



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



### Walsh Academy

(847) 390-3020  
6935 W. Touhy Ave.  
Niles, IL 60714  
[walshacademy.org](http://walshacademy.org)



### Upcoming Events

Q1 Ends 10.12

Move to Niles TBD

Inservice Day &  
Parent/Teacher Conferences  
TBD

## Happy Fall!

We hope this newsletter finds you well. We have some exciting updates to share with you this month, including our recent achievement as a YASS Prize quarterfinalist and our upcoming move to our new location in mid-October.

Firstly, we are thrilled to announce that Walsh Academy has been selected as a quarterfinalist in the esteemed YASS PRIZE! Walsh Academy was selected from 2,000 applications that represented 27 million students from every sector of education and every grade across all 50 states. We are the only non-public special education school in Illinois that was selected to move on to the next round of the competition when 32 semifinalists will be announced at the Yass Summit and Semifinalist Announcement in Cleveland, Ohio, on October 9.

This is a tremendous honor and a testament to the hard work and dedication of our students and faculty. The YASS Prize recognizes excellence in education by identifying schools that have proven a commitment to Sustainable, Transferable, Outstanding, and Permissionless educational practices. We are proud to have been chosen from among the numerous other prestigious institutions. We believe this achievement further validates our commitment to providing a dynamic and enriching learning environment.

In addition to this exciting news, we would like to inform you that our move to our new location is just around the corner. We are currently awaiting the completion of two final inspections to receive our Certificate of Occupancy (C of O). The C of O is a crucial milestone that ensures our new facility meets all safety and building code regulations. Once we have obtained this certificate, we will promptly notify both parents and school districts of our exact move date.

We understand that moving to a new location can bring about a mix of emotions and anticipation. Rest assured, we have been diligently preparing to make this transition as smooth as possible. Our new facility has been thoughtfully designed to enhance the educational experience for our students. We are excited about the opportunities it will provide and look forward to creating even better learning environments and resources.

We would like to express our appreciation for your ongoing support and understanding during this time of transition. We understand that there may be minor disruptions during the move; however, please know that we are actively working to minimize any inconveniences.

As always, we will continue to keep you informed throughout this process. We encourage you to reach out to us with any questions or concerns you may have. Your feedback is invaluable to us, and we appreciate your partnership in making Walsh Academy the best it can be.

Thank you for your continued trust in our school, and we look forward to sharing more updates with you soon.

Thank you and be safe!  
Ann M. Craig  
Principal / Director of Educational Services



# Health Beat:

## Mental Health Awareness Month

By: Kristina Seidelman Nickels – Social Worker

October is recognized as depression and mental health awareness month, serving as a reminder that mental health disorders affect millions of people worldwide. The World Health Organization (WHO) states that 1 in 5 people experience mental health issues at some point in their lives. Due to the amount of people affected, WHO has identified October 10<sup>th</sup> as World Mental Health Day and began recognizing this day in 1992. World Mental Health Day provides an opportunity for people and communities to unite around the theme of “mental health is a universal human right,” and celebrates the power of community kindness. Mental health awareness campaigns throughout the month seek to improve knowledge, raise awareness, and drive actions that promote and protect everyone’s mental health. For more information on mental health awareness and resources visit [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net) or <https://www.who.int/campaigns/world-mental-health-day>.

**Preventing depression during your teens and twenties**

Adolescence and young adulthood present many new opportunities. But this time of change can also be stressful and cause depression. If you're feeling overwhelmed, read on...

**What you should know**

- Depression can happen to anyone and is not a sign of weakness.
- It's an illness characterized by persistent sadness or irritability and a loss of interest in activities that you normally enjoy, accompanied by difficulty in carrying out daily activities.
- Other signs include withdrawal from others, feelings of worthlessness or guilt, fatigue, restlessness and difficulties with schoolwork. You might also be experiencing changes in appetite or sleep patterns.
- You might be inclined to take more risks than normal and sometimes think about harming yourself.
- There are lots of things that you can do to prevent and treat depression.

**What you can do if you are feeling down, or think you may be depressed**

- Talk to someone you trust about how you're feeling.
- Seek professional help – your local health-care worker or doctor is a good place to start.
- Stay connected with friends and family.
- Exercise regularly – even if it's just a short walk.
- Stick to regular eating and sleeping habits.
- Avoid or restrict alcohol intake and refrain from using illicit drugs – they can make depression worse.
- Try to keep doing things that you've always enjoyed – even when you don't feel like it.
- Be kind to yourself and try to focus on the positive.
- Congratulate yourself on your achievements – past and present, no matter how small.

**REMEMBER:** You are not alone. If you think you might have depression, talk to someone you trust or seek professional help.

World Health Organization

## Talking Tech

By: Stavros Kouriabalis – CTE Teacher

Hello everyone! I hope everyone is excited for the month of October. Our classrooms have been taking advantage of our tech tools throughout the building, and some cool things have been happening. One of our classrooms uses board games or card games to get some open discussion flowing in their classroom. That being said, one particular game was missing some pieces. Most people would just throw this game away, but the staff and students of that room had a great idea. They decided to 3D print the missing pieces. This was a great mini project for them, as it taught them some problem solving and math skills. They had to get the dimensions of this piece perfectly or it wouldn't work. It was amazing watching them work together and solve the issue. Now they are able to enjoy the game and have some much needed peer-to-peer discussions.



