

Whitmer Word

March 2023

Mrs. Bronikowski, Principal

Whitmer Administration will host a Panther Student Edition of March Madness Minute to Win It during advisories beginning Monday, March 6th! We will have an assembly March 24th with our Elite 8, Final 4, and Championship. Stay tuned for pictures of the fun!

Juniors will have the opportunity to take the ACT on March 15th. More information is below.

State Testing is right around the corner. In addition to credits and graduation seals, these tests are required for graduation. Additional details will be sent via email.

Seniors will be able to pick up graduation gowns on March 29th. Jostens will be here to deliver.

As always, if you have questions, we are available at 419-473-8490.

Thank you for partnering with us!

Upcoming Dates:

March 13 Teacher Work Day- No school for students

March 15 ACT (all juniors) and Pre-ACT Administration (

March 22 Statewide Tornado Drill

March 29 Senior Cap & Gown Distribution

April 7-14 Spring Break

April 18-21 Ohio State Tests

ACT

As directed by the State of Ohio, the ACT will be given to all juniors on Wednesday, March 15th. Junior students will come to school at the regular time, have the opportunity to eat a free breakfast, and take the ACT. Students will be released at Noon for testers with no accommodations and at 1:00 for students who have accommodations on the ACT. Our busses will pick juniors up and bring them home.

Students who are not taking the ACT (9th, 10, and 12th grade students) will not report to school on Wednesday, March 15th as all teachers are assigned to administer the ACT.

PreACT

Sophomores at Whitmer High School can take the PreACT free of charge. The test will be held on March 15, 2023 from 8:00-12:30. This Google Form is due by February 28, 2023. By completing and submitting this form, you will be registered for the PreACT.

Students will report to school at the usual time and testing will begin promptly at 8:00. Morning and midday busing will be provided. Free breakfast will be available for all students and lunches will be available for purchase.

For more information about the PreACT, including the benefits in taking it, checkout the following links:

<https://www.act.org/content/dam/act/unsecured/documents/Welcome-What-is-PreACT.pdf>

<https://www.act.org/content/dam/act/unsecured/documents/6086-PreACT-At-A-Glance.pdf>

Google Form Registration:

<https://docs.google.com/forms/d/e/1FAIpQLSd->

[IMCrYSwp0mgYMYOQ5cCbHKf_4ZdQrK4aEkYwibpSKI98g/viewform?usp=sf_link](https://docs.google.com/forms/d/e/1FAIpQLSd-IMCrYSwp0mgYMYOQ5cCbHKf_4ZdQrK4aEkYwibpSKI98g/viewform?usp=sf_link)



The 40th Annual Ninth Congressional District Invitational High

School Art Exhibition awards ceremony

Please mark your calendar for The 40th Annual Ninth Congressional District Invitational High School Art Exhibition awards ceremony hosted by Marcy Kaptur on March 12th, 2-4 pm at the Toledo Museum of Art. Fifteen Whitmer students will have work shown in this exhibition! We would love to see you there!



2023 Exhibition

FEBRUARY 22 - APRIL 2 | Toledo Museum of Art, Robert C. and Susan Savage Community Gallery

2023 Award Ceremony

SUNDAY, MARCH 12 | 2:00PM - 4:00PM, Toledo Museum of Art Little Theater

In other art news, Whitmer has seven students with work in the regional scholastic show. Whitmer's Olivia Cox received a Gold key (the highest honor) in the Scholastic art and writing competition and her work will go on to the final round of judging in New York City! This is the most prestigious art competition in the country.

Swartz Kyle /Photography Owen Under Wraps-Silver Key

Welch Madison /Photography On the Other Side-Honorable Mention

Cox Olivia /Printmaking Bubble gum press- Gold Key

Garber Lexi /Printmaking Water it with tears -Honorable Mention

Langford Arianna /Mixed Media Holy Ghost -Silver Key

Ray Georgia /Mixed Media Odayakana Koi- Silver Key

Richardson Kenzie/ Printmaking Dollar Bills - Honorable Mention



WHS Blood Drive

Whitmer High School is hosting a blood drive and is inviting you to join!



