

SHS Weekly News

August 19, 2022

A Message from Mr. Kruse, Principal

Welcome back to school everyone!

We are already off to a great start here at SHS and just completed our first day of registration. The next day to register your student is Tuesday, 8/23/22 from 2:00PM to 7:00PM at SHS. We look forward to working with each and every student throughout the 2022-2023 school year. The start of a new school year is always exciting and it's our hope that we can work together to ensure that everyone has a fun, positive learning experience. Student academic success is the main goal of every staff member at Stoughton High School. We believe that every student is capable of achieving at the highest level and we ask for your support and participation in making that a reality for our students.



School attendance and parent/guardian involvement is key to making sure that every student is able to reach his/her fullest academic potential. Educators and guardians must work together to ensure students are present and ready to learn. As partners in school success, we ask that you send your child to school on time every day. Research shows that the more time a student spends in the classroom, the more successful he/she will be. We thank you in advance for your care and concern and appreciate your help with making school attendance a student, family, and community priority.

Should you find it necessary for your student to be absent from school for any reason, please call and notify the Attendance Office at 877-5600. If the absence is due to a medical appointment, we ask that you provide the Attendance Office with a medical note upon your child's return to school. Please contact us right away if you feel there are circumstances causing your child to miss significantly more school than usual. We would be happy to work together to find a solution. You can also contact Teresa Hermanson, school social worker, for additional support at 877-5613. If you have any questions about the district's attendance policy, please refer to the High School's handbook or contact us directly.

Some important items to note:

Open Enrolled:

Please note that if your student is Open Enrolled to SASD, poor attendance can impact your student's Open Enrollment status.

Truancy:

A secondary school student will be marked absent from a class period if they arrive more than 10 minutes late to class or leave 10 minutes early. Students arriving less than 10 minutes late to class without a pass will be marked as unexcused tardy. After 3 unexcused tardies to class the student will receive a tardy detention. Tardy detentions are served during the student's lunch period.

Excused Absences:

A student may be excused by the parent/guardian for 10 full days per school year. There are a variety of absences that do not count into the 10 parent/guardian excuse days, such as medical/dental/counseling absences documented by a doctor's note, court appearance for the child, death in the immediate family, and religious holidays.

Partial days combine to contribute to the 10 excused absences a student may have each year. At the secondary level an absence more than 10 minutes from any one class period will count as a period absence.

We urge families to avoid taking vacations when school is in session.

Backpacks:

Students are not permitted to carry a backpack during the school day. *All students at SHS are provided with a lock and locker. Backpacks, bags, and personal belongings are not permitted in the classrooms. Therefore, they should be kept in their locker for the duration of the school day.*

Together we can make this a great school year for all of our students here at SHS. Thank you for your support and have a great year!

Have a wonderful weekend and we will see you soon,

M.J. Kruse

SHS Principal

A Message from Ms. Alexander, Athletics Director

Hi Viking Families,

Hope you are having a great week, and you find this information helpful. The information below is separated in headings regarding fall sport information. Attached you will find the livestream and ticket options for ALL the Badger Conference schools. Please make sure you read the options because there are some schools that are very strict in the options they offer. Stoughton Girls' Swimming has their own livestream link.

[Livestream Options](#)

[Stoughton Girls' Swimming](#)

[Ticket Options](#)

Admission/Tickets

At Stoughton we will be offering 2-4 lines for our mobile ticketing app: [Ticket Spicket](#). For those that decide to wait to buy tickets until you are at the gate, we will have three options. We can walk you through the process of mobile ticketing on your smartphone and we have iPads with a fast lane option where only a credit card is needed. We will have only one cash line. We plan on charging admission for Volleyball, Football, Basketball, Wrestling, Hockey, and any of our tournament series/large invitationals. We will not be charging for boys soccer this fall due to the Anderson Complex renovation.

Please keep in mind that we highly encourage you to purchase your tickets on Ticket Spicket. If you decide to purchase tickets onsite with cash, this line will most likely be long. Please get acquainted with our mobile ticketing site; this is the best option to make sure you find a seat and get comfortable before the game begins.

We will only be opening our Main Entrance gate for football. We will not be opening our Community Entrance for admission, but it will be open upon exit.

Lastly, once you purchase and enter the Anderson Complex there will be no re-entry.

WE NEED VOLUNTEERS!

We are in need of volunteers at many of our athletic events. Please sign up to help the programs this fall.

[Boys' Soccer Volunteering](#)

[Football Volunteering](#)

[Girls' Swimming Volunteering](#)

[Volleyball Volunteering](#)

I look forward to seeing you at the athletic events this fall. If you need any assistance please email or call the Athletic Office anytime.

Thank you - Go Vikings!

A. Alexander

Athletic Schedules

Freshman Orientation

Date: Wednesday, August 31, 2022

Time: 9:00AM - 11:00AM

Location: SHS Main Gym (enter from the back parking lot)

Click below for further information.

[Freshman Orientation Info](#)

[Back to School & Open House Info](#)

[SHS Daily Schedule 22-23](#)

SHS REGISTRATION

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August 18th

8:00 am-1:00 pm

August 23rd

2:00 pm-7:00 pm



- **Pictures**
- **Parking Permits**
- **Health**
- **Schedule Changes**
- **Athletics**
- **Food Service**
- **Transportation**

**ORDER YOUR
YEARBOOK
TODAY!**

Yearbook Purchasing 22-23



College Applications 22-23

CESA 2 Driver Education Program

Check out our website to learn more about our Department of Public Instruction (DPI approved Driver Education Program offered to Stoughton High School students. There is a traditional in-person course offered at Stoughton High School this fall. Classes are Tuesdays and Thursdays, Sept. 6th to Nov. 1st from 3:45 pm to 5:45 pm.

