



FREDDY'S FOOTNOTES



A Newsletter from Onalaska High School

June 2023

Highlights Class of 2023 Top 5%

Important Dates

ACT at OHS..... June 10
Summer School..... June 12 – July 21
Summer Musical July 14 and 15
2023-24 Registration..... August 8
School Starts August 21

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Devon Adams
Daughter of Chris Adams
and
Emily Adams



Beth Akins
Daughter of Geoff
and
Jennifer Akins



Josie Anderson
Daughter of Niels
and
Pam Anderson



Katherine Eliason
Daughter of Clinton
and
Kathleen Eliason



Layla Gates
Daughter of Brad
and
April Gates



Jayden Hobson
Daughter of Mandy Hobson
and
Kari Montgomery



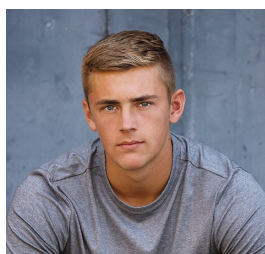
Maxwell Klein
Son of Rick
and
Susan Klein



Cole Lorenz
Son of Ryan
and
Gretchen Lorenz



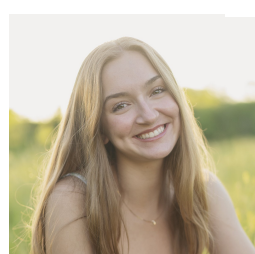
Samuel Pica
Son of Jay
and
Dianne Pica



Aiden Sommerfield
Son of Artie
and
Julie Sommerfield



Jack Tracey
Son of Tom Tracey
and
Tia Tracey



Finley Weber
Daughter of Charles
and
Kari Weber



Daniel Yao
Son of David Yao
and
Julia Wang-Yao

Important Dates

| | |
|--|--|
| ACT Test at OHS..... | Saturday, June 10 |
| Summer School..... | June 12 – July 21 |
| Booster Club 2021 Golf Outing..... | Monday, June 26 --- Registration from 10:30 am-Noon, 12:00 shotgun start |
| Catherine Berg Summer Musical <i>The Addams Family</i> | July 14 and July 15 --- 7:30 PM in the PAC |
| 2023-24 Registration..... | Tuesday, August 8 --- 8:30 AM – 7:00 PM |
| 9 th Grade Parent Information Night..... | Tuesday, August 8 --- 6:30 PM in the PAC |
| Freshman Orientation Link Day..... | Wednesday, August 16 --- 7:45 AM in the Fieldhouse |
| Transfer (New) Student Orientation..... | Wednesday, August 16 --- 12:00 PM – 2:00 PM --- Hilltopper Room |
| Junior Parking Ballots Due..... | August 21 --- (Lottery Drawing will take place the first week of school) |
| 1 st day of school..... | Monday, August 21, 2023 --- 7:45 AM |
| Last day to drop a class..... | Wednesday, August 30 |
| Homecoming Week..... | September 11 – 16 |
| Picture Re-take Day..... | Monday, September 18 |
| Practice ACT for All Freshman-Juniors..... | Tuesday, September 19 |
| Senior Pictures/ Baby Ads Due..... | Friday, September 22 |
| Parent Teacher Conferences..... | Wednesday, October 4 --- 3:30 PM – 8:00 PM |
| | Thursday, October 5 --- 12:30 PM – 8:00 PM |

2023 -2024

Student Fall Registration

Tuesday, August 8

Tuesday, August 8 from
8:30 AM to 7:00 PM.

The first day of classes is
Monday, August 21.

Fall Sports starting dates:

Tuesday, August 1
Football

Monday, August 7
Girls Golf

Tuesday, August 8
Girls Tennis
Girls Swimming

Monday, August 14
Boys Soccer
Cross Country
Girls Volleyball

Mandatory
Parent/Athlete/
Coach
Preseason
Meeting for ALL
Fall Sports prior to
the start of the
season. Watch for
an email with
more details in
July.

PowerSchool Back-to-School Student Update for 2023-24

The School District of Onalaska is once again doing an online student data validation system update through PowerSchool. Powered by InfoSnap, this secure system allows the district to verify all student demographic, emergency and medical information for your child prior to the start of the new school year. The system will also allow you to electronically sign the annual permission forms for school district policies.

If you have not received instructions via email from the School District office by July 1, please contact the office for instructions and/or a paper copy if you do not have internet access.

This process will be open starting Tuesday, June 20. If you are not able to figure out this process, please call the main office (608-783-4561) for assistance.



