



FREDDY'S FOOTNOTES



A Newsletter from Onalaska High School

October 2023

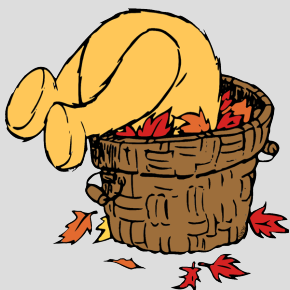
Highlights

Important Dates

Parent Teacher Conferences	Oct. 4 – 5
Early Dismissal	October 5
No School	October 6
Unity Day	October 18
No School	October 30

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2023 HOMECOMING



Important Dates

Parent Teacher Conferences	Wednesday, October 4 --- 3:30 PM – 8:00 PM
.....	Thursday, October 5 --- 12:30 PM – 8:00 PM
Early Dismissal	Thursday, October 5 --- 11:50 AM
No School.....	Friday, October 6
Junior PSAT (during school)	Tuesday, October 10
WTC Career Coach at OHS.....	Tuesday, October 10
ASVAB (Military Entry) administered at OHS.....	Tuesday, October 17
Unity Day – wear orange for kindness, acceptance and inclusion	Wednesday, October 18
Junior STAR Conference Kick-Off meeting	Monday, October 23 --- 6:30 PM in the PAC
No School --- Professional Development	Monday, October 30
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
Fall Play – “The Complete Works of William Shakespeare”	November 17 & 18 --- 7:30 PM

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 15th Ave N, Onalaska
608-317-0275

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



Meet our New Staff



• • • Melissa Benzing
Art



• • Isaac Castellano
Science



• • • Bailey Goyette
ML Teacher



• • • • Sydney Jahr
Paraprofessional



Pamela Maatta
Paraprofessional



Jennifer Morrison
Administrative
Assistant



Carrie Rein
Family School
Liaison



Pha Vang
Paraprofessional

We would like to welcome all of our new staff to OHS. We are sure they will be bringing lots of fresh ideas and some good changes to our school.

Building Entrance during the school day

All doors will be locked from 7:45 AM – 2:50 PM, and access to the building is limited to the main office entrance with the use of a buzzer system. Once permitted access into the building, visitors will enter through the main office, which is located at Entrance “A” off Wilson Street. If you are continuing into the building further than the main office, you will need to swipe your driver’s license for an approved printed visitor hall pass, using our Raptor Technologies visitor management system (see page 11 for more information).

Visitor parking spots are provided in the circle drive on Wilson Street, but space is limited. Please note that parking across the street **is** allowed for parents since the posted signs there read “No Student Parking.”

Checking In and Out of School

Checking in and out of school for any reason must be through the main office. Students must have parent or guardian permission to leave school. This would be by either a note or phone call. When a note is brought to the office, a pass will be given with the time the student needs to leave. If a phone call is received, students are responsible to pick up a pass in the office prior to class starting. The office will NOT send a pass for an appointment that the child already knows about. Being responsible and taking care of his/her own schedule makes for less disruptions in class. If for some reason your child does not know about the appointment, the office will contact the class if necessary. Trying to keep classroom disruptions to a minimal helps make the learning process more successful.

Checking in to school is very simple. Students should always check into the office when they arrive. If the student is excused by either a note or phone call, an excused pass will be given. If the student arrives with no note or phone call, the student will report to class and be marked unverified until excused by parent/guardian. This absence, of course, can still be excused by a parent at a later time.

Proper Procedure: Check In and Out of school through the MAIN OFFICE!

Dropping Something Off at School

We all have experienced the absent-minded day that may result with something needing to be dropped off at school for a student. The office is more than willing to hold whatever item is needed for pick up. Please be sure to have your child’s name listed somewhere on the item to insure that materials go to the proper person. Students will be expected to pick these items up between classes and will NOT be sent a note unless they do not know something is being dropped off for them. Again, this makes for fewer interruptions to the classroom.



Starting with the 2021-2022 school year, the School District of Onalaska started using an Online Visitor Management System called Raptor Technologies. This school safety system replaced our old pen and paper system and now allows visitors to check in safely just by swiping their driver's license. A picture ID sticker will print for the visitor and can be easily seen by all building staff and students.



