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**Dan Van Eperen**- Humanities Instructor  
**Shawn Volk**- Lead Instructor and Math Instructor  
**Anna White**- Spanish Instructor

## LCCPA Student Spotlight: *Callah Dornfeld*

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**\* Describe Yourself:** *I am involved in NHS, Student Council, Key Club, Youth Ambassadors, Volleyball, Soccer, and Volunteer at Ascension. For fun, I hang out with her friends, go up north, play sports and spend time with my family.*

**\* Biggest Life Lesson You Have Experienced:** *Be kind to others, make the best of every situation. When my grandpa got sick, I visited him and from that experience, I learned how important it is to give back to others and now volunteer at the facility my grandpa was at.*

**\* What Motivates You:** *Not having regrets, and being as involved as possible.*

**\* Perfect Day:** *Sleeping in, going up north with my family and friends and being outside in the summer, tubing or water skiing.*

**\* Biggest Worry in Life:** *Getting into college at Madison, Marquette or La Crosse for Athletic Training.*

**\* Describe Being Successful:** *Being successful would be getting into college, having a scholarship and then doing well at college (getting good grades). Success would also be growing the blood donations at the blood drive; Callah would like to exceed 36 total donations this year.*

**\* The Most Important Word in the English Language is:** *Perseverance- because working hard is important and things aren't always going to go your way.*

**\* Describe Your Career Development Path:** *I want to be an Athletic Trainer because I have a love for people and sports. The career exploration opportunity during my Freshman year was very helpful to explore different jobs in the health field and help to decide that Athletic Training is what I want to do.*

**\* Biggest Dislikes:** *Feeling regretful- not joining all the clubs and activities I could have and not taking chances in school.*

**\* Describe the LCCPA:** *Individual learning plans, career-based and you take a lot of classes that apply to your future. You can work at your own pace and we work on professionalism in our future careers.*

**\* Words of Wisdom for the Freshmen:** *Keep up with your assignments, when it's work time for a specific class, make sure you are working on that class. It is important to give your time to things you are interested in and care about.*

**\* Bio:** *Callah is in 11th grade, lives at home with her mom and dad and sometimes her sister when she is home from college (Madison). She has two cats, Dasher and Oliver. Callah's dream job would to be an Athletic Trainer for the NFL. If Callah was able to travel anywhere in the world, she would go to the Bahamas with her sister and friends.*

# Wellness Day: *Keaton Duffeck*



On October 3rd, Little Chute High School and the Little Chute Career Pathways Academy and the 8th grade participated in the 2nd Wellness Day Festival. Students, Amidala Czaja, Keaton Duffeck, and Montannah Weiss, helped organize the festival and united with Fox Cities Prevent Suicide and Sources of Strength. This year over 30 organizations around the Fox Valley attended the event and set up informational tables around the track in a Walk of Wellness. Nationally known speaker Bob Lenz spoke and informed students on the power and importance of the choices they make. Students put together a Wall of Wellness, displaying everyone's source of strength combined together.

*\*Origin: The concept began in our Freshman Humanities class in 2018. Students were assigned to read a book and give a presentation on a mental health issue. The group read All The Bright Places by Jennifer Niven. We reached out to Fox Cities Prevent Suicide and met Cindy Reffeke and Jeanette Potts. They gave a really great presentation centering around Suicide Awareness. During their presentation, it sounded like my grade was actually silent. We raised our eyebrows and thought; 'they were actually listening?' We all felt that maybe we can do more. Then we had this idea: A wellness festival. We could:*

- *Invite a whole bunch of organizations to come set up tables to provide information*
- *We could have speakers and presenters share stories*
- *We would have to invite the entire school - everyone needs wellness*
- *It'd need to be outside to fit, maybe all around the track? - Then we could have everyone have a wellness walk*
- *We'd also have to keep it entertaining- A live band and animals*
- *Lunchtime would be the best spot to put it. We would need food too.*
- *Why not add a silly photo booth*

The point of this and the message we wanted to send was that we need to destroy this stigma around mental health. It seems like we all feel obligated to seek help when it is an internal problem. Which is twisted, because we all go through, or are going through, or at least have gone through so many internal obstacles. It is so important to seek the help you need, even if you aren't fully sure what it is; talk about it. And also be the listener if you can, that's why our message is: Tell Someone - I'll Listen - Tell Me. "We just want to graduate with our entire class" - Montannah Weiss



**LITTLE CHUTE**  
Area School District  
*Fostering a community of learners*

# Thank You!

Little Chute High School and the Career Pathways Academy would like to thank the following sponsors for their support of Wellness Day 2019. Striving to spread Hope, Help, and Strength. This event is not possible without your support.






Cindy Reffke US Venture Sources of Strength Taher Culvers of Little Chute Prevent Suicide Fox Cities Steve Keller's Traveling Snake Show Bob Lenz and the Dignity Revolution Poyry of Appleton LC Maintenance Department LCHS Art Department	5 Stones American Heart Association Boys and Girls Club Catalpa Community Blood Center Family Services The Academy Martial Arts Leadership Jump Around Rentals Kwik Trip of Little Chute Castle Art Henna LCASD Wellness Clinic	Mustang Mentors NAMI Piggly Wiggly of Little Chute Rotary Club Samaritan Counseling Sexual Assault Crisis Center Taco Bell of Little Chute Plato's Closet Vanderloop Shoes Gentleman Jack's Pub and Grill AMS of Wisconsin Oshkosh Journey Together	Therapy Dogs Vida Health Clinic YMCA Appleton Breakfast Rotary US Army Outagamie County Positive Youth Pillars Rogers Behavioral Health Expressive Therapies Youth Go Community Benefit Tree LCHS/LCCPA Staff
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