



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



Walsh Academy

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Niles, IL 60714
walshacademy.org



Upcoming Events

8/18 – Students Returned
9/1 – Labor Day, No School
10/13 – No School
10/14 – Q1 ends
10/24 – Parent/Teacher
Conferences

Welcome back, Walsh Academy families!

We're thrilled to start a new school year and have our students back in the halls, ready to learn and grow. As we begin this academic journey, I want to highlight our ongoing commitment to a topic of utmost importance: school safety.

At Walsh Academy, we believe a safe and welcoming environment is the foundation for effective learning. Our dedication to safety is a partnership that involves the school, parents, and the community. It's a continuous process that relies on vigilance, clear communication, and a proactive approach to potential concerns.

To ensure a secure campus, we have implemented several key safety measures that you should be aware of:

- **Daily Student Checks:** Each morning, students participate in a brief check-in procedure. This allows our staff to quickly and discreetly address any immediate concerns and ensures a smooth, safe start to the school day for everyone.
- **Indoor and Outdoor Cameras:** We have a comprehensive system of security cameras both inside the building and on our campus grounds. These cameras are a vital tool for monitoring all activity and ensuring our students' safety at all times.
- **Student and Staff Training:** Preparedness is key. Throughout the year, our students and staff will participate in regular drills and training exercises to practice emergency procedures, including fire, severe weather, and intruder drills. This is essential to ensure everyone knows how to react calmly and effectively in a critical situation.
- **Adherence to Illinois State Board of Education (ISBE) Mandates:** Walsh Academy is fully compliant with all safety procedures and requirements mandated by the ISBE. We work closely with state officials to stay up to date on the latest safety protocols and best practices, ensuring our school meets and exceeds all state-mandated safety standards.

Walsh Academy is a safe zone for all students, and we take our responsibility to protect their privacy seriously. We strive to create a culture of trust and respect where every student feels comfortable and secure. Our commitment is to foster an inclusive environment where all students can thrive academically, socially, and vocationally.

We look forward to a successful and safe school year. Thank you for your continued support and partnership.

Be safe,

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



Health Beat

Our Health Beat section this year will feature monthly articles and tips from our school nurse, Tracy Mullen, and one of our social workers, Kristina Nickels, highlighting the importance of caring for both physical health and mental well-being—because a healthy body and a healthy mind work best together.

Start the Year Off HEALTHY!

Welcome Back from the Nurse's Office!!

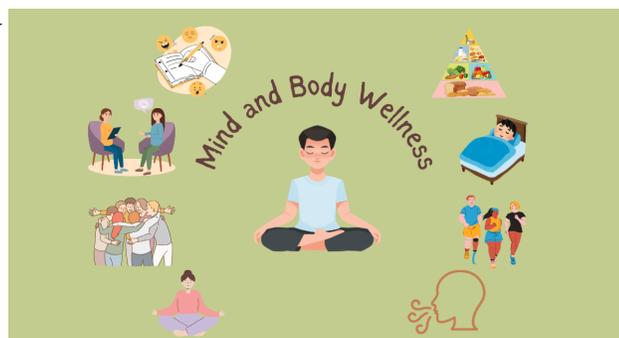
Welcome to a brand-new school year! I'm so excited to see our students back in the classroom, ready to learn, grow, and thrive. As your school nurse, one of my goals is to support the health and wellness of our entire school community because healthy students are better learners.

This month's focus: The Power of Sleep

Sleep isn't just "resting time". It's when the body and brain recharge, grow, and heal. For children and teens, good sleep is especially important - it supports memory, focus, mood, and overall physical health. Sleep helps store and organize new information, so kids remember what they learn in class; and a well-rested body is better at fighting off colds and other illnesses. Sleep also plays a role in healthy growth as growth hormones are released during sleep.

Middle and high schoolers should get 8-10 hours of sleep per night. By supporting healthy sleep habits, we're giving our children one of the best tools for success in school and beyond.

Warmly,
Tracy Mullen, BSN, RN



New School Year, New Beginnings, New Routines!

The start of a new school year is upon us. The start of the new year is a great time to reset routines and start the new year with a positive outlook. Experts agree on tips to help students and families begin the new school year on the right track:

Establish a routine by setting a consistent bedtime and wake-up schedule. Planning morning and evening routines help to develop a healthy sleep cycle and will reduce stress in getting to school on time. Consistent sleep schedules are essential for cognitive function and emotional regulation.

Limit screen time to ensure sufficient sleep and focus, as well as to encourage alternative activities such as reading, playing outdoors, or spending time with friends and family. It can be helpful to establish areas of the home as screen-free such as at the dinner table or in bedrooms.

Regular physical activity or exercise also helps to enhance mental and emotional well-being by reducing stress, improving mood, and boosting self-confidence. Furthermore, regular physical activity supports academic success by improving focus, memory, and overall cognitive function.

