



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



## Walsh Academy

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## Issue Date

October, 2025

## Upcoming Events

10/13 - No School  
10/14 - Q1 ends  
10/24 - Parent/Teacher  
Conferences  
10/27-10/31 - Spirit Week

## Greetings and Happy Fall!

The arrival of October brings vibrant energy to our school. The academic year is off to a fantastic start, and I am consistently impressed by the engagement and enthusiasm our students bring to their learning each day.

Our commitment to integrating academics with real-world application is evident. In our Career and Technical Education (CTE) classrooms, students are making significant progress toward their OSHA certification, giving them a solid foundation for future success. This hands-on approach extends from enriching field trips to Cantigny to integrated projects like classroom cooking. It also reaches into our local community through a wonderful partnership with the Citadel at Saint Benedict's. Our students and the senior residents have enjoyed collaborating on recreational activities, including making scarecrows and other seasonal crafts. These experiences are invaluable in connecting classroom lessons to real life.

As we look ahead, the coming weeks are filled with exciting events. To foster camaraderie and school pride, we will hold our annual Spirit Week during the last week of October, starting with fun activities like door decorating and pumpkin carving. We encourage all students to participate in the festivities!

We are looking forward to seeing parents and guardians at the Fall Parent-Teacher Conferences on Friday, October 24th, from 1:00 PM to 6:00 PM. This is a vital opportunity for us to work together in support of your child's growth. Classroom teams will be contacting you directly to schedule your appointment.

The strength of our community is always on our minds, and it has been wonderful to welcome back several former students who visited recently to share their accomplishments. Seeing our alumni thrive is a powerful reminder of the lasting impact of the foundation built here at Walsh.

We are incredibly proud of all our students, past and present. Thank you for your ongoing partnership and for entrusting us with your child's educational journey.

Be safe and well,

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



# Health Beat

## Healthy Habits for a Healthy School

### Dress for the Weather

Temperatures can shift quickly this time of year. Please send your child to school with layers like jackets or sweaters to help them stay comfortable throughout the day.

### Monitor for Illness

If your child isn't feeling well—especially with symptoms like fever, cough, or sore throat—it's best to keep them home and consult your healthcare provider. This helps protect the entire school community.

### Healthy Habits Matter

Encourage your child to wash their hands regularly, cover coughs and sneezes, and avoid sharing drinks or utensils.

### Fuel and Rest

Nutritious meals and plenty of sleep go a long way in helping kids stay healthy and focused in the classroom.

Let's work together to keep our school healthy and happy this fall. If you have any questions or health concerns, feel free to reach out.

Warmly,  
Tracy Mullen, BSN, RN

## Important Mental Health Awareness Dates in October

By: Kristina Nickels – Social Worker

October is a month that focuses on mental health awareness with several important events and campaigns designed to help raise awareness about mental illness and resources. The first full week of October is Mental Illness Awareness Week dedicated to raising awareness and understanding of mental health conditions. This annual campaign has been led by the National Alliance on Mental Illness (NAMI) since 1990 and aims to reduce the stigma related to mental illness, as well as promote public education about mental health.

Another important date for mental health awareness is World Mental Health Day. World Mental Health Day takes place on October 10th each year with the focus of creating an opportunity to talk about mental health and consider ways to improve overall mental health globally. This year the focus will be on the health impact of repeated exposure to news coverage of crises and conflicts. The campaign speaks to how the world is going through many conflictual and stressful times presently and even if an individual is not directly impacted by these events, it can still feel like a lot to cope with. Part of the campaign focuses on showing up for others and promoting the idea that talking to others is good for your mental health. The Mental Health Foundation provides these suggestions to foster a supportive conversation with others: try to hold conversations when distractions such as cell phones are limited, just listening to a person can be one of the best ways to be there for them, and to simply ask them how you can help or make a suggestion, rather than telling them what to do next.

If you are concerned about your mental health or that of a friend or family member, resources such as the [988 Suicide & Crisis Lifeline](#), the Substance Abuse and Mental Health Services Administration (SAMHSA) for treatment locations and helplines, the National Alliance on Mental Illness (NAMI) for peer support and information, and the Department of Veterans Affairs (VA) for military veterans are available nationally.



