

# SHS Weekly News

December 2, 2022

## A Message from Mr. Kruse, Principal

Students and Families,

I hope everyone is well and had a fantastic Thanksgiving Break.

As with any time students are away from school for multiple days, there is usually an uptick in illnesses and related absences. Please be mindful and take care of yourselves as we move into the holiday season.



All winter activities are in full swing. I wish all advisors, coaches, and students all the best of luck! And, equally as important: Families, thank you for your continued support!

Have a wonderful and safe weekend,  
MJK



## High School Pickup Guidelines

Reminder: **Parents and taxis are not allowed to park in the bus loading zone, including lining up behind the buses.**

When parents block this access for buses, this prevents all buses from entering and leaving the parking lot, and has made for a few near-contact situations as buses or vehicles try to leave.

Buses have a lot of blind spots, especially near the bus. Having smaller vehicles in the same vicinity of the buses during pickup is a safety hazard.

**Do not pull in directly behind the buses in the front lot. Utilize visitor parking, or meet your student on Lincoln Street.**



## Madrigal Dinner Volunteers Needed

The Madrigal Dinner, presented by [Mr. Ryan Casey](#), SHS Choirs, and River Bluff Valhalla Singers, will be Saturday and Sunday, December 10-11. This event requires help from hundreds of volunteers. Shifts start on Monday, December 5 and run through Monday, December 12.

Your help is needed in making certain that this treasured tradition of more than 40 years can continue for many more years to come. Please volunteer to lend a hand. Every space is important, and it is also a lot of fun. Meet other parents and support the choir programs at the same time! If you're interested, please click the button below to sign up. Thank you!

Madrigal Dinner Volunteering

## 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

### Update for K-12 and Early Childcare Settings: Increased Spread of Multiple Respiratory Viruses Among Children and Adults in Wisconsin

Data from the Wisconsin Department of Health Services (DHS) show [respiratory viruses are spreading rapidly in Wisconsin](#). In recent weeks, the number of new respiratory syncytial virus (RSV), influenza (flu), and COVID-19 cases have all increased. People at the greatest risk of getting sick from these viruses include:

- Children.
- Older adults.
- People with weakened immune systems.

This is the first year these three viruses are circulating simultaneously. RSV and influenza activity is uncharacteristically high for this time of year and hospitalizations due to respiratory viruses are increasing in some parts of Wisconsin. DHS strongly recommends all Wisconsinites ages 6 months and older get their COVID-19 and flu vaccine. People can get their COVID-19 and flu vaccines at the same time. Everyone 5 years and older should also get an updated COVID-19 booster when [eligible](#).



# SHS College & Military Visits

**DECEMBER 1ST**  
**U.S. Navy**

**DECEMBER 6TH**  
**Michigan Tech**

**DECEMBER 7TH**  
**US National Guard**

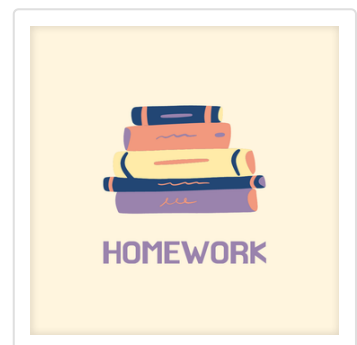
**DECEMBER 8TH**  
**US Airforce**

## Homework Club

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

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

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

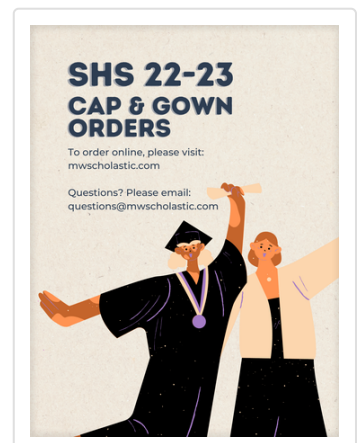


## Graduation Orders

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.

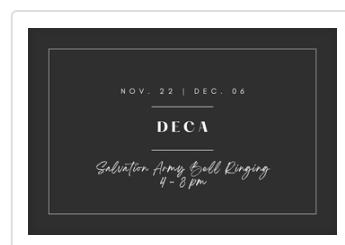
You can place your order online by clicking the button below. Payment in full is required if you order online. If you order apparel marked with an asterisk, including online orders, your apparel will be available for pick up at our table on order day.

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

### 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!



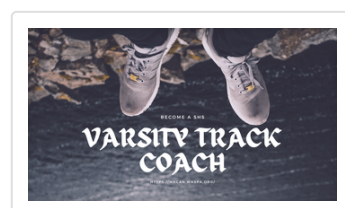
DECA will also do bell ringing to raise money for the Salvation Army on Nov. 22 from 4:00-8:00pm and Dec. 6 from 4:00-8:00pm at Walmart in Stoughton. Students will ring bells in one hour shifts...so grab a friend and sign up in room 202 today.