Graduating Class of 2023



Devon Adams ***NHS

Beth McKenzie Akins ***NHS

Felicia Ann Allen

Josie Grace Anderson ***NHS

Mario Francesco Angelini

Lauren Makenna Arsenault ***NHS

Colton Magnus Backman

Samantha Jane Bakalars

Cornell Lanell Banks

Alex Bautista Lopez

Nicholas Berry **NHS

Josie Nicole Blum ***

Saige Olive Boggus

Levi Alexander Bolstad

Robert Louis Bonner

Alex Riley Borden

Micah Kelley Bornitz

Benjamin Scott Bossman ***NHS

Simon Steven Bowman ***

Ava Lauryn Breidenbach

Ronald Thomas Brockway

Kali Ann Bronston **NHS

Bryce Kelly Buchanan ***NHS

Carver Ethan Burkhalter

Matthew Michael Burnette

Emma Jo Rielynn Candahl ***NHS

Mikayla Elizabeth Carkhuff **NHS

Levi Thomas Cavadini

Brianna Lynn Chouinard

Charles Ming Clark ***

Thomas James Clark

Garret L Clements

Emma Clemmer

Jayden Garrett Clemmer

Colin Ryan Comeau

Mariah Lee Creamer

Jacob Cuadros

Joshua Lee Cuadros

Amina Marie Yvette Dagonis **

Joshua Michael Degenhardt

Simon Timothy Desmond

Maxim Dochkin *

Maverick Tristan DuCharme

Morgan Leslie Dus *

Elizabeth Michelle Eckert *

Evan James Jeffrey Edwards ***

Garrick James Egge

Katherine Jean Eliason *

Benjamin James Engel ***

Colton James Erickson

Kieley Lynn Erickson *

Sean Edward Louis Evans

Travis Paul Everson Jr

Jane Elizabeth Fabian

Joshua Jiefu Fenn

Mason Edward Flasch

Austin Caleb Fortun **

Zachary Chad Gamble

Layla Marie Gates ***NHS

Eva Rose Gehrke **

Benjamin Michael-Ryan Geister ***NHS

Sean William Gilles *NHS

Samuel Joseph Grider

Madeline Judith Grossklaus

Hudson J Guzzo ***NHS

Zachary James Halverson

Autumn Marie Hanson

Samantha Jo Hanson

Callum George Haugh

Matthew Aaron Hawley

Carter Edward Hayes **

Samuel Russell Hegge

Michael Henry Helixon

Joshua Daniel Hellman ***

Xavier Stephen Henry

Gaonou Her ***

Braeden Isaiah Hill ***NHS

Zander Charles Hindsley

Jayden Elizabeth Hobson ***NHS

Carsten Andrew Holter

Marina Lynn Howard

Bennett Janikowski **

Landon C Johnson

Jacey Janet Kaczorowski

Soren E Kameya

Kincaid Maximillian Kapus

Lillian Bethann Kast

Elizabeth Marie Kehr

Elie Maureen Kemp

Jade Emily Kessling

Kaleb John Kidd

Dominic J Kinney

Nathan Vue Kintgen

Maxwell Noah Klein ***NHS

Caroline Elizabeth Kleven ***NHS

Ava Renee Kloehn ***NHS

Abigail Knaack

Jonathan Craig Knickrehm

Ethan Marshall Kramer ***NHS

Kaitlyn Nichole Krenzke

Walker Patrick Kudron

Jordan Ellis Lancour

Landon Thomas Larson

Katharine Elaine Lavold *

Adeline Parker Lee ***NHS

Alex Lee

Angelina Gal Nou Lee

April Ntsa Iab Lee

Hunter Lee

Ken Muaji Lee

Xanaly Lee

Connor Jens Lintula

Zachary Thomas Lopez Johnson

Aynur Lopez Serrano

Cole William Lorenz ***NHS

Nathan Daniel Luebke

Kendra Ann Manix ***NHS

Cosette Marais

Sara Marchi

Alexis Lee Marsh

Mikai Xayden Tristin Marsh

Daniel Brian Martz

Emma Sophia McAndrews

Colin Mathew McCaffrey

Ethan McCoy

Richard McGarry III

Ally Mae McGrath ***NHS

Owen Richard McKane

Brylee R Meacham



Graduating Class of 2023



Tanner David Melde
Maverick Lucas Merrill
Macy Rose Meyer ***NHS
Caydence Lynn Miller
Isaiah J Milton
Tristan Allen Mlsna
Taylor Molling ***NHS
Jaysen M Moran
Jaxson A Morris
Kylee Rose Nkauzoo Moua
McKenna Ann Murphy ***
Natalie Gwynn Murphy ***NHS
Aidan Kenneth Myhre
Logan David Nash
Sofia Amélie Navarro Westenberger
Layla Brooklynn Newhouse
Ashton John Newman
Charlie Allen Newman
Nicholas Dinale-Scott Nicholson
Braeden William Nolte
Elizabeth Jacqueline O'Neill
Keegan Sean Odell
Nicklaus Shawn Odom
Tyler Chance Oliver
Nathan Andrew Olson ***NHS
Sahmiyah Aralynn Pantoja
Caesar Taka Pedersen
Tucker Chase Petersen
Samuel Arthur Pica ***NHS
Will Nicholas Popowich
Katlyn Emma Pray ***
Evan John Pronschinske
Brinley Rae Reaves
Ella Reetz
Gavin Ray Ridge *
Sierra Anne Rieck
Isaiah D Roach

Jeremiah Michael Robinson
Brenden John Robison
Carmen Roraff
Abigail Ann Rudrud ***NHS
Nicholas David Rudrud ***NHS
Andre Louis Sanchez
Makayla Maxine Sanwick **NHS
Christopher S Scafe
Madison Elise Scalf
Octavia Rayne Schickowski
Kristin LaVonne Schoenecker
Natalie Elizabeth Schreder ***NHS
Griffin Kelly Schultz
Gavin C Schuster
Annelle Marion Sebranek
Alexander James Siedschlag
Isaac S Singvah **
Vaughn Aiden Sisk
Braden Daniel Slama *
Abigail Marie Slaughter
Sebastian Smith
Sarah Lori Snyder
Elizabeth Carol Soderberg
Aiden Ellis Sommerfield ***NHS
Kaydence Rae Jo Stapleton
Kianah Nevaeh-Leigh Stettler ***NHS
Benjamin Gared Stuhr **
Alexander Joshua Swanson
Anna May Swartling
Alexandra Lu Thomas ***NHS
Jack Thomas Tracey ***NHS
Lane Stacia Tracy
Jasmine Dawn Tutlewski
Addison Ann Updike
Gohan Fulcrum Vang
Michael Vang
Pakou Vang

Rose Vang
Orlando Armando Vega
Andrew Garrett Villareal ***NHS
Lukas Gabriel von Weiss
Rebecca Lynn Voter *NHS
Mathias Vue
Emily Brigid Walz ***NHS
Eric James Ward
Alexandra DiazGranados
Wayss ***NHS
Finley Caroline Weber ***NHS
Cody Howard Whitacre
Nathan Russell White
Ashleigh Brooke Whitman
Samantha Leigh Whitman ***
Liam Randall Williams
Taylor Lynn Williams
Lilly Wiltsie
Braedon James Wolcott
Noah Charles Woyczik
Maxwell Michael Wurster ***
ChueZong Tommy Xiong
Sanjana Kajsiaab Xiong ***
Bailey Sue Yang
Brianna Marie Yang ***
Daisy Houa Ja Yang
Daniel Yao ***NHS
Carson S Zebell
Soren Avery Schandelmeier Zellers

Academic Honors

Honors – *
High Honors – **
Highest Honors – ***
National Honor Society – NHS



2023 Senior Speakers



Aiden Sommerfield



Benjamin Stuhr



Finley Weber



Daniel Yao



The Onalaska High School staff would like to wish you success in your future life choices. Our role as educators has led us to this parting moment, and one we reluctantly face every year. We have done our best to prepare you for your life beyond high school. Our best to each of you as you follow your dreams.



