

# SHS Weekly News

September 30, 2022

## A Message from Mr. Kruse, Principal

Students and Families,

I hope all is well with you and your family. It has been a great Homecoming week! It will be an exciting weekend with the following activities:

- Homecoming Parade: **TODAY** at 4:15pm, starting at the front of SHS
- Homecoming Tailgate: **TODAY** at 5:00pm, back lot of SHS
- Football Game: **TODAY** at 7:00pm, The Anderson Complex at Collins Field
- Cross-Country Meet: Saturday, Oct 1 at 9:00am, football practice field
- Homecoming Dance: Saturday, Oct 1 at 8:00pm, Main Gym



Go Vikings Go!!

Have a wonderful and safe weekend,  
MJK

## A Message from Ms. Alexander, Athletic Director

Dear Viking Families,

Happy Homecoming Week! As we look forward to October, we have some important dates to keep in mind. October 4th will begin Winter Athletic Registration for any students interested in a winter sport. Those sports include Girls Basketball, Girls Hockey, Wrestling, Boys Basketball, Boys Hockey, Boys Swimming, Winter Cheer, and Dance.

The winter sports meeting will take place on Tuesday, November 1st at 6:00pm with the following room assignments:

- Large Cafeteria - [Boys Basketball](#)
- Library - [Boys Swimming](#)
- Main Gym - [Girls Basketball](#)
- Multi Purpose Room - [Wrestling](#)

- Small Cafeteria - [Boys Hockey](#).
- TBD - [Girls Hockey](#).
- TBD (advisor will coordinate) - [Winter Dance](#)/[Winter Cheer](#)

Please register by clicking the button below.

Thank you,  
Andie Alexander

Winter Athletics Registration

Athletic Schedules

Pre-Order Athletic Tickets

## Sports Boosters

The Stoughton Sports Booster is hosting a Boo-ster 5K Trek on Sunday, October 30. It's \$15 to register and costumes are encouraged! If you're interested, sign up by clicking the button below.

Stoughton Sports Booster Boo-ster 5K

## Outstanding Fees

Please check your [Infinite Campus Parent Portal](#) for any outstanding fees. To view prior year fees change the year in your portal account and then add the fee to your account.

If you need financial support please email [Jenny McKenna](#).

## Forward Exam Scores Released

Dear Families,

As you know, students in grades 3-8 and grade 10 took the Forward Exam in Spring, 2022. Our scores were publicly released on Thursday, September 29 and can be found on the [WISEdash public portal](#). Our scores across the district showed some academic growth as well as opportunities for improvement. In November, the Department of Public Instruction will also release our school and district report cards, which provide information across multiple years and across four Priority Areas (Achievement, Growth, Target Group Outcomes, and On-track to Graduation). We will be sharing an update on our achievements as well as approaches to improvement at a board meeting in December. For more information regarding Wisconsin's statewide assessments, please click the button below.

Additionally, as we shared earlier this month, your student's scores are now available in Infinite Campus for immediate viewing. We can also send you a paper copy of your child's Individual Student Report upon request. Please click the links below for more information. Thank you!

[Albanian](#)

[English](#)

[Spanish](#)

## Wisconsin Statewide Assessments

### Norse Star Award

Congratulations to SHS student newspaper The Norse Star! Ms. Laura Streyle and their 2021-22 student staff led The Norse Star to be one of only a few student newspapers to receive an International First Place award from Quill and Scroll. Find out more information from [The Stoughton Courier Hub article](#) and visit The Norse Star's webpage to experience what made this newspaper award-winning!



Pictured: Front row: Emma Phillips, Gabe Rousseau, Delaney Gauthier, former Associate Editor in Chief Ava Parr, former Editor in Chief Anja Royko. Back row: Lauren Amstadt, Autumn Evenson, Madeline Monthie, Madison Luick, Clare Borchardt. Not pictured: Emma Farley, Bhoomi Patel, Mylah Hall.

