

SHS Weekly News

September 16, 2022

A Message from Mr. Kruse, Principal

Students and Families,

The first full week of school was fantastic! Everything is in full swing.

Last Saturday was a great day with the Grand Opening of The Anderson Complex at Collins Field. The SHS Band, a cappella groups Divine and Dive In, and the Dance Team had great performances. As I stated on Saturday, I wanted to thank everyone that attended this event that marks a new milestone in the history and future of the Stoughton School District and community. We are extremely proud of the success our school district has had and we are grateful for the community's passion in supporting our vision by helping transform Collins Field.



This facility will play an important role to our schools and will provide an environment in the lives of young people to encourage personal development and team excellence. This will be a place where lifelong memories are formed, friendships are forged, skills are learned, goals are created, and successes are earned. We can look forward to the many opportunities and events this venue will bring.

Thank you to all that carried the vision forward and transformed the future of our students.

The first Home Football Game is this Friday at 7:00pm.

Have a wonderful and safe weekend,
MJK

A Message from Ms. Alexander, Athletics Director

Viking Families,

Thank you for all that attended the wonderful festivities this past weekend celebrating the opening of The Anderson Complex at Collins Field. It was a great day with amazing

performances by our athletic and activity groups. A special thank you to all the community members that generously donated to this project and attended this event. Stoughton Trailers, Keith and Tammy Anderson, Eldon Homes, Stoughton Sports Boosters, and Mayor Tim Swadlie, thank you for attending and being the leaders in providing our community this wonderful renovated complex.

I wanted to also mention that this day would not have been possible without the help from our SASD custodial, maintenance, and grounds staff. A huge THANK YOU to Rob Sperle, Steve Pope and Sam Speth for helping with everything to make this day a success.

Go Vikings!!

A. Alexander

Pre-Order Athletic Tickets

Athletic Schedules

Homecoming 2022: Dance Around the World

Homecoming is just around the corner and Student Senate has a ton of fun and exciting activities coming up the week of Sept 26 - Oct 1. Below are the dates and activities we will be offering to our students (and some to the community as well!). This is a great way for our students to get involved and show their school spirit!

Sept 26 - Oct 1 Activities:

Monday, Sept 26

- Dress Up Theme: Superhero Day
- Lunchtime All Week: Social Media Contest *#SHS2022*

Tuesday, Sept 27

- Dress Up Theme: Throwback Day
- Lunchtime: Viking Scavenger Hunt (with prizes)

Wednesday, Sept 28

- Dress Up Theme: Character & Duo Day
- Lunchtime: Candy Jar Guess (with prizes)
- After School: Volleyball Wars - 7:00pm, Main Gym

Thursday, Sept 29

- Dress Up Theme: Color Day (Freshman = Yellow, Sophomore = Green, Juniors = Orange, Senior = Blue)
- Lunchtime: Outdoor Games on the Patio
- After School: Sidewalk Chalk the Road to Victory - 3:45pm, Back Patio

Friday, Sept 30

- Dress Up Theme: Viking Pride & School Spirit Day
- Lunchtime: Costume Contest; Pep Assembly in the afternoon
- After School: Parade - 4:15pm - Lincoln Street to Devonshire Street (community welcome)
- After School: Tailgate - 5:00pm, Devonshire Parking Lot (community welcome)

Saturday, Oct 1

- Homecoming Dance: 8:00pm - 11:00pm

Tickets will be sold Sept 26 - Sept 30 at the Viking Shack at lunch: \$10 in advance, \$15 at the door.

Homecoming Guests

If you plan on attending the Homecoming Dance and would like to bring a guest, here are the prerequisites:

1. Guest must be an enrolled high school student grades 9 - 12.
2. Guest must bring a photo ID.
3. You must pick up a permission slip in the Main Office from Ms. Johanning.
4. This permission slip **MUST** be scanned to [Carmen Johanning](#) by an administrator of the guest individual's high school. It can NOT be scanned by the guest or their family.

Forward Exam

Dear Families,

As you know, students in grades 3 - 8 and grade 10 took the Forward Exam in Spring 2022. Scores are now available in Infinite Campus for immediate viewing, and we can also send you a paper copy of your child's Individual Student Report upon your request. Please click the links below for more information:

[Albanian](#)

[English](#)

[Spanish](#)

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.