Blood Drive **Whitmer High School**

South Gym
5601 Clegg Dr.
Toledo, OH 43613

Friday, March 24, 2023
8:00 a.m. to 2:00 p.m.

To register, visit RedCrossBlood.org and enter sponsor code: WHITMERHS, download the donor app or call 1-800-RED CROSS.

Be sure to get plenty of rest, drink lots of liquids and eat foods rich in iron starting two weeks before your donation.



If you are under 18 please fill out the [guardian consent form](#). Donors must be 16 and up. You can pick one up in the counseling center or CTC office.

Social Worker Snapshot Marijuana Use

Marijuana-is it safe? Is it addictive? What is the big deal? So much has changed over the years about the potency, availability and ways to use marijuana. Questions will continue about this drug and its safety but we do have clear information that is important to consider for our students and the potential dangers. Unfortunately, reports are showing a rise in the use of marijuana with youth. This trend is a concern as our students are in key developmental stages of their brain. Research is showing potential lifelong consequences to youth marijuana use. As parents/guardians it is important to be aware of the signs of substance abuse and know where to find help. Feel free to contact Becky Swisher, WLS Social Worker 419-473-8336 or your student's School Counselor for additional information.

Symptoms of marijuana abuse

- Decline in self-care
- School Concerns
- Change of friends
- Easily irritated or annoyed
- Rebellion/Oppositional
- Memory or attention issues

- Finding evidence-vapes
- Slurred speech, motor skill Impairment, acting silly
- Low energy
- Depressed mood
- Loss of interest in activities

RESOURCES:

1. [Marijuana and Teens](#)
2. <https://teens.drugabuse.gov/drug-facts/marijuana>
3. [Marajuana and Public Health](#)

If you know someone who needs help for substance abuse or mental health support please call:



Know! to Promote Healthy Romantic Relationships

Know! to Promote Safe Internet Habits

March is National Nutrition Month

March is National Nutrition Month! This month was established to encourage people to choose healthy food choices and engage in regular physical activity. The Center for Disease Control (CDC) correlates healthy eating and regular physical activity with proper adolescent growth and development and prevention of obesity, cavities, iron deficiency, and osteoporosis. In addition, healthy behaviors are associated with improved brain functioning (especially memory), reduced absenteeism, and improved mood.



The CDC has found that most U.S. youths don't eat the recommended daily servings of fruits and vegetables or whole grains and eat more than the daily recommended amounts of sodium. In addition, empty calories from added sugars and fats account for 40% of the calories adolescents consume daily. According to the CDC, adolescents drink more full-calorie soda daily than milk! Some health tips the Academy of Nutrition and Dietetics have outlined to help guide you and your family toward a healthy lifestyle include:

eat breakfast

- make half your plate fruits and vegetables
- watch portion sizes
- be active and engage in at least 30 minutes of activity five times per week
- have healthy snacks readily available
- read food labels
- cook nutritious meals at home instead of eating out
- adopt a family meal time
- drink more water
- explore new foods and flavors.

You can read more on these health tips for You and your Family:

<https://www.cdc.gov/healthyschools/nutrition/facts.htm>

<https://www.myplate.gov/life-stages/teens>

<https://www.cdc.gov/nccdphp/dnpao/features/healthy-eating-tips/index.html>

JUNIORS! Meningococcal Vaccine Requirement!