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

Thank you,  
Andie Alexander

## 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





## Why It Is Important to Fill Out The FAFSA

### Why Do I Need to Fill Out the FAFSA?

The potential payoff of applying for financial aid makes it worth it. Don't let the process keep you from getting the financial aid you need. This resource will help make that process a little easier.

Eligibility requirements include that you are a U.S. citizen or eligible noncitizen. For more information please visit: <https://studentaid.gov/understand-eligibility>

#### 01. If You Don't Fill You May Be Giving Up The Opportunity For:



- State and Federal grants
- State or local scholarships
- Work-Study Programs
- Grants and scholarships offered by the College/University
- Scholarships offered by local and community foundations

#### 02. Everyone Who Fills the FAFSA is Eligible For Something



- Filling out a FAFSA is the only way college students can access all forms of Federal financial aid, from Pell Grants to Direct Federal Loans – thus, taking the time to file your FAFSA is a must.
- Federal student loans are awarded based on the information you submitted on your FAFSA. Federal loans have benefits, such as access to forbearance, deferment and income-driven repayment plans.

#### 03. Beat Financial Aid Deadlines



- FAFSA opens October 1 every year, and it remains open until the end of June.
- Make sure you file early because there are priority deadlines to be aware of.
- The sooner you file the earlier you can find out what aid you qualify for.
- You'll have a better chance to qualify for non-federal financial aid programs.

#### 04. There Is Help Available Every Step Of The Way



- Talk out your school counselor or school staff for help and resources.
- Attend a College Cost Information event: <https://collegeaffairs.org/> and other FAFSA thing events that provide virtual or in-person help.
- Reach out to the financial aid office at any college – they will be able to help you.
- Call the FAFSA hotline for help – 800-4-FED-AID (800-433-3442) or visit their website at <https://studentaid.gov/apply-for-aid/fafsa/step-by-step>.

#### CREATED BY



#### IN COLLABORATION WITH

W Department of Financial Institutions, UW-Madison, Delta Tech, Fox Valley Technical College, Avoca College, Career University, Milwaukee School of Engineering, & UW-OSTM-LAB

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

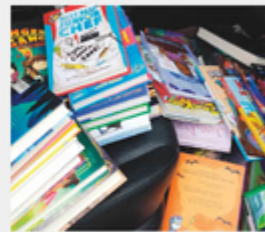


FRIENDS OF THE  
CCBC



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



### Healthy Isn't Boring, Take Advantage of New Nutritional Opportunities

I love food and it makes me sad when people say eating healthfully is boring. The problem is when we embark on a healthy eating plan, we focus on cutting things out and then we feel deprived. And, there are so many foods that we label as unhealthy that we make our lives more difficult than they need to be. Healthy eating is not boring – the rules that we impose on ourselves make it boring. I consider myself healthy and I don't refrain from eating foods I want to eat. So, if as a dietitian, I do not feel the need to ban things, why should you?

Here are tips to make healthy eating exciting:

- **Add in or Swap Instead of Removing**  
Sugar is a fitting example. Instead of totally cutting out sugar, which you will only support for about a week, think of ways you can reduce your sugar intake. Make chocolate-dipped tangerine slices for that sweet hit when you need it.
- **Don't Fear Experimenting**  
Try plant-based proteins instead of your usual protein. Experiment with new fillings for your omelet or scrambled eggs. My favorite fillings are feta, spinach and pine nuts – try it, you won't regret it!
- **Change your Opinion on What's Healthy**  
You don't have to live off salad or grilled meat/fish with steamed vegetables, and to be honest why would you want to? One of our favorite family meals is fish tacos and it is as simple as grilling or baking a white fish coated with Cajun seasoning. Lay on corn tortillas, top with broccoli slaw dressed with olive oil, lime juice, Cajun seasoning, green onions, and a pinch of sugar, and avocado.

Take charge of your health and through the process, advantage of new nutritional opportunities.

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

This institution is an equal opportunity provider.



#### HARVEST OF THE MONTH RECIPE—DECEMBER

~ featuring Tangerines ~

#### Chocolate-Dipped Tangerine Slices

Yield: 30 slices

*Easy and healthy, this recipe is a win win!*

5 oz    dark chocolate

3        tangerines or mandarin oranges

1. Place the dark chocolate in a medium microwave-safe bowl and melt the chocolate in the microwave. Set aside while you prepare the fruit.
2. Peel the tangerines or mandarin oranges and separate into slices. Dip the whole slice in the melted chocolate. Let some of the excess chocolate drip off, then place on a piece of wax or parchment paper until the chocolate has set.
3. Once set, serve immediately or store in an airtight container in the refrigerator for up to 3 days.

**NUTRITION SNAPSHOT ~ 30 slices:**  
 211 calories, 11g total fat  
 6g saturated fat, 2mg cholesterol  
 2g protein, 27g carbohydrates  
 5mg sodium, 4g dietary fiber

**Enjoy!**

# 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...)