



October 2023 NEWSLETTER



Important Dates

October 2-6: Spirit Week

October 3: Seeds Of Sisterhood

4:30pm in Library

October 4: Volleyball 5pm/6:30pm

Homecoming/Parent/Senior Night

October 5: Football 6pm

Homecoming/Parent/Senior Night

October 6: Cross Country Meet

Lincoln Park Golf Course 4pm

October 9 & 10: Cheer Tryouts 4-6pm

Cafeteria

October : 10 Arts @ Large

Internships \$11.65/hr James Place

Important Dates

October 6: Masquerade Dance

School Building/Gym 6:30-9:30pm

**October 17 & 18: Parent Teacher
Conferences 3:30-7:15pm In Person &
Virtual option available**

Zoom link will be on WHS website:

<https://schools.milwaukee.k12.wi.us/whsoit/>

October 30: Picture Day

MPS After-school Activity Buses!
MPS is providing After-school Activity Buses for students at select schools to transport them home from their afterschool activities. Ready to sign up? If you have a child who participates in an afterschool activity (Athletics, Clubs, CLCs, Safe Places, Camps, etc.) and you would like them to take the activity bus home, please complete the After-school Activity Bus permission form by visiting: bit.ly/mpsafterschoolbusing
[23-24 After-school Transportation Permission Slip.pdf](#)

The Homecoming Football Game will be October 5th @ Custer Stadium and the Homecoming Dance October 6th from 6:30pm to 9:30pm. The theme is Masquerade, and the colors are purple and silver. Cost is \$15 for a single ticket and \$25 for a couple.

SCHOOL COUNCILS

- **District Advisory Council** - The DAC aims to ensure families of MPS students have a voice in district decision-making.
- **Student Advisory Council** - is a recurring focus group, a group of students who meet regularly to share their needs and expectations as well as emerging trends.

Our 1st District Advisory Council (DAC) meeting of the 2023-2024 school year is tomorrow, Thursday, October 5th. The meeting will start promptly at 6:00 p.m. There will be a waiting room if you decide to join the meeting early. The waiting room will end at 5:55 pm. Please see the Zoom information below:

[District Advisory Council Zoom Link 23-24](#)



SPORTS ON TAP

Come out and support your student athletes!

- Girls Volleyball: Mon., Oct. 11: @Home
HS- JV@ 5 PM/ VAR @6:30 PM
- Cross-Country: Fri., Oct. 6 : Away @Lincoln Park
Golf Course 4:00pm
- Football: Thurs., Oct. 5 @ Custer Stadium
6:00pm - Homecoming

FAMILIES and STUDENTS must register. We as athletic directors can help with usernames and passwords but cannot add, move, or switch registrations. The link and instructions for registration can be found in all of their grade level google classrooms. Or they can access it through the MPS Homepage by searching Athletics. **DEADLINE IS NOV. 27th.**

1st Day of Practice Dates:


Girls Basketball: November 6, 2023

Boys Basketball: November 13, 2023

Boys and Girls Wrestling: November 13, 2023


Boys Swimming: November 13, 2023

REMINDER: ALL athletes MUST BE CLEARED before they can participate in practice .



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Principal
Ms. A. Terry


MILWAUKEE PUBLIC SCHOOLS

WASHINGTON HIGH SCHOOL of
Information Technology

GEAR FOR SUCCESS with IT Courses, IT Opportunities, IT Partnerships

Join WHSOIT and Be Future Ready: Academy of Hospitality Tourism (AOHT) and Culinary Arts Empowering Students through Work-Based Learning

Hospitality and Tourism (AOHT)

Why: Hospitality, tourism, lodging, and meeting planning are among the largest and fastest growing industries in the nation. As travel and leisure activities increase, the demand for professionals with management expertise in the restaurant and food service industry is also increasing.

Courses: Principles of Hospitality & Tourism,

- Sustainable Tourism,
- Delivery of Great Customer Service,
- Sports, Entertainment and Event Planning,
- Hospitality Marketing
- Geography for Tourism.



Affiliations: National Academy Foundation, and more

Special Opportunities: Earn college credits and industry certification while in high school. Participate in work-based learning activities: job shadowing, classroom speakers, mentorship, internships and more.

Culinary Arts

Why: According to the National Restaurant Association (NRA), it is estimated that a total of 13.5 million workers will be needed for the rapidly growing restaurant and food-service industry by the year 2014.

Courses: **ProStart:** ProStart is a nationwide, two-year curriculum designed for high school students to develop skills ranging from culinary techniques to food service management, to transforming the best and brightest talent into tomorrow's industry leaders. ProStart's industry-driven curriculum provides real-world educational opportunities and builds practical skills as well as a foundation that will last a lifetime.

- Food Science I
- Food Science II



Affiliations: National Restaurant Association

Special Opportunities: Earn college credits and industry certification while in high school. Participate in work-based learning activities: job shadowing, classroom speakers, mentorship, internships and more.

Business and Higher Education Partnerships include Boys & Girls Club, Marcus Corporation, Marriott, MATC, Northwestern Mutual, ProStart, Sherman Park Community Association, Wisconsin Restaurant Association, UW-Milwaukee, UW-Whitewater, WCTC and more.....

