

# SHS Weekly News

September 2, 2022

## A Message from Mr. Kruse, Principal

Students and Families,

Welcome back! SHS had a fantastic start to the school year! It was so good to see students and staff working together again.

Back to School Night is next Wednesday, Sept 7 between 5:30pm - 7:00pm. Please stop by and meet your teachers. You may enter through Door 1, our main high school entrance off of Lincoln Ave. There is no set schedule, you are welcome to stop by your teacher's room any time between those hours.



School maps and student schedules are available upon request in the main office. We hope to see you at SHS.

Have a wonderful and safe weekend,  
MJK

## 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

## Back to School Fees

Please review your Infinite Campus Parent Portal Account to ensure you have paid your back to school fees. Should you need financial assistance please contact Jenny McKenna at [jenny.mckenna@stoughton.k12.wi.us](mailto:jenny.mckenna@stoughton.k12.wi.us).

## Back to School & Open House Info

### Schedule Change Information

The schedule change period will be Friday, September 2nd through Thursday, September 8th. Schedule changes via email can be difficult, so students are encouraged to stop into counseling to make an appointment. As a reminder, lunch hour changes or teacher preference changes are not allowed.

### SHS Daily Schedule 22-23

### PSAT Registration

The PSAT registration deadline is approaching. Please click the link below to learn more and the register your junior today!

[PSAT Registration Letter](#)

### SHS Counseling Newsletter



# KICK OFF TO COLLEGE APPS

WEDNESDAY, SEPTEMBER 7TH

5:30 TO 6:30

CAFETORIUM

- overview of the college application process
- scholarship information
- financial aid
- general timeline information



## College Applications 22-23

Are you interested in being a CNA?

SHS partners with MATC to offer a CNA class. If you have any interest in taking the CNA course in the spring semester of the 22-23 school year based on the description below please fill out the application linked [here](#) and return it to Ms. Schoemer (via email or physical copy) by **Friday, September 30th**. Completing the application does not mean you are locked into taking the course, however, students cannot take the course without it. Again, if you are at all interested please complete the application. If you have any questions please feel free to email

Ms. Schoemer at [dana.schoemer@stoughton.k12.wi.us](mailto:dana.schoemer@stoughton.k12.wi.us) or [stephen.stokes@stoughton.k12.wi.us](mailto:stephen.stokes@stoughton.k12.wi.us)

The Nursing Assistant class is a great jump start to a career in health sciences and is a prerequisite for acceptance into most college level health science programs. This hybrid course is taught by MATC staff and combines online instruction, on-site lab instruction, and community-based clinical experience. Students who complete the course successfully earn 3 college credits from MATC and are eligible to take the state certification exam (written and skill) and be listed on the Wisconsin Nurse Aide Registry.

### **Start College Now/ Early College Credit Program**

If you are an upperclassman who has exhausted courses in an area of interest and are looking for more opportunities, consider taking college courses through the Start College Now (through MATC) or Early College Credit Program (through a four year school). This program allows students to explore additional educational opportunities that the school district would pay for while earning college credit. Simply completing the application does not guarantee that a course will be available or work within the school credit requirements but does open the door to the possibility. For the Spring of 2023 we need your applications by **Friday, September 30th** in order to be considered. If you have any interest please see your counselor or Ms. Schoemer. The application links are listed below.

[Start College Now](#)

[Early College Credit Program](#)



ORDER YOUR  
YEARBOOK  
TODAY!

Yearbook Entry Info for Seniors

Yearbook Purchasing 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!](#)



## 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 Kari. 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](mailto:jacob.kleven@stoughton.k12.wi.us) or 608-877-5419 with any questions.

**2022-2023 MEAL PRICES**

<b>Breakfast</b>	
Elementary.....	\$1.60
Middle/High School.....	\$1.85
Reduced.....	\$0.30
<b>Lunch</b>	
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

600 Lincoln Avenue, Stoughton...

colleen.latzke@stoughton.k12...

608.877.5600

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