We will be screening every visitor, including contractors, parents/guardians and volunteers. After an initial registration, visitors can then check in via self-service kiosk and will be able to easily scan as they exit and check out of the building.

The print badge will include the visitor's photo, name, date, time of entry, school building name and the visitor's destination within the school.

This system will generate an accurate, reliable district-wide and school-level report with complete sign-in/sign-out history on a daily basis, allowing us quick access to who is in the building in the event of an emergency.

Attendance 101

The Basics So All Children Can Be Successful

Wisconsin public schools abide by the same attendance laws (118.15). We know that attending school regularly is directly linked to academic and job success. In the event of an absence, the following is a breakdown of the three major categories and the codes we use in PowerSchool to distinguish them:

PARENT EXCUSED—this is when a parent/guardian calls or writes a note to excuse a student from school. Parents are permitted 10 parent choice days per school year. We determine the 10 days by counting the hours missed (i.e. Missing periods 1 and 2 does not count as an entire day). If a parent is getting close to using all 10 parent-excuse days, we will send a warning letter. Once all 10 parent days are exhausted, absences will be unexcused. Below is a list of the most common attendance codes when a parent excuses his/her child from class:

- ILL=a parent feels his/her child is too ill to attend or stay in school
- PER=for personal reasons a student is not in attendance (e.g. running late, out of town, visiting someone in the hospital)
- VAC=vacation
- FNL=a parent excuses his/her child for a funeral
- COL=college visit (juniors and seniors are granted one college visit per year that the schools excuses and does not count toward parent-excuse time)

MEDICAL—this is when a student has visited a medical provider. Once written documentation of the visit is provided, the PER code is changed to one of the following and does not apply toward the 10 parent-choice days:

- MED=student is ill and a physician indicates the day or range of days that he/she should stay home
- APT=student went to dentist, orthodontist or chiropractor. Please bring an appointment slip to the main office with the day and time of the appointment
- HOF=student went to our school health office and the nurse/health aide has determined that the student needs to lie down in the health office or go home (you will receive a call from the health office if your child is too ill to stay at school)

**** If an absence can be excused, please call or provide a note within 48 hours of the absence.**

UNEXCUSED—this is when a student has been absent and the period(s)/day(s) have not been excused in any way. If this occurs, you will receive an automated call the day of the unverified absence.

UNV=unverified (unverified absences will change to either a parent or medical excused code or TRU if the absence cannot be cleared)

TRU=truant; absences that cannot be excused in any way because of skipping or no parent-excused days remain

“A student is considered truant if he/she is absent without an acceptable excuse for all or part of one or more days during which school is held. A student qualifies to be habitually truant when he/she is absent without an acceptable excuse for all or part of five or more days in a school semester” (Wisconsin State Statute 118.16). If students exceed the number of truant absences allowed by the state, truancy tickets will be referred to the school resource officer.

We want to work together to ensure accurate and consistent school attendance, and we will communicate with you and your child when attendance—excused or unexcused—is concerning. You also have daily access to attendance through PowerSchool. If you have any questions, feel free to contact Charlie Ihle, OHS Associate Principal, at 608.783.4561 x5003.

Definition of Tardy and Determination of Absence

Attendance at the high school is taken by class period. At the high school level, a tardy is defined as missing any part of the beginning of a class period. If a student is tardy more than 15 minutes, he/she is considered absent. If a student accumulates more than 5 tardy notations in his/her attendance record during the semester, the school attendance officer or a designee will attempt to meet with the student. After 10 tardy notations a parent meeting (or attempt to hold a meeting) that involves the student's parent or guardian will be requested. Tardiness during the remainder of the semester that also involves an unexcused lack of the student's physical presence at school will be considered an instance of truancy under these procedures, but prior to such a meeting (or attempted meeting) such tardiness will not be considered truancy (Board Policy 3331).

High School - Tardies Contributing to Truancy

Before and during school tardies can contribute to truancy at the high school level.

After 5 Unexcused Tardies/Semester	After 10 Unexcused Tardies/Semester	Each Successive Unexcused Tardy for Rest of Semester
Truancy Warning Letter	Issue Truancy Warning Letter – if First Truancy Notice (by personal contact, email, or phone call then by 1st class mail) Parent/Guardian Meeting	Each successive unexcused tardy equals a truant period. See Table A for school and law enforcement action.



