



# FREDDY'S FOOTNOTES



A Newsletter from Onalaska High School

November 2023

## Highlights

### Important Dates

Fall Festival.....	Nov. 2-3
NHS Induction.....	Nov. 6
Academic Awards.....	Nov. 6
Fall Play.....	Nov. 17-18
Orchestra Concert.....	Nov. 20

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## Onalaska High School Drama Department presents The hysterical comic farce,



## THE COMPLETE WORKS OF WILLIAM SHAKESPEARE [ABRIDGED]

By Adam Long, Daniel Singer, Jess Winfield



When: 7:30 pm  
on Friday, Nov.  
17 and Saturday,  
Nov. 18

Where: Claude C.  
Deck PAC at OHS

Cost: \$9.00 for  
Adults and \$7.00  
for students and  
senior citizens.

Ticket sales  
through [GoFan](#).

The 2023 Fall Play at OHS is the hysterical comic farce, *The Complete Works of William Shakespeare (abridged)*, by Adam Long, Daniel Singer and Jess Winfield.

This play is about a group of 13 actors who are attempting to stage **ALL 37** of Shakespeare's plays in an hour and a half – by using LOTS of creative editing, audience participation, sock puppets, quick costume changes, general silliness, and overlapping story-telling, to pull it off.

The cast and crew is composed of over thirty OHS students.

### Acting Company:

Carly Hess, Jaelyn Benson, Elizabeth Matz, Ella Stacey, Nicholas Sagen, Peyton Horman, Kenji Ammerman, Amelia Payne, Elijah Clark, Liv Vogler, Sam Shugrue, Eddie Yang, and Kyara Cayasso

### Crew:

Lillie Helseth, Miti Patel, Eddie Hughes, Sophie Johns, Owen Pinter, Ana Moses, Hailee Thiel, Summer Yang, Sienna Engholdt, Lillie Engholdt, Maddy Dahl, Ava Fletty, Lia Bruha, Margaret Nygaard, Ellie Helixon, Desirea McCann, Macy Welch, and Emily Hamilton

The performances are scheduled for Friday, November 17, and Saturday, November 18, at 7:30 pm. Tickets are \$7 for students and senior citizens, and \$9 for adults. Ticket sales will be through our event ticket program [GoFan](#).



## Important Dates

Fall Festival.....	Thursday, November 2 and Friday, November 3 --- 7:00 PM in the PAC
National Honor Society Induction .....	November 6 --- 6:00 PM
Academic Awards Night.....	November 6 --- 6:30 PM
UW System practice placement tests (resource).....	November 8 – 9
Senior Class Photo .....	Wednesday, November 15
Senior Cap and Gown Meeting/Measurements .....	Wednesday, November 15 --- Orders due by December 17
Fall Play – “The Complete Works of William Shakespeare” .....	November 17 & 18 --- 7:30 PM
Orchestra Concert .....	November 20 --- 7:30 PM
Holiday Break – No School .....	November 22 – 24
Winter Band Concert .....	December 4 --- 7:30 PM
Sleigh Ride Concert .....	December 15 --- 7:30 PM
Senior Cap/Gown Online Orders Due .....	December 17 – Additional \$10 after this date
Winter Choral Concert.....	December 18 --- 7:30 PM
Holiday Break – No School .....	Monday, December 25 – Monday, January 1

## Nurse Notes

The School District of Onalaska follows the Wisconsin Childhood Communicable Diseases table when determining if a child shall be excluded from school due to illness. If fever is 99.9°F/37.8°C or higher, please do **not** send your child to school. When symptoms of possible communicable diseases are present, a child may be excluded based on district RN determination (i.e.: fevers, vomiting, diarrhea, etc.)

## Parent Liaison Information

The role of Parent Liaison was created through the Wisconsin Statewide Parent-Educator Initiative (WSPEI) to aid in the support of families with children or adolescents who have special needs. The Parent Liaison for the Onalaska School District is:

Vicky Shanley  
214 15<sup>th</sup> Ave N, Onalaska  
608-317-0275

[vickyshanley@outlook.com](mailto:vickyshanley@outlook.com)

If you are the parent of a child with special needs, please contact Vicky if you have any questions about the special education process.

**If you are interested in following what is happening in the School District of Onalaska, check us out on Facebook.**

*School District of Onalaska, WI Facebook Page*



# Welcome Mrs. Weber to the OHS Main Office



Hello everyone!

I am the new Administrative Assistant here at OHS! I recently began my journey in the Onalaska School District at OMS as a Special Education Paraprofessional. It was bittersweet to leave the OMS team after such a short time, but I am excited to join the OHS team!

I am a proud wife and mother of four wonderful kiddos. We reside in Onalaska and love spending time enjoying our community and the outdoors. Prior to the Middle School, I spent over 12 years professionally at Gundersen Hospital.

I cannot tell you how much my family already enjoys the change in career and how happy I am to be here! I look forward to meeting and supporting all the new faces!

## Changes in Student Information

If you have any changes throughout the year in your child's information, please contact our Pupil Services office at 783-4610.

This information would include:

- address/phone number
- parent/guardian information
- emergency contacts
- health issues
- email address

## FAMILY SCHOOL LIAISON

In recognition of the importance in supporting the **whole** child (e.g. students' physical and mental health, their social and emotional learning along with their academic growth), the School District of Onalaska has a Family School Liaison position. My name is Carrie Rein and as the Family School Liaison for the School District of Onalaska, my role is to partner with families in effort to support overall student success. Services may include collaboration, consultation, home visits, and/or information and referral to community resources and agencies. If you are interested in learning more about community resources to assist with student or family needs (e.g., food, housing, healthcare, human services, clothing, etc.), feel free to contact me.

Carrie Rein, Family School Liaison, School District of Onalaska, 608-779-1959.

## A note to families from Kerry Johnson, Director of School Nutrition.

Please reference our [School Nutrition policy](#) for information on our program including unpaid meal balances. If you believe you may qualify for free or reduced meals, please contact the school nutrition office at 608-783-6251 to receive an application.

To those that regularly dine with us, thank you for your patronage. For others, we welcome the opportunity to serve you "the best meal deal in town."



# Academic Honors Recognition Ceremony



4

**Congratulations to those students who earned a 3.5 grade point average during the 2022-2023 school year. These students were honored at our sixteenth annual Academic Honors Recognition Ceremony held on Monday, November 6.**

## Sophomores

Krishna Ailiani  
Adam Amundson  
Kennedy Backman  
Ruby Baum  
Azul Bautista-Lopez  
Carter Beeler  
Elise Berry  
DeMarion Blackdeer  
Alexis Brantner  
Charles Burrows  
Norah Carlson  
Kyara Cayasso  
Asha Champion  
Caroline Clark  
Ainsley Cowan  
Raelyn Cowley  
Isabella Cromheecke  
Ellie Dahl  
Grady Dunnum  
Rylie Eckert  
Jackson Egan  
Connor Fejfar  
Katelyn Ferguson  
Elijah Fernandes  
Vitaliano Figueroa  
Molly Franck  
Kai Gallant  
Mia Gallant  
Zander Garbrecht  
Vayda Garvin  
Jakob George  
Lila Gerbig  
Easton Glebke  
Lewis Go  
Alexander Gregg  
Graysen Guzzo  
Alexander Hauser  
Autumn Heiman  
Jacob Hellman  
Steven Henke  
Isabelle Her  
Natalie Jacobson  
Carter Johnson  
Morgan Jones  
Gavin Kind  
Colton Klein  
Sophia Knight  
Aiden Knopp  
Zoe Koonce-O'Kane  
Ian Kowal  
Sydney Kranig  
Sophia Larkin  
Alton Larson  
Delilah Lee  
Zachary Lemon  
Donovan Lucksted  
Jessica Mahlum