Factoids:

- Careers in Hospitality and Tourism require schooling beyond high school. Many of these careers may require two-year (Associate) degrees like those offered at MATC or degrees from four-year colleges or universities.
- AOHT works to help students obtain college credit for advanced courses in AOHT and Culinary Arts taken in high school. The program fosters strong relationships with many industry leaders who are always eager to participate in student experiences. This includes job shadowing and company visits, which are incorporated into many of our courses.
- AOHT prepares students both for future careers as well as post-secondary education. Our strategic partnerships with key hospitality businesses will give a student in the program a competitive advantage for employment opportunities before and after college.

Attend Washington High School of Information Technology - Focused on High Demand Careers

For further information contact Guidance 414-875-5900

Non-discrimination Statement: It is the policy of the Milwaukee Public Schools that, as required by section 118.13, Wisconsin Statutes, no person will be denied admission to any public school or be denied the benefits of, or be discriminated against in any curricular, extracurricular, pupil services, recreational or other program or activity because of the person's sex, race, color, religion, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation or disability. This policy also prohibits discrimination under related federal statutes, including Title VI of the Civil Rights Act of 1964 (race, color, and national origin), Title IX of the Education Amendments of 1972 (sex), and Section 504 of the Rehabilitation Act of 1973 (disability), and the Americans with Disabilities Act of 1990 (disability). All Career and Technical Education (CTE) programs and activities are open to all students without discrimination under both state and federal law.

9/21/2017

NAF Opportunities at Washington

Washington High School of Information Technology is affiliated with NAF (formerly National Academy Foundation), a national network of schools, curriculum partners, and business partners designed to connect students with college and career opportunities in high demand career pathways.

Washington students can participate in one of our two academies:

- Academy of Information Technology (AoIT)
- Academy of Hospitality and Tourism

Students will have the opportunity to select an academy after their freshman year and will be taking a Career Pathways course in the fall to help give them exposure to these two academies before selection. From there, students will have a course sequence that identifies and develops key skills within their respective academy:

For AoIT:

- 10th graders will take Exploring Computer Science, a full year course covering a variety of computer science topics
- 11th and 12th graders will take semester long electives that include Computer Systems and Intro to Programming/Game Design this year and can also potentially include Web Design, Database Design, and/or Cybersecurity as well as AP Computer Science Principles which may be offered with sufficient student interest.

For AoHT:

- 10th graders will take Principles of Hospitality and Tourism in the fall semester and Hospitality Marketing in the spring semester
- 11th graders may take Introduction to Culinary Arts (as a full year course) and/or semester courses in Event Planning and in Customer Service
- 12th graders may take Advanced Culinary Arts in addition to the options for 11th graders

Additionally, courses in Mobile Application Development and in Personal Finance count toward a student's NAF experience in either academy.

As a part of these courses, students will have the opportunity to take jobsite visits/job shadow opportunities and guest speakers with professionals within their academy fields. There will also be opportunities to earn industry certifications within the academy fields.

Students who successfully graduate with four or more semesters (2.0 credits) of NAF courses with a C or better as well as required work-based learning experiences (ideally including a compensated internship) and skill development as confirmed by a supervisor will earn a NAFTrack Certification which includes graduation honor cords and special consideration from NAF Corporate Partners in employment and mentorship opportunities.

You can find more information by going to www.naf.org or by contacting your grade level administrator, counselor, or the following NAF staff and instructors:

Mr. Kempen, AoIT Teacher/NAF Director

Ms. Morgan, AoIT Teacher

Ms. Knight Edwards, AoHT/Culinary Arts Teacher

Ms. Pate, AoHT/Career Pathways Teacher

A Message from Washington Social Worker: Ms. Hegwood

As we celebrate and recognize our staff for their hard work and dedication, please consider that one of the best gifts you can give, is a well-rested, ready to learn child. Please read below to learn more about sleep from the Sleep Foundation at www.sleepfoundation.org

Recommended hours of sleep:

School – age (6-12 years) recommended 9-12 hours of sleep per 24 hours

Teen (13-18 years) recommended 8-10 hours

Adult (18+) recommends 7 hours or more

What is the Effect of Poor Sleep on School Performance?

It is widely accepted by sleep experts that a lack of sleep reduces cognitive abilities and can harm school performance in children and teens. The majority of research about sleep deprivation has been conducted in adults, but many of the same effects are believed to occur in younger people. Although fewer studies have examined lack of sleep in children, the existing evidence indicates that poor sleep can harm academic achievement in several ways.

A direct way that sleep and school performance are connected is through effects on mental function. Some known problems associated with lack of sleep include:

- Decreased attention
- Impaired memory
- Slowed processing
- Worsened sequential thinking
- Reduced creativity

Sleep deprivation can also detract from school performance because of various effects on mood and behavior:

- Excessive daytime sleepiness
- Poor Decision-making
- Aggression

Join The Daily Announcement Squad

The Daily Announcement Squad is looking for new members!

Beginning on Wednesday, September 6th, the daily announcement squad will be meeting Monday-Thursday after school from 3:30-4:00pm in room 223.

If you're interested in reporting news and stories on camera, writing content, or working behind the scenes, reach out to Ms. Smith (Rm 223) or Ms. Sanchez (Rm 481).