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.

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](#).



October 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:

Leo Randall

Nominees:

Xavier Busta
McKenna Butenhoff
Lillie Engholdt
Irwin Kamdyn
Jack Loos
Myles Stapleton
Cory Taylor
Aspen Waltner

Sophomore Class

Student of the Month:

Alan Rodriguez

Nominees:

Asha Champion
Sophia Knight
Elizabeth Matz
Isabel Mavrantonis
Serenity McMillian
Jamarque Ross
Benjamin Zimmer

Junior Class

Student of the Month:

Kassidy Wick

Nominees:

Rylee Beahm
Eva Dryer
Eddie Hughes
Madison Lounsborough
Gabriel Maldonado Garcia
Mallory Meighan
Hailee Thiel
John Werwinski

Senior Class

Student of the Month:

Abigail Xiong

Nominees:

Georgia Banasik
Chase Bollom
Mary-Catherine Clatworthy
Emily Hamilton
Amelia Payne
Dawson Sjolander
Fabien Xiong
Bode Zumach



Leo Randall
Freshman



Alan Rodriguez
Sophomore



Kassidy Wick
Junior



Abigail Xiong
Senior

Freddy Extra Effort Award ...

October



Xavier Busta
Freshman



Jordan Simon
Sophomore



Jayden Randall
Junior



Peyton Horman
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.





Onalaska High School World Language Department



LE DÉPARTEMENT DES LANGUES ÉTRANGÈRES • DEPARTAMENTO DE IDIOMAS DEL MUNDO

SEPTEMBER 2023 • SEPTEMBRE 2023 • SEPTIEMBRE 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



Onalaska High School

Global Scholars Certificate of Global Competence



World Language Students can strive for the Global Scholars Certificate of Global Competence. This program recognizes student's development in global competencies. Global competence is defined as the capacity to examine local, global and intercultural issues, to understand and appreciate the perspectives and world views of others, to engage in open, appropriate and effective interactions with people from different cultures, and to act for collective well-being and sustainable development. (OECD/Asia Society, 2018)

Students must fulfill five components to become a Global Scholar.

1. Complete four (4) years of the same World Language.
2. Earn a B+ or better in four (4) pre-approved courses with a global focus.
3. Complete independent reflections on eight (8) works of international or cultural media, of which four (4) must be books.
4. Participate in at least four (4) school-sponsored activities.
5. Complete twenty (20) hours of a Think Globally - Act Locally Service Learning Project.

For more information or if you have any questions, please contact Monsieur Wopat, Global Certificate Coordinator, at wopbr@onalaskaschools.com.



GLOBAL SCHOLARS

! FACT CHECK !

MYTH: Students only need two years of a language to be fluent.

REALITY: According to the Foreign Institute of the Department of State, it takes 575 to 600 hours of class to be proficient in French or Spanish. If a student takes 47 minute classes every day during an academic year, that is a total of 141 hours of instruction. Two years of language study would only be 282 hours of instruction. Account for half days and special schedules, a student will have less than half the necessary instruction.



School District of Onalaska World Language Department



LE DÉPARTEMENT DES LANGUES ÉTRANGÈRES • DEPARTAMENTO DE IDIOMAS DEL MUNDO

OCTOBER 2023 • OCTOBRE 2023 • OCTUBRE 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: Language learning is unnecessary with modern translation technologies.

REALITY: According to Erin Meyer, the English spoken in the US is the lowest context language in the world, meaning it requires minimal cultural context to understand. In other parts of the world, communication is not as simple. Language instruction introduces us to the nuances of cultures, allowing us to build productive personal and professional relationships with people from unfamiliar cultures.



Onalaska High School

Seal of Biliteracy



The Global Seal of Biliteracy is an award that certifies an individual is proficient in two or more languages. This can be awarded for students who can speak proficiently in English and a partner language. Available in multiple award levels, the Global Seal of Biliteracy certifies language skills through testing. Validation for English is through the student's ACT English exam. The partner language is validated through the AAPPL exam. The AAPPL exam is a national

A Global Seal of Biliteracy can be used:

- for advanced language placement in college
- to distinguish awardees on applications for scholarships, internships, and study abroad opportunities
- to earn transferable World Language college credit to enhance job opportunities
- to provide employers with a credential documenting language skill for hiring or receiving extra pay for knowing more than one language.

