

# SHS Weekly News

November 11, 2022

## A Message from Mr. Kruse, Principal

Students and Families,

Good afternoon, I hope everyone is well. Can you believe First Quarter is done? Grades were posted this week. When Second Quarter starts, the beginning of winter activities is just around the corner. I wish all students, coaches, and advisors all the best as you start a new season. For those still competing in fall activities, best of luck as you complete your season!



As you know, SHS has high attendance expectations for our students. These last few years have been challenging for many people. We feel we have turned the corner this year on overall attendance, but there is a part of attendance that needs improvement. After reviewing First Quarter information, we have found that we need to address students' tardiness.

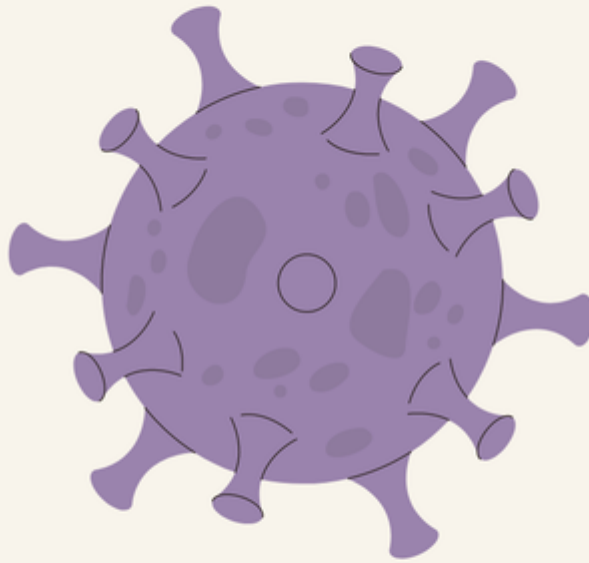
Starting next week we will be restricting open campus lunch for students that accumulate multiple tardies. Students will be assigned closed campus lunch on every third tardy accumulated per period. As always, teachers will continue to take attendance and mark students tardy if not on time to class. Families will receive an email notification when students are tardy. Students that accumulate tardies earning a closed campus lunch will have two days to complete their closed campus lunch detention.

I cannot stress the importance of attendance, including being on time, to help students be successful in school.

A huge shout out to our families and community for their support in helping pass the SASD referendum. Thank you!!

Have a wonderful and safe weekend,  
MJK

## **SASD COVID-19 TESTING SITE**



**900 W. WILSON**

**OPEN**

**WEDNESDAYS AND FRIDAYS**

**7:30AM – 2:00PM**

### Changes to COVID-19 Testing Requirements

Beginning 10/31/2022, SASD will now accept all COVID-19 tests, including site-based tests (PCR, Rapid Antigen testing), and positive and negative at-home tests. Symptomatic students and staff no longer need to verify their negative at-home test by also getting a site-based test.

We will still offer our site-based testing to students and staff at 900 W. Wilson Street. As a reminder, testing is open every Wednesday and Friday from 7:30am-2:00pm.

### Changes to COVID-19 Testing Requirements Explained

As insurance companies are slowly pulling back on coverage for asymptomatic members, these costs are going to be incurred by families and staff. While we do have site-based testing available, the coverage and time from the provider is limited. Because of this, our district decided to adjust our testing protocols to accept all tests.

Site-based tests are highly recommended, but we are making the change to ensure all families have access to testing.



## Veterans Day

SASD wishes to recognize and express our gratitude to the men and women who have served and currently serve in the armed forces. Your service and sacrifice safeguard our freedoms and allow our community to educate children of all ages, backgrounds, and abilities.

Veterans Day honors those who have given their all for us. We encourage you to take a few moments today to remember and honor these people.

SASD partnered with WSTO and the local VFW & American Legion to interview veterans in the Stoughton community. The project was an honor to create and teachers are playing the video for students on Veterans Day.



### Host a Family Program

Every year, SASD partners with the Host a Family program, which connects generous donors with local families in need so that everyone can share in the joy of the holiday season.

- In need of assistance? Please click [HERE](#) to apply. The deadline for applications is November 20, 2022.
- Looking for a great opportunity to give back to those in your community? Please click [HERE](#).
- Interested in volunteering your time? Please click [HERE](#) if interested. Volunteers are needed to collect and distribute gifts (students are welcome)!



## SHS Madrigal Dinner Tickets

Madrigal Dinner tickets go on sale Friday, November 11 and will be available until they sell out! There are only two shows this year: Saturday, Dec. 10 and Sunday, Dec. 11. To purchase, please click the button below, tickets are only available online.

We hope to see you at the 46th Annual Madrigal Dinner!

Madrigal Dinner Ticket Ordering

Graduation Orders

Hello Senior Families!