Isabella Malecek  
Porter Mallady  
Joclyn Mathison  
Elizabeth Matz  
Isabel Mavrantonis  
Lauren Mavrantonis  
Makena McGarry  
Tristan Molling  
Aditi Muduganti  
Diya Patel  
Soham Patel  
Olivia Peterson  
Sangdurne Phayvanh  
Joshua Phillips  
Brenya Riley  
Zara Rizvi  
Alan Rodriguez  
Cooper Rudie  
Addison Sanwick  
Brett Schauer  
Danielle Schmit  
Sophia Shilts  
Tanner Siebert  
Luke Siegel  
Gavin Sommerfield  
Kaitlyn Steers  
Alexis Stupi  
Samuel Thao  
Mali Thor  
Rickie Tillotson  
Maximus Todd  
Stevanna Towle  
Daniel Tran  
Elizabeth Vallazza  
Ella Vallazza  
Harrison Van Der Horst  
Cherry Vang  
Phengsu Vang  
Olivia Vogler  
Ethan Vue  
Macy Welch  
Brooklynn Williams  
Pengxue Xiong  
Mya Yang  
Nou Qu Yang  
Abigail Younis  
Benjamin Zimmer

## Juniors

Maya Absalon  
Matthew Arsenault  
Dulce Maria Ascencio-Urtiz  
William Bakkestuen  
Ava Ballmer  
Gia Brorson  
Kennedy Busta  
Bodie Callaway  
Noah Chenault

Justin Chouinard  
RubyAnn Clemmer  
Cameron Cornett  
Aayush Daithankar  
Amara Dayton  
Alexandra Drazkowski  
Eva Dryer  
Karissa Evans  
Dylan Everson  
Carter Fortun  
Jenna Gansen  
John Gobel  
Nolan Graw-Ristow  
Isabela Gutierrez  
Lydia Hartman  
Julia Hauser  
Emma Hayes  
Mariann Heiderscheit  
Brooke Hintz  
Michael Hintz  
Noah Hougom  
Aidan Hughes  
Eddie Hughes  
Tyson Hughes  
Kaysan Irwin  
Kolton Kapus  
Megan Komperud  
Olivia Konrardy-Buchal  
Olivia Kunkel  
Alexa Larson  
Danielle Lass  
Jean Lee  
Selphie Lee  
Michael Lien  
Zoie Loeffelholz  
Adeline Lorenz  
Gabriel Maldonado Garcia  
Hailey Marsh  
Gwen Marso  
Zeidy Martinez Juarez  
Tristan McCoy  
Kylene McNeese  
Mallory Meighan  
Levan Miller  
Rece Miller  
Kipa Moore  
Makayla Moss  
Lydia Moxness  
Justin Neberman  
Diego Neira  
Lilly Netwal  
Michael Odegaard  
Addison Olesevich  
Qitarra Olson  
Hanna O'Rourke  
Miti Patel  
Yash Patel  
Vishnu Prakash  
Amanuel Putz

Nicholas Putz  
Snigdha Rajamanuri  
Katherine Ramsay  
Jayden Randall  
Mason Richardson  
McKenzie Runde  
Alara Running  
Gianna Sanchez  
Sonja Schoenecker  
Lyla Schultz  
Scarlett Seidel  
Peyton Shanley  
Pierce Sommerfield  
Sebastian Spies  
Kyle Steers  
Landon Stewart  
Jack Stoen  
Saterial Stuttley  
Alexis Sulentie  
Nolan Sullivan  
Abaigeal Sytsma  
Natalie Tevis  
Jaela Thao  
Maixee Thao  
Hailee Thiel  
Leah Thies  
Matthew Tillman  
Allen Updike  
Ellexis Van Ravenstein  
Loobsim Vang  
Olivia Vang  
Phyllipe Vang  
Ryan Vriens  
Alex Vue  
Tatum Walters  
Sydney Wendler  
Brian Weng  
Olivia Wenger  
John Werwinski  
Madelyn West  
Arlo White  
Kaomi Widger  
Madelyn Wilson  
Evan Xiong  
Maddix Xiong  
Shouana Xiong  
Gao Kou Yang  
Paul Yang  
Connor Zywicki

## Seniors

Nolan Adams  
Evan Anderson  
Gabriella Anderson  
Keagan Anderson  
Siri Anderson  
Georgia Banasik  
Kasey Barth

Gavin Belanger  
Jaelyn Benson  
Kyla Betz  
Nolan Bey  
Samuel Bossman  
Sarah Brewer  
Zoe Brorson  
Cora Brown  
Damian Buckle  
Olivia Burchell  
Braden Burke  
Blake Burnstad  
Ashlynn Chapman  
Justin Christen  
Mary-Catherine Clatworthy  
Matias Dahl  
Zachary Dahlke  
Lillian Ekern  
Max Erdmann  
Caleb Fejfar  
Sidney Fillbach  
Salli Flynn  
Verdayne Garvin  
Carter Gilhausen  
Lucas Go  
Anjali Gonzalez-Yang  
Emily Hamilton  
Jacob Havlik  
Carly Hess  
Peyton Horman  
Noah Hronis  
Benjamin Hsieh  
Landen Hubert  
Jackson Hughes  
Alanna Hurlburt  
Devan Hutson  
Kendyl Johansen  
Sophia Johns  
Claire Johnson  
Onphimon Ketniem  
Arman Kiani  
Seth Kowalski  
Brady Kuhn  
Jenna Law  
Zavier Lawrence  
Elijah LeFebre  
Kimora Livingston  
Josie Lucksted  
Johnathon Ludington  
Kinsey Luebker  
Claire Lukasek  
Jackson Mahlum  
Addison Mallady  
Aidenn Markos  
Chloe Marks-Brewer  
Juliene McDonald  
Madeline McKelley  
Roman Melbo  
Landon Mellon

Payton Mickschl  
Alexis Miller  
Ana Moses  
Beau Moss-White  
Alyssa Neilson  
Campbell Nitti  
Lillian Novak  
Emerald Olson  
Cullen O'Rourke  
Prashika Paudel  
Ann Phetteplace-Faas  
Caden Pierzina  
Owen Pinter  
Breckyn Remis  
Jenna Richgels  
Justin Richgels  
Leora Robinson  
Emma Rudie  
Kateley Schlicht  
Jason Schultz  
James Siegel  
Isaac Simpson  
Anna Skemp  
Isaac Skemp  
Adam Skifton  
Mara Smith  
Landon Soland  
Rubie Stetzer  
Brock Sullivan  
Sofia Tak  
James Taylor  
Amaya Thesing  
James Vanderloop  
Justin VanDyken  
Saiszim Vang  
Sadie Vannieuwenhoven  
Marlee Walleen  
Ellie Walls  
Joseph Walters  
Libertee Wentz  
Nicholas White  
Camila Williams  
Abigail Xiong  
Isaac Yang  
Isabella Zimmer



## 2023 National Honor Society Inductees

On Monday, November 6, 2023 in the Onalaska High School PAC, the following students were inducted into the Onalaska High School Chapter of the National Honor Society. Congratulations! We are very proud of your accomplishments, and look forward to your continued involvement within our school and community.