To achieve proficiency, students are encouraged to start their language study as soon as possible and stick with it throughout high school. Students can apply for the seal once they've received their ACT exam scores. The next step will be to take the partner exam in April of their junior or senior year.

For more information or if you have any questions, please contact Monsieur Wopat, Seal of Biliteracy Coordinator, at wopbr@onalaskaschools.com.



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

Serves students with last names beginning with A – Hr

Chrissy DeLong - Ext. 5030
delch@onalaskaschools.com

Serves students with last names beginning with Hs – Ra

John Horman - Ext. 5031
horjo@onalaskaschools.com

Serves students with last names beginning with Rb– Z

Administrative Assistants

Melissa de Boer– debme@onalaskaschools.com
Jennifer Morrison – morje@onalaskaschools.com

CHECK OUT OUR WEBSITE...

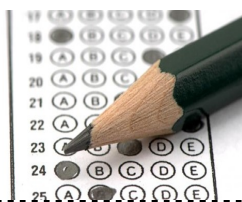
<http://www.onalaskaschools.com/ohs/studentservices.html>



ACT[®]

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)
October 28, 2023	September 22	October 20
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
June 8, 2024	May 8	May 31
July 13, 2024	June 7	July 5

Important Dates

October 4 & 5	Family Teacher Conferences - Wednesday 3:30-8:00 pm, Thursday 12:30-8:00 pm
October 4	Early Dismissal 11:50 am
October 5	No School
October 10	Junior PSAT (during school)
October 10	WTC Career Coach at OHS
October 17	ASVAB (Military Entry) administered at OHS
October 18	Unity Day - WEAR ORANGE FOR KINDNESS, ACCEPTANCE AND INCLUSION
October 23	Junior STAR Conference Kick-Off Meeting - 6:30 pm, OHS PAC
Oct 25-Dec 15	Junior STAR Conferences
November 8-9	UW System Pre-Tests during Resource

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.

October 13 - Minnesota State University - Mankato, 11:30 am

October 17 - UW Stevens Point - 10:45 am

October 18 - UW Stout - 8:00 am

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
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.

****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.



UGETCONNECTED

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.usetconnected.org/> and check it out!

www.usetconnected.org

ASVAB - Armed Services Vocational Aptitude Battery

Tuesday, October 17

8:00 AM

Cost = Free

The **Armed Services Vocational Aptitude Battery (ASVAB)** is a multiple choice test that measures developed abilities and helps predict future academic and occupational success in both military and civilian life.

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.

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!

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.

PSAT

Tuesday, October 10

8:00 AM

Cost = \$19.00

The PSAT (Pre-SAT) will be offered on October 10 at Onalaska High School. Juniors with very high PSAT scores may qualify for the National Merit Scholarship (for all students) and National Achievement (for Black American students) competitions. Students may also wish to take the PSAT as a way to assess their college readiness and practice for future college admissions tests. We encourage students with strong standardized test-taking skills, or those who are looking to prepare for future tests, to take advantage of this opportunity. Interested students should sign up in the Student Services Office. Space is limited, and filled on a first-come, first-served basis.

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. Each admission office has its own priority dates or deadlines.

8 Ways to Lower Stress in High School

From The Jed Foundation website

If you're already feeling a little anxious about the new school year before classes have even started, you're not alone. Transitions are stressful by nature, and thinking about navigating classes, friendships, and extra-curricula's can feel overwhelming—especially after a summer with way less on your schedule.

But transitions are also exciting, because they give you a chance to figure out your priorities and think about what would make this a good year for you. You can't control what teachers you get, the time school starts, or even the fact that attending school is legally required, but you have the power to prioritize taking care of yourself.

Here are eight steps to planning for a positive school experience this year.

1. Try to get enough sleep.

It's not easy with all the activities and late-night group texts, but getting enough sleep can make a huge difference in how you feel every day, how your school day goes, and your mental health in general.

