

SHS Weekly News

September 9, 2022

A Message from Mr. Kruse, Principal

Students and Families,

SHS had a fantastic first week and a wonderful start to the school year!

Thank you to everyone who was able to attend Back to School Night this past Wednesday. No worries if you were unable to attend; you are always welcome to email or call your student's teachers any time.



The next big event for SHS is this Saturday, September 10th. Please join us in celebrating the renovation of Collin's Field and the grand opening of the Anderson Complex facility. Please see Ms. Alexander's message and event flyer below. Thank you for your continued support!

Have a wonderful and safe weekend,
MJK

A Message from Ms. Alexander, Athletics Director

Viking Families,

The Anderson Complex Facility Renovation is complete. Please join us in celebrating this amazing facility upgrade on Saturday, September 10th from 11:00am - 2:00pm. We will have a live band, tours, activities for kids, concessions, and many performances throughout the day.

Go Vikings!!
A. Alexander

STOUGHTON

FREE EVENT!
ALL Are Welcome
(Food for purchase)



VIKING DAY

JOIN US FOR THE

GRAND OPENING

OF THE ANDERSON COMPLEX
at Collins Field

NEW Turf Field, Press Box & More!

SATURDAY
SEPT. 10TH
11:00-2:00

STOUGHTON HIGH SCHOOL
COLLINS FIELD

RAIN DATE: SEPT. 11

FOOD
 (For purchase)

- Brats & Pulled Pork Sandwiches
- Chips
- Soda & Water

MUSIC

- Blue Smoothies
- Performances by the SHS Band & SHS Dance Team
- a cappella choir

GAMES
 (Games start at 1:00)

- Football Pass/Punt/Kick
- Soccer Challenges

PLUS:

- Ribbon Cutting Ceremony (11:00 am)
- Boys Lacrosse State Championship Trophy Presentation
- Tours of the NEW Press Box
- Stoughton Mayor & City Council Proclamation of "Stoughton Viking Day"

50/50 RAFFLE!

QUESTIONS?
 Contact Steve Lyons | slyons@thesjlgroupp.com

Very Special
THANKS TO:






Athletic Schedules

Parent Access to Schoology

Hello Parents/Guardians of Stoughton High School!

We want to remind you that you have access to your student's Schoology account, allowing you to keep track of assignments, grades, and upcoming tests, as well as a number of other things. If you would like to access Schoology, please contact [Kate Heinecke](#) for your login credentials.

Below is a button linked to a detailed tutorial that will hopefully answer most questions you have about how to access and navigate Schoology. If you come across any other questions, you can ask your student or email [Jenna Thiele](#) or [Kristen Calvin](#). Ms. Thiele and Ms. Calvin are the Schoology Support staff at the High School and are happy to answer any questions.

Schoology Tutorial

STAR Testing

Hello SHS Families,

Stoughton High School will be implementing the STAR Reading and STAR Math assessments from Monday, Sept 12th through Friday, Sept 23rd.

Testing will take place during Language Arts and Math classes in grades 9, 10, and 11.

Please email questions to [Beth Anderson](#) or [Eric Smith](#).

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.

SHS Daily Schedule 22-23

TOGETHER

for Mental Health

Mental health is an incredibly important part of overall health. With a growing number of Americans experiencing mental health symptoms, we need to join together to advocate for improving our nation's mental health care system.

Suicide Prevention Month

September is Suicide Prevention Awareness month, a time to raise awareness of this stigmatized and often taboo topic. Our goal is ensuring that individuals, friends, and families have access to the resources they need to discuss suicide prevention and to seek help.

Throughout the month of September we will be including some additional information on the individual and community impact of suicide in our newsletter under this heading.

If you or someone you know is struggling or in crisis, help is available.

- Text NAMI to 741-741 to be connected to a free, trained crisis counselor on the Crisis Text Line
- Call or text 988 to reach the Suicide & Crisis Lifeline
- Click the button below or go to 988lifeline.org

988 Suicide & Crisis Lifeline

High School Transcripts

Attention Seniors! Are you looking for a copy of your transcript for your college applications? If so, you are in luck. You can find a copy on your campus portal under the documents tab.

Kick Off to College Recap

In case you were unable to attend, here is a link to the Kick off to College Apps presentation from our Open House Night.

[Kick Off to College Apps](#)

Counselors will begin scheduling individual check ins with seniors to discuss their postsecondary plans in the next few weeks.

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 or stephen.stokes@stoughton.k12wi.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



School of Pharmacy
UNIVERSITY OF WISCONSIN-MADISON

Connect with us

**These in-person and virtual PharmD Admissions events
are open to all educators and students**



It's time to connect with the UW–Madison Doctor of Pharmacy Program and meet current PharmD students. Register for an upcoming in-person or virtual admissions event and learn everything you need to know about the PharmD program. The PharmD Information session (Virtual) will be held on Friday, September 30 from 12:00-1:00 pm. The Pharmacist Career Exploration Day (In-Person) will be held on Saturday, October 8, 8:30 am-1:00 pm.

PharmD Info Session (Virtual)

Pharmacist Career Exploration Day (In-Person)

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

Food Service Update

NEWS

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



MENUS, SPECIALS & MORE




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

600 Lincoln Avenue, Stoughton...

colleen.latzke@stoughton.k12...

608.877.5600

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