Matt Arsenault  
Kasey Barth  
Bodie Callaway  
Noah Chenault  
Aayush Daithankar  
Alexandra  
Drazkowski  
Jenna Gansen  
John Gobel  
Isabela Gutierrez  
Lydia Hartman  
Emma Hayes  
Brooke Hintz  
Aidan Hughes  
Eddie Hughes  
Tyson Hughes  
Alanna Hurlburt  
Megan Komperud  
Olivia Konrardy-Buchal  
Alexa Larson  
Zoie Loeffelholz  
Adeline Lorenz  
Claire Lukasek  
Gwen Marso  
Kylene McNeese  
Mallor Meighan  
Rece Miller  
Makayla Moss



Alyssa Neilson  
Lilly Netwal  
Qitarra Olson  
Miti Patel  
Yash Patel  
Vishnu Prakash  
Manny Putz  
Katherine Ramsay  
Jayden Randall  
Leora Robinson  
McKenzie Runde  
Alara Running  
Gianna Sanchez  
Sylvie Schams  
James Seigel  
Alexis Sulentic  
Nolan Sullivan  
Abaigeal Sytsma  
Natalie Tevis  
Hailee Thiel  
Leah Thies  
Justin VanDyken  
Tatum Walters  
John Werwinski  
Madelyn West  
Arlo White  
Madelyn Wilson  
Gao Kou Yang



## Giving Thanks for Onalaska School Staff

Are you looking for a way to honor those in the Onalaska School District who had a positive impact on your child's life during the upcoming holiday season? The Onalaska Education Foundation (OEF) would like you to join us in recognizing these individuals for all they have done.

Giving Thanks for Onalaska School Staff is a tribute program that allows community members to recognize the amazing people in Onalaska schools – public and private. By making a donation to the Onalaska Education Foundation, you can celebrate our excellent teachers, paraprofessionals, custodians, bus drivers, administrators, coaches, school nurses, school counselors, school food service staff, or any school staff you wish to honor. The Foundation provides funds for innovative educational programs or creative projects that will help inspire both teachers and students to achieve educational excellence.

With each donation, the honored school staff member will receive a certificate of thanks. If you wish, the certificate will include your name and a personal message. You may also remain anonymous. We will notify the person honored of your gift to the foundation without disclosing the amount.

All tax-deductible donations, large or small, are welcomed and appreciated. With your support, we can continue to make a difference!

You may nominate someone using the link below or visiting the Onalaska Education Foundation website ([onalaskaeducation.org](https://onalaskaeducation.org)). Look under "Events." Then click on "Giving Thanks for Onalaska School Staff."

The program closes December 17, 2023.

[Nomination Form](#)

Thank you,  
Onalaska Education Foundation, Inc.



Visit the Onalaska Education Foundation website ([Onalaskaeducation.org](https://onalaskaeducation.org)), under "Events," find "Giving Thanks for Onalaska School Staff." Use the link to the Google Form on the page to recognize the school staff member of your choice.



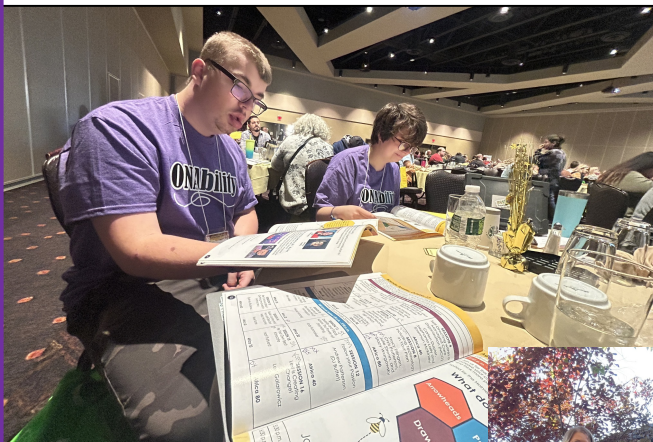


## ONAbility



This past month the ONAbility crew has been keeping busy. Some leisure things have been planting garlic, riding the MTU to La Crosse, making fall decor for their houses and playing Bingo at the mall. The highlight of the month was going to Wisconsin Dells for a Self Determination Conference.

The mission of ONAbility is to transition students beyond 18 with varying abilities from high school into adult employment and independent living.







# November 2023 Students of the Month

Every month students who meet specific criteria are nominated by departments and voted on by the entire staff.

The STUDENT OF THE MONTH honor goes to the student in each grade level who receives the most votes. The STUDENT OF THE MONTH receives a plaque, certificate, and publicity in the local newspaper.

Criteria for nomination includes: long-term academic effort and achievement; a high degree of life skills – respect, responsibility, teamwork, integrity, and initiative – demonstrated on a regular basis; and involvement in co-curricular activities.

## Freshmen Class

### *Student of the Month:*

**Lauren Pica**

### Nominees:

Dane Adams  
Katelyn Bakkestuen  
Tsion Benusa  
McKenna Butenhoff  
Trenton Dus  
Kaydence Flaten  
Taliya Mayne  
Amethyst Racila

## Junior Class

### *Student of the Month:*

**Leah Thies**

### Nominees:

Matthew Arsenault  
Emily Brewer  
Bodie Callaway  
Dylan Everson  
Lydia Moxness  
Addison Oelsevich  
Kyle Steers  
Grace Vue

## Sophomore Class

### *Student of the Month:*

**Trent Oyen**

### Nominees:

Raelyn Cowley  
Rylie Eckert  
Mia Gallant  
Gavin Kind  
Hannah Miller  
Rickie Tillotson  
Phengsu Vang  
Abigail Younis

## Senior Class

### *Student of the Month:*

**Alanna Hurlburt**

### Nominees:

Kendyl Johansen  
Akio Lor  
Amelia Payne  
Sylvie Schams  
Zana Scott  
Dawson Sjolander  
Nathan Snodgrass  
James Vanderloop



**Lauren Pica**  
Freshman



**Trent Oyen**  
Sophomore



**Leah Thies**  
Junior



**Alanna Hurlburt**  
Senior

# Freddy Extra Effort Award ...

## November



**Myles Stapleton**  
**Freshman**



**Liv Vogler**  
**Sophomore**



**Matt Arsenault**  
**Junior**



**Kyla Betz**  
**Senior**

This award is given to a student who works above and beyond what is expected while displaying positive leadership and school spirit.

Four winners per month from each grade are chosen by the academic departments. The award is sponsored by the staff and is dedicated to promoting student success and school pride.

The FREDDY EXTRA EFFORT AWARD winners will receive a certificate, a gift from the staff and recognition in the Community Life.

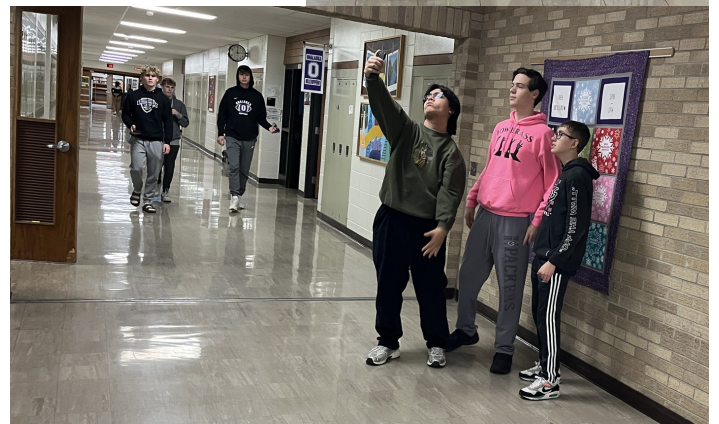




# National French Week

To celebrate National French Week, the French Department hid a Golden Eiffel Tower in a secret spot in OHS. Clues were read over the announcements each day and students had the opportunity to find the Golden Eiffel Tower. This year's winner is Grady Dunnum. Félicitations!