# Getting to Know Us!

By: Joel Gonzalez – Administrative Assistant

For the spooky month of October, we're shining a spotlight on Evan, a Junior, and Mr. Steven, a teacher at Walsh Academy.

Evan joined Walsh Academy during summer school this past June and has already made a strong impression on everyone. He's insightful, funny and friendly. Evan also started the CTE Extension program and has been a great addition to the CTE team.

Mr. Steven began teaching at Walsh at the start of this school year and has already built strong connections with his students. He's currently working alongside Ms. Maysaloon and is becoming an important part of our community.



## CTE Update!

By: Barbara Samaniego – Paraprofessional/Job Coach



In CTE, students are learning the importance of Marketing. They are creating items to put in gift bags to present to local school districts. They have already made chocolate covered pretzels, filled spice jars with seasoning blends, and printed 3D keychains of the Walsh logo.

Recently, students have been tasked with designing new 3D printed objects to add to the bags. First, they must successfully pitch their idea to Dr. Craig.

The first student to complete this challenge was Nova. They created a 3D model with two W's. One W uses a formal font, while the other is done freehand. The design is topped with a rising star. Nova stated that, "The different W's represent diversity among different people's mental states. Everybody in the world has a different situation with their mental health. Even if some people have issues with theirs, in the end we are all human beings. The fancy font is meant to represent the prim and proper of society, and the W that looks handwritten is meant to represent the creativity that can come with mental health issues. The star symbolizes that Walsh is the best school for helping bring it out."



Nate was next to do his presentation. He designed a detailed miniature of our school building. His goal was to highlight the benefits of attending a smaller school over larger High Schools in the area.

Brandon is ready to do his presentation next. He designed and printed a die. A roll of the die represents how unpredictable life can be. Each side of the die is labeled with a Walsh trade. These trades provide important training and skills for the future.

Presentations were excellent and well received by Dr. Craig and Miss Beth. It's evident that students are learning marketing techniques to express themselves, build confidence, and prepare for future interviews.

We are proud of what our students have already accomplished. We anticipate other creative and interesting designs!

What is your favorite color?	
E - Black	S - Purple and light pink
What is/was your favorite subject in school?	
E - Math	S - Math (Best subject ever!)
Have you ever had a nickname?	
E - No nicknames!	S - Steven Weaven
What is your favorite holiday?	
E - Christmas	S - Christmas
What is something you've done that you are proud of?	
E - I know a lot about cars.	S - Taught at a Native American reservatiion for 2 years in Browning, MT.
What is your favorite movie, show, and/or book?	
E - The Sandlot	S - Stranger Things (Excited for the new season!); and The Death - Cast book series by Adam Silvera.
If you were a superhero, what powers would you have?	
E - Teleportation	S - Invisibility
If you could travel anywhere in the world, where would you go and why?	
E - Arizona	S - Not a specific country but would love to hike the El Camino trail in Spain.
What's your go-to comfort food?	
E - Chicken Wings	S - Samosas (I love Indian cuisine)
Tell us something interesting about you.	
E - I am funny!	S - I was a middle school Cross Country coach and photographed my first Grizzly bear in Montana!
What is the best part about being a student/staff at Walsh Academy?	
E - Having Mr. Steven as my teacher.	S - Working with amazing colleagues who advocate for students and support them in receiving a well-rounded education. Also celebrating students' achievements and listening to all their humor every day.

# Classroom Corner

By: Natalie Greenfield - Teacher

Welcome to Walsh in the fall! Staff and students are excited for Halloween coming up, and the chilly weather that will blow in soon! Did you know Halloween is traced back to the ancient holiday Samhain (sow-in), where they believed the veil between living and non-living was the thinnest. This allowed the living to connect with the non-living world; this is where the connection to ghosts and skeletons comes into our Halloween celebrations today. Now, let's look at how our teachers are connecting with their students around Walsh!