PARENTS OF JUNIORS!: It is a state requirement in Ohio that all incoming seniors receive their meningococcal A, C, W, Y vaccine (MCV4-Menactra or Menveo) or booster sometime *after* their sixteenth birthday but *before* they enter their senior year of high school. Please send me a copy of your child's updated immunizations after they receive their vaccine so that I can record your child as being complete for this requirement. The Toledo Lucas County Health Department (TLCHD) holds vaccination clinics at various locations, most by appointment only. The clinic appointment line number is (419) 213-2884. You will need to leave a message and the nurse will call you to arrange an appointment. The TLCHD requires that you bring a copy of your child's immunization record to the clinic. Contact me if you need a copy of your child's record. Here is a link to our health department to review the clinic schedules: <https://lucascountyhealth.com/child-immunizations/>

Illness/injury procedure

Students that are ill during the school day and need an early excusal should come to the nurse's office to evaluate their symptoms. If your child texts you to pick them up for illness, for the **sake of student safety and to save you time**, please remind them to go through the nurse and wait for me to call you. I will evaluate your child's illness and call you to discuss your child's illness/injury and make an early excusal plan. I will always call you if your child wants to go home!



BREAKING NEWS

the panther | **PRESS**

OUR STUDENT NEWSPAPER IS FULL ONLINE!

www.whspantherpress.org



CHECK OUT OUR APP!



Direct Link To the
Panther Press
News App

For News and Notifications, follow us on **The Source**

SET UP ON Google Play | Download on the App Store

STUDENT NEWS SOURCE

CollegeCredit PLUS

Whitmer College Visits

Whitmer hosts many college and university visits! Check out this link to meet with college reps:

[Whitmer College Visits](#)

The Annual Toledo Area West College Night

The University of Toledo is hosting the annual Toledo Area West College Night on March 7, 2023 from 6:30-8:30 PM. See the [flier](#) for more information.

Contact Ms. Wilder in the Counseling Center with any questions.

MARCH 2023

College	Who?	Date	Time	Location
Western Michigan University	All interested juniors and seniors	3/8	Advisory	Science Lecture Hall
The University of Toledo	Seniors who have confirmed that they will be attending UT in fall of 2023	3/10	Advisory	Room 115
Lourdes University Like Me Program https://www.lourdes.edu/like-me-diversifying-the-educator-workforce/	Students interested in diversifying the educator workforce	3/20	All lunches	Outside of the Cafeteria
Defiance University	All interested juniors and seniors	3/21	Advisory	Science Lecture Hall

Post-Secondary Visits

Students are permitted four visits throughout their junior and senior year. Students must fill out and submit a [Post Secondary Visit form](#) prior to their visit. Upon return, written documentation will be required for the absence to be excused and the student to make-up missed work. This form must be turned into the Attendance office with the appropriate signatures prior to the date of the scheduled visit.

Transcript Requests

Please use [this form to request a copy of your transcript](#) - make sure you are logged in with your google account. You will be asked if you want the transcript to be sent now (an unofficial copy that reflects your current credits) or if you would like us to hold your request until grades are finalized (in February for January grads and June for Typical grads). All colleges require a final transcript to solidify college acceptance. If you have any questions about this form or need to provide additional information about your request (military candidate number, etc.) please see Ms. Jacobs in the Counseling office or email transcripts@wls4kids.org.

Scholarship Information

Check out the WHS Counseling Center Page for local and national scholarships:
[WHS Counseling Center Scholarship Page](#)

For more information please visit the [WHS Counseling Center Website](#).

A promotional poster for Whitmer High School Senior Scholarships. The background is blue with geometric patterns. At the top, the text "WHITMER HIGH SCHOOL" is written in white, spaced-out capital letters. Below this is a yellow circular logo containing a yellow and blue tiger head. The main text "SENIOR SCHOLARSHIPS" is in large, yellow, serif capital letters. Below that, in smaller yellow capital letters, it says "TO APPLY CHECK YOUR WLS EMAIL ACCOUNT OR THE WHITMER WEBSITE". At the bottom, a white rounded rectangle contains the text "DUE BY MARCH 17TH AT 3:00 PM" in black capital letters.