Students also took part in a scavenger hunt during their extended learning day. Each class had twenty-five tasks they had to accomplish in sixty minutes. The tasks were developed with their level of language proficiency in mind. Students either had to take selfies, scan QR codes, answer trivia, or say words in French using clues found in the halls around the school.







## School District of Onalaska World Language Department



LE DEPARTEMENT DES LANGUES ÉTRANGÈRES • DEPARTAMENTO DE IDIOMAS DEL MUNDO  
NOVEMBER 2023 • NOVEMBRE 2023 • NOVIEMBRE 2023

### WORLD LANGUAGE TEAM



**Mr. Brian Wopat**  
wopbr@onalaskaschools.com



**Mr. Devin Pettys**  
petde@onalaskaschools.com



**Mrs. Rebecca Chaouki**  
chare@onalaskaschools.com



**Mrs. Valerie Mumm-Jansen**  
mumva@onalaskaschools.com



**Mrs. Victoria Carter**  
carvi@onalaskaschools.com



**Mr. Andy Beckstrom**  
becan@onalaskaschools.com



**Mrs. Jennifer Garves**  
garje@onalaskaschools.com



### FACT CHECK



**MYTH:** All the languages in the world are of equal difficulty.

**REALITY:** Although many languages are very similar, each one has a different level of difficulty. Depending on what your native tongue is, a language can be hard for some, while at the same time be easy for others. A person who has grown up speaking Spanish all his or her life will find it easy to learn a language like Italian. Some languages are more difficult than others. It is important to start early and be committed to sticking with it long-term.

## How Your Child Can Save \$4000 by taking Dual Credit French 4

The World Language Department is excited about the addition of Dual Credit French 4 to our offerings. Since our French curriculum aligns with that of UW-Green Bay's French program, we are able to offer students in French 4 high school credit and college credit at the same time. Here is how it works.

At the start of the school year, all students in French 4 have the option to either take French 4 for just one (1) high school credit or high school credit AND three (3) college credits. The college credits align with French 202, a fourth semester French course at UW-Green Bay. If students select dual credit, they enter into agreement with UW-Green Bay for French 202 and pay the course tuition of \$315. A typical credit costs \$328 but we are offered a reduction of \$105 per credit. If at the end of the school year, the student has earned an A or A/B combination, they will be awarded 3 credits **PLUS 11 retro-active credits!**

### That's right – a total of 14 college credits for \$315!

Students who earn a B or B/C in the course will still be able to earn a total of 8 college credits. Credits earned will appear that summer on the student's UW-Green Bay college transcript. Those credits can transfer to other institutions of higher learning. We use the side, transferology.com to verify which universities across the country accept transfer credits from the UW system.

Currently there are 29 students enrolled in Dual Credit. If each student earns an A or A/B, they will earn **406 college credits** with a potential savings of **\$92,000**. Those credits can be applied towards university graduation requirements!

# ONALASKA SCHOOLS FOOD PANTRY 2023 - 24



The Onalaska Schools Food pantry is open to families with children in any Onalaska school (public, private, or home school) who need supplemental food staples.

Distributions are held on the **first *school* Monday of each month** beginning in September and throughout the school year at:

**Irving Pertzsch Elementary School  
Door I (access through the parking lot)**

**4:00 - 5:15 PM**

Monthly updates and reminders will be posted on the Onalaska Schools Food Pantry Facebook page.

There is also information on the District website.

## Distribution Dates

- September 11
- October 2
- November 6
- December 4
- January 8
- February 5
- March 4
- April 8
- May 6





**Onalaska High School  
Student Services**

700 Hilltopper Place  
Onalaska, WI 54650  
Phone: 608.783.4571  
Fax: 608.783.2604

**Office Hours:**

Week Days: 7:00 am - 3:30 pm

Reach the Student Service Administrative  
Assistants at: Melissa de Boer – Ext. 5034  
Jennifer Morrison – Ext. 5029

**Your High School  
Student Services Staff**

**Garrett Silker - Ext. 5032**  
[silga@onalaskaschools.com](mailto:silga@onalaskaschools.com)

*Serves students with last names beginning with A – Hr*

**Chrissy DeLong - Ext. 5030**  
[delch@onalaskaschools.com](mailto:delch@onalaskaschools.com)

*Serves students with last names beginning with Hs – Ra*

**John Horman - Ext. 5031**  
[horjo@onalaskaschools.com](mailto:horjo@onalaskaschools.com)

*Serves students with last names beginning with Rb– Z*

**Administrative Assistants**

Melissa de Boer– [debme@onalaskaschools.com](mailto:debme@onalaskaschools.com)  
Jennifer Morrison – [morje@onalaskaschools.com](mailto:morje@onalaskaschools.com)

**CHECK OUT OUR WEBSITE...**

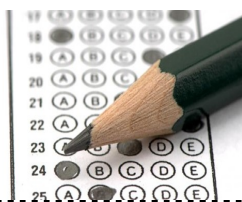
<http://www.onalaskaschools.com/ohs/studentservices.html>



**ACT<sup>®</sup>**

**Statewide Junior  
ACT Day for 2024**

All OHS Juniors test on March 13,  
2024 next year!



**Upcoming ACT Dates and Deadlines**

Test Date	Register By	Late Registration (Additional Fee)
December 9, 2023	November 3	December 1
February 10, 2024	January 5	February 2
March 13, 2024	All Juniors required – Free	No registration required
April 13, 2024	March 8	April 5
<b>June 8, 2024</b>	May 8	May 31
July 13, 2024	June 7	July 5



## Important Dates

November 8-9	UW System Pre-Tests during Resource
November 6	Academic Awards Night 6:30 pm, OHS PAC
November 8-9	UW System Pre-Tests during Resource
November 22-24	Thanksgiving Break - No School

## SCHOLARSHIPS for SENIORS

Check out our on-line scholarship database, which is updated often:

<http://www.onalaska.k12.wi.us/schools/high/students/scholarships.cfm>

This is your site for upcoming scholarship deadlines and information needed to be a successful scholarship recipient. Continue to check this database for new arrivals!

## *Mental Health Counseling Services for Students*



Peace of Mind  
Counseling LLC

Hello Hilltoppers! My name is Caitlyn Snyder and I am a licensed therapist. I am new to OHS this year and very excited to be a part of this school district. I am contracted through Peace of Mind Counseling to provide full-time mental health and/or substance abuse counseling services at OHS. I am available to any students who may be needing some additional support. If you are interested in counseling services, reach out to your school counselor to discuss the referral process.

**Upcoming College Rep/Military/Employer Visits to OHS**

Students interested in meeting with any of these reps should stop by Student Services for a pass.