Maintaining good nutrition habits will provide essential energy for physical activity and brain functions like concentration and memory, support healthy growth and development, strengthen bones and muscles, and boosts immunity to illness.

Encouraging a positive, growth mindset is a way to reduce stress by focusing on efforts and persistence to promote positive self-talk and resilience.

Seek out support if necessary. A new school year can bring up a variety of emotions from excitement to feelings of worry or anxiety. Do not hesitate to reach out to teachers, school counselors, school social workers, or other school staff here at Walsh Academy for advice or support!

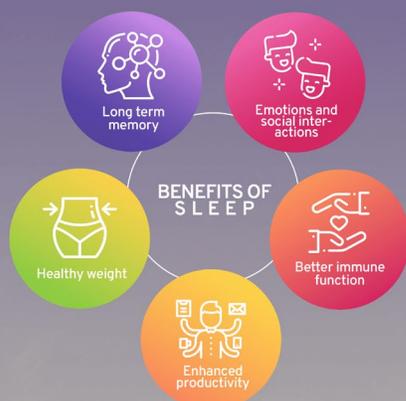
WHY IS GOOD SLEEP IMPORTANT?

WHEN WE REST

- ☞ The brain works hard overseeing a variety of biological functions.
- ☞ Our bodies get ready for the following day.
- ☞ Getting enough good quality sleep

EXPERTS SAY

- ☞ Sleep is a vital indicator of overall health and well-being.
- ☞ Adults between the ages of 18 and 64 should sleep 7 to 9 hours daily.



Getting to Know Us!

By: Joel Gonzalez – Administrative Assistant

We're excited to kick off the year by spotlighting two wonderful members of our Walsh Academy community: Alyssa, a Junior, and Ms. Rory, a new paraprofessional!

Alyssa [right] joined Walsh Academy last March and has already made a big impression. She's known for being outgoing, friendly, and always willing to lend a hand. Her kindness and positive attitude brighten everyone's day. Alyssa is in Mr. Robert's classroom, along with her counselor, Ms. R, and new paraprofessional, Ms. Rory.



Ms. Rory [left] joined us at the start of the school year and has already made a great impact on the classroom. A graduate of the University of Dayton, Ms. Rory also participated in the Best Buddies program, reflecting her dedication to inclusion and support for others.

CTE Update!

By: Heather Lischett – Assistant Principal

At Walsh Academy, we recognize that high school is just a steppingstone on the path to our students' futures. With that in mind, we put heavy emphasis on what will come after high school for each of our students, and this includes a wide array of CTE offerings. Career and Technical Education, or CTE, gives students the chance to explore hands-on learning in areas connected to real jobs and careers. Instead of only learning from books, students get practical experiences that help them build skills for life after high school – whether that's going to college, starting a career, or entering a training program. CTE programs can include things like health sciences, technology, business, construction, or the trades, and they give students a head start on discovering what they enjoy and what they're good at. Walsh Academy addresses CTE offerings in three different formats:

- Elective Courses:** This is perhaps the most traditional method. CTE courses are offered as electives to students as part of their high school schedule. CTE electives at Walsh Academy include courses in computer sciences, construction trades, and culinary arts. Walsh Academy is also looking to add courses related to the health sciences, barbering, and agriculture.
- Transition Programming:** Walsh Academy has two transition classrooms that help students who are finished with their high school requirements to complete their road map to adulthood. This may include providing opportunities to work at different community job sites, going on college visits, applying and interviewing for jobs, maintaining a household/personal budget, and understanding bank statements and health insurance plans, etc. Some current job sites students are placed at include Niles Public Works, Niles Family Health Center, and Minelli's Deli. Because the students in these classes have completed their graduation requirements, they can really focus on their personal post-secondary goals.
- CTE Extension Program:** This program is the most unique to Walsh. It is an extension of the traditional school day and the minutes are accounted for in the students' IEPs. It gives students hands on experience in daily job sites including building maintenance, broadcasting, video production, 3D design, marketing, t-shirt printing, and cooking. Students in this program work in small groups with a job coach and are successfully discharged when they find competitive employment in their home community.

This school year, the CTE Update newsletter section will highlight different aspects of the CTE areas at Walsh. Stay tuned to see what our students are building, creating, and learning!