But don't take our word for it. See for yourself.

- Set a target number of hours you want to get for a few nights—ideally between nine and 10, but at least eight.
- Get off all screens a half hour before you want to be asleep, which will help your body wind down.
- Use a sleep app to track when you fall asleep and wake up.
- Take brief notes in the app, a journal, or a notes app about how many hours of sleep you got the night before, as well as your mood and the kind of day you had after.
- Pretty soon your little research project will give you a good idea how sleep can make you feel so much better.

2. Pick a person.

Think of one person you really trust and like to talk to—friend, parent, teacher, coach, school counselor—and plan to check in with them each week to share ups and downs and trouble-shoot challenges as they come up.

3. Find your people.

One of the most powerful ways to take care of your mental health is to form meaningful connections.

Ways to do that:

- Check out clubs or activities that interest you to find a built-in group with whom you have at least one thing in common.
- Volunteer through your school or in the community.
- Tutor students in other grades.
- Take time to get to know people in your classes.

Pick one of these and give it a try. Research has shown repeatedly that having a sense of connectedness and feeling like you're part of something bigger than yourself is a really powerful way to take care of your emotional well-being.

4. Establish small rituals.

These can be little things you look forward to that help you open and close your day intentionally or just give you a reset. Ideas:

- Write in a journal.
- Take stock of your schedule and tasks.
- Listen to music.
- Take a walk outside.

5. Build in a daily stress relieving activity

This can be short and easy. Ideas:

- Practice [breathing exercises](#).
- Meditate with an app for five minutes.
- Listen to music with nothing else distracting you.
- Sing at the top of your lungs.
- Dance in your room.
- Do anything else you enjoy that brings you into the present moment.

6. Find a physical activity you actually like to do.

Moving your body releases chemicals in your brain that boost your mood, relieve symptoms of depression and anxiety, and make you feel good. If you play—and enjoy—a sport, that may take care of this one. If not, here are some simple ideas:

- Walk with a friend or while listening to music or a favorite podcast.
- Try yoga, dance fitness, or other online exercise videos.
- Play physical or dance games on your gaming console.

7. Get organized.

It can be easy to feel overwhelmed when you don't know where to start. Spending a little time getting organized before school and making a plan for how you will stay on top of assignments and make time for work can relieve any stress you may be feeling.

8. Know who you can go to when you're struggling.

Even with all the planning in the world, you will have highs and lows in high school. It's just part of life. Doing the things in this article can help you cope when the lows come, and help you find and create some of the highs. But there are times when no amount of talking with a friend, exercise, meditation, or organization will make you feel better, so it's a good idea to plan for what you'll do if that happens. Reaching out for mental health support from someone trained to help you is another great way to take care of yourself. Find out where you can get that kind of support, including these options:

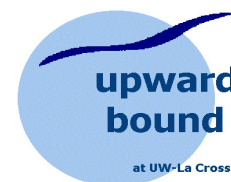
- Your school counselors who support students.
- Community organizations that provide low- or no-cost therapy.
- Therapists that your friends or family recommend.
- Telehealth mental health care providers.
- The [Teen Line](#), at 800-252-8336, will connect you to a trained peer counselor between 6 p.m. and 10 p.m. PST.
- Crisis Text Line: Text HOME to 741-741 for a free, confidential conversation with a trained mental health counselor at any time of day.

If you—or someone you know—is experiencing a mental health crisis, including a suicide or substance use crisis, call or text [988](#).

Upward Bound Available to OHS Students

UW La Crosse provides a unique and FREE opportunity for our students to prepare for higher education. Upward Bound provides tutoring, college visits, advising and a summer program to assist students in college preparation. Students participating in the summer program can earn one high school credit from the experience.

Upward Bound works with students who have parents who have not graduated from a 4-year college or are income eligible. Details are available at the UB office at 608-785-8539, on their website at www.uwlax.edu/upward-bound/ or on Facebook (Upward Bound @ UW-La Crosse). Start your application online at www.uwlax.edu/upward-bound/.



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.