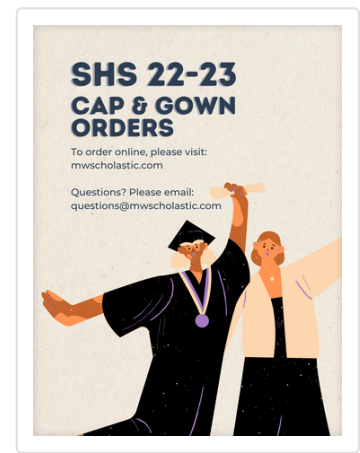
Just a quick note from Midwest Scholastic to let you know that the class of 2023 has received packets regarding graduation (caps and gowns, graduation announcements, party invitations, senior apparel, etc.).

[Here is a short overview video.](#)

On the packets, there is a one-time QR code to enter a student's name as it should appear on their diploma. Please make sure your student completes this. The school staff will be confirming these names and will contact you with any questions.

Midwest Scholastic was back at school to take orders during the lunch period on Wednesday, November 9th. You can also place your order online by clicking the button below. Payment in full is required if you order online. If you order apparel marked with an asterisk, including online orders, your apparel will be available for pick up at our table on order day.

If you have any questions regarding this or anything else with the ordering process, please email Midwest Scholastic at [questions@mwscholastic.com](mailto:questions@mwscholastic.com).

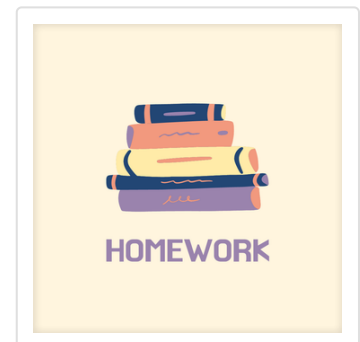


## Class of 2023 Graduation Ordering

### Homework Club

Academic Coaching will be after school until 4:45pm in the SHS library on the following dates in November:

- Tuesday, Nov. 15
- Thursday, Nov. 17
- Tuesday, Nov. 29



Please contact [Ms. Katy Mullen](#) with any questions.

NOV. 22 | DEC. 06

## DECA

*Salvation Army Bell Ringing  
4 - 8 pm*

## DECA

Stoughton DECA is back and making a difference in our community! In the month of October, we collected over 500 pounds of non-perishable food items for the food pantry at the Stoughton United Methodist Church. Thank you to all who helped make this a success!

DECA will also do bell ringing to raise money for the Salvation Army on Nov. 22 from 4:00-8:00pm and Dec. 6 from 4:00-8:00pm at Walmart in Stoughton. Students will ring bells in one hour shifts...so grab a friend and sign up in room 202 today.

Join us on Nov. 24 from 6:30am-12:30pm to volunteer at the Madison Alliant Energy Center for the 8th Annual Madison Turkey Trot!

Take care of your paperwork and DECA dues through IC so you can join us on our upcoming events!

DECA Interest Form





## Coaching Positions Now Open!

We are in the search process for Boys Varsity and Girls Varsity Track Coaches. The track season begins in March and ends in June. If you are interested, please apply on the WECAN website by clicking the button below.

- Boys Varsity Track Coach: Vacancy #146820
- Girls Varsity Track Coach: Vacancy #153563

WECAN: Varsity Track Coach Applicants



A Message from Ms. Alexander, Athletic Director



Dear Viking Families,

We are in need of workers for our winter events. We have a bunch of openings for all of our sports. Please sign up - We appreciate your volunteering, without your help these events could not take place! Thank you!

[Boys Basketball Sign Up](#)

[Boys Swimming Sign Up](#)

[Girls Basketball Sign Up](#)

Wrestling - Coordinated by Bob Empey

Boys Hockey - Coordinated by Center Ice Club

Girls Hockey - Coordinated by Power Play Hockey

To register for a winter sport, please click the button below.

Thank you,  
Andie Alexander

Winter Athletics Registration

Athletic Schedules

Pre-Order Athletic Tickets

### **Transcript Requests over Holiday Breaks**

To all seniors applying to colleges over the upcoming holiday breaks, please note that transcript requests will not be processed when school is not in session. To avoid missing important college deadlines, please make sure your transcript requests are submitted to Parchment prior to break.



# Parchment: Transcript Requests



  
**HOPE TUTORS**  
Changing Lives..  
One Student at a Time...

## Tutor Training Program

Eyes of Hope & Avant Academic are teaming up to build a tutoring network here in Stoughton!

### About The Training

Join us on November 19th, 2022 from 9 am - Noon at United Methodist Church in Stoughton for a comprehensive, hands-on, collaborative training that will leave you energized, resourced and **READY** to make an impact as a Hope Tutor!