2023 Onalaska High School Scholarship Recipients

William E. Johnson

Katie Lavold
Ken Lee
Addison Updike

John and Linda Lyche Family Scholarship

Rebecca Voter
Autumn Hanson

Kellie Miller Kim Memorial Scholarship

Jayden Hobson

Kaitlin Elizabeth Mahr Memorial Scholarship

Alex Wayss

Samuel W. Mahr Scholarship

Caroline Kleven

Veum Memorial Scholarship

Joshua Hellman

Florence Hyatt Memorial Scholarship

Ricky McGarry

Whitebeck Scholarship

Kiely Erickson, Adeline Lee

Achieve Excellence Scholarship

Daniel Yao
Aiden Sommerfield

Excellence at Large

Sam Pica
Max Klein
Finley Weber
Devon Adams

Onalaska Employees Education Association

Macy Meyer

Marian Mieden Education Scholarship

Abby Rudrud

Tim Gullikson Memorial Scholarship

Austin Fortun

Mary Aiken Memorial Scholarship

Kali Bronston
Lauren Arsenault

Onalaska American Legion Scholarship

Matty Burnette
Makayla Sanwick

Onalaska Lions Club

Eva Gehrke

La Crosse Kiwanis Community Award

Sanjana Xiong

George and Ruth Myer Scholarship

Sean Gilles
Ben Bossman

La Crosse Festivals Gemutlichkeit Foundation

Beth Aikins

John and Ruth Sherman

Ally McGrath

Kent Grimsled

Nathan Olson

Valerie Burman Art Plus Scholarship

Natalie Schraeder

Abellera Family Scholarship

Amina Dagon

Brock Family Scholarship

Kianah Stettler

Gerald and Marcella (Meyer) Horman

Ash Whitman, Samantha Hanson

Kelly Schuster Memorial Scholarship

Vaugh Sisk

Joan Russel Piel

Emma Jo Candahl
Sam Whitman
Isaac Singvah

Character Lives Scholarship

Ben Stuhr

Onalaska Royal Basketball

Max Klein
Jon Knickhrem

Onalaska Cross Country Alumni

Bryce Buchanan

Onalaska Suns

Bailey Yang

Dick and Lucy Mulder Scholarship

Ethan Kramer

Harold Lemke

Devon Adams

Jack Tracey

Airman Adam Servais Memorial Scholarship

Morgan Dus

Sanjana Xiong

La Crosse Tribune Extra Effort Trust Point

Braeden Slama

Northwest Hardwoods

Alli Thomas

Riverland Energy

McKenna Murphy

Nick Rudrud

Onalaska Alumni Association

Aiden Sommerfield

Taylor Molling

Jacob Trannel Memorial Scholarship

Josie Anderson

Soccer: Carver Burkhalter

Hockey: Colin Comeau

Academic Excellence

Daniel Yao

Aiden Sommerfield

Technical Education Excellence

Tucker Peterson

Onalaska Interact

Emily Walz

Altra

Daniel Yao

Lauren Arsenault

OHS Band Boosters

Chris Scafe

Kylee Moua

Natalie Schraeder

Ben Geister

OHS PSG

Josie Anderson

Richard McGarry

Foundation Mabel Anderson

Sam Pica

Ava Kloehn

Macy Meyer

Alexandra Thomas

Jack Tracey

Bryce Buchanan

Nathan Olson

O'Club

Josie Blum

Bryce Buchanan

Nick Rudrud

JA Titan

Noah Woyczik

7 Rivers Credit Unions

Nick Berry

Simon Boman

Charlie Clark

La Crosse BGC

Cornell Banks

United States Military Academy, West Point

Sam Pica

Live Your Dash Scholarship

Cornell Banks

Health Science Academy

Devon Adams

Sam Pica

McKenna Murphy

WACPC

Macy Meyer

Student Leadership Scholarships

Colton Backman
Evan Edwards
Natalie Murphy
Makai Marsh
Brianna Yang

WASBO 2023 Wallace E. Zastrow Award

Braeden Hill

American Red Cross

Emily Walz

Ashley Furniture Grants in Education Scholarship

Josh Fenn

ELO Johnson Scholarship

Nathan Olson

Coach Jon Brenner YMCA Swimming Scholarship

Simon Bowman

La Crosse Area Youth Symphony Orchestras

Nathan Olson - Ruth B. Williams Music Scholarship

La Crosse County Pork Producers

Alli Thomas

American Legion

Michael Hellixon - Scholarship Test

Mayo Dependent Scholarships

Simon Boman
Sean Gilles
Taylor Molling

Bowling Scholarships

Layla Gates
Sylvia Druschke/Jess "Red" Andrews and Rollie E.
Papenfuss Scholarship
USBC
Bernie Mysliwiec Scholarship

Florida International University-Soccer

Mikayla Carkhuff

Southwest Minnesota State-Football

Levi Bolstad

Loyola University

Damen Scholarship - Emily Walz

St. Thomas University

St. Thomas Scholarship - Finley Weber

University of Wisconsin - La Crosse Music Department

Nathan Olson
Cordeiro Scholarship for Student Studying String Instruments
Thomas & Margaret Annett Scholarship for the Arts
Paul Stry Music Endowment for the Arts
Hoeschler String Quartet Scholarship

University of Wisconsin-Stevens Point

Natalie Schreader
Invest in your Purpose Scholarship

University of Wisconsin-Stevens Point

Gavin Ridge
Presidential Gold Scholarship
Invest in Your Purpose Scholarship
Pointer Promise Scholarship

University of Wisconsin-La Crosse

Austin Fortun
Merit Scholarship

University of Wisconsin-Madison

Andrew Villareal
Wisconsin School of Business Scholarship

Iowa State University

Joshua Hellman
Adventure Award
Engineering Merit Scholarship

Minnesota State-Mankato

Lauren Arsenault
Maverick Scholarship

University of Vermont

Caroline Kleven
Trustee Scholarship

Viterbo University

McKenna Murphy
Dean's Scholarship
Nightingale Scholarship

Arizona State University

Ethan Kramer
Provost Scholarship

St. Norbert College

Sean Gilles

St. Norbert Trustee Distinguished Scholarship

University of Wisconsin-Stevens Point

Bryce Buchanan

Pointer Promise Scholarship

Presidential Purple Scholarship

University of Wisconsin-Stevens Point

Abigail Rudrud

Pointer Promise Scholarship

Presidential Gold Scholarship

Iowa State University

Nick Rudrud

Iowa State Scholarship

Iowa State Grant Scholarship

University of Wisconsin-La Crosse

Josie Blum

Resident Merit Scholarship

North Dakota State University

Emma Jo Candahl

Development Foundation Honor Scholarship

Provost Scholarship

Luther College

Josh Fenn

Martin Luther Scholarship

Weston Noble Music Scholarship

Diversity Enrichment Scholarship

Luther Distinction Scholarship

University of St. Thomas

Max Klein

St. Thomas Scholarship

Trustee Academic Scholarship

Murphy Scholarship

University of Wisconsin-La Crosse

Taylor Molling

Resident Merit Scholarship

Viterbo University

Kali Bronston

Hallmark Scholarship

Vern Dale Scholarships

Devon Adams

Aiden Sommerfield

Jack Tracey

Daniel Yao

Sam Pica

Max Klein

Beth Akins

Finley Weber

Jayden Hobson

Josie Anderson

Layla Gates

Taylor Molling

Alex Wayss

Ava Kloehn

McKenna Murphy

Max Dochkin

Nick Rudrud

Gaonou Her

Lauren Arsenault

Ally McGrath

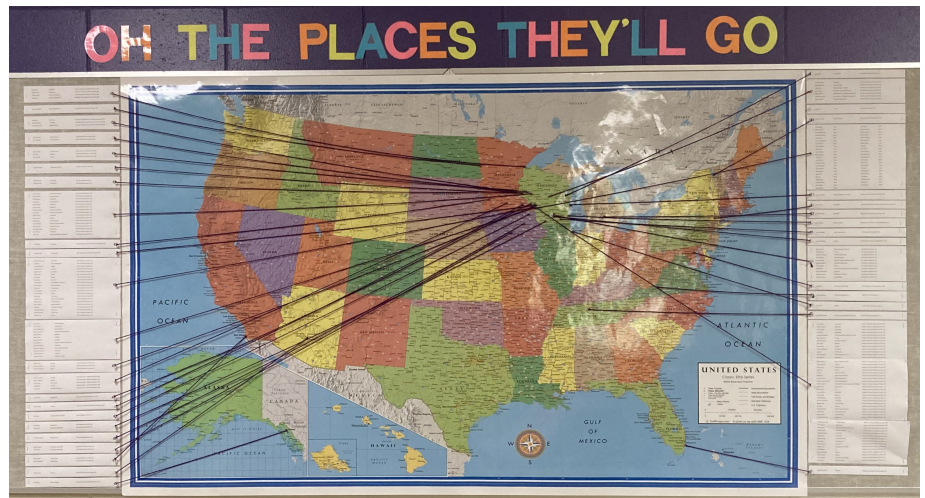
Ben Geister

Adeline Lee

Ben Bossman

Oh the places you'll go,
Today is your day!
Your mountain is waiting,
So ...get on your way!

--Dr. Seuss



Class of 2023 Senior Awards

John Philip Sousa Award

- Garret Clements
- Natalie Schreader

Louis Armstrong Jazz Award

- Josh Fenn

Youth Servant Leadership Award

- Christopher Scafe
- Emma McAndrews
- Rebecca Voter
- Ash Whitman
- Benjamin Geister

Excellence in Inclusivity

- Matty Burnette

AAA Award

- Daniel Yao
- Josie Anderson
- Benjamin Bossman
- Bryce Buchanan
- Sanjana Xiong
- Sean Gilles
- Natalie Schreader
- Emma Jo Candahl
- Makayla Sanwick
- Kendra Manix
- Caroline Kleven
- Benjamin Geister
- Alexandra Wayss

Onalaska High School Math Award

- Daniel Yao

Excellence in Health

- Devon Adams
- Ben Geister

Outstanding Drama Student

- Amina Dagon

Excellence in Job Skills

- Mario Angelini
- Madison Scalf

Peer Tutor/Aide for Resource Department

- Jade Kessler
- Sahmiyah Pantoja
- Kristin Schoenecker
- Matthew Burnette

Spanish Honor Society Certificate

- Josie Blum
- Taylor Molling
- Emily Walz
- Alexandra Wayss
- Aiden Sommerfield
- Natalie Schreader
- Kianah Stettler
- Elizabeth Soderberg
- Katlyn Pray

Excellence in Technology & Engineering

- Cole Lorenz

Excellence in Drama

- Amina Dagon

Excellence in Science

- Daniel Yao
- Ava Kloehn
- Aiden Sommerfield
- Alex Wayss

Youth Apprenticeship

- Lauren Arsenault
- Carver Burkhalter
- Josh Degenhardt
- Layla Gates
- Eva Gehrke
- Elizabeth Kehr
- Ava Kloehn
- Ally McGrath
- Kianah Stettler
- Alex Swanson
- Emily Walz
- Alex Wayss