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

Fall 2023 Opportunities

UW-Madison PharmD Information Session (Virtual)

Wednesday, October 25, 5:00-6:00 pm

Ever wonder what it's like to attend pharmacy school on the UW–Madison campus? Here is your chance to virtually engage with a PharmD Admissions representative, connect with current students, and take a virtual tour of the School of Pharmacy. During this event, you'll get information about the admissions process, curriculum options, and graduate outcomes. [Register](#) for the Information Session and learn why the UW–Madison PharmD program may be the best fit for you.

Mayo Clinic School of Health Sciences Imaging Programs Open House

Thursday, October 19, 8:00 am, 5:30-7:30 pm

Mayo Clinic School of Health Sciences Open House is a chance for prospective students to learn about the educational offerings, talk with current students, do hands-on activities and take tours of the programs. Participants will receive information about the school and programs and have the opportunity to have their questions answered. Register [here](#).

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

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.

Learn more at www.viterbo.edu/nutrition scholarship

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.

Sign up at www.viterbo.edu/visit

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Check out these hands-on programs with people already working in these fields!

ONLY 20 SPOTS AVAILABLE IN EACH PROGRAM!

Open to all local area high school students.

Scan QR Code or learn more at

www.GatewayExploring.org





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
 *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:

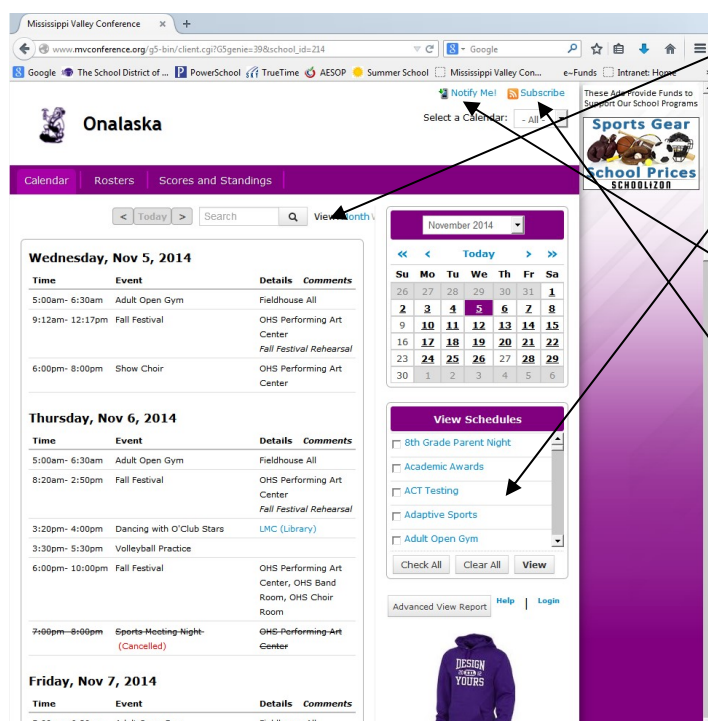
<http://www.mvconference.org/g5-bin/client.cgi?G5genie=39>

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 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.

Onalaska Hilltoppers Athletic Booster Club 2023-2024 Membership Form

The purpose of the Booster Club is to promote and support Onalaska School District interscholastic athletics and athletic programs and to foster school and community spirit and sportsmanship that are consistent with the educational philosophy of the school and the community it serves.

Please consider supporting our student athletes in one of the following ways

☐ Ultimate Fan Club Level- \$200

- OHABC Membership - includes voting rights at Annual Meeting to elect OHABC officers
- Two Activity passes for 2023-2024 for all regular season games (\$140 value)
- Ultimate Ona Swag Bag
 - Includes:
 - Hilltopper yard sign
 - Insulated 40 oz tumbler with handle
 - Wireless charger



☐ Family Fan Club Level- \$50

- OHABC Membership - includes voting rights at Annual Meeting to elect OHABC officers
- Ona Swag Bag includes: Hilltopper yard sign, lanyard and insulated lunch bag

☐ OHABC Supporter level- One time donation \$ _____

- OHABC Membership - includes voting rights at Annual Meeting to elect OHABC officers

Registration Form

Name: _____
 Address: _____
 City, State, Zip Code: _____
 Email: _____
 Cell phone: _____

It's easy to join!