November 3 - Gundersen Lutheran Health System - 11:00 am

First Tuesday of each month - US Marine Corp rep visit

Second Tuesday of each month - US Army rep visit

**Seniors & Juniors - Western Career Coach Meetings**

Our Western Technical College Career Coach will be available once a month in the Student Services Office, to meet with students about WTC options, application process, requirements, and more. The next opportunity to meet with the WTC rep at OHS is Tuesday, October 10, 2023. Students who are interested in signing up to meet with our rep should stop and see Mrs. Morrison in Student Services, or talk to their counselor. The WTC rep will also be at OHS on November 14 and December 12. Stay tuned for second semester dates.

**College Bound Student Athletes**

Students who plan to compete in D1 or D2 athletics in college must register with the NCAA in order for you to be eligible to compete prior to enrollment this fall.

1. Log into his or her account at [www.eligibilitycenter.org](http://www.eligibilitycenter.org)
2. Follow the directions on the page to register for the clearinghouse

If you have questions, please contact Mr. Wojta in room 105, or call 783-4571 Ext. 5105.

**Application Process:**

Once a student has completed their application, he or she should:

1. Request a transcript in person in OHS Student Services or fill out [this form](#).
2. Include letters of recommendation, **IF necessary**. (Most schools do **NOT** require letters of recommendation.)
3. Include check for application fee unless paid online (no cash please).
4. Applications completed using online programs like the Common Application or Send Edu will request a High School counselor's email address. Transcripts for these applications are sent directly to colleges using these programs and do not require students to make transcript requests.
5. Counselors will complete requested information, and all application materials will be mailed out in a timely manner.

## Looking for a Job? Check out the OHS Jobs Board

### Students:

Check out the Job Opportunities on the OHS website. Opportunities change, so check it often!

<https://www.onalaska.k12.wi.us/schools/high/students/job-board-for-current-students.cfm>

### Parents & Employers:

Please submit childcare or employment opportunities you have to the Student Services Office for posting. You can reach us at 608-783-4571 or by email at [debme@onalaskaschools.com](mailto:debme@onalaskaschools.com).

### **\*\*CHANGE IN PROCESS FOR WORK PERMITS\*\***

Students **under age 16** need a work permit. **Work permits are now completed by the parent online, and can be done 24 hours a day, 7 days a week. Payment is made directly through the application, using credit or debit card, or by ACH direct withdrawal. Go to**

<https://dwd.wisconsin.gov/er/laborstandards/workpermit/> for instructions and more information.

## ACT Updates

The University of Wisconsin System has suspended the ACT requirement for all UW colleges and universities **for the class of 2024**. Many other colleges have also waived the ACT requirement. A strong ACT score can still help with admission to college and scholarship placement. Since most schools are now “test optional”, students can choose not to use a score if they are not pleased with it. Students will choose if they wish to include their ACT scores as part of their application. Visit the websites of your colleges for more information.

## Eligible for Free or Reduced Lunch?

Any student who has participated in, or has younger siblings who have participated in the free or reduced lunch program should reapply each year, **even if they do not eat in the school cafeteria**.

Many opportunities are available to students participating in this program such as fee waivers for tests, like the ACT, and scholarship/grant programs. OHS Counselors often confidentially inform students of these opportunities, but only know who is eligible based on this program.

Applications for the School District of Onalaska’s Free and Reduced Lunch Program are available in the main office or online. Names of students participating in this program are kept confidential.

**U**GETCONNECTED

UNITED IN *Service*

UNIVERSITY of WISCONSIN  
LA CROSSE



VITERBO  
UNIVERSITY

Western  
Technical College

United  
Way



**UGETCONNECTED!** - Many opportunities to participate in community service as a family, with friends, or by yourself. This organization matches volunteers with organizations in need. Visit

<https://www.ugetconnected.org/> and check it out!

**[www.ugetconnected.org](https://www.ugetconnected.org/)**



### Student Services Accepting Donations for Students

The OHS Student Services office maintains a supply of items for students who need them throughout the school day. At this time, we are in need of the following items:

- feminine hygiene products such as pads and tampons
- reusable water bottles, new or used but clean
- gently used or new clothing such as leggings, shorts, and t-shirts
- school supplies such as notebooks and folders

If you have any of these items you'd like to donate, you can drop them off at OHS and just let them know your donation is for the Student Services Office. Thank you!

### Youth Apprenticeship

Students who participate in Youth Apprenticeship are able to learn essential skills under the supervision of a skilled mentor while earning high school credit. Juniors and Seniors who have part-time jobs in areas including food service, banking, automotive, construction, computer science, agriculture, nursing assistant or other related careers who are interested in earning high school credit for their employment should see Mrs. DeLong in Student Services for more information about the Youth Apprenticeship program!

## ACT Prep Course Options

Preparing for the ACT can increase test scores to gain entry into the college of your choice and receive scholarships. There are several options that are available each year which can help students prepare for this test.

1. All Juniors took a FREE practice ACT test on September 19. This retired ACT test was administered, timed and will be scored identically to an actual ACT. ACT will score this test, and provide students with sub scores, a composite score and most importantly an itemized list of correct answers compared to the student answers. Students can use the test book they receive back with their results to see the questions they answered correctly, and identify content they need more review.
2. There are FREE resources located in the Student Services office, such as practice tests, which can be scored and timed by the student. Several FREE resources are also available online at sites such as ACT.org. Every Junior at OHS will also participate in a FREE two-day ACT prep program this February.
3. Onalaska High School will offer a 6-hour ACT Workshop this winter with Schoolhouse Educational Services. This program will emphasize specific test-taking strategies for each of the five ACT subjects, and costs approximately \$50 per student plus an optional \$20 workbook. More information including dates will be available in future Freddy's Footnotes.

UW-L's Continuing Education office offers an ACT prep course. Students will learn test-taking strategies, receive instruction in each of the four testing areas, and take a retired pre- and post-ACT test. Writing strategies to assist you in the essay part of the ACT test will also be provided. Visit <https://www.uwlax.edu/gel/ypc/act-test-prep-online/> for more information.

## Register to Retake the ACT

If you are interested in retaking the ACT, please register at [ACT.org](https://act.org).

The following are tips to help students complete the registration process:

- Students go to [myACT.org](https://myACT.org) to log into their account, register and pay for the ACT test
- Plan to register at least a month in advance of the test date to avoid late fees!
- Decide if you want to take the writing test. Most schools do NOT require the writing test. Remember, all juniors took the writing test at OHS on March 7th.
- Give yourself at least 45 minutes to complete the registration
- Decide which 4 colleges/universities you want FREE score reports sent to. It's better and easier to do this now to avoid extra steps later.
- Be prepared to upload a clear headshot photo to the website. Students without a picture are NOT allowed to test!
- Fee waivers are available for students who qualify - see your school counselor if you need one.
- Print your admission ticket, and keep it somewhere safe – you will need it to be admitted to your testing room.



## 2023-2024 Assessments at OHS

The following is a schedule of assessments that will be given to each grade level at no cost to the student and families.

Freshmen	* Required Pre ACT	April 9
Sophomores	* Required Forward Exam (Social Studies) * Required Pre ACT	March 20-21 April 16
Juniors	* PSAT (Pre SAT, Optional, Fee Required) * ASVAB * Required State-wide ACT	October 10 October 17 March 13
Seniors	* PSAT (Pre SAT, Optional, Fee Required) * ASVAB * UW System Early Math & English Placement Practice Tests	October 10 October 17 November 8-9

## **Juniors & Seniors, Classes of 2024 and 2025 – It's Time to Schedule Campus Visits:**

Seniors planning to apply to college should be sure to visit their schools of interest. Go to your college's website for sign up information. Visiting campuses (technical, 2 or 4 year) is a great way to get a feel for which school "fits" for you! While it's important to meet with admissions counselors and take the official campus tour, it's also helpful to take your own personal tour. Check out the places they don't show you, talk to a student in the student union about what they like about the school, as well as what they do not like about the school. Pick up a campus newspaper to see what's important to students and soak in the environment. If you don't feel like the school is a good fit, it may be a difficult place for you to find success. Refer to your STAR Conference materials for more helpful tour information.