Onalaska Fire Academy

- Jacob Cuadros
- Michael Vang

Health Science Academy

- Devon Adams
- Sam Pica
- McKenna Murphy

Onalaska Teacher Education Academy

- Matty Burnette
- Mariah Creamer
- Elizabeth Eckert
- Eva Gehrke
- Samantha Hanson
- Jade Kessler
- Abby Rudrud
- Ben Stuhr
- Rebecca Voter

Global Scholars

- Abigail Rudrud
- Natalie Schroeder

Seal of Biliteracy

- Alexander Swanson
- Alexandra Wayss

French National Honor Society

- Beth Akins
- Lauren Arsenault
- Abigail Rudrud
- Makayla Sanwick
- Finley Weber

Excellence in Visual Arts

- Natalie Schreader

English Department Excellence Award

- Jane Fabian

Excellence in Social Studies

- Aiden Sommerfield

Outstanding Pupil Award

- Sajana K Xiong
- Gaonou Her
- Ken Lee

Link Leader of the Year

- Abigail Rudrud

English Department Award

- Jane Fabian

Excellence in Orchestra

- Nathan Olson
- Daniel Yao

SmartMusic Expert Award

- Josie Anderson
- Benjamin Engel

Director's Award

- Benjamin Bossman
- Amina Dagon
- Daniel Martz
- Jeremiah Robinson
- Makayla Sanwick
- Braeden Hill
- Ash Whitman

Outstanding Senior Award-Vocal Music

- Nathan Olson

National Choral Award

- Richard McGarry

Family Consumer Science Department

- Abby Rudrud

Outstanding Student Physical Education

- Ben Stuhr
- Ken Lee

Senior Athlete Award

- Alex Bautista
- Josie Blum
- Ava Breidenbach
- Kali Bronston
- Kali Bronston
- Bryce Buchanan
- Sean Evans
- Jane Fabian
- Benjamin Geister
- Sean Gilles
- Samantha Hanson
- Carter Hayes
- Maxwell Klein
- Nicklaus Odom
- Samuel Pica
- Abby Rudrud
- Nick Rudrud
- Griffin Schultz
- Sebastian Smith
- Aiden Sommerfield
- Ben Stuhr
- Alexandra Thomas
- Alexandra Wayss

Mark LeFebre Award

- Sam Pica

Senior Male Athlete of the Year

- Nick Odom

Senior Female Athlete of the Year

- Alli Thomas

Freshmen Update

Welcome Class of 2027!

Freshmen Registration:

Tuesday, August 8, 2023

Open 8:30 AM – 7:00 PM

Takes approximately 1/2 hour.

Student may come alone or with a parent to pay fees, get your locker and lock combination, have ID Photo taken, meet the principal/associate principal, and see your friends.

OHS Commons

Freshmen & Parent

Orientation Meeting:

Tuesday, August 8

6:30 PM

OHS Performing Arts Center

School Starts August 21st 7:45 AM

Your Freshmen's 1st Day of High School Starts Here...

The Staff and Students of
Onalaska High School
Invite the class of 2027
to our Nineteenth Annual
Jump Start to High School
LINK

Freshmen Orientation

7:45 AM – 11:00 AM

August 16, 2023

The purpose of this orientation is to make the transition from middle school to high school a positive one. Seniors and juniors will serve as leaders to the freshmen. Large and small group activities are designed to address students' needs and concerns in an enjoyable manner. Wear comfortable clothes and don't bring all your stuff...travel light. If you have any questions, please call Link Crew Coordinator: Megan Sprague Ext. 5314 or email at sprme@onalaskaschools.com.

Plan to be engaged during the full time! OHS Students and staff have designed activities for the freshmen that will promptly start and end according to the schedule. Be sure to eat a good breakfast to get you through the morning.

Onalaska High School
Student Services
700 Wilson Street
Onalaska WI 54650

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. The role of Family School Liaison for the School District of Onalaska, 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 the District Office.

Family School Liaison, School District of Onalaska,
608-779-1959

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



Healthy meals for kids and teens. FREE!

No need to sign up or apply—just show up and enjoy!



Location and Time(s) of Meals:

Northern Hills Elementary--2023

910 East Avenue North

9 am Snack/ 11:30-12:30 pm Lunch

From June 12th to July 28th (no meals on July 3rd & 4th)

Contact:

Onalaska School Nutrition

608-783-6251

Johke@onalaskaschools.com or tilme@onalaskaschools.com

More Info:

wisummerfood.org or call 211

Text: 'food' to 304-304 for meals near you.

This institution is an equal opportunity provider.



SCAN ME

Summer Food Service Program
Wisconsin Department of Public Instruction



2023 SUMMER SCHOOL

The summer school online registration process began on Thursday, April 13. Be sure to register early since some classes do reach their capacity before the deadline and ALL courses are based on a first-come first-served basis.

Also, please keep in mind when registering for summer courses that there are strict attendance guidelines. For all **credit courses**, students are allowed to miss only two classes, and if they miss a third time, they are removed from the class. Please read the summer school booklet to find out what the specific attendance requirements are for each course.

Summer School

Summer School begins June 12 and will end July 21.

There will be no classes on July 3 & 4.

Onalaska Summer School Registration

Who: Students entering grades 9 – 12

How: Online – click [here](#)

When: Registration began on April 13

Contact: Melissa de Boer, Summer School Secretary at debme@onalaskaschools.com or 608-783-4571 x5034
Charlie Ihle, Summer School Coordinator at ihlch@onalaskaschools.com or 608-783-4561 x5003

Catherine C. Berg Summer Musical

The Catherine C. Berg Summer Musical for 2023 will be the new musical *The Addams Family*. The show will be presented in the Claude C. Deck Performing Arts Center on July 14 and 15 at 7:30 PM.

The Addams Family by Marshall Brickman, Rick Elice, and Andrew Lippa, and based on characters created by cartoonist Charles Addams.

In the kooky, upside-down world of the Addams Family, to be sad is to be happy, to feel pain is to feel joy, and death and suffering are the stuff of their dreams. In one fateful, hilarious night, secrets are disclosed, relationships are tested, and the Addams family must face up to the one horrible thing they've managed to avoid for generations: change.

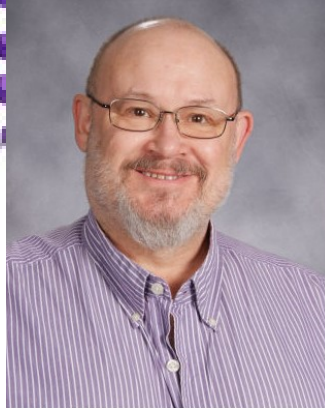
THE
ADDAMS FAMILY
A NEW MUSICAL



Congratulations RETIREES!



Curt Goodenough
34.5 Years



Kevin Lee
27 Years



Barb Nelson
22.5 Years



Bruce O'Connell
20 Years



Kristin Tschumper
31 Years



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.

Attention Class of 2024 - make your senior picture appointments now!

A reminder from the yearbook staff and area photographers:

La Crosse/Onalaska area photography studios request that you make your appointment NOW to get your picture taken this summer.

Dates are already being booked and filled for photographers.

The Yearbook's deadline for submission of senior graduation photos is Friday, September 22, and area photographers need the time to process your photos (takes approximately four weeks) for you to be able to make your print selection. September 22 is also the deadline for yearbook Baby Ads (see how to submit an ad below).



Class of 2024 Senior Baby Ad

The yearbook staff would like to invite you to place a Student Recognition Ad (better known as “[Baby Ad](#)”) in the 2023-24 Aksalano yearbook. Submit a favorite infant or toddler photo of your senior son or daughter, and include a personal message of love, support and encouragement. Submit form by clicking [here](#).

The message should be no longer than 40 words, and the cost is \$40.00. Payments can be made online at <http://www.onalaska.k12.wi.us/schools/high/about/yearbook.cfm>.

Photos can be sent through the Jostens image share site (images.jostens.com - ID 416224505), or emailed to Travis Johnson at johtr@onalaskaschools.com (jpeg format, 300 dpi).

