

SHS Weekly News

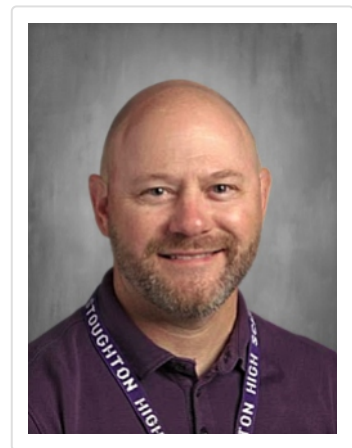
November 18, 2022

A Message from Mr. Kruse, Principal

Students and Families,

I hope everyone is well. Wow...Thanksgiving is next week! School is in session only on Monday and Tuesday, November 21 and 22.

SHS had a great First Quarter. A huge shout-out to to students and staff for their hard work! Students, please take advantage of Academic Coaching in Homework Club on Tuesdays and Thursdays after school.



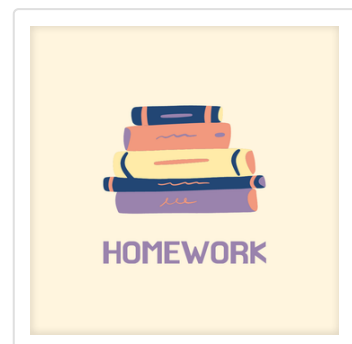
There is information on a variety of topics below, please take a close look.

Have a wonderful and safe weekend,
MJK

Homework Club

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

- Tuesday, Nov. 29
- Tuesday, Dec. 6
- Thursday, Dec. 8
- Tuesday, Dec. 13
- Thursday, Dec. 15

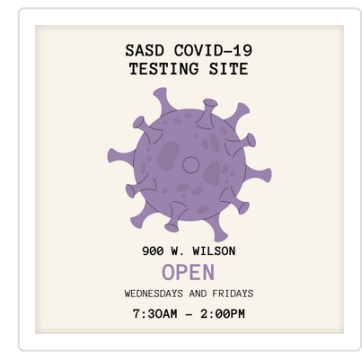


Please contact [Ms. Katy Mullen](#) with any questions.

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.

SASD COVID-19 Resource Site

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!

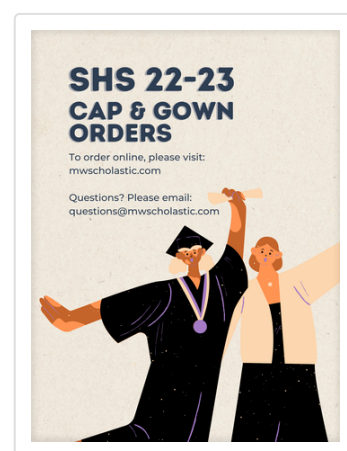


Madrigal Dinner Ticket Ordering

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.](#)

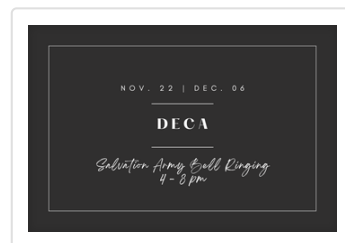
On the packets, there is a one-time QR code to enter a student's name as it should appear on their diploma. Please make sure your student completes this. The school staff will be confirming these names and will contact you with any questions.

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.

Class of 2023 Graduation Ordering

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.

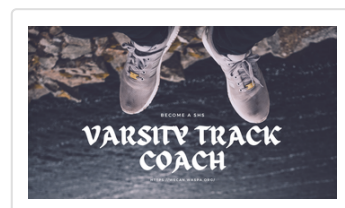
Join us on Nov. 24 from 6:30am-12:30pm to volunteer at the Madison Alliant Energy Center for the 8th Annual Madison Turkey Trot!

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

DECA Interest Form

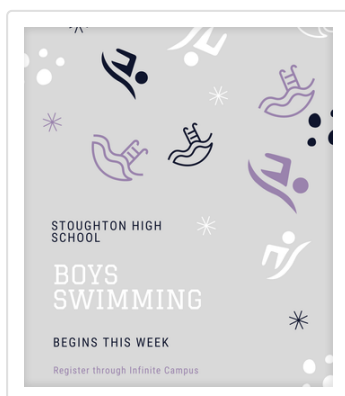
Coaching Positions Now Open!

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



**Badger Boys
State**



**Badger Girls
State**

Attention Juniors! Applications are now available for Badger Girls and Boys State. Badger State is a week-long summer experience where girls and boys from all around the state of Wisconsin get together to learn about our government and the democratic process in a fun and interactive way. Click below to learn more.

Badger Boys and Girls State

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

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

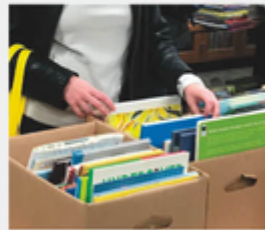
- Use main door on Mills, or accessible entrance on Dayton

PARKING

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

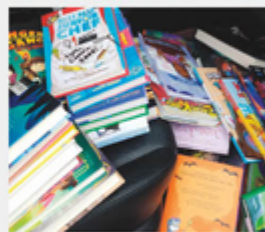


FRIENDS OF THE
CCBC



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

☎️ 608.877.5600

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