### **Seniors Applying to College – US System Practice Placement Tests**

Many seniors planning to attend 4-year universities will be required to take a placement test this coming spring. These tests will be used to determine which level of coursework they can take during their first year of college. Depending on their scores, some students may pass into advanced courses while others may be required to take remedial coursework to build their skills.

To give seniors an opportunity to see how they may score on this test, we are offering the University of Wisconsin System Early Math and English Placement Tools. While these practice tests were created by the UW System, they are similar to other college system placement tests. Seniors will be given the opportunity to take these practice tests during Resource on Wednesday and Thursday, November 8 and 9.



### **College Application -- Tips & Help -- from UW Help!**

#### UW Ready

The University of Wisconsin System has developed a webpage for prospective applicants to use to prepare for their college applications. UW Ready: <https://uwhelp.wisconsin.edu/admission-guidelines/uw-ready/> will assist applicants and their parents with the college application process.

The application is at [apply.wisconsin.edu](https://apply.wisconsin.edu). Each admission office has its own priority dates or deadlines.

## Fall 2023 Opportunities

 VITERBO UNIVERSITY

### Viterbo University UPCOMING EVENTS

**VU Preview Day**  
**October 19th**

**Human Behavior Day**  
**October 25th**

**First Generation College Student Night**  
**November 8th**

Sign up at [www.viterbo.edu/visit](http://www.viterbo.edu/visit)

 VITERBO UNIVERSITY

### November 10th, 2023 NUTRITION SCIENCES SCHOLARSHIP & CAREER DAY

**Scholarship Competition**

Incoming, first-year students for Fall 2024 (current seniors) who are interested in majoring in Nutrition & Dietetics are eligible to apply for Viterbo's scholarship competition. Application deadline is Sunday, October 15th at 11:59 PM.

**Career Day**

**When:** 11:30am - 2:15pm  
**Where:** Viterbo University  
**What:** An opportunity for students interested in Nutrition & Dietetics to learn about program offerings at Viterbo, explore our food science and nutrition assessment labs, and more! Open to all high school students.

Learn more at [www.viterbo.edu/nutrition scholarship](http://www.viterbo.edu/nutrition scholarship)

Sign up at [www.viterbo.edu/visit](http://www.viterbo.edu/visit)

 VITERBO UNIVERSITY

## Apply to Viterbo University!

**Free application**

**Test optional**

**Find out status in 1-2 weeks**

Apply at [www.viterbo.edu/apply](http://www.viterbo.edu/apply)

 VITERBO UNIVERSITY

## First-Generation College Student Night

NOVEMBER 8TH | 5:15-7:00 PM

Will you be the first person in your family to attend a four-year college?

 That means you'll be a **first-generation college student!**

**Come learn more about what that means and how Viterbo supports our first-generation students!**

ADVISING | TUTORING | MENTORSHIPS | FINANCIAL RESOURCES  
SCHOLARSHIPS | CAMPUS ENGAGEMENT

Sign up at [www.viterbo.edu/visit](http://www.viterbo.edu/visit)





**EXPECTATIONS OF ONALASKA STUDENT ATHLETES**

1. YOU ARE TOUGH
2. NO DRAMA...PERIOD
3. COMMITTED TO THE TASK  
Find a Way, Take Care of your People
4. ABOVE THE LINE DECISION  
MAKING 24-7-365
5. DO NOT BE A FENCE RIDER  
Decide and Move on



**Onalaska Hilltopper Athletic Booster Club**

Page · Community · onaboosters · 782 like this

“Like” the Onalaska Booster Club Facebook page to get events and other information.

Follow Mr. Thiry @OnaActivities on Twitter for updates and results for Hilltopper Athletics.

Please subscribe to the Onalaska Booster Club YouTube Page for Home Event Streaming.

## Check Out The Onalaska Booster club website -

[Onalaska - Team Home Onalaska Hilltoppers Sports](#)

Check it out - [onalaskahilltoppers.net](http://onalaskahilltoppers.net)

\*Sport schedules - continuously updated

\*Link to join the Booster Club

\*Link to become a sponsor

\*Link to sign up your athlete for the upcoming season

Click the link to sign up now to get text updates for schedules & upcoming events:

<https://alerts.getvnn.com/>

Looking forward to a great 2022-2023 school year supporting our student athletes!

## Students registering for athletics

must have a **current physical examination**

on file in the athletic office **before the student is**

**authorized to participate in practice/tryouts.** If your

students' physical is outdated and you are struggling

to make an appointment with your regular

physician other options include:

**Bronston Chiropractic** - 1202 CTH PH Suite 100 -

Onalaska 608-781-2225

**OR Neighborhood Family Clinics** -

La Crosse - 1526 Rose Street - 608-781-9880 or

Onalaska - N5560 CTH ZM - 608-779-5323



Tickets Search schools Sign in



Onalaska High School

EVENT TICKETS



We have an exciting update regarding our athletic ticketing for fall and winter games/activities! GoFan cashless ticket system.

Similar to the WIAA state tournaments, the Coulee and MVC Conferences are partnering with GoFan to provide a cashless system for all athletic entry fees. All purchases for athletic events will need to be purchased through GoFan. Your ticket will be available on your electronic device on the date of the event. In addition, your Onalaska High School athletic sports passes will now be purchased through GoFan. Please note, there will be **no cash event ticket sales at our games/activities this year**. Electronic individual game/activity tickets and athletic sports passes will be available for purchase at Onalaska High School's GoFan page link - <https://gofan.co/app/school/WI17153>.

### Activity Sports Passes

- Student Sports Pass – optional \$30 for all home athletic events (Students K-12)
- Adult Sports Pass – optional \$70 for all home athletic events
- Non-resident Senior Citizen Sports Pass – optional \$30 for all home athletic events
- Onalaska Resident Senior Citizen Sports Pass Gold Card – Still free, same as before. No need for a new card, still active this year. Just present when entering event.

➤ Download the [GoFan](https://gofan.co/app/school/WI17153) app and create an account

<https://gofan.co/app/school/WI17153>



### GoFan: Buy Tickets to Events

For Fans to Buy Tickets

Huddle Inc

Designed for iPad

★★★★★ 2.0 • 800 Ratings

Free

Install



This app is available for your device



## **ONALASKA HIGH SCHOOL ATHLETIC USER FEES**

**\$45.00 – (\$6.75)**

Cross Country  
Swimming  
Tennis  
Track & Field

**\$100.00 – (\$15.00)**

Dance  
Golf  
Gymnastics

**\$75.00 – (\$11.25)**

Baseball  
Basketball  
Football  
Ski & Snowboard  
Soccer  
Softball  
Volleyball  
Wrestling

**\$200.00 – (\$30.00)**

Winter Guard

**\$250.00 – (\$37.50)**

Hockey



\*Students whose families submit the proper federal forms and qualify for free or reduced lunch under existing federal guidelines will have the option to have athletic fees waived/reduced.

\*Families with students in multiple athletic programs will be responsible for a maximum family fee of \$350.00 per year.

\*Participation fees are to be paid prior to the first competition.

\*Refunds of athletic user fees will be considered if a student/athlete voluntarily terminates or is terminated from an athletic activity prior to the third competition in that sport.

\*All school owned athletic equipment **MUST** be returned before any refunds will be considered. All school owned athletic equipment must be returned at the end of the season or cost of equipment will be added to the student's school account.

**Admission Charges for Athletic Events: [Purchased through GoFan](#)****Adults - \$6.00****Students (K-12) and Senior Citizens - \$4.00 (62 or Older)****School Year Sport Passes – Adults \$70.00 / Students (K-12) \$30.00**

Good for all OHS home events - **except** post season tournament events





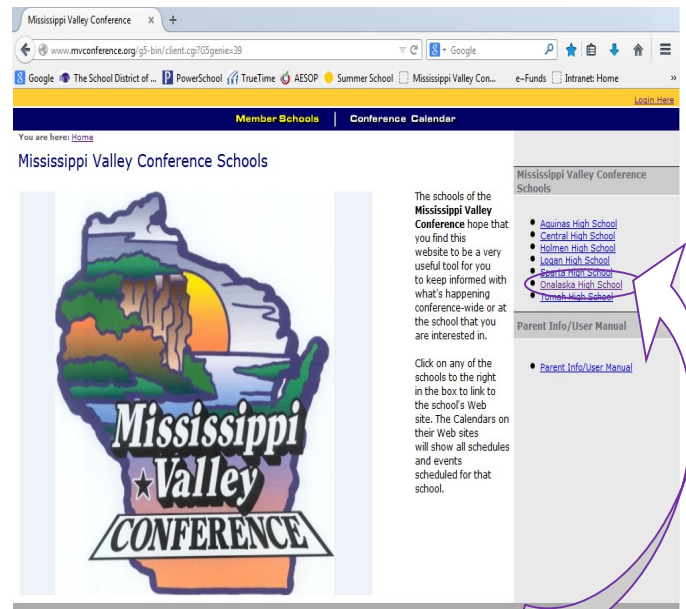
## Calendar of Events

To view the most updated schedules for any Mississippi Valley Conference team, use the MVC website at:

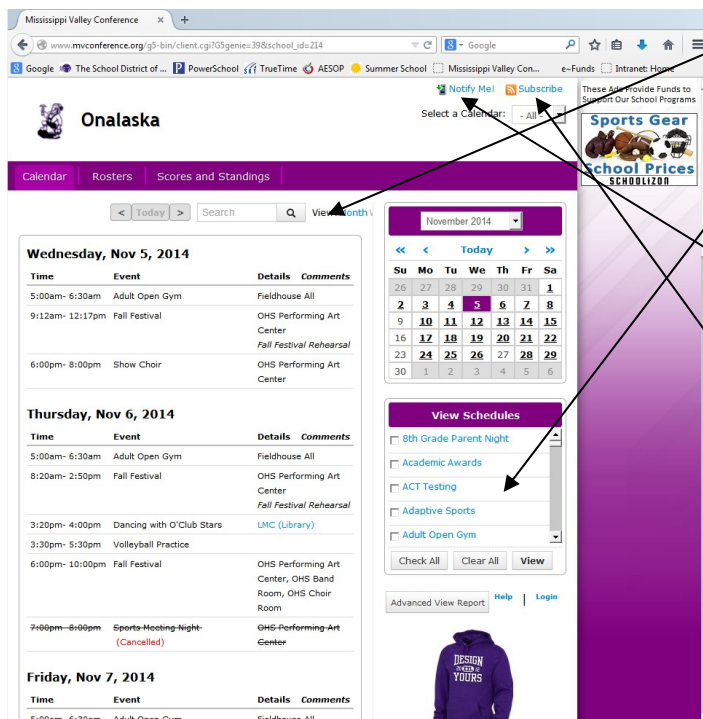
<http://www.mvconference.org/g5-bin/client.cgi?G5genie=39>

This website not only has athletic events, but also all other events taking place in our school.

Once you click into a specific school, you can subscribe to a calendar or set up a “notify me” text reminder. This is located in the upper right corner of the website. All MVC sporting events go through this calendar and will give you the most up to date information possible.



Select Onalaska High School



View the calendar by day, week, or month.

Select schedules you would like to view and see your own customized view.

Use the “Notify Me!” tab to set up text reminders.

“Subscribe” to set up a calendar that will update automatically with any changes that may occur.

### SUBSCRIBE TO ALL OF TODAY'S EVENTS

IMPORTANT NOTE: This data feed is for PERSONAL use only. Any business or organization that wants this information, even if for providing it back to the school in **ANY** form, should contact SchoolToday at: [support@schooltoday.com](mailto:support@schooltoday.com) for a simple license agreement.

Click any of the links below to subscribe to ONLY today's activities. If you want full schedules for any activity, click into those schedules first from the "View Schedules" box on the right side of the calendar, then Subscribe.

#### CALENDARS



OUTLOOK Click the icon to add your selected schedules to your Outlook Calendar  
Note: Some versions of Internet Explorer have limits.



ICAL Click the icon to add your selected schedules to any iCal device (Mac, iPhone, iPad, etc)



GOOGLE Click the icon for instructions and the link to paste into any Google Calendar

#### RSS READERS



RSS Click the icon to add your selected schedules to your RSS Reader



GOOGLE Click the icon to add your selected schedules to your Google Reader



YAHOO Click the icon to add your selected schedules to your Yahoo Reader

When subscribing to a calendar, you can choose from Outlook, iCal or Google for your calendar.

# State Cross Country



Congratulation to Blake Burnstad, Arlo White and Manny Putz. for making it to the WIAA State Cross Country Championship.



THE D1 STATE CHAMP FOR THE SECOND YEAR IN A ROW...OUR VERY OWN MANNY PUTZ 🏆🏆



Manny Putz earned the individual medalist honors for the second year in a row - he completed the 5-kilometer course in 15:05.8, which is the third-fastest time in State Meet history.

Teammates Blake Burnstad finished in 13th place with a time of 16:01 and Arlo White finished in 43rd place with a time of 16:38.

# NIKE National Cross Country

Congratulations to Manny Putz for qualifying for the NIKE National Cross Country Championships. The top 40 runners and top 16 teams in the Nation will square off on December 2nd in Portland Oregon and race for National Championships. Good Luck Manny!



## Intramural Volleyball Champs



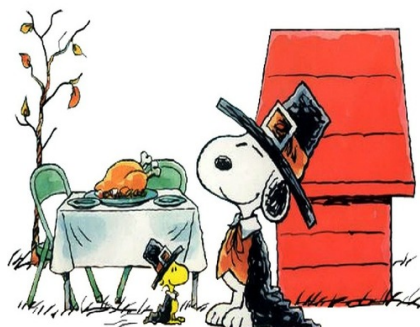
Congratulations to the Ninjas in Pajamas team of Mason Moua, Fabian Xiong, Vincent Thao, Isaac Yang, Abby Xiong and Pha Vang. They went undefeated to take home the bragging rights and championship t-shirts.

## Intramural Pickleball Champs

We had another great turn out for intramurals. 16 teams showed up for pickleball and a one-man team took home the championship. Congratulations to Mr. Archer on going undefeated and having very few points scored on him the entire time. Lucas Go and Porter Mallady gave him a run for his money in the championship game but Mr. Archer won ... a lot to a little!