WHITMER HIGH SCHOOL



**SENIOR
SCHOLARSHIPS**

**TO APPLY CHECK YOUR WLS EMAIL ACCOUNT OR THE
WHITMER WEBSITE**

DUE BY MARCH 17TH AT 3:00 PM

The Washington Local Senior Scholarships are now open! Last year, over \$30,000 was awarded to our Whitmer seniors. All scholarship applications are due by March 17th at 3:00 PM. Applications can be found on the Whitmer website or in the student's WLS email account.



2023-2024 WLS preschool & kindergarten



★ REGISTRATION NIGHT ★

YOU'RE INVITED!

Who: All parents of new and returning preschool students AND new kindergarten students

When: March 8, 2023

Time: 5:00 PM - 7:00 PM

Where: Westwood
Preschool
3939 Wrenwood Road,
Toledo, OH 43623



Do you prefer AM or PM classes?
Registering now will ensure
your child has a spot in our
preschool program!

★ Refreshments will be available! ★



What to Bring:

- Child's birth certificate
- Parent/guardian ID
- 2 Proofs of residency
- Current Immunization records
- Custody papers (if applicable)
- Current signed IEP (if applicable)
- Previous school information (if applicable)

ASK ABOUT OUR GRANT THAT
PROVIDES FREE OR REDUCED
TUITION BASED ON FAMILY INCOME!

Have any other questions?
CONTACT US! ~ 419.473.2377

2022-23 School Calendar

(Board Approved 5/19/21)

REVISED AND BOARD APPROVED 6/1/22

August 2022							September 2022							October 2022							November 2022						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6					1	2	3							1			1	2	3	4	5
7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12
14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19
21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26
28	29	30	31				25	26	27	28	29	30	23	24	25	26	27	28	29	27	28	29	30				
													30	31													

December 2022							January 2023							February 2023							March 2023						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3	1	2	3	4	5	6	7			1	2	3	4			1	2	3	4		
4	5	6	7	8	9	10	8	9	10	11	12	13	14	5	6	7	8	9	10	11	5	6	7	8	9	10	11
11	12	13	14	15	16	17	15	16	17	18	19	20	21	12	13	14	15	16	17	18	12	13	14	15	16	17	18
18	19	20	21	22	23	24	22	23	24	25	26	27	28	19	20	21	22	23	24	25	19	20	21	22	23	24	25
25	26	27	28	29	30	31	29	30	31					26	27	28					26	27	28	29	30	31	

April 2023							May 2023							June 2023						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
						1		1	2	3	4	5	6					1	2	3
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9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24
23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30	
30																				

Grey = All Buildings/Offices Closed (Holidays & Weekends)	Teal = PD and Meeting Day (No Students) / Open House	White = Student Instructional Day
Blue = No Students/Teachers; Offices Open	Green = Teacher Work Day (No Students)	Orange = Family Contact Time (No Students)
Yellow = PD and Meeting Day (No Students)	Red = Staggered Start (A-K one day, L-Z next day)	Pink = Early Release: K-6 released at 12:30 p.m.; 7-12 released at 11:30 a.m.

We are hiring!

Washington Local Schools are hiring for a variety of positions.

<https://www.applitrack.com/washloc/onlineapp/jobpostings/view.asp?all=1&fbclid=IwAR3LJchVU8BRiwEsL4kVJ1Ivq1pT8hV7dVIUg0h6vLnBRyfrAXRVETQ3f0>

WLS FAMILY: WE WANT YOU!

OPEN POSITIONS

- BUS DRIVERS
- CLASSROOM AIDES
- NUTRITION SERVICES
- SAFETY AIDES
- SUBSTITUTES

JOIN OUR TEAM

Scan the QR code or email: LSPEEGLE@WLS4KIDS.ORG

Apply Today

Full and Part-Time Positions Available

Washington Local Schools Foundation

CONNECTING PANTHER NATION

Washington Local Schools Foundation connects Panther Nation, and beyond, with philanthropic opportunities to provide the resources needed for ALL students to excel inside and outside of the classroom through innovative and extraordinary experiences. Please click on the title for more information.



