anthony is able to express his artistic abilities and make the most of his creative mindset.



Mr. Joe has been a wonderful addition to our faculty. Working in the transitional classroom, he has already made a meaningful impact on both the students and the classroom environment. Alongside Irene and Robbie, Joe brings dedication, compassion, and a strong commitment to student growth and success.

CTE Update!

What's Cooking in CTE?

By: Barbara Samaniego - Paraprofessional

Breakfast is widely considered the most important meal of the day, but our CTE students are finding it's a delicious choice at any hour! This week in the kitchen, the air was filled with the savory scent of sizzling bacon and the sweetness of golden syrup.

Students prepared a full breakfast spread, featuring:

- Cheesy Scrambled Eggs
- Crispy Bacon
- Freshly Chopped Pineapple
- Golden French Toast

As part of their culinary journey, students are building a personal binder of recipes to take home—and we've included their favorite French toast method on the last page so you can enjoy it too!

More Than Just Cooking: Career Exploration

Tuesdays are high-energy days in the CTE department, as the class splits into two specialized groups: **Culinary Arts** and **Career Exploration**.

While one group masters the stove, the other dives into **Edmentum**, a digital platform designed to bridge the gap between classroom skills and future careers. Through a series of personality surveys and interest inventories, students discover how their unique strengths align with the professional world.

Our Mission: We aim to support every student as they gain vital life skills in the kitchen and clarity for their future through career mapping. It's exciting to see which paths they choose, and we wish them nothing but success and happiness!

What is your favorite color?	
A - Red	J - My favorite color is blue.
What is/was your favorite subject in school?	
A - Math class	J - Math was my favorite subject.
Have you ever had a nickname?	
A - Tony	J - My grandfather would call me "Hambone"
What is your favorite holiday?	
A - Thanksgiving	J - Christmas is my favorite holiday.
What is something you've done that you are proud of?	
A - Becoming a good soccer player.	J - Being a father of 3 wonderful boys, whose names are AJ, Nicolas, and Dominic.
What is your favorite movie, show, and/or book?	
A - My favorite movie is "That's My Son"	J - I love watching all kinds of baseball. Doesn't matter what it is, I'll watch it.
If you were a superhero, what powers would you have?	
A - To be invisible	J - Read people's minds.
If you could travel anywhere in the world, where would you go and why?	
A - Germany so I can drive on the Autobahn.	J - I would really love to travel to Europe and see all the great architecture. Especially Italy and Vatican City.
What's your go-to comfort food?	
A - Pizza	J - My comfort food is pizza for sure.
Tell us something interesting about you.	
A - I learned how to drive when I was 12.	J - What's interesting about me is that I've played baseball in 3 major league stadiums and 17 minor league stadiums throughout my life.
What is the best part about being a student/staff at Walsh Academy?	
A - The electives	J - I really love the closeness of the staff. It really makes you feel like you are a part of something special. I also love the kids. I value the chance to form close, tight-knit relationships.

Classroom Corner

By: Natalie Greenfield - Teacher

Welcome back! We have started May term and are in the home stretch! May term this is a month-long term where staff teach two classes for longer blocks. This allows more field trips, adventures, and hands-on experiences. Did you know May is named after the Greek goddess Maia, who oversees the growth of plants? Let's look at what our teachers are overlooking in their classrooms.

- Mr. Trerotola's class is learning art. Students do not feel they can draw, and Mr. Trerotola is showing them everyone can draw with some practice!
- Ms. Natalie's class is in foods. They are practicing different skills in the kitchen such as cutting, measuring, and baking.
- Human Geography is being taught in Mr. Justin's class. They are looking at different cultures within the same country.
- Ms. Karlesky is teaching physical science. Here they can do different experiments and learn hands-on skills.
- Mr. Todd's class is working on sociology. Students are interviewing staff members to explore preferences and find similarities.
- Environmental science is being taught in Mr. Steve's class. Students explore the world around them with more understanding each day!
- Mr. Steven's class is learning math concepts. They are focusing on things that students can use in real life situations!
- Personal development is being taught in Ms. L's class. They are having a staff member come in to talk with the students about overall grooming practices.
- Mr. Joe's class is in Civic's, learning about the different branches of the government and the importance of each.

Staff and students are excited about the opportunities that they have in May term, and anticipation continues to grow with summer and Extended School Year (ESY) coming up.

What's New at Walsh? Arborist Demonstrations

By: Mark Trerotola - Teacher

During a recent windstorm, a portion of the Walsh roof was torn away and landed on the east side of the building, causing significant damage to several nearby trees. To preserve and protect these trees, arborists from the Niles City Works Department were called in to carefully prune the affected areas and ensure the trees' long-term health.

While the situation was unexpected, it turned into a valuable learning opportunity for Walsh students. The arborists provided demonstrations and led small-group discussions about tree care, the importance of proper pruning, and the role of public works professionals in maintaining community spaces.

Whether or not students are considering careers in this field, they walked away with newfound knowledge and a deeper appreciation for the work that keeps our environment safe and thriving.



French Toast Recipe (cont. from p.3)

This classic French toast recipe is an easy, delicious breakfast. I love it with fresh fruit and maple syrup on top!

Prep Time: 10minutes mins

Cook Time: 10minutes mins

Total Time: 20minutes mins

Serves 4

Ingredients

- 4 large eggs
- 2/3 cup milk
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- Sea salt
- Butter or oil, for the pan
- 8 thick slices bread, I like this thick-sliced brioche
- Maple syrup and/or powdered sugar, for serving

Instructions

- In a shallow dish, whisk together the eggs, milk, vanilla, cinnamon, and a pinch of salt.
- Heat a nonstick skillet or griddle over medium heat and brush with butter.
- Dip each slice of bread into the egg mixture, turning to coat both sides. Place into the skillet and cook for 2 minutes per side, or until golden brown. Reduce the heat to low as needed to cook thoroughly without burning. Work in batches if necessary, brushing the skillet with more butter between batches.
- Serve with maple syrup and/or a dusting of powdered sugar.

Find it online at <https://www.loveandlemons.com/french-toast/>