Click [HERE](https://onalaskahilltoppers.net) or go to onalaskahilltoppers.net

Mail form and check (payable to OHABC):
 Onalaska Hilltopper Athletic Booster Club
 700 Hilltopper Drive
 Onalaska, WI 54650



Questions about your membership?
 Contact Amy Sjolander (608) 779-4929 or
 email the fundraising committee at athleticboosters@onalaskaschools.com



Join us as we work together for the benefit of our student athletes in the 2023-2024 academic year!



Onalaska High School Menu October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1) WG Crispy Chicken Ranch Wrap 2) WG Soft Shell Tacos 3) WG Pizza Choices All Lines: Sweet Potato Waffle Fries, Garden Bar</p> <p>Breakfast: WG Cheese Quesadilla with Salsa, fruit, juice, milk</p>	<p>1) WG Orange Chicken over Brown Rice 2) WG Garlic Cheese Bread/Pizza/Tomato Soup 3) WG Orange Chicken over Brown Rice All Lines: Stir Fry Veggies/Slushy Cup, Garden Bar</p> <p>Breakfast: Breakfast Pizza, fruit, juice, milk</p>	<p>1) BBQ Pork Rib on a WG Bun 2) Crispy Fish Sandwich/ Cheese on a WG Bun 3) Kickin Chicken Sandwich WG Bun All Lines: Oven Fries and Garden Bar</p> <p>Breakfast: WG Muffin, Yogurt Cup, fruit, juice, milk</p>	<p>Early Dismissal Day No Lunch at High School</p> <p>Breakfast: WG Uncrustable PB & J, Cheese Stick, Fruit, Juice, Milk</p>	<p>No School</p>
<p>National</p> <p>1) Kickin Chicken Sandwich on WG Bun 2) Cheeseburger on a WG Bun 3) Kickin Chicken Sandwich on WG Bun All Lines: Oven Fries, Slushy Cup/ Garden Bar</p> <p>Breakfast: WG Breakfast Pizza, fruit, juice, milk</p>	<p>School</p> <p>1) Chicken Fajitas with Peppers and Onions 2) WG Pizza Variety 3) Soft Shell Taco All Lines: Carrot Coins/Garden Bar</p> <p>Breakfast: WG Uncrustable PB & J, Cheese stick, fruit, juice, milk</p>	<p>Lunch</p> <p>1) WG Orange Chicken over Brown Rice 2) Meatball Sub on WG Hoagie 3) Orange Chicken over Brown Rice All Lines: Green Peas / Garden Bar</p> <p>Breakfast: Breakfast Sandwich on a WG Biscuit, Fruit, Juice, Milk</p>	<p>Week GREAT APPLE CRUNCH DAY: 1) Bakalar Hot Dog on a WG Bun 2) WG Chicken Patty on a WG Bun 3) BBQ Pork Rib on a WG Bun All Lines: Baked Beans/ and <u>Garden Bar featuring locally Grown Sliced Apples</u></p> <p>Breakfast: WG French Toast and Sausage Links, fruit, juice, milk</p>	<p>1) WG Chicken Strips/ WG Dinner Roll 2) Meatballs/ WG Dinner Roll 3) WG Chicken Strips/ WG Dinner Roll All Lines: Mashed Potatoes and Gravy, Green Beans and Garden Bar</p> <p>Breakfast: WG Mini Bagels with Cream Cheese, Fruit, Juice, Milk</p>
<p>1) WG French Toast and Sausage Links 2) Crispy Fish Sandwich on a WG Bun 3) WG Pizza Variety All Lines: Tater Tots/ Garden Bar</p> <p>Breakfast: WG Cheese Quesadilla with Salsa, fruit, juice, milk</p>	<p>1) WG Crispy Ranch Wrap 2) WG Soft Shell Tacos 3) Cheeseburger or Mushroom Swiss on a WG Bun All Lines: Broccoli Spears/ Garden Bar</p> <p>Breakfast: WG Cheesy Bosco Breadstick, fruit, juice, milk</p>	<p>1) Meatball Sub on WG Hoagie 2) Ham and Turkey Deli Sandwich on a WG Hoagie 3) WG Pizza Variety All Lines: Sun Chips, Green Peas/ Garden Bar</p> <p>Breakfast: WG Muffin/ Yogurt Cup, fruit, juice, milk</p>	<p>1) Popcorn Chicken/ WG Dinner Roll 2) Meatballs/ WG Dinner Roll 3) Popcorn Chicken/ WG Dinner Roll All Lines: Mashed Potatoes and Gravy/ Whole Kernel Corn and Garden Bar</p> <p>Breakfast: WG Breakfast Pizza, fruit, juice, milk</p>	<p>1) WG Pasta Bowl with Beef or Chicken and choice of Red Sauce or Alfredo/ Garlic Bread 2) WG Biscuit/ Cheese Omelet, 2 sausage links, Tri-Tater 3) same as line 1 All Lines: Carrot Coins/ Garden Bar</p> <p>Breakfast: WG Uncrustable PB & J, Cheese stick, fruit, juice, milk</p>