In order for us to meet our deadline with Jostens, we must receive your photo, message and payment no later than Friday, September 22. This date is earlier than in the past, due to the deadlines associated with a mid May end of the school year in 2024. Late submissions cannot be accepted. September 22 is also the day senior portrait photos must be submitted to the yearbook staff.

Any questions should be directed to Travis Johnson, Onalaska High School Yearbook Advisor, at johtr@onalaskaschools.com.

Thank you,
The Aksalano Yearbook Staff



Thank You Mr. Goodenough



The OHS band presented **Curt Goodenough**, retiring custodian, with the "shovel plaque" during the band cookout. Their thank you to him for all of his help throughout the years.

Job Training



Congratulations to our students that have completed the job training at Goodwill this semester - **Kenji Vang, Maverick Merrill, Dawson Sjolander, Damian Buckle and Micahel Vang.**



May 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:

Krishna Ailiani

Nominees:

Elise Berry
Elijah Fernandes
Jayla Martin
Elizabeth Matz
Patel Soham

Junior Class

Student of the Month:

Jenna Law

Nominees:

Nolan Adams
Alanna Hurlburt
Claire Lukasek
Tshajmeej Thao

Sophomore Class

Student of the Month:

Lyla Schultz

Nominees:

Eliana Mascotti
Makayla Moss
Diego Neira
Zoelyn Peterson

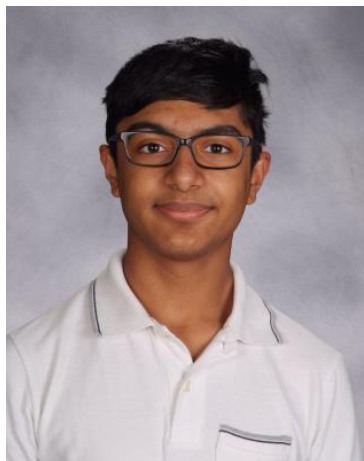
Senior Class

Student of the Month:

Caesar Pedersen

Nominees:

Josie Anderson
Nicholas Berry
Ben Bossman
Nathan Luebke
Macy Meyer
Christopher Scafe
Sarah Snyder



Krishna Ailiani
Freshman



Lyla Schultz
Sophomore



Jenna Law
Junior



Caesar Pedersen
Senior

Freddy Extra Effort Award ...

May



Delilah Lee
Freshman



Hanna O'Rourke
Sophomore



Olivia Burchell
Junior



Amina Dagon
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

JUNE 2023 • JUIN 2023 • JUNIO 2023

WORLD LANGUAGE



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: You only need to take two years of a world language.

REALITY: There is a false belief that one needs a world language to graduate from high school. Equally false, there is a belief that universities require two years for admission. The truth is, there isn't any requirement for high school graduation. However, universities use world language as criteria for selection. The more you have, the more likely you are to gain admittance to the university of your choice.

French Pronunciation Competition 2023 Le Concours Oral Français 2023

The French Pronunciation Contest (Le Concours Oral Français) was held virtually this year due. Onalaska High School had 22 students join over 300 students from schools across Wisconsin to compete in the annual speaking contest. Students sign up to perform in one of six speaking categories. Each category has a corresponding level based on the number of years the student has been studying French. Students are judged by three French-speaking judges and given a rating of either A, B, or C. Students who earn an A rating received a gold medal. Students who earn B rating received a silver medal. We are proud of the 22 students who earned gold medals at state!!!

Students who earned an A rating gold medals are:

| | | | |
|------------|--------------|------------|--------|
| Cole L. | Prose | Jenna G. | Poetry |
| Alex S. | Prose | Kai G. | Poetry |
| Jane F. | Conversation | Jessica M. | Poetry |
| Layla G. | Conversation | Nou Qu Y. | Poetry |
| Richard C. | Poetry | Ben T. | Poetry |
| Lucien V. | Poetry | Elise B. | Poetry |
| Gao Kou Y. | Poetry | Arlo W. | Poetry |
| Snigdha R. | Poetry | Sophia K. | Poetry |
| Miti P. | Poetry | Sydney K. | Poetry |
| Kendall B. | Poetry | Ben H. | Poetry |
| Kyara C. | Poetry | Pa Nyia V. | Poetry |

Félicitations



ONALASKA SCHOOLS FOOD PANTRY 2022 - 23



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** 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 12
- October 3
- November 7
- December 5
- January 9
- February 6
- March 6
- April 3
- May 1
- June 5





National Honor Society 2023 - 24



This fall a Faculty Committee will discuss NHS eligibility for juniors and seniors. Students interested in applying for NHS may use the following criteria to enhance their summer experiences, putting them in a better position for acceptance into NHS in the fall. *In addition, obtaining adult signatures verifying your hours of service work and leadership opportunities will save you time in the future.*

The NHS adviser will mail letters home in the late summer for juniors/seniors who qualify academically. Students who wish to apply will then receive an application to complete and submit.

The Faculty Committee will evaluate the following areas:

1. **Scholarship** – 3.5 cumulative GPA
 - ☐ No classes weighted more than others
2. **Leadership** – Must have TWO documented leadership experiences.
 - ☐ Demonstrates initiative in promoting school activities
 - ☐ Exercises positive influence on peers in upholding school ideals
 - ☐ Demonstrates academic initiative
 - ☐ Holds school offices or positions of responsibility
 - ☐ Demonstrates reliability and dependability
 - ☐ Leader in the classroom, at work, in other school or community activities
3. **Service** – Must have 20 documented hours of service while in high school. Better defined as actions undertaken by student which are done with or on behalf of others without any direct financial or material compensation
 - ☐ Volunteers and provides dependable and well-organized assistance
 - ☐ Works well with others
 - ☐ Cheerfully and enthusiastically provides service to others
 - ☐ Assists teachers, students, visitors

Please email me with any questions. JJ Jansky, NHS Adviser, janjo@onalaskaschools.com.



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: Barb Nelson – Ext. 5029
Melissa de Boer – Ext. 5034

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

Barb Nelson – nelba@onalaskaschools.com

Melissa de Boer – debme@onalaskaschools.com

CHECK OUT OUR WEBSITE...

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



Statewide Junior ACT Day for 2024

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

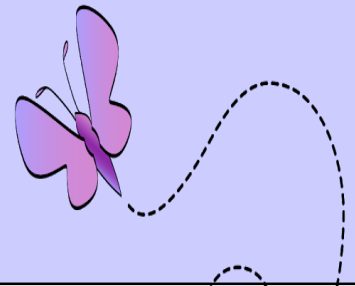


Upcoming ACT Dates and Deadlines

| Test Date | Register By | Late Registration (Additional Fee) |
|-------------------|--------------|------------------------------------|
| June 10, 2023 | May 5 | May 19 |
| July 15, 2023 | June 16 | June 23 |
| September 9, 2023 | August 4 | September 1 |
| October 28, 2023 | September 22 | October 20 |
| December 9, 2023 | November 3 | December 1 |
| February 10, 2024 | January 5 | February 2 |
| April 13, 2024 | March 8 | April 5 |
| June 8, 2024 | May 8 | May 31 |
| July 13, 2024 | June 7 | July 5 |

Important Dates

| | |
|--------------|---|
| June 10 | ACT offered at OHS - register through ACT.org |
| June 12 | First Day of Summer School |
| August 8 | Registration – 8:30AM-7:00 PM |
| August 8 | Freshman Parent Information Night – 6:30 PM |
| August 16 | Freshman Link Orientation Day – 7:45 AM |
| August 21 | First Day of School – 7:45 AM |
| August 30 | Last day to drop a class |
| September 19 | All School ACT Practice |



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, as it is updated frequently.

Mental Health Counseling Services for Students



Peace of Mind
Counseling LLC

Hello parents and students!

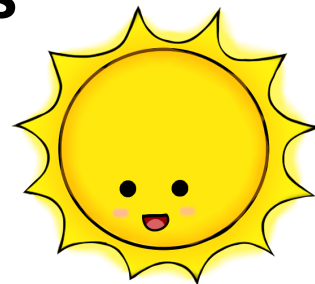
Greetings! I am Caitlyn Snyder, the mental health counselor at the high school through Peace of Mind Counseling. I am available to all students who may need extra support. If you are interested in counseling, schedule with your school counselor to set up a time with me. We are anticipating seeing students occasionally throughout the summer.