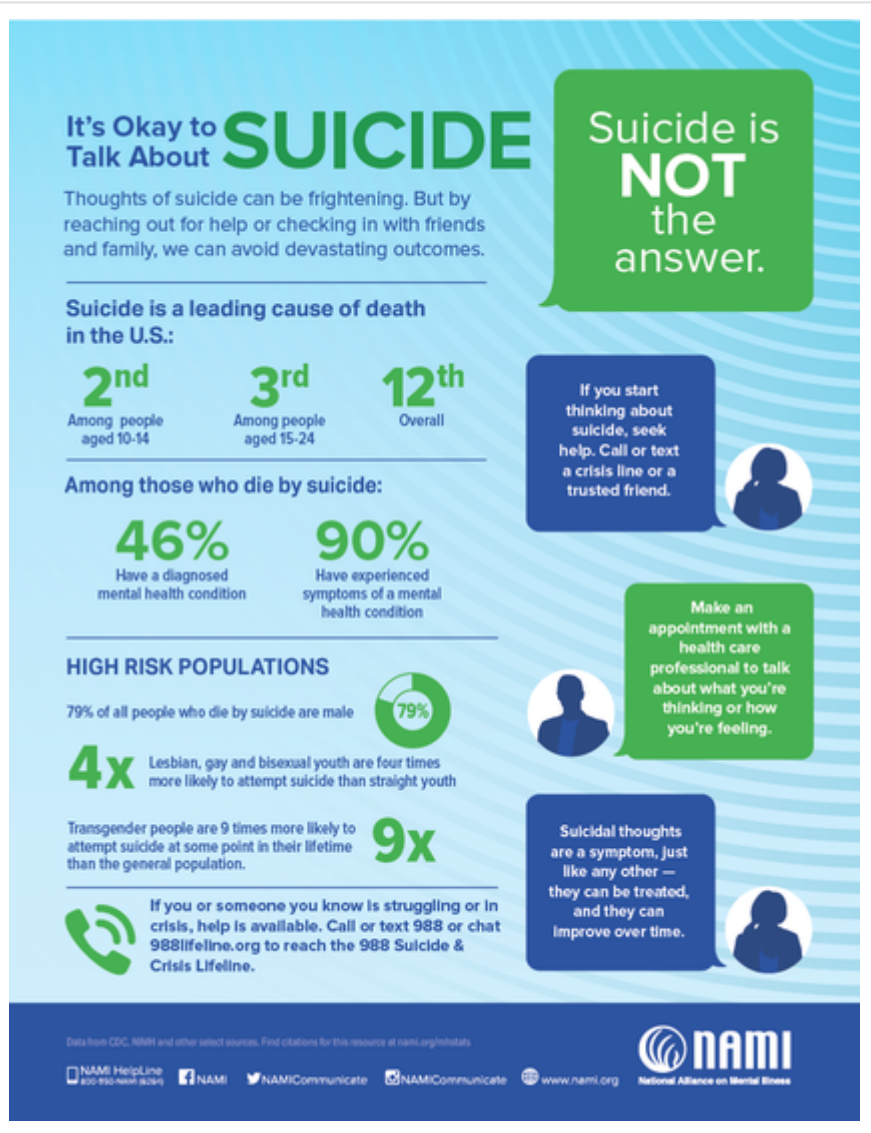
Throughout the month of September we will be including some additional information on the individual and community impact of suicide in our newsletter under this heading.

Individual Impact of Suicide:

- [More women](#) than men attempt suicide.
- [Men](#) are [4x more likely to die](#) by suicide.
- [In the United States](#), suicide is the second leading cause of death among people aged 10 to 14 and the third leading cause of death for those aged 15 to 24.
- Suicide is the [12th leading cause of death overall](#) in the U.S.

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

Senate Scholars Program

Attention Juniors and Seniors:

The Senate Scholars Program is now available. This program is great for students who are interested in government or public service. Click the button below for more information and for access to the application.

Senate Scholars

Financial Aid Presentations

Introduction to Financial Aid - Wednesday, Sept 29 at 4:00pm: Join the UW HELP team as they introduce the basics of financial aid, what financial aid is, and the different types of financial aid available.

Register Here: [Introduction to Financial Aid](#)

Budgeting and Financial Aid - Thursday, Oct 13th at 4:00pm: UW HELP, along with panelists from UW-Eau Claire, UW-Stevens Point, and UW-Whitewater, will discuss budgeting, the financial aid process, how to compare financial aid offers, and more.

Register Here: [Budgeting and Financial Aid](#)

Registration is required for both presentations.



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**



A group of seven diverse young adults, likely PharmD students, are posing outdoors on a concrete ledge. They are all smiling and making peace signs with their hands. Behind them are several protest signs on sticks. Visible signs include: 'Prevent and Manage HIGH Blood Pressure', 'get your AD...', 'Ok, I can Ph...', and 'Find resources and support to quit SMOKING' with a 'no smoking' symbol. The background shows a grassy area and a building.

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)

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](#)



Key Club

What: Join Key Club now! Serving SHS and the Stoughton Community. We have many volunteering opportunities!

When: First meeting is Sept 21st

Where: Multipurpose Room

Time: During both A and B lunches

Email [Ms. Beth Anderson](#) with questions.

ORDER YOUR
YEARBOOK
TODAY!

Yearbook Entry Info for Seniors

Yearbook Purchasing 22-23



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 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!

This institution is an equal opportunity provider.



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...