- Ms. L's Class is working on interpersonal skills in pre-vocational. She also has multiple students who go off campus for different work experiences in public works and food service. They love the work they do!
- Mr. Steve's class took a field trip to Illinois Beach State Park to see the different wildlife that is native to Illinois for science.
- It takes 5 sentences to form a paragraph and Mr. Trerotola's class is putting separate sentences together to form cohesive paragraphs in their writing.
- It's very important to talk about savings and how you want to spend your money in the future. Ms. Natalie's class focuses on different ways that students can save their money while still getting what they want in pre-vocational.
- Mr. Justin's class talks about the hierarchy and savagery of the story *Lord of the Flies*. They get to share their thoughts and opinions about each section.
- Did you know you could make art with corks? Well Ms. Karlesky's class does! They have made some amazing art using old wine corks and paint!
- Mr. Robert's class is talking about civil rights; they are really swinging into preparation for the constitution test.
- In ELA, Mr. Steven's class is identifying the main idea in sentences and stories.



We are excited to have school spirit week at the end of October to celebrate Halloween, and the start of fall. Students will have an opportunity to share their creativity through different themes throughout the week.

## What's New at Walsh? Parent/Teacher Conferences

By: Mark Trerotola - Teacher

As we approach the end of our first quarter, students and staff have settled into the rhythm of the 2025-26 school year. With Quarter 1 classes wrapping up and the midpoint of Semester 1 upon us, it's the perfect time to reflect on progress so far.

Parent/teacher conferences will be held on **Thursday, October 24, 2025, from 1:00-6:00 p.m.** Families are encouraged to meet with their student's team to discuss achievements, growth areas, and strategies to support continued success.

Conferences are available both virtually and in person. If you choose to attend on campus, we invite you to take a few moments to tour the building and see the exciting new additions and beautification projects created by our staff and students.

**PARENT/TEACHER  
CONFERENCES**

**THURSDAY, OCTOBER 24  
1:00-6:00 P.M.**

# WALSH ACADEMY SPOOKY SPIRIT WEEK (OCTOBER 2025)

## 27

### FLANNEL DAY

NOTHING SAYS FALL LIKE YOUR FAV FLANNEL DOES!



## 28

### FOOTBALL DAY

WEAR YOUR FAVORITE FOOTBALL JERSEY/SHIRTI!



## 29

### SPOOKY COLOR DAY

WEAR BLACK, PURPLE, AND GREEN.



## 30

### PUMPKIN DAY

GO ALL OUT WITH YOUR FAVORITE PUMPKIN THEMED CLOTHING OR WEAR ORANGE! CLASSES WILL DECORATE PUMPKINS!



## 31

### HAPPY HALLOWEEN

WEAR A COSTUME, HALLOWEEN COLORS, OR SOMETHING SPOOKY! BE SURE TO FOLLOW COSTUME RULES/GUIDELINES.



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



## Halloween Costume Rules/Guidelines



1. Student's may opt to wear halloween costumes on Friday October 31<sup>th</sup> as part of spirit week.
2. School rules regarding dress code must be followed: No short skirts/shorts/tutus no bare midriffs, no bare shoulders, or low necklines. Nothing that promotes the use of illegal substances or activities or are derogatory, disrespectful or depict violence.
3. No masks or weapons
4. ALL costume preparations to be completed at home. (No dressing or applying of make-up or colored hairspray once students arrive at school)
5. Have fun!!!

# REVEL



**November 5th**  
**North Shore Country Club**

Please join us for the 4th annual Club of Hearts holiday boutique,

## **"REVEL"**

This festive event is being held at North Shore Country Club from 12 - 8. Kick-off the season with friends and family and get a jump start on your holiday shopping! All net proceeds will be awarded to our 2025 charity partner,

### **Charles Walsh Academy**

Enjoy coffee and cookies before 4:00, wine, soda and light bites will be served after.

Take advantage of the \$25 early-bird pricing, now at <https://clubofheartswinc.charityproud.org/EventRegistration>.

Can't wait to see you there!