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!

Summer Counselor Hours

While the Student Service Office is open weekdays during the summer, counselor staff will be available on a limited basis during the summer months. Counselors will be in their office and available for appointments on the dates below. Students and parents can see any of our counselors for help during the summer. Counselors will be in the office for Registration on August 8, but not taking appointments that day.

**Mr. Silker**

Thursday, July 13
Wednesday, July 26
Thursday, July 27
Thursday, August 3
Thursday, August 10

Mrs. DeLong

Wednesday, July 12
Tuesday, August 1
Wednesday, August 9
Thursday, August 10
Friday, August 18

Mr. Horman

Wednesday, June 28
Thursday, July 6
Thursday, July 20
Thursday, August 3
Friday, August 11

Call Student Services at 783-4571 or email Mrs. de Boer (debme@onalaskaschools.com) to schedule an appointment with your counselor for any of the days listed above.

Summer School at OHS

Summer School at OHS will take place from Monday, June 12 - Friday, July 21, 2023 (no school on Monday, July 3rd and Tuesday, July 4th). Academic courses will meet Monday - Friday during this time. Enrichment opportunities such as Show Choir Camp and Band Camp will meet at various times, as outlined in the [Summer School booklet](#). If you have questions about Summer School, contact Melissa de Boer at debme@onalaskaschools.com or 608-783-4571.

Juniors - It's Time to Schedule Campus Visits

Many colleges are now offering virtual visits as well as in-person visits. Go to your college's website for more information. The spring of your junior year is the best time to visit campuses (technical, 2 or 4 year) and 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.

Minnesota State Week - June 26-30, 2023

<https://www.minnstate.edu/>

Minnesota Private Colleges Week - June 26-30, 2023

<https://www.mnprivatecolleges.org/news-events/events/college-explorations>

Wisconsin Private College Week - July 10-15, 2023

Register at: <https://www.wisconsinsprivatecolleges.org/visit/register-private-college-week-visit>

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****

Remember that 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 to the department through the application, using credit or debit card, or by ACH direct withdrawal. Go to <https://dwd.wisconsin.gov/er/laborstandards/workpermits> 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 classes of 2023, 2024, and 2025**. Many other colleges have also waived the ACT requirement for the foreseeable future. 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.

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.



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.uggetconnected.org/> and check it out!

www.uggetconnected.org

Graduated Seniors – Class of 2023

The OHS Students Services staff would like to congratulate all 2023 graduates and wish them the best of luck in the future! We love to hear how our past graduates are doing – students, know you're always welcome to fill us in on what's new.

Final Transcripts

Colleges and universities will request that students who will be freshmen in the fall of 2023 have final transcripts sent to verify graduation and that students have maintained GPA/class rank and rigor of schedule. Most seniors filled out the [Final Request Transcript Survey](#) in order to request this transcript. Final transcripts will be mailed the beginning of June 2023. If a graduate still needs to request a final transcript please fill out the survey, call, or email Student Services at debme@onalaskaschools.com.

Get Your Financial Aid Before it Runs Out!

Time is running out to complete financial aid information and apply for scholarships. Find more information about earning money for college on the "Paying for College" link on the Student Services website. To apply for financial aid, the Free Application for Federal Student Aid (FAFSA) must be filled out online. Both parent and student must register for a FSA ID at <https://fsaid.ed.gov/npas/> BEFORE filling out the FAFSA form.

Going to Minnesota? Reciprocity Applications Available Now!

To receive IN STATE TUITION, students planning to attend a state college or university in Minnesota must register for RECIPROCITY. This form is available online at:

<http://www.heab.state.wi.us/reciprocity/index.html> . There are NO significant changes in the immediate future regarding reciprocity agreements between Wisconsin and Minnesota.

UW System Placement Tests

Seniors who will be attending a UW campus this fall should sign up to take the UW Placement Test. The placement test results will be used to assist students and their advisors when registering for classes.

Students can find more information and a link for registration at

<http://testing.wisc.edu/centerpages/regionaltesting.html>. Students not attending a University of Wisconsin System school should contact the institution they plan to attend for placement test information.

Children's Mental and Behavioral Health Resource



The [Children's Mental and Behavioral Health Resource Navigator](#) is a free, confidential, online tool designed to help parents, caregivers, and professionals navigate mental and behavioral health services and support for children ages 0 to 21. For more details, click [here](#).

Advice for Students & Parents – Preparing to Head Off to College

For Students

1. Leave time during the summer to be with friends and say goodbye.
2. Open and answer all mail from your college, and fill out roommate and housing questionnaires carefully.
3. Bring part of home with you – pictures of friends, family, yearbooks, posters, etc.
4. That awkward silent moment at orientation or in your first days is an opportunity to make connections with your new peers! Resist the urge to message a parent or friend at that moment.
5. Seek out faculty members and your advisors. Take advantage of their office hours.
6. Remember, being independent doesn't mean you have to do everything yourself. Seek help when you need it. There are countless people on your campus who want to help you.
7. Explore academic options. Most college freshmen don't know what they want to major in. Most will change ideas about majors.
8. Remember, new friends can't immediately fill the gap left by separation from long standing friendships. Friendships take time.
9. Get involved in at least one campus activity during the first semester.
10. Make time in your schedule for exercise, sleep and sit down for meals.

For Parents

1. Be prepared for your student's and your own conflicting emotions as the day of departure approaches.
2. Discuss expectations ahead of time, encouraging your son or daughter to set his/her own academic goals.
3. Make a financial plan, and share it with your student.
4. Discuss expectations about communication/ phone calls, messaging, and letters.
5. Discuss use of alcohol and other lifestyle choices your student will have to make, but don't give lectures.
6. If you take your student to school, don't expect to spend a lot of time together. Orientation is designed to foster healthy separation and immersion into a new home.
7. Be a coach rather than a rescuer; encourage them to use their resources at college. Learn what academic and personal support services are available. Read and keep parent handbook materials from orientation.
8. Don't make major changes to your home without informing your son/daughter.
9. Be an anchor. Listen with an open mind and be supportive.
10. Keep in touch! Write letters and send care packages.

Source: *Letting Go: A Parents' Guide to Understanding the College Years – Coburn & Treeger*



Helping Yourself and Others Cope with Grief

When someone dies you can experience many different thoughts and feelings, sometimes all at once. The following are some ideas to help with the grieving process.

- Common emotions may include sadness, withdrawal, avoidance, disbelief, anger, and sometimes even joking and laughter. Allow yourself **and** others to experience grief in different ways
- Try to share your thoughts and feelings with friends and relatives. Although this is oftentimes painful, talking about the deceased and the circumstances surrounding a death helps us heal
- Be sure to take care of your physical self (get enough sleep, eat right, exercise, don't use drugs or alcohol to numb the pain or lift your mood artificially)
- Don't be afraid to cry
- Give and accept hugs
- Let others know what they can do to help you
- Think about the good times. Look at photos to help remember your lost loved one
- Write a poem or song about the one who died
- Create a sympathy card for the family/friends of the deceased
- Create an individual or large group piece of artwork to give to the family
- Write a letter to the one who died telling him/her all the things you would have liked to say to him/her
- Write about your loss in a journal
- Create a scrapbook or photo collage celebrating the person's life
- Get involved in a cause or organization that was important to him/her
- Plan ahead for grief "triggers" (anniversaries, birthdays, holidays, and other milestones) which can reawaken memories and feelings. Talk with family before the date and agree on strategies to honor the person you loved

CIEE Looking for Host Families for International Students



Study abroad and intercultural exchange organization, CIEE, is currently looking for volunteer host families for several high school exchange students coming to Western Wisconsin for the 23-24 school year. Their students will attend the high school closest to their host family, and can take school transportation or carpool. Students speak very good English and have their own medical insurance and spending money to cover personal expenses. A host simply puts another plate on the table and welcomes the student as one of their own!