## The Norse Star

### 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

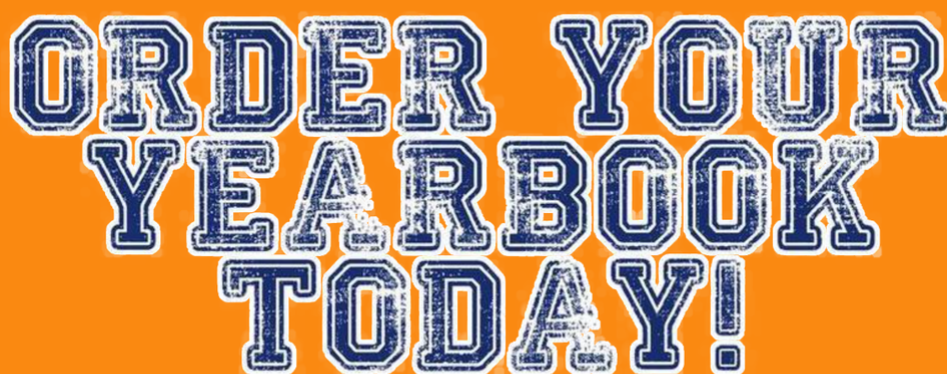
**Introduction to Financial Aid** - Thursday, Sept 29 at 4:00pm: Join the UW HELP team as they introduce the basics of financial aid, what financial aid is, and the different types of financial aid available.

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.*



ORDER YOUR  
YEARBOOK  
TODAY!

Yearbook Entry Info for Seniors

Yearbook Purchasing 22-23



OCTOBER 2022

## Harvest of the Month

Calories 110  
Total Fat 0g  
Sodium 2mg  
Sugars 2g

### Legumes

#### FUN FACTS:

Legumes come in many sizes and shapes. Varieties of legumes include kidney, navy, pinto and lima beans, garden peas, chickpeas, garbanzo and black-eyed peas. By the time of maturity, most legume fruits turn dry and hard.

Rich in protein and fiber, they are the perfect alternative for meat, and are vital for vegetarian, vegan and flexitarian cuisines.

### Introducing New Tastes

Having a varied diet is critical for everyone's taste bud development. It is important to introduce new ingredients and flavors where possible. The food world is diverse, and ever evolving.

Going on a culinary journey with someone can help you engage with food outside your normal intake. Taste buds will change over time, you will regularly find new tastes and textures to like and dislike. It is never too late to try new foods.

#### Ways to encourage new foods...

- **Get in the kitchen:** Handling and combining ingredients will help you understand the foods you eat and inspire you to be interested in the ingredients you use.
- **Try to offer a choice:** Choose between several different ingredients (include one familiar one). Or, try different forms of an ingredient, for example, raw fresh carrot and canned carrot. You will need to look, touch, smell and taste it.
- **Never force or bribe yourself to eat something:** For positive results, when trying something new, the atmosphere needs to be relaxed. Try to avoid using food as a reward system for unpleasant tasks, and do not force-feed something you do not like.

If you do not try new foods, you will never know that they exist. It does not have to be every meal, but your taste palate will be limited if you do not explore the options. There is an abundance of recipes out there to be tried from all over the globe. Start your new food journey today!

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

### HARVEST OF THE MONTH RECIPE—OCTOBER

~ Featuring Legumes ~

#### Spicy Roasted Chickpeas

Yield: 4 servings

These crunchy, spicy bits are a healthy addition!

- 1 can (15 oz) chickpeas, drained, rinsed
- 1 Tbs olive oil
- 1 tsp ground cumin
- 1 tsp chili powder
- ½ tsp cayenne pepper
- ½ tsp salt

1. Preheat oven to 400°F (200°C).
2. Carefully dry the chickpeas. Removing the skins is optional, and they will come off easily. The drier you get them, the crunchier they'll be!
3. In a medium bowl, add dried chickpeas, olive oil, cumin, chili powder, cayenne pepper and salt. Toss well to coat evenly.
4. Spread chickpeas out on a parchment paper-lined baking sheet. Roast for 15-20 minutes.
5. Mix around on baking sheet and roast for additional 15-20 minutes, or until browned.
6. Cool for 5-10 minutes.

Enjoy!

This institution is an equal opportunity provider.



**NUTRITION SNAPSHOT ~ 1 serving (½ oz):**  
180 calories, 6g total fat, 1g saturated fat  
0mg cholesterol, 8g protein, 25g carbohydrates  
441mg sodium, 7g dietary fiber

## SHS Daily Schedule 22-23



## 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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