**Registration Deadline**  
November 16 , 2022

**To Register/for more info:**  
Text: 608-492-0076  
Email: [hope.tutors.stoughton@gmail.com](mailto:hope.tutors.stoughton@gmail.com)

### Program Basics

After this training you will:

- Understand tutoring best practices
- Know what you want to tutor
- Be connected with students in need of tutoring
- Be 100% ready to tutor as a volunteer or start a tutoring business

### TUTORING BENEFITS

- Equity for students from diverse backgrounds
- Increased confidence
- Better mental health outcomes
- Improved academic performance

FRIENDS OF THE CCBC

# Book SALE

**Friday, December 2  
4-6 PM**

**Saturday, December 3  
8 AM - 1 PM**

#### PRICES

- \$4 hardcover picture books, graphic novels, beginning readers, and non-fiction (\$3 Friends members-Join or renew at checkout!)
- \$2 paperbacks (\$1 Friends members)
- \$2 board books and novelty books (everyone)
- \$1 hardcover novels (everyone)
- \$5 bag sale for the last hour on Saturday bag - plastic grocery bag or equivalent size

#### PAYMENT ACCEPTED

- Cash
- Check
- Institutional PO (bring tax exempt #)
- Credit Cards will be accepted!

#### TO ENTER

- Use main door on Mills, or accessible entrance on Dayton

#### PARKING

- Metered street parking
- UW Lot 45, free on Saturdays, corner of Mills/Dayton, entrance on Mills

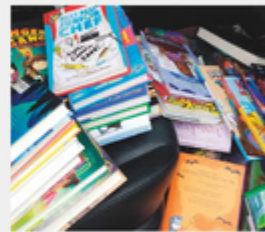


FRIENDS OF THE  
CCBC



Thousands of  
new and gently  
used children's  
and young adult  
books!

(Most published in  
the last 3 years.)



Cooperative Children's  
Book Center (CCBC)  
225 N. Mills Street,  
Room 401, Madison  
4th Floor-Teacher  
Education Building





## Harvest of the Month

### Green Pepper

Calories 18  
Total Fat 0g  
Sodium 3mg  
Sugars 2g

#### FUN FACTS:

Green peppers are actually unripe bell peppers. When they mature or ripen, they turn red and become sweeter. Green peppers do NOT produce capsaicin (spicy heat).

They are crunchy and delicious. Enjoy green peppers raw with hummus, grill them or toss in salads, soups, stews, rice dishes, omelets and stir fries.

Green peppers are especially high in vitamin C, and help protect your heart and eyes.

### Introducing New Textures

When I hear "introducing new textures," I instantly think of a baby starting to eat...every food is new to them. The look on their face is unforgettable when that new texture hits their mouth.

No matter your age, new food textures can be exciting and intimidating simultaneously, especially if the food with which you are familiar is prepared in a different texture. A fitting example would be pâté (caviar and braunschweiger), a mixture of seasoned ground seafood, poultry, meat, or vegetable combined with other ingredients and blended to either a smooth and creamy or chunky paste. The paste part is what gets people since we are used to eating meats and veggies in whole form.

Our sensory system is a major part of the eating process. When we have a new food in front of us, we examine what it looks like, smell the food and feel the texture on our hands and in our mouth to determine if it is something we like, dislike, or are unsure of.

Getting past the mental perception of what it may feel or taste like is a major step to allowing oneself to try new things. Remember, on average it takes ten tastes before you can really decide if you dislike something. Take the leap and try a new food texture today.

Melanie Wirth, MBA, RDN, LD  
Corporate Dietitian, Taher, Inc.

### HARVEST OF THE MONTH RECIPE—NOVEMBER ~ featuring Green Peppers ~

#### Fried Eggs in Green Pepper Rings

Yield: 6 servings

1 bell pepper, cut into 6 rings • 6 eggs • salt & pepper, to taste • parmesan cheese, optional

1. Cut the bell pepper from top to bottom in slices that resemble rings.
2. Prepare a skillet with a light layer of oil or nonstick cooking spray. Place 6 of the bell pepper rings on the skillet over medium heat. Crack an egg into each ring and allow it to spread out to fill the bell pepper ring. Season the eggs with salt and pepper, to taste.
3. If you like your eggs soft, cook over low heat for 3-5 minutes, or until the eggs are cooked to preference.
4. If you like your eggs hard, break up the yolk with the skillet for even cooking. Cook 6-9 minutes, or until the eggs are cooked to preference.
5. Sprinkle with fresh parmesan cheese (optional); flip if you like it cooked over-easy! Serve!

**NUTRITION SNAPSHOT ~ 1 serving:** 137 calories, 6g total fat, 2g saturated fat, 188mg cholesterol, 9g protein, 11g carbohydrates, 154mg sodium, 3g dietary fiber

Enjoy!

This institution is an equal opportunity provider.

# ORDER YOUR YEARBOOK TODAY!

Yearbook Entry Info for Seniors

## Yearbook Purchasing 22-23

## 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

📍 600 Lincoln Avenue, Stoughton...

✉️ [colleen.latzke@stoughton.k12.wi.us](mailto:colleen.latzke@stoughton.k12.wi.us)

☎️ 608.877.5600

🌐 [stoughton.k12.wi.us/stoughton](https://stoughton.k12.wi.us/stoughton)