## ONALASKA HIGH SCHOOL MENU NOVEMBER 2023

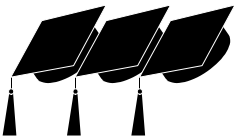
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Fresh Garden Bar and milk choices available daily</b>		1) BBQ Rib Patty on a WG Bun 2) Crispy Fish Sandwich with Cheese on a WG Bun 3) Kickin Chicken Sandwich on a WG Bun All Lines: Oven Fries and Garden Bar  <b>Breakfast: Cheese Quesadilla with Oven Fries, fruit, juice, milk</b>	1) WG Chicken Patty on a WG Bun 2) WG Pizza Choices 3) Cheeseburger or Mushroom Swiss on a WG Bun All Lines: Baked Beans and Garden Bar  <b>Breakfast: WG Mini Bagel with Cream Cheese, fruit, juice, milk</b>	1) WG Pasta Bowl with Beef or Chicken and choice of Red Sauce or Alfredo and Garlic Toast 2) 2- Un crustable PB&J with Sun Chips 3) WG Chicken Strips, WG Dinner Roll/ Mashed Potatoes <b>Breakfast: French Toast and Sausage, fruit, juice, milk</b>
1) Meatball Sub on a WG Hoagie 2) Deli Sandwich on WG Hoagie 3) WG Grilled Cheese All Lines: Whole Corn, Garden Bar  <b>Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk</b>	1) WG Orange Chicken with Brown Rice 2) Cheeseburger on a WG Bun 3) WG Orange Chicken with Brown Rice All Lines: Carrot Coins and Garden Bar  <b>Breakfast: Un crustable PB&amp;J Sandwich, fruit, juice, milk</b>	1) WG Mini Corn Dogs 2) WG Spaghetti with Meatballs and Cheese 3) WG Pizza Choices All Lines: Carrot Coins and Garden Bar  <b>Breakfast: WG Mini Bagels with Cream Cheese, fruit, juice, milk</b>	<b>Harvest of the Month</b> 1) Chicken Ranch WG Wrap 2) Turkey/Gravy over WG Biscuits 3) BBQ Rib Patty on a WG Hoagie All Lines: Green Peas, Garden Bar  <b>Breakfast: WG Orange/ Cranberry Muffin featuring locally grown Cranberries, Cheese Stick, fruit, juice, milk</b>	1) WG Vegetable Dumplings 2) Spicy Chicken Patty on a WG Bun 3) Cheeseburger on a WG Bun All Lines: Stir Fry Veggies, Garden Bar  <b>Breakfast: Breakfast Pizza, fruit, juice, milk</b>
1) Walking Tacos with WG Chips 2) WG French Toast and sausage 3) Crispy Fish Sandwich with Cheese on a WG Bun All Lines: Wedge Fries/ Garden Bar  <b>Breakfast: Un crustable PB&amp;J sandwich, fruit, juice, milk</b>	<b>1) Locally raised Superior Fresh Salmon Filet with Rice Pilaf</b> 2) WG Pizza Choices 3) WG Garlic French Bread Pizza with Soup All Lines: Roasted Broccoli and Cauliflower, Garden Bar  <b>Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk</b>	1) WG Chicken Patty on a WG Bun 2) 2- WG Un crustable PB&J's with Sun Chips 3) Rib Patty on a WG Hoagie Bun All Lines: Carrot Coins, Garden Bar  <b>Breakfast: Breakfast Pizza, fruit, juice, milk</b>	1) WG Pizza Dippers/Tomato Soup 2) Chicken and Waffles with <b>Local Maple Syrup</b> 3) Cheeseburger on a WG Bun All Lines: Sweet Potato Fries, Garden Bar  <b>Breakfast: WG Cheese Bosco Stick, fruit, juice, milk</b>	1) WG Pasta Bowl with Beef or Chicken and choice of Red Sauce or Alfredo/ Garlic Bread 2) Deli Sandwich on a WG Hoagie with Sun Chips 3) WG Pasta Bowl with Beef or Chicken and choice of Red Sauce or Alfredo/ Garlic Bread All Lines: Green Peas, Garden Bar <b>Breakfast: Cheese Quesadilla with Oven Fries, fruit, juice, milk</b>
1) Turkey/Gravy over Mashed Potatoes/ WG Dinner Roll 2) WG Popcorn Chicken and Wedge Fries/ WG Dinner Roll 3) WG French Toast Sticks/ Sausage and Wedge Fries. All Lines: Garden Bar <b>Breakfast: French Toast and Sausage, fruit, juice, milk</b>	1) Canadian Poultine featuring <b>local Westby Cheese Curds</b> 2) WG Garlic Cheese Bread with Soup 3) Cheeseburger on a WG Bun All Lines: Green Beans and Garden Bar  <b>Breakfast: Colby Cheese Omelet, Tri-Tater, fruit, juice, milk</b>	<b>No School</b>	<b>No School</b>	<b>No School</b>
1) WG Soft Shell Tacos 2) WG Fish Tacos 3) WG Chicken Fajita All Lines: Cobsaw and Whole Kernel Corn, Garden Bar  <b>Breakfast: Breakfast Pizza, fruit, juice, milk</b>	<b>Harvest of the Month</b> 1) WG French Toast and Sausage and <b>WG Orange/ Cranberry Muffin featuring locally grown Cranberries</b> 2) Rib Patty on a WG Bun 3) WG Chicken Nuggets All Lines: Oven Fries, Garden Bar <b>Breakfast: Un crustable PB&amp;J Sandwich, fruit, juice, milk</b>	1) Locally raised Superior Fresh Salmon Filet with Rice Pilaf 2) Cheeseburger on a WG Bun 3) Bakalar Hot Dog on a WG Bun All Lines: Green Beans, Garden Bar  <b>Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk</b>	1) Canadian Poultine featuring <b>local Westby Cheese Curds</b> 2) WG Garlic Cheese Bread with Soup 3) WG Chicken Patty on a WG Bun All Lines: Green Peas and Garden Bar  <b>Breakfast: Cheese Quesadilla with Oven Fries, fruit, juice, milk</b>	<b>USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER</b>  <b>The menu is subject to change without notice.</b>

Allergy Notice: Menu items may contain tree nuts, peanuts/nut products, wheat, fish, eggs, soy and various legumes. Students with allergies should contact the School Nurse or School Nutrition Director prior to eating any foods served in the cafeteria

Onalaska High School  
700 Wilson Street  
Onalaska, WI 54650

An Equal Opportunity Employer

Welcome to OHS! Check  
out our website at:  
[www.onalaskaschools.com](http://www.onalaskaschools.com)



Cap and Gown measurements taken and packets sent home .....November 15  
Graduation order due date..... December 17  
Graduation Date ..... Saturday, May 18, 2024 --- 1:00 PM

**CONTACT**

School phone # 608-783-4561  
Student Services # 608-73-  
School fax # 608-783-0102  
Student Services fax# 608-783-2604  
School voice mail 608-779-5760  
School Hours: 7:45 AM – 2:50 PM

Jared Schaffner Principal  
[schja2@onalaskaschools.com](mailto:schja2@onalaskaschools.com)

Charlie Ihle Assoc. Principal  
[ihlch@onalaskaschools.com](mailto:ihlch@onalaskaschools.com)

Jason Thiry Activities Dir.  
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*The mission of  
the School  
District of  
Onalaska is to  
work together to  
ensure high  
levels of learning  
for all.*

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