Volunteer host families come in all shapes and sizes; retired, single parents, couples with or without children of any age, etc. Interested parties can visit www.ciee.org/host for more information or start a host family application at ciee.org/hostapply.

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.

Register to Retake the ACT

OHS is hosting this test on July 15, 2023. Register at ACT.org.

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

- Students go to 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.

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.

Upcoming Opportunities

Minnesota Private Colleges Week - June 26-30, 2023

<https://www.mnprivatecolleges.org/news-events/events/college-explorations>

Sessions begin at 9:30 am and 1:30 pm

Minnesota State Week - June 26-30, 2023

<https://www.minnstate.edu/>

Wisconsin Private College Week - July 10-15, 2023

Register at: <https://www.wisconsinsprivatecolleges.org/visit/register-private-college-week-visit>

UW Stout Summer Youth Camps & Programs - available to students in grades 6-12

<https://www.uwstout.edu/outreach-engagement/youth-camps-programs>

Summer Music Clinic - UW Madison - June 25-July 1

Visit <https://precollege.wisc.edu/smc/> for more information

Courses include: Band, Choir, Orchestra, Music Business, Music Appreciation, Jazz, Musical Theater, Music Performance, Electronic Music, and more!

Carnegie Mellon's Pre-College Programs - beginning in July 2023

<https://www.cmu.edu/pre-college/>

World-class instruction on a beautiful university campus – help your students prepare for the college experience while exploring educational and career options. Application opens on December 1st, and can be found [HERE](#).

National Student Leadership Conferences

NSLC seeks current 9th, 10th, and 11th grade students who have demonstrated academic excellence, extracurricular involvement, and leadership potential to attend one of several career-focused leadership programs. Participants will meet with and learn from prominent national and world leaders, experience a future career, and experience life on a college campus and earn college credit.

The minimum GPA required for this program is a 3.0. Program cost ranges from \$2,000-\$5,000 depending on the program. Visit <https://www.nslcleaders.org/> for more information. Interested students can ask their school counselor to be nominated.



Upcoming Opportunities

Bellin College Summer Camp - June, July and August 2023 dates at Bellin College in Green Bay

<https://www.bellincollege.edu/admissions/visit/summer-camps/>

Nursing Camp - June 26-27 or July 17-18 from 8:30 am - 3:00 pm

Registration of \$100 includes camp t-shirt, lunch and supplies

Participants will have the chance to:

- Practice hands-on nursing skills in Bellin College's state of the art simulation labs (starting an IV, surgical nursing skills, CPR, wound care, general health assessment and more)
- Find out what a day in the life of a healthcare worker is like by shadowing healthcare professionals at a local hospital
- Discover opportunities available in the field of nursing
- Hear from alumni about their college experiences and career paths
- Learn about college planning from an admissions counselor

Allied Health Day Camp - August 2 from 1:00-7:00 pm at Bellin College in Green Bay

<https://www.bellincollege.edu/admissions/visit/summer-camps/#two>

Registration of \$100 includes camp t-shirt, dinner and supplies

Participants will have the chance to:

- Learn about the fields of radiologic sciences, sonography, radiation therapy and surgical technology through hands on experience in our specialized labs
- Practice the basics of x-ray, CT, MRI, ultrasound, mammography, radiation therapy and surgical technology
- Dissect a synthetic cadaver
- Discover opportunities available in the field of allied health
- Hear from alumni about their college experiences and career paths
- Learn about college planning from an admissions counselor

Southeast Explorers Camp - June 17-21 at Minnesota State College Southeast in Winona, MN

Open to all students entering grades 9-12

southeastmn.edu/SoutheastExplorers

Discover various degrees in healthcare, transportation, manufacturing, and transfer pathways at Minnesota State College Southeast, while taking part in the many outdoor adventures that the area has to offer.

Minnesota Aviation Career Education Camp - June 11-16, June 18-23 or July 9-14

<https://www.mnacecamp.org/> for more information, pricing, and scholarship information

Environmental Science Camp - July 23-29, 2023 at Northern Michigan University

<https://nmu.edu/seaborg/environmental-science-camp>



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.

The Onalaska Booster club has a new 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

Gundersen will be providing 2 dates for sports physicals late this summer.

The first date is **July 25, 5-8pm**. This will be held at the Family Medicine Residency clinic in the Founders Building downtown. The second date is **August 9, 5-8pm**. This will be held in the Sports Medicine Clinic in Onalaska. The cost is \$30 or it can be billed to insurance. Parents **must call and schedule an appointment**. This is not a walk-in clinic.



Important Fall Sports Dates:

Starting Dates:

Football: August 1, 2023

Girls Golf: August 7, 2023

Girls Swimming: August 8, 2023

Boys & Girls Cross Country: August 14, 2023

Girls Tennis: August 8, 2023

Boys Soccer: August 14, 2023

Volleyball: August 14, 2023

A Mandatory Parent/Athlete/Coach Preseason Meeting will be prior to the start of fall sports. Watch for an email with more details in July.

All Athletic Registration is online!

All necessary forms for Athletic Registration are online. You will need to know your student's ID number to register. Please wait to register for fall sports until after July 22.

The only paper form that can be handed in to the Athletic Office is the physical form. This completed form can also be uploaded to your online registration page. If your student athlete's last physical was before April 1, 2022, they will need a new physical exam this year to be eligible to participate in a sport.

To access the online registration page, go to our school website at <http://www.onalaska.k12.wi.us/schools/high/activities/> .

Participation Fees are now available to pay through eFunds at <https://payments.efundsforschools.com/v3/districts/55003> .

A short video that demonstrates the online registration process can also be found on our high school activities main page.

Fees need to be paid prior to the first competition.

***Thank you
OHS Activity/Athletic Office***



2022-23 Mississippi Valley Conference/Other Spring Academic All-Conference players

These terrific athletes are also terrific students. MVC honors these athletes for their athletic ability and academic performance during the winter sports season. To qualify, a student must earn a Varsity Athletic Letter this past winter and obtain a 3.5 or above GPA.

ASL Whiffle Ball

Rylee Beahm
Nolan Bey
Colin McCaffrey
Braden Slama
Paul Yang

Baseball

Carter Gilhausen
Brady Kuhn
Zavier Lawrence
Samuel Pica
Caden Pierzina
Adam Skifton
Benjamin Stuhr
Jack Tracey
Maxwell Wurster

Boys Golf

Carter Hayes
Ethan Kramer
John Werwinski

Boys Tennis

Austin Fortun
Lewis Go
Lucas Go
Benjamin Hsieh
Maxwell Klein
Vishnu Prakash
Aiden Sommerfield
Gavin Sommerfield
Nicholas White
Daniel Yao

Girls Soccer

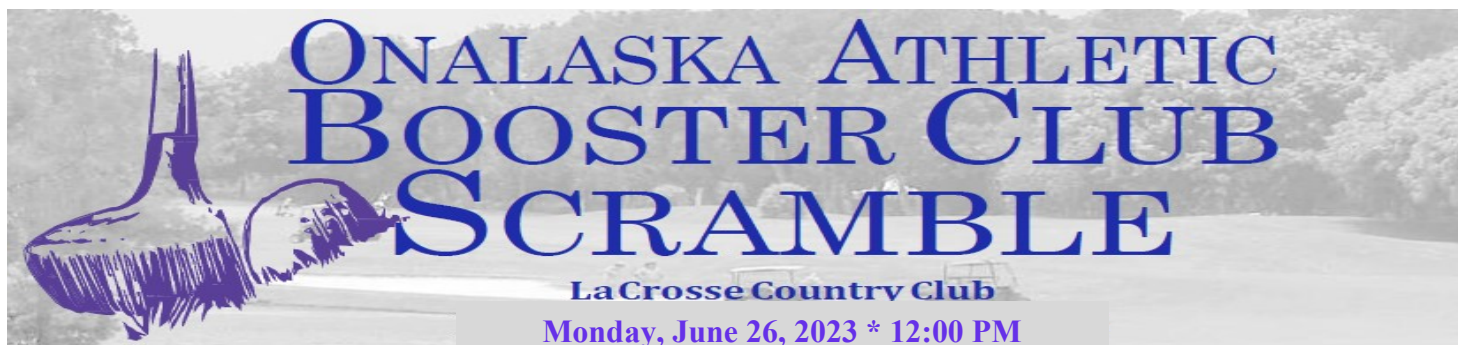
Sarah Brewer
Isabella Cromheecke
Alexandra Drazkowski
Morgan Dus
Jane Fabian
Lydia Hartman
Mallory Meighan
McKenna Murphy
Summer Nicolai
Katherine Ramsay
Anna Skemp
Natalie Tevis
Amaya Thesing
Tatum Walters
Alexandra Wayss