Class of 2023 End of the Year Snapshot

Mar 29: Cap & Gown Distribution

May 12: All fees due for Seniors

May 13: Senior Prom at The Premier Banquet Hall

May 19: Graduating Seniors' final day of instruction and Chromebook collection

May 22: No School for Graduating Seniors

May 23: *Mandatory if walking in Graduation:* Senior Breakfast and Graduation Rehearsal

- Senior Breakfast (Whitmer Cafeteria - Report 7:40AM).
- Graduation Rehearsal (Field House - Report upon the completion of Senior Breakfast to assigned seats).

May 24: *Mandatory if walking in Graduation:* Senior Assembly

- Senior Assembly (Field House - Report at 7:40AM in assigned seats for attendance).
- Senior Assembly for Families and Juniors (Scheduled to begin at 9:00 AM).
- Washington Junior High and Elementary Parades (Upon the completion of Senior assembly. Students are responsible for their own transportation to elementary schools).

May 25: Graduation Ceremony at The University of Toledo Savage Arena.

- Students report at 4:00PM in assigned seats for attendance.
- Guests may enter at 5:00PM.
- Staff reports at 5:00PM for a quick rehearsal.
- Each graduate will be allotted six tickets for the ceremony.
- Security check required. Ceremony begins promptly at 6:00 PM.
- Accessible seating available, as well as an elevator.

Follow this [LINK](#) for more detailed information.

The logo features the words "Class of" in a blue, cursive script font, positioned above the year "2023" which is written in a large, bold, blue serif font. The entire logo is contained within a white rectangular box with rounded corners and a thin grey border.

Countdown to Graduation 2023!!

- Complete your FAFSA!
- **Verify the spelling of your name for your diploma and complete your Senior Letter. See Ms. Ewing in the Counseling Center if you have any questions.**
- Set up your online Parchment account so you can send your transcript. You cannot be admitted to any college or university until you send your transcript through Parchment.com.
- If the college wants to see second semester grades, be sure to let your counselor know.
- **No senioritis, please!** Accepting colleges do look at second semester grades!
- Send thank you notes to teachers who wrote your letters of recommendation and supported you through the college search and application process.



2022-2023

WLS Calendar Highlights

FIRST DAY A-K 	FIRST DAY L-Z 	WHS GRAD 	LAST DAY 
AUG 18	AUG 19	MAY 25	MAY 26
HS: 9th/New Only		HS: 9th/New Only	

END QTR 1 OCT 14	END QTR 2 DEC 21	END QTR 3 MARCH 10	END QTR 4 MAY 26
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THANKSGIVING BREAK NOV 23-27	WINTER BREAK DEC 22- JAN 4	SPRING BREAK APRIL 7-16
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 **Other Scheduled Closings:** 

Sep 5: Labor Day	Jan 16: MLK
Oct 17: Work Day	Feb 17: Contact Day
Nov 7: Contact Day	Feb 20: Presidents' Day
Nov 8: PD Day	March 13: Work Day
Jan 13: Contact Day	May 2: PD Day



EMPATHY

Consistently demonstrates awareness, compassion, and respect for others' feelings, thoughts, beliefs, and culture

COMMUNICATION

Listens to understand, and then communicates thoughts and ideas in a variety of forms

ADAPTABILITY

Remains flexible in a climate of constant change by reflecting and productively responding to feedback

CRITICAL THINKING

Skillfully evaluates available evidence and challenges established ideas with rational, open-minded, and informed reasoning

INTEGRITY

Develops and lives by a set of personal values, earning trust and respect through honest, principled, and compassionate behavior

LEARNER'S MINDSET

Remains curious, actively seeks answers, pursues diverse perspectives, and is driven by the desire to learn, unlearn, and relearn



Whitmer High School

 Facebook  @Whitmer_HS

 5601 Clegg Drive, Toledo, OH, U...

 LEwing@WLS4Kids.org

 (419)473-8490

 wls4kids.org/whitmerhighscho...

Every Student Matters; Every Moment Counts.