<p>1) WG Orange Chicken over Brown Rice 2) WG Pizza Dippers /Tomato Soup 3) WG Orange Chicken over Brown Rice All Lines: Stir Fry Veggies/ Garden Bar</p> <p>Breakfast: WG Breakfast Pizza, fruit, juice, milk</p>	<p>1) Cheeseburger or Mushroom Swiss on a WG Bun 2) WG Chicken Patty on a WG Bun 3) Bakalar Hot Dog on a WG Bun All Lines: Baked Beans/ Garden Bar</p> <p>Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk</p>	<p>1) WG Pizza Choices 2) WG Chicken Patty on a WG Bun 3) BBQ Rib Patty on a WG Bun All Lines: Oven Fries/ <u>Garden Bar featuring locally Grown Apple Slices</u></p> <p>Breakfast: WG Cheese Quesadilla with Salsa, fruit, juice, milk</p>	<p>1) WG Pasta Bowl with Beef or Chicken and choice of Red Sauce or Alfredo/ Garlic Bread 2) WG Biscuit/ Cheese Omelet, 2 sausage links, Tri-Tater 3) same as line 1 All Lines: Carrot Coins/ Garden Bar</p> <p>Breakfast: WG Mini Bagels with Cream Cheese, fruit, juice, milk</p>	<p>1) Chicken Fajitas with Peppers and Onions 2) WG Pizza Variety 3) WG Soft Shell Tacos All Lines: Green Beans/ Garden Bar</p> <p>Breakfast: WG Muffin, 2 sausage links, fruit, juice, milk</p>
<p>No School</p>	<p>1) WG Crispy Ranch Wrap 2) WG Soft Shell Tacos 3) WG Crispy Ranch Wrap All Lines: Tater Tots/ Garden Bar</p> <p>Breakfast: WG Breakfast Pizza, fruit, juice, milk</p>	<p>The menu is subject to change without notice.</p>	<p><u>USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER</u></p>	<p>Fresh Garden Bar and milk choices available daily</p> <p>Vegetarian option daily is Salad Bar with protein choices</p>

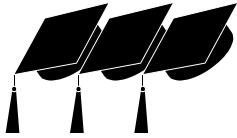
Allergy Notice: Menu items may contain tree nuts, peanuts/nut products, wheat, fish, eggs, soy, and various legumes. Students with allergies should contact the School Nurse or School Nutrition Director prior to eating any foods served in the cafeteria

Onalaska High School
700 Wilson Street
Onalaska, WI 54650

Welcome to OHS! Check
out our website at:
www.onalaskaschools.com



An Equal Opportunity Employer



Important dates for Seniors



Senior photo submission deadline for the OHS Yearbook Friday, September 22, 2023
Submit close up shot showing predominantly head and shoulders, wallet size only
Senior baby ad submission deadline for the OHS Yearbook..... Friday, September 22, 2023
Cap and Gown measurements taken and packets sent homeearly November
Graduation orders taken for announcements, etc.early November
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

Charlie Ihle Assoc. Principal
ihlch@onalaskaschools.com

Jason Thiry Activities Dir.
thija@onalaskaschools.com

LeAnn Dirks Admin. Assistant
dirle@onalaskaschools.com

Amber Turner Attendance
turam@onalaskaschools.com

Web: www.onalaskaschools.com

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

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