What is your favorite color?	
R - Blue	A – Probably light pink
What is/was your favorite subject in school?	
R - Reading	A – I am one of the few people who actually enjoy school, so this is a pretty hard question...probably English because I love to write.
Have you ever had a nickname?	
R – Ror or Rorster	A – Yea, as a kid it was Monalyssa, as in the painting. Now my close friends call me Ysa.
What is your favorite holiday?	
R – St. Patrick's Day	A – Slightly biased but my birthday, Sept. 10.
What is something you've done that you are proud of?	
R – Pass difficult math and science courses in college	A – There are so many things! Most likely gaining mental clarity and learning how to help myself in hard times.
What is your favorite movie, show, and/or book?	
R – Movie: The Elvis; Show: Dance Moms; Book: Wonder	A – Movie: Scott Pilgrim vs. The World; Show: Serial Experiments Lain.; Book: Crime and Punishment by Fyodor Dostoevsky
If you were a superhero, what powers would you have?	
R – Time Travel	A – Like in Adam Sandler's movie Click I'd be able to have a remote control for time.
If you could travel anywhere in the world, where would you go and why?	
R – Italy! The best views plus food, best of both.	A – I would love to go to Sweden, either Stockholm or Gothenburg. The people are hospitable, buildings are made beautiful, great education and lovely nature.
What's your go-to comfort food?	
R - Pizza	A – As a child I loved eating hokas pancit canton (cooked oily rice noodles with soy sauce) and my dad's canelé (Italian dessert)
Tell us something interesting about you.	
R – I received a make-a-wish and went to Hawaii.	A – I believe I am a very kind, loving, sentimental person with many skills and virtues. I do my best to contribute to society positively and help everyone.
What is the best part about being a student/staff at Walsh Academy?	
R – My classroom (Mr. Robert, Ms. R and each student) and how welcoming everyone is.	A – My support team and all the kind staff that help guide my journey.

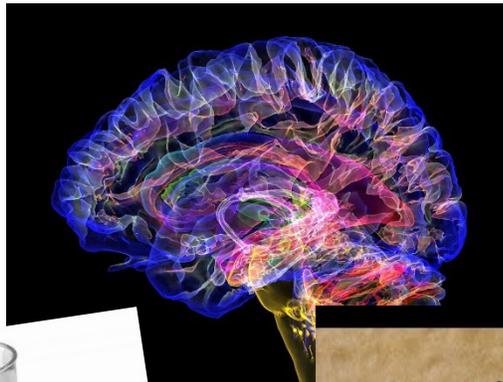
Classroom Corner

By: Natalie Greenfield - Teacher

Welcome back Walsh Wizards! We are really getting into the swing of things this year. We are finally in September, and students are starting to prepare for the chill that comes with fall. Did you know September is spelled with nine letters, and it's the 9th month of the year? Let's look at what teachers have planned for their students this September to move into this new school year!

- Ms. L's transition students are taking writing skills where they are working towards writing their own short stories. I can't wait to hear what they have in mind for their tall tales!
- Mr. Justin's class is learning about the Revolutionary War in history. They cooked food that soldiers would eat in real life. Students were interested in tasting the flour, salt, and water meals that were made in our country's past.
- In Mr. Trerotola's class they are preparing for the Constitution Test. This is very important for students to pass as it is a graduation requirement.
- The branches of government and checks and balances are also being taught in Mr. Steve's class of seniors. He is relating this back to current politics and where we see different checks and balances put into place.
- *The Time Machine* is a short story being read in Mr. Robert's class. They are following the journey of a young boy following a note he found in a time machine.
- Mr. Steven's class is talking about the parts of the brain and how they work. Each student can test their knowledge to see how much their brains remember.
- Ms. Karlesky's class is learning about different measurements in science. They can measure anything they put their minds to!
- In general science students are learning about the human body, they will be creating healthier cookie dough blizzards in Ms. Natalie's transition class.

We are so excited to be back at Walsh and starting out the new quarter. Students and staff are enjoying ourselves as the weather starts to cool down and we really fall into fall.



What's New at Walsh? A Fresh Start to a New School Year

By: Mark Trerotola - Teacher

The start of a new school year always brings with it a sense of excitement and possibility, and this year is no different at Walsh Academy. Over the summer, our staff worked hard to prepare for a year of engaging, hands-on learning experiences for every student.

Teachers and support staff participated in professional development focused on experiential learning – an approach that emphasizes real-world, interactive activities that help students connect knowledge with practical skills. This training has equipped our team with new tools and strategies to make classrooms more dynamic, engaging, and responsive to students' needs.

We're also excited to share that students with an interest in the trades will have the opportunity to pursue their OSHA certification, giving them a valuable head start in career readiness and workplace safety. This is just one of the many ways we're committed to preparing students for success beyond the classroom.

The school itself got a refresh as well! Hallways and classrooms now feature new bulletin boards and displays, creating a bright, welcoming atmosphere that reflects the creativity and energy of our students and staff.

As we open our doors this fall, we are thrilled to welcome our students back to a community that is ready for growth, exploration, and achievement. With engaging classrooms, dedicated staff, and students eager to learn, we know it's going to be a fantastic year. Welcome back, Wizards!