Softball

Caroline Clark
Sidney Fillbach
Jenna Gansen
Gaonou Her
Zoe Koonce-O'Kane
Sophia Larkin
Alexa Larson
Emerald Olson
Qitarra Olson
Rebecca Voter
Marlee Walleen

Track & Field

Josie Anderson
Keagan Anderson
Kasey Barth
Josie Blum
Benjamin Bossman
Bryce Buchanan
Blake Burnstad
Emma Jo Candahl
Mikayla Carkhuff
Mary-Catherine
Clatworthy
Cameron Cornett
Matias Dahl
Eva Dryer
Max Erdmann
Benjamin Geister
Sean Gilles
Isabela Gutierrez
Michael Helixon
Tyson Hughes
Elijah LeFebre
Isabella Malecek
Makena McGarry
Taylor Molling
Olivia Peterson
Amanuel Putz
Nicholas Putz
Jenna Richgels
Emma Rudie
Abigail Rudrud
Nicholas Rudrud
James Siegel
Luke Siegel
Rickie Tillotson
Arlo White



On Monday, June 26th, the Booster Club will be holding its annual golf outing which is one of the biggest fundraisers of the year. The golf outing helps raise money for athletes of all sports at Onalaska High School. For more information, check out the booster club website at: [http:// https://onalaskahilltoppers.net/](http://https://onalaskahilltoppers.net/).

Congratulations Spring 22-23 More Than An Athlete Students

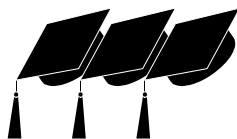
| | | | | |
|---------------------------|-------------------|----------------------------|--------------------|------------------------|
| Josie Anderson | Austin Fortun | Ethan Kramer | Emerald Olson | Kaydence Stapleton |
| Keagan Anderson | Carter Fortun | Brady Kuhn | Qitarra Olson | Benjamin Stuhr |
| Siri Anderson | Jenna Gansen | Sophia Larkin | Trent Oyen | Alexis Stupi |
| Matthew Arsenault | Vayda Garvin | Alexa Larson | Soham Patel | Nolan Sullivan |
| Kennedy Backman | Benjamin Geister | Jenna Law | Yash Patel | Abaigeal Sytsma |
| Ava Ballmer | Jakob George | Zavier Lawrence | Prashika Paudel | Ja Koby Tender |
| Anna Barth | Carter Gilhausen | Elijah LeFebre | Olivia Peterson | Natalie Tevis |
| Kasey Barth | Kylie Gilhausen | Elijah Lindley | Zoelyn Peterson | Amaya Thesing |
| Rylee Beahm | Sean Gilles | Aynur Lopez Serrano | Joshua Phillips | Hailee Thiel |
| Carter Beeler | Easton Glebke | Adeline Lorenz | Samuel Pica | Alexandra Thomas |
| Nolan Bey | Lewis Go | Donovan Lucksted | Caden Pierzina | Matthew Tillman |
| Josie Blum | Lucas Go | Josie Lucksted | Vishnu Prakash | Rickie Tillotson |
| Benjamin Bossman | John Gobel | Kendall Luebker | Amanuel Putz | Maximus Todd |
| Sarah Brewer | Holden Grover | Claire Lukasek | Nicholas Putz | Jack Tracey |
| Cora Brown | Isabela Gutierrez | Jessica Mahlum | Katherine Ramsay | Owen Treanor |
| Bryce Buchanan | Graysen Guzzo | Isabella Malecek | Jenna Richgels | Jasmine Tutlewski |
| Blake Burnstad | Zachary Halverson | Addison Mallady | Gavin Ridge | Ellexis Van Ravenstein |
| Charles Burrows | Lydia Hartman | Porter Mallady | Leora Robinson | James Vanderloop |
| Emma Jo Candahl | Maya Haugen | Sara Marchi | Cooper Rudie | Loobsim Vang |
| Mikayla Carkhuff | Carter Hayes | Gwen Marso | Emma Rudie | Pa Nyia Vang |
| Kyara Cayasso | Emma Hayes | Lexy Marx | Abigail Rudrud | Phengsu Vang |
| Richard Cayasso | Michael Helixon | Lauren Mavrantonis | Nicholas Rudrud | Saiszim Vang |
| Noah Chenault | Jacob Hellman | Colin McCaffrey | McKenzie Runde | Maggie Vannieuwenhoven |
| Christian Christianson | Gaonou Her | Makena McGarry | Alara Running | Rebecca Voter |
| Caroline Clark | Brooke Hintz | Madeline McKelley | Addison Sanwick | Marlee Walleen |
| Mary-Catherine Clatworthy | Addison Hoff | Mallory Meighan | Makayla Sanwick | Joseph Walters |
| Cameron Cornett | Carsten Holter | Maverick Merrill | Brett Schindler | Tatum Walters |
| Isabella Cromheecke | Benjamin Hsieh | Macy Meyer | Kateley Schlicht | Alexandra Wayss |
| Ellie Dahl | Landen Hubert | Sawyer Meyer | Lyla Schultz | Brian Weng |
| Matias Dahl | Aidan Hughes | Brodie Mickschl | Ryver Severson | John Werwinski |
| Aayush Daithankar | Jackson Hughes | Payton Mickschl | Tanner Siebert | Arlo White |
| Amelia Doud | Tyson Hughes | Aiden Miller | James Siegel | Nicholas White |
| Alexandra Drazkowski | Zachary Imgrund | Taylor Molling | Luke Siegel | Madelyn Wilson |
| Eva Dryer | Nicholas Jacobson | Tristan Molling | Anna Skemp | Maxwell Wurster |
| Grady Dunnum | Kendyl Johansen | Makayla Moss | Adam Skifton | Shouana Xiong |
| Morgan Dus | Carter Johnson | McKenna Murphy | Braden Slama | Mya Yang |
| Jackson Egan | Arman Kiani | Sofia Navarro Westenberger | Jack Smith | Paul Yang |
| Max Erdmann | Maxwell Klein | Justin Neberman | Paul Soderberg | Daniel Yao |
| Jane Fabian | Zoe Koonce-O'Kane | Alyssa Neilson | Aiden Sommerfield | Benjamin Zimmer |
| Katelyn Ferguson | Ian Kowal | Summer Nicolai | Gavin Sommerfield | Isabella Zimmer |
| Sidney Fillbach | Seth Kowalski | Lillian Novak | Pierce Sommerfield | Connor Zywicki |

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 |
| <i>Submit close up shot showing predominantly head and shoulders, wallet size only</i> | |
| Senior baby ad submission deadline for the OHS Yearbook..... | Friday, September 22, 2023 |
| Cap and Gown measurements taken and packets sent home | early November |
| Graduation orders taken for announcements, etc. | early November |
| Graduation Date | Saturday, May 18, 2024 --- 1:00 PM |

CONTACT

School phone # 608-783-4561
School fax # 608-783-0102
School voice mail 608-779-5760

School Hours: 7:45 AM – 2:50 PM
Building Opens at 6:30 AM

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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