[Click here to sign up today!](#)



Lifetouch

Picture Day is Coming!

Order this year's school picture today!



TAHER

NEWS

Food Service Update

Back to School 22-23

Taher, Inc. welcomes you to the 2022-2023 school year!

We are excited to be starting our 15th year serving the students and families of Stoughton. Headquartered in Minnetonka, Minnesota, Taher, Inc. has maintained a matchless reputation based on standards of quality, driven by trained chefs, providing value, integrity, and customized professional services. Our breakfast, lunch, and a la carte items will be prepared and served on-site by your local food service team, including: your district chef - Chef Karl. We are looking forward to the start of the school year with you!

For Parents & Students at
Stoughton Area School District

HIGHLIGHTS of the Dining Program include:



Breakfast ~ each day we will offer

- Build Your Own Breakfast
- Daily Grab and Go Specials
- Fresh Fruit and Vegetables
- Assortment of Ala Carte items available for individual purchase

Lunch ~ each day we will offer

- Delicious Culinary Diverse Entrees
- Daily Grab and Go Specials
- Fruit and Vegetable Bar with a composed salad
- Deli Sandwich or Salad Special

Check out our Menus on the Food4Life App in early August.

HARVEST OF THE MONTH ~ HEALTHY TO A "T" NEWSLETTER

We promote our Harvest of the Month Program to expose students to fresh, healthy foods and to have the experience of trying new items they may not normally try at home. Educational flyers are hung in the café with fun facts aimed to garner interest and attention to the food we are featuring.

The newsletter is posted in the dining room and on the foodservice website, it provides tips for a healthy lifestyle and features interesting facts and a recipe for you to try at home for the featured fruit, vegetable, spice or herb.

WHAT WE WILL FEATURE FOR YOU

Taher's Food4Life® menu offerings incorporate the following:

- Chef-developed, made-from-scratch items that are trans-fat free
- Fruit and vegetable selections that complement our menu offerings
- Frequent special activities and events like our Limited Time Offering meals and seasonal specials to build excitement and fun
- A dedicated and trained staff who focus on customer service, attention to detail and a desire to serve people in a friendly and welcoming atmosphere

We look forward to greeting you and your family at your registration days on 8/18 & 8/23.

Please feel free to reach out to Food Service Director - Jacob Kleven at jacob.kleven@stoughton.k12.wi.us or 608-877-5419 with any questions.



2022-2023 MEAL PRICES

Breakfast	
Elementary.....	\$1.60
Middle/High School.....	\$1.85
Reduced.....	\$0.30
Lunch	
Elementary School.....	\$3.00
Middle School.....	\$3.15
High School.....	\$3.25
Free.....	\$0.00
Reduced.....	\$0.40
Adult.....	\$4.65

*The dining program needs the support of students and the entire school community to succeed!
Please support the dining program through your patronage.*



Harvest of the Month

Local Apple

Calories 95
Total Fat 0g
Sodium 2mg
Sugars 19g

FUN FACTS:
There are 2,300 varieties of apples in the U.S. and over 7,500 varieties throughout the world. The crabapple is the only apple native to North America.
Apples range in size from as small as a cherry to as big as a grapefruit. The largest apple ever picked was recorded weighing 3 pounds!
Many of the valuable nutrients in an apple are in the peel or just under the peel.
It takes 36 apples to make a gallon of apple cider.
25% of an apple's volume is air; that's why they float!

Your Food Journey... what was, what is and what will be

Each person's food journey is going to be a little bit different—some will try anything from an early age, while others will be hesitant all the way up through adulthood.

You can influence the way your family approaches meals and, in turn, their Food Journey. At Taher, we continually develop creative ways to encourage new tastes and textures that will introduce people to new nutritional opportunities.



For our customers, the Taher Menu focuses on diversity, sustainability, adventurous palates, love of culinary self-expression, and a desire for functional food.

The Food Journey campaign can go in many directions and be relevant to everyone on some level. This campaign, Your Food Journey...what was, what is and what will be, is aligned with the way individuals feel about the climate and how the food they are eating is produced and harvested. This forward-thinking campaign will be on display in your local Taher Café throughout the year, so keep an eye out!

Julianne Corderman, RDN, LD, Corporate Dietitian, Taher, Inc.

HARVEST OF THE MONTH RECIPE—SEPTEMBER

~ featuring Apples ~

Apple Cheddar and Bacon Quesadillas

Yield: 1 serving

2 6" flour tortillas
1 c shredded cheddar cheese
1/4 medium apple, thinly sliced
2 strips bacon, chopped, cooked, drained
salt, to taste
pepper, to taste

1. Heat a large sauté pan over medium heat. Spray lightly with non-stick spray.
2. Create your tortilla: start with 1 flour tortilla, add cheddar cheese, apple slices and bacon. Top with salt and pepper to taste. Add one more tortilla on top.
3. Heat for 3-4 minutes a side, flipping once, until tortillas are golden brown and cheese has melted completely.
4. Move to a cutting board, allow to cool for a minute, then cut into triangles.

NUTRITION SNAPSHOT ~ 1 serving:
585 calories, 35g total fat, 21g saturated fat
100mg cholesterol, 31g protein, 41g carbohydrates
1165mg sodium, 4g dietary fiber

Enjoy!



Stoughton High School

Athletic Office: 877.5622

Attendance Office: 877.5608

Counseling Office: 877.5618

Mr. Kruse, Principal: 877.5601

Ms. Hrodey, Associate Principal: 877.5605

Ms. Schoemer, Associate Principal: 877.5603

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608.877.5600

stoughton.k12.wi.us/stoughto...