## Classroom Corner

By: Mark Trerotola - Teacher

The yellowing of the leaves is an indication that our warm season is coming to a close. And with change comes growth. We are also ending our first quarter here at Walsh Academy, and many classes are wrapping up their units of study. In Ms. Beth's class, they have been completing budgeting activities including a Daily Fees chart to help motivate and educate the students about money with regards to how debit and credit works. Let's hope for more credit and less debt! Every morning, her class starts by reviewing their registry and they make sure their money (fake) is balanced in their respective envelopes. Once their money is balanced, they purchase the materials they are going to be using for the day. Those materials are pencils (\$0.75), pens (\$0.75), Chromebook (\$22.25), and so on. They also use this to motivate the students to ask questions if they do not understand an assignment, which is something the class as a whole has struggled with. When they ask questions, they earn \$10.00 for each question. When they complete an assignment, they receive \$5.00 for each assignment. They also have a "Dessert" section- this is where students get money for speaking to a peer, cleaning up their area, and doing their daily job assignment before school ends. Ms. Beth's students have made a tremendous amount of progress in their financial transactions made with fake money! I think I might join them to ask some questions to supplement my own income!



# Getting to Know Us!

By: Donna Hoffman – School Psychologist

This month we feature Corey M., a senior student in Ms. Parker and Ms. LaMore's classes who enrolled at Walsh Academy in late June. And for staff, we are highlighting Ms. Kylie Parker, one of our new teachers who started in August and teaches one of our junior/senior classes.



## CAAEL

By: Dan Baffin – PE Teacher/Coach

CAAEL has been full steam ahead for the past month! We are in the home stretch of our flag football season, we just began our bowling season, and we just completed our yearly entry into the academic bowl. We currently have a record of 1-2 for flag football with games remaining against The Academy at Forest View and a rematch with New Hope Academy to close out the year. Our students have done a great job this year of supporting each other throughout the games as well as showing great sportsmanship to the other teams. The Walsh bowlers completed their first session with one of our sophomore team members having a high score of 91 to lead the team. Everyone improved from the first to second game! They really listened and are working to make minor tweaks to their bowling form. Finally, I am so proud of our four students who participated in the academic bowl. They were a force to be reckoned with as we took second place! They truly worked as a team to answer some tough questions. Second place was well earned! Congratulations to all the students who have participated in a CAAEL event for all your hard work and great sportsmanship!



What is your favorite color?	
CM- red & black	KP- blue
What is/was your favorite subject in school?	
CM- math or science	KP- ELA; I love to read.
Have you ever had a nickname?	
CM- CAM (initials of first, middle, last name)	KP- My family/ friends call me "Ky"
What is your favorite holiday?	
CM- I don't have one	KP- Thanksgiving
What is something you've done that you are proud of?	
CM- getting a present from my grandfather	KP- graduating college and becoming a teacher
What is your favorite movie and/or book?	
CM- I don't have a favorite.	KP- Wonder, The Peanut Butter Falcon, Champions
If you were a superhero, what powers would you have?	
CM- the ability to use my mind to create other powers	KP- "I dream of Jeannie" powers; blink and it's done!



# Fall MAP Testing

By: Donna Hoffman – School Psychologist

Now that we have adjusted to being back in school and are halfway through with first quarter, the students are taking part in our fall academic assessment program. Our school utilizes NWEA's Measures of Academic Progress (MAP) to assess skills in reading, math, and language. MAP tests are adaptive measures taken on the computer; each student receives individualized questions depending on their skill levels to minimize frustration and to obtain an accurate measure of personal strengths and weaknesses. This gives our teachers valuable information to plan for individual accommodations/modifications to the curriculum as well as specific skill building lessons.



Ideally, we like to assess skills once in the fall and then again in the spring to look at growth. Due to the school's open enrollment policy, students enter throughout the school year. These students are able to take a screening measure (shorter tests) when they arrive and then they can participate in the spring test session to gauge growth. While testing may not be at the top of the list of favorite school activities, the students who give their best effort usually find out that MAP testing is not overwhelming and can be a rewarding experience. They do not see a score when they finish, and classmates are unaware of how each other performs. Teachers can meet with their students one on one after testing is complete to determine goals in each subject and plan lessons based on the information provided.

## CTE Update

By: Heather Lischett – AP for Voc. Ed. Services

The students in the Career Tech. Extension program have been working hard this year to improve their employability skills and their work-related experiences. They are very excited to get into the new building and all the opportunities that will afford them; however, they have also been extremely helpful in preparing for the move. They have inventoried and packed materials, they have designed new marketing materials using the school's new name and logo, and they are preparing a format for a news segment that they will be responsible for once in the new building that will be broadcast on the Viewsonic boards that were featured in last month's Tech Talk piece. Follow us on social media to see what innovative projects our CTE students get up to next!

## National School Bus Safety Week

OCTOBER 16TH -20TH

- Promote School Bus Safety
- Recognize and Celebrate Your Transportation Staff



Made with PosterMyWall.com