



FREDDY'S FOOTNOTES



A Newsletter from Onalaska High School

April 2023

Highlights

Important Dates

Spring Break	April 5-10
Prom	April 29
AP Testing	May 1-12

In This Issue

Summer School	1
Important Dates	2
Family Liaison	2
District Facebook Page	2
Senior Scholarships/Military	3
Junior Achievement	3
Prom	4
Parent Liaison Information	4
French 4 Field Trip	5
Art Expressions	5
Onalaska Jazz Festival	6
Student of the Month	7
Freddy Extra Effort	8
World Language Newsletter	9
Onalaska Food Pantry	10
Open Enrollment Information	11 - 12
Student Services Update	13 - 25
ACT Dates	13
Important Dates	14
Scholarship Website	14
Mental Health Counseling	14
Youth Apprenticeship	14
OHS Job Board	15
ACT Updates	15
College Bound Student Athletes	15
UGet Connected	15
Senior Information	16
Western Career Coach Meetings	16
Changing courses in the senior year?	17
Upward Bound	17
Juniors Time to Schedule Campus Visits	18
CIEE looking for International Host Family	18
College Application Tips and Help	19
Register to Retake the ACT	19
Eligible for Free/Reduced Lunch?	19
AP Exam Schedule	20
Upcoming Opportunities	21 - 24
2022-23 Assessments at OHS	24
Viterbo Junior Visit Day	25
Activities	26 - 29
Booster Club Information	26
Athletic User Fees/ Athletic Admission	27
Calendar of Events	28
Winter MVC Academic All-Conference	29
Nutrition Menu	30
Farm to School Newsletter	31



2023 SUMMER SCHOOL

If your child is interested in taking summer school courses, the online registration process will begin Thursday, April 13 at 6:00 pm. Watch for a Bright Arrow email message reminder.

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

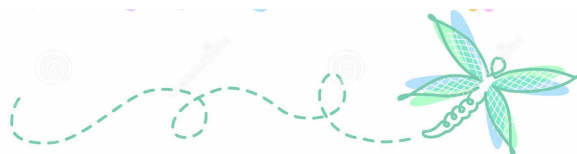
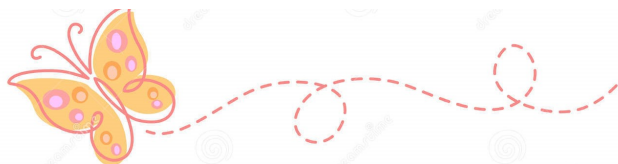
How: Online – Bright Arrow message coming soon

When: Registration begins on April 13 at 6:00 pm

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

Important Dates

Band Florida Trip.....	March 31 – April 6
Easter Break.....	April 5 – 10
Prom.....	Saturday, April 29 --- 8:00 – 10:30 PM at the Omni Center
AP Testing	May 1 – 12
Senior Night.....	May 18 --- 7:00 – 9:00 PM Commons/Fieldhouse
Seniors last day of classes, Senior Awards, Senior Walk.....	Friday, May 19
Graduation Practice.....	Wednesday, May 24 at 9:00 AM in the Field House
Senior Scholarship Awards.....	Wednesday, May 24 – 7:00 PM in the PAC
Graduation.....	Saturday, May 27 --- 1:00 PM in the Field House
Summer School.....	June 12 – July 21
2023-24 Registration.....	Tuesday, August 8



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 Sue Mathison 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.

Jenni Moris, 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



Senior Scholarships and Military Acknowledgement for Senior Awards Night

Seniors - If you have received scholarships from outside organizations or schools that OHS is unaware of, or if you plan to go into the military immediately upon graduation and wish to be recognized for these at the Senior Award Programs, please provide Mrs. Hubbard written proof by May 5th.



Congratulations to OHS students Devin Roberge and Noah Woyczik on placing 2nd out of more than 30 teams at the Junior Achievement Business Challenge. Each earned a \$500 scholarship.



*No School -
April 5-10*



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

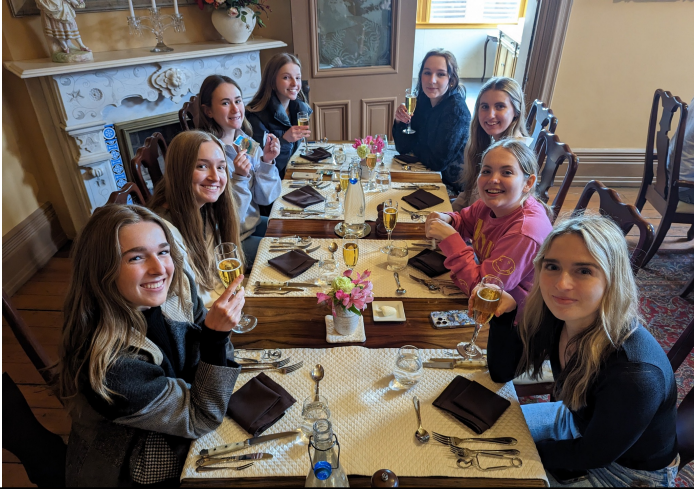
The role of Parent Liaison was created through the Wisconsin Statewide Parent-Educator Initiative (WSPEI) to aid in the support of families with children or adolescents who have special needs. The Parent Liaison for the Onalaska School District is:

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.

French 4 Dual Credit Students



*The OHS French 4 Dual Credit students attended a French 201 and 202 class at UW-L March 22nd. The students learned about the current situation in France along with the film *Persepolis*. Afterwards, they ate lunch at La Chateau where they tried des escargots, ate un steak-fries, and had un moelleux for dessert. C'était fantastique!*

Art Expressionism



Students watched the documentary "My Kid Could Paint That" and talked about abstract expressionism. Then everyone got a chance to create their own. Fun day in class!

ONALASKA BAND PROGRAM PRESENTS THE
Onalaska Jazz Festival

April 22, 2023

The Onalaska Omni Center, Arena 2

Doors Open at 3:30

Buffet Dinner at 5:30

Silent Auction until 7:30



Tickets

\$45

Music & Food General Seating (Order by April 1)

\$330

Reserved Table of 8 (Saving of \$30 Order by April 1)

\$15

Music only Tickets (available Online or at the door)

Free

Student music only tickets

(available Online or at the door)

Featuring

OMS Jazz Band, OHS Jazz 1, OHS Jazz 2, Student Combo, Guest performances by: The Central High School Jazz Band, and The West Salem Adult Jazz Band

<https://ohs-band-boosters.square.site/>



*ticket
info*

<https://www.biddingowl.com/OnalaskaBandBoosters>



*Silent auction
info*



March 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:

Phengsu Vang

Nominees:

Asha Champion
Katelyn Ferguson
Jessica Mahlum
Brett Schauer
Cameron Sisk

Junior Class

Student of the Month:

Ellie Walls

Nominees:

Olivia Burchell
Richard Cayasso
Augustus Jiorle
Lillian Novak
Tshajmeej Thao
Madison Yang

Sophomore Class

Student of the Month:

Cameron Cornett

Nominees:

Loobsim Vang
Olivia Vang
Gao Kou Yang

Senior Class

Student of the Month:

Katlyn Pray

Nominees:

Samuel Grider
Carter Hayes
Nathan Kintgen
Vaughn Sisk
Alexander Swanson
Soren Zellers



Phengsu Vang
Freshman



Cameron Cornett
Sophomore



Ellie Walls
Junior



Katlyn Pray
Senior

Freddy Extra Effort Award ...

March



Ben Thomas
Freshman



Ava Ballmer
Sophomore



Prashika Paudel
Junior



Gaonou Her
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.





School District of Onalaska World Language Department



LE DEPARTEMENT DES LANGUES ÉTRANGÈRES • DEPARTAMENTO DE IDIOMAS DEL MUNDO

APRIL 2023 • AVRIL 2023 • ABRIL 2023

WORLD LANGUAGE TEAM



Mr. Brian Wopat
wopbr@onalaskaschools.com



Mr. Devin Pettys
petde@onalaskaschools.com



Mrs. Rebecca Chaouki
chare@onalaskaschools.com



Mrs. Valerie Mumm-Jansen
mumva@onalaskaschools.com



Mrs. Victoria Carter
carvi@onalaskaschools.com



Mr. Andy Beckstrom
becan@onalaskaschools.com



Mrs. Jennifer Garves
garje@onalaskaschools.com



FACT CHECK



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

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

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

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

At the start of the school year, all students in French 4 have the option to either take French 4 for just one (1) high school credit or high school credit AND three (3) college credits. The college credits align with French 202, a fourth semester French course at UW-Green Bay. If students select dual credit, they enter into agreement with UW-Green Bay for French 202 and pay the course tuition of \$300. A typical credit costs \$328 but we are offered a reduction of \$100 per credit. If at the end of the school year, the student has earned an A or A/B combination, they will be awarded 3 credits **PLUS 11 retro-active credits!**

That's right – a total of 14 college credits for \$300!

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

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

ONALASKA SCHOOLS FOOD PANTRY 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



2023-2024 Full-Time Open Enrollment Regular Application Period for Wisconsin Public Schools

INFORMATION FOR PARENTS

YOU MAY APPLY FOR OPEN ENROLLMENT FROM FEBRUARY 6 - APRIL 28, 2023.

What is Public School Open Enrollment?

Wisconsin's public school open enrollment program allows parents to apply for their children to attend a school district other than the one in which they live. Applications may be submitted to up to three nonresident school districts if the pupil wishes to attend a brick and mortar school. There are no limitations to the number of open enrollment applications that can be submitted to a virtual charter school.

How and when may parents apply?

The open enrollment regular application period for the 2023-24 school year is from February 6-April 28, 2023. The application period closes at 4:00 p.m. on April 28, 2023. Late applications will not be accepted for any reason.

Parents may apply online at <https://dpi.wi.gov/oe>.

Can I apply to a virtual charter school under open enrollment?

A pupil may only open enroll to an online/virtual school if: (1) the school has been created as a virtual charter school that meets the requirements of the charter school law [Wis. Stats. 118.40 (8)] or (2) the pupil is required to physically attend school on a regular basis in a school located in the nonresident school district on the days that school is in session. Other important things to know about applying to virtual charter schools:

- A virtual charter school is not homeschooling. Pupils attending virtual charter schools are public school pupils.
- You must know the nonresident school district in which the virtual charter school is located.
- You must know your resident school district to apply.
- A list of virtual charter schools may be found at <https://dpi.wi.gov/parental-education-options/charter-schools/virtual-charter-schools>.

Can parents appeal if an application is denied?

Parents whose applications are denied may appeal to the DPI within 30 days of the denial. State law requires the DPI to uphold the school district's decision unless DPI finds that the decision was arbitrary or unreasonable. The DPI's decision may be appealed to circuit court.

Who may participate in open enrollment?

Pupils in kindergarten to grade 12 may apply to participate in open enrollment.

Open enrollment for prekindergarten, four-year-old kindergarten and early childhood education is limited. Parents should call their resident school districts to find out if their preschool-aged children qualify for open enrollment.

Can an application be rejected?

Nonresident school districts may deny an application if regular or special education space is not available for the pupil; special education or related services are not available; or if the pupil has been referred for a special education evaluation but has not yet been evaluated. Nonresident school districts may also deny an application if the pupil has been expelled during the current or preceding two years for certain violent conduct or if the pupil was habitually truant from the nonresident school district during any semester in the current or previous school year.

If there are more applications than spaces, pupils must be selected randomly, after giving preference to pupils already attending school in the nonresident school district and siblings of currently-attending pupils.

Some school districts establish waiting lists to fill unused spaces, but others do not.

Can a resident district prevent a pupil from leaving?

A resident district can deny a pupil's application for an invalid application (early or late application or missing information), ineligibility due to age (too young or too old), or if the resident district does not offer the same type of prekindergarten, four-year-old kindergarten, or early childhood program as the nonresident district or the pupil is not eligible for the program in the resident district. These are also reasons that a nonresident district can deny an application.

Must pupils reapply every year?

Once a pupil is accepted into a nonresident school district, the pupil may continue to attend that district without reapplication except that:

- The nonresident district may require a pupil to reapply one time— at the beginning of middle school, junior high or high school.
- A pupil may be returned to the resident school district if the special education required in a new or revised IEP is not available in the nonresident district or there is no space.
- A pupil who has become habitually truant in the nonresident district may be returned to the resident district.

(continued on next page)

Is there a cost for parents to participate in the open enrollment program?

There is no tuition cost to parents for participation in open enrollment. Parents of open enrolled pupils may be charged the same fees as resident pupils.

Who is responsible for transportation?

Parents are responsible for transporting their children to and from school.

If transportation is required in the IEP for a child with a disability, it must be provided by the nonresident district.

School districts may provide transportation to open enrollment pupils if they wish. Usually, if transportation is provided, parents must transport the pupil to a location in the nonresident district.

Low-income parents may apply to the DPI at the end of the school year for partial reimbursement of their transportation costs.



Can a parent select a specific school in the pupil's nonresident school district?

Yes. A parent may request a specific school or program in the nonresident district. However, assignment to the requested school or program is not guaranteed and your pupil may be assigned to a different school other than the one requested. It is up to each nonresident district to determine a pupil's school assignment.

Can an open enrolled pupil participate in sports and other extra-curricular activities in the nonresident school district?

Open enrolled pupils have the same rights and responsibilities as resident pupils.

Inter-scholastic athletics are governed by the Wisconsin Interscholastic Athletic Association (WIAA), which has rules concerning transfer pupils. Parents should check with the school district's athletic director about eligibility.

IMPORTANT OPEN ENROLLMENT DATES

February 6 – April 28, 2023

Parents must submit applications online or directly to the nonresident school district.

June 9, 2023

Nonresident school districts must send notices of approval or denial via US mail or email. If the application is approved, the school district must notify the parents of the specific school or program to which the pupil is assigned. If the application is denied, parents have 30 days to file an appeal.

June 16, 2023

Resident districts must notify applicants if the application is denied. If the application is denied, parents have 30 days to file an appeal.

June 30, 2023

Parents of accepted applicants must notify the nonresident district if the pupil will attend the nonresident district in the 2023-24 school year. If the parent fails to make this notification, the nonresident district may refuse to allow the pupil to attend the district.



For more information contact:
Public School Open Enrollment Program
Wisconsin Department of Public Instruction
P.O. Box 7841, Madison, WI 53707-7841
Toll-free: 888-245-2732, option 2
openenrollment@dpi.wi.gov
<https://dpi.wi.gov/oe>

2023-24

The Wisconsin Department of Public Instruction does not discriminate on the basis of sex, race, color, religion, creed, age, national origin, ancestry, pregnancy, marital status or parental status, sexual orientation, or disability and provides equal access to the Boy Scouts of America and other designated youth groups.



**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>



ACT[®]



Upcoming ACT Dates and Deadlines

Test Date	Register By	Late Registration (Additional Fee)
April 15, 2023	March 10	March 24
June 10, 2023 at OHS	May 5	May 19
July 15, 2023	June 16	June 23
September 9, 2023	August 4	August 18

Important Dates

April 5-10	Spring Break
April 11	Western Technical College Career Coach at OHS
April 18	Sophomore PreACT
April 18	La Crosse Area Builders Association - Build My Future at Omni Center
May 1-12	AP Tests Administered at OHS

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



Hello parents and students!
Greetings! I am Luann Gregorich, and the mental health counselor at the high school through Peace of Mind Counseling. I am located full time in the high school which gives me the opportunity to offer support and services to the students of OHS. 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.

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!

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. Remember that students **under age 16** will need a work permit. Once you've been hired, bring the following to the Student Services Office to obtain your permit:

1. your hiring paperwork
2. note from a parent giving permission to hold a job
3. birth certificate (or copy of it)
4. social security card (or copy of it), and \$10 permit fee

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

UNITED IN *Service*

UNIVERSITY of WISCONSIN
LA CROSSE



VITERBO
UNIVERSITY

Western
Technical College



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

Seniors, Class of 2023 -

It's Financial Aid Time!

FAFSA: To apply for financial aid, the Free Application for Federal Student Aid (FAFSA) must be filled out online. Be sure to register for a FSA ID # at <https://fsaid.ed.gov/npas/> BEFORE filling out the FAFSA form! Contact your college to find out their campus-specific financial aid priority deadline. UW system schools have priority deadlines ranging from now through February 1. Find more information about earning money for college on the "Paying for College" link on the Student Services website.

FSA ID: Seniors and their parents BOTH need to create a FSA ID to be able to complete and submit their financial aid application. Now is a great time to start the federal financial aid process by visiting <https://fafsa.gov/>.

Dates for Seniors

May 9 (& 11)	Senior Western Technical College registration day
May 18	Senior Night 7:00-9:00 pm in the Commons/Fieldhouse
May 19	Senior Awards 9:00 am in the Fieldhouse/Seniors' Last Day/Senior Walk
2:20 pm	
May 24	Graduation Practice 9:00 am in the Fieldhouse
May 24	Senior Scholarship Awards 7:00 pm
May 27	Graduation 1:00 pm in the Fieldhouse

Still time to apply for college Seniors are encouraged to complete and submit their applications to colleges and universities as soon as possible. Many colleges and universities will be closing their admissions process in the coming months. Technical college programs, especially, fill quickly on a first come first serve basis. Seniors considering applying to college for the fall of 2023, but who still need help with the process, should stop in to see their counselor today!

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 Career Coach at OHS is on Tuesday, April 11, 2023. Students who are interested in signing up to meet with our rep should stop and see Mrs. de Boer in Student Services, or talk to their counselor. The WTC rep will also be at OHS on May 9, to assist students with registering for classes for the fall 2023 semester.

Changing Courses in the Senior Year?

College admissions offices often get phone calls from students who want to change their senior year courses. Often these phone calls come after the student has been admitted. They tend to sound something like this.

- “I’ve already been admitted, so I’d like to drop my math class.”
- “I don’t want to work so hard my senior year anymore. I will be working hard in college, and I’d like a break.”
- “They admitted me. Can they really reverse that?”
- “Admission is like a contract, right?”

The resulting conversations are sometimes difficult for a senior to hear. They tend to go like this:

Your admission was based on the premise that you successfully completed the courses that were included on your application for admission. The admission office is counting on you to complete those courses, learn that material, and maintain good academic status. They admit the type of students they know will be successful at their campus, and they admitted you in part because of the courses you were going to complete your senior year.

If you wish to make a change to your senior year courses during or after the admission process, it is imperative that you contact the admission office first. Talk about your plans with them. If you have been admitted already, you should seek approval from the admission office to change your senior year schedule. If you haven’t been admitted yet, ask them whether your anticipated course change may affect your admission decision.

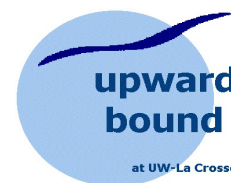
Each summer, admission offices compare final high school transcripts to the senior year courses they assumed each student was going to complete. Also each summer, admission offices have the horrible job of rescinding admission to students who changed their senior year schedule and no longer meet the conditions on which the admission was based. That hurts everyone involved.

Yes, admission is like a contract. The admission office needs to uphold part of that contract by reserving space for the student and preparing for the student to attend. And the student needs to uphold the other part by finishing out the academic year as expected.

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/.



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.



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

If you are interested in retaking the ACT, please register at ACT.org.

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

- Students go to ACT.org to create an account, register and pay for the ACT test
- To “Create a New Account” answer the following questions this way:
 - Answer NO to “Have you registered for the ACT before?”
 - Answer YES to “Have you tested before?”
- Find your ACT ID# on the top of your ACT score sheet
- 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 or not. Most schools do NOT require the writing test. Remember, all juniors will take the writing test at OHS in the spring.
- 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.

AP Exam Schedule - May 2023

Subject	Date	Time
AP US Government & Politics	Monday, May 1, 2023	7:45 am
AP Chemistry	Monday, May 1, 2023	12:00 noon
AP Psychology	Tuesday, May 2, 2023	11:30 am
AP English Literature & Composition	Wednesday, May 3, 2023	7:45 am
AP Macroeconomics	Thursday, May 4, 2023	7:45 am
AP Statistics	Thursday, May 4, 2023	12:00 noon
AP Microeconomics	Friday, May 5, 2023	11:30 am
AP Studio Art: 2D or Drawing	Friday, May 5, 2023	3:00 pm
AP Calculus AB/BC	Monday, May 8, 2023	7:45 am
AP English Language & Composition	Tuesday, May 9, 2023	7:45 am
AP Spanish Language	Wednesday, May 10, 2023	7:45 am
AP Biology	Wednesday, May 10, 2023	12:00 noon
AP French Language	Thursday, May 11, 2023	7:45 am
AP World History	Thursday, May 11, 2023	7:45 am
AP Physics 1 (Algebra-based)	Thursday, May 11, 2023	12:00 noon
AP Physics 2 (Algebra-based)	Friday, May 12, 2023	11:30 am



FOCUS ON:

The End of the School Year

Upcoming Opportunities

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

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

Yale Young Global Scholars - two-week summer program in summer 2023

<https://globalscholars.yale.edu/academics>

YYGS is a two-week summer program that facilitates discussions on cutting-edge topics in academia. Participants choose a session based on their academic interest, and they meet like-minded peers from around the world while navigating classroom discussions. Application deadline is January 10, 2023 at 11:59 pm.

Badger Summer Scholars - June 18-30, 2023 at UW Madison

<https://precollege.wisc.edu/badger-summer-scholars/>

This is a two-week program in which students attend a college-level seminar on a topic of their choice, taught by UW-Madison instructors. Students also participate in the Jump Forward series, a workshop series on how to prepare for college, including topics on the admissions process, navigating college, career exploration and more. Students will have the opportunity to ask questions in a small group setting during Q&A sessions featuring the same UW-Madison professionals who assist incoming undergraduates.

2023 Mount Mary University's Summer Leadership Academy - June 25-29, 2023 at Mount Mary University in Milwaukee, WI

Academy Application: <https://forms-public.mtmary.edu/Forms/slaapplication>

Young women from the U.S. or abroad who are currently in their freshman, sophomore, or junior year of high school are eligible to apply for this 5-day, 4-night experience. This residential program for mature and motivated students focuses on leadership development, college preparation and career exploration. Panels, lectures and interactive workshops will help students build skills in leadership, confidence, communication and professionalism.

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!

Accelerated Learning Program - July 2-22, 2023

<https://precollege.wisc.edu/alp/>

The Accelerated Learning Program (ALP) engages talented students from across Wisconsin, the nation and the world at the top-ranked University of Wisconsin–Madison. ALP is an intense, three-week residential summer camp designed to push students to the next academic level in a welcoming learning environment. Students enroll in a single course for an in-depth experience and may work with their school to receive high school credit. **ALP is open to all interested students; [scholarships](#)** are available. Application deadline: May 1, 2023

Upcoming Opportunities

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.

Concordia University Wisconsin School of Pharmacy Lab Discovery Nights - Thursday, March 30 and Thursday, April 27, 6-7:30 pm

[Registration Link](#) These free lab nights are designed for high school students who are considering studying science, healthcare, or pharmacy in college to gain hands-on experience in our pharmacy lab.

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

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

Upcoming Opportunities

Viterbo University Accepted Students Day - April 1 from 8:15 am - 2:00 pm

<https://www.viterbo.edu/first-year-admissions/accepted-student-day>

Seniors accepted to Viterbo University can spend the day on campus getting to know future classmates, check out student clubs and organizations, and meet with faculty

Viterbo University Junior Visit Day - May 5th from 9:00 am - 1:00 pm

- Juniors and Sophomores are welcome to visit campus to learn about academic programs, meet with current students, go on tour, and enjoy a complimentary lunch & the Courtyard Carnival
- Registration can be found at www.viterbo.edu/visit

Southeast Explorers Camp - June 17-21 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

Badger Precollege Scholarship Applications - Due April 17

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

Badger Precollege offers high school students the opportunity to learn more about college life and academics, gain valuable experience in independence, and pursue new and growing passions. It is an opportunity to invest in their future, inside and outside the classroom.

Summer Music Clinic Tuition Waiver

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

Students who are completing their junior year at a Wisconsin high school, are permanent legal residents of Wisconsin, and attending Summer Music Clinic in 2023 are eligible to audition for the Tuition Waiver Award program, a scholarship opportunity for **free tuition to UW–Madison or UW Milwaukee**.



Upcoming Opportunities

Environmental Science Camp - July 23-29, 2023

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

Registration fee of \$699 includes lodging in a residence hall, three meals/day in the dining hall or box lunches on field trips, and all necessary fees and transportation associated with field experiences. Campers will explore the scenic vistas and natural resources of Michigan's Upper Peninsula. Students will experience firsthand how scientists incorporate technology and field experiences to study the changing environment and sustainability issues.

World Affairs Seminar 2023 - June 24-30, 2023 at Carroll University, Waukesha, WI

<https://worldaffairsseminar.org/was2023/>

Climate Change: Youth Take Action

Program is open to students between the ages of 15-18 years, who are high school sophomores, juniors or seniors in good academic standing. Students should be interested in global issues and building a strong portfolio for college and future careers.



2022-23 Assessments at OHS

The remaining assessments that will be given this year, to sophomores, at no cost to students and families is the Required Pre ACT Secure on April 18, 2023.

Employment Opportunities

Looking to start your career at a school district? Do you want to work at the same school as your children? Try a substitute position to gain experience with the flexibility of hours. Substitute positions have the opportunity to move into regular positions, as they become available. Four hours per day tutor positions available too! Check out our substitutes and regular employment opportunities at www.onalaskaschools.com/jobs.



VITERBO UNIVERSITY

JUNIOR VISIT DAY!

- All grade levels welcome
- Tour campus
- Meet with current students
- Meet with faculty
- Free lunch
- Courtyard Carnival
- Free Viterbo merch!



929 Jackson St,
La Crosse, WI 54601



Friday, May 5th



9:00am - 1:00pm

Register at:

www.viterbo.edu/visit

VISIT CAMPUS ANY TIME!

You can visit Viterbo University at a time that works best for you! Tours are offered daily throughout the week and are created based on your individual schedule. You can go on tour, meet with an admissions counselor, sit in on a class, eat in the Caf, and so much more!

Sign up today at www.viterbo.edu/visit



0 EXPECTATIONS OF ONALASKA STUDENT ATHLETES 0

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 · 700 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



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:

Adults - \$5.00

Students (K-12) and Senior Citizens - \$3.00 (62 or Older)

School Year Sport Passes – Adults \$65.00 / Students (K-12) \$25.00

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



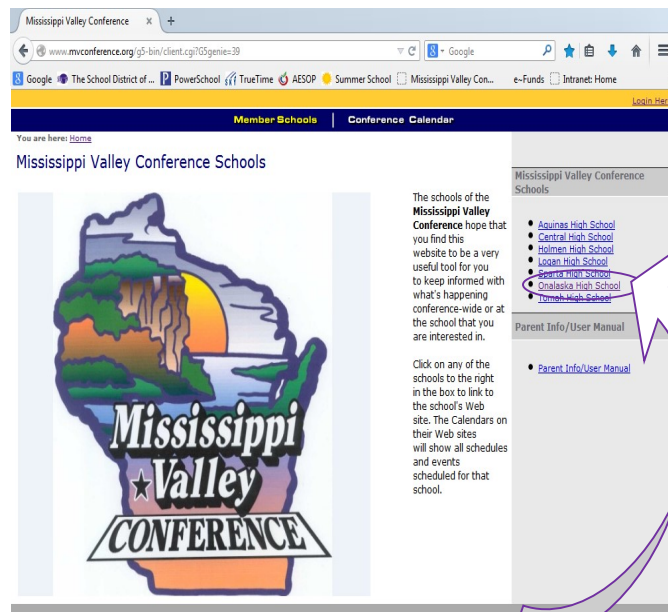
Calendar of Events

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

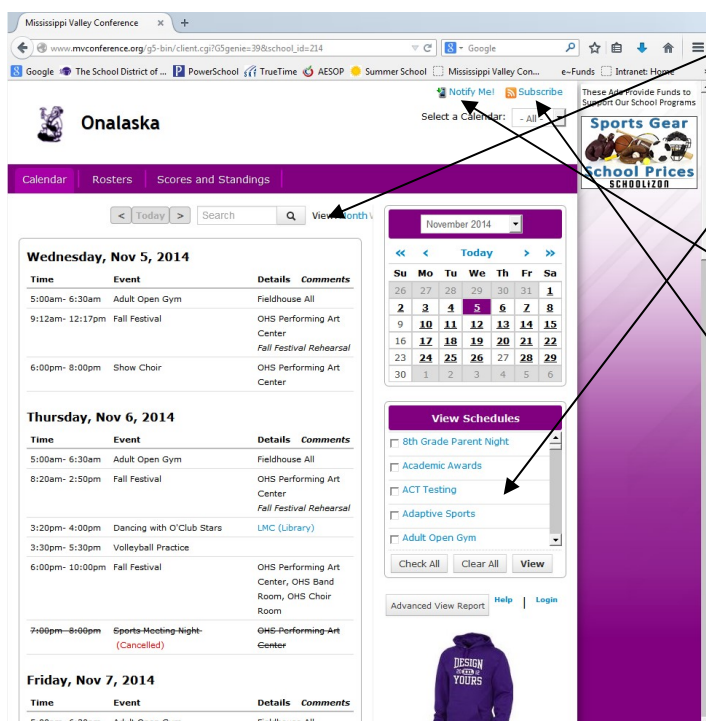
<http://www.mvconference.org/g5-bin/client.cgi?G5genie=39>

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.



2022-2023 Mississippi Valley Conference Winter Academic All-Conference players

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

ASL

Nicholas Lowrey
Samuel Lowrey
Colin McCaffrey
Braden Slama
Paul Yang

Boys Basketball

Evan Anderson
Noah Chenault
Tyson Hughes
Maxwell Klein
Jonathan Knickrehm
Ian Kowal
Tristan Molling
Nicklaus Odom
Isaac Skemp
Adam Skifton

Girls Basketball

Sidney Fillbach
Jenna Gansen
Samantha Hanson
Anna Skemp
Kaitlyn Steers
Tatum Walters

Dance Team

Beth Akins
Keagan Anderson
Kyla Betz
Lillian Ekern
Isabella Hartman
Megan Komperud
Macy Meyer
Breckyn Remis
Danielle Schmit
Leah Thies
Sadie Vannieuwenhoven
Finley Weber

Gymnastics

Eva Dryer
Emma Rudie
Addison Sanwick
Kirsten Waldner

Boys Hockey

Thomas Bryant
Colin Comeau
Jackson Egan
Noah Gillette
Carter Hayes
Carter Johnson
Sebastian Smith

Girls Hockey

Adeline Lee
Campbell Nitti
Jada Odegard
Gianna Sanchez

Ski/Snowboarding

Matthew Arsenault
William Bakkestuen
Bodie Callaway
Mary-Catherine
Clatworthy
Carter Fortun
Layla Gates
Benjamin Geister
Hudson Guzzo
Lydia Hartman
Diego Neira
Alexandra Wayss

Wrestling

Carter Beeler
Charles Burrows
Maximus Todd
Aidan Hughes
Jackson Hughes
Elijah LeFebre
Bryce Buchanan



Alaska High School Menu

April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All meals include your choice of milk: Skim White 1% White Skim Chocolate</p> <p>MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>		<p><u>Farm to School Harvest of the Month</u> <u>Featuring a variety of locally grown lettuce on our Garden Bars every day!</u></p>	<p><u>Meatless Menu Choice:</u> <u>Daily option of a meal from the Salad Bar!</u> Egg, Cheese, Ham, or Turkey available as a choice of protein/Veggies and Fruits from Garden Bar</p>	<p><u>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER</u></p>
<p>3</p> <p>1) Orange Chicken over Brown Rice 2) Pizza Dippers and Tomato Soup 3) Orange Chicken over Brown Rice All lines: Stir Fry Veggies, Garden Bar</p> <p>Breakfast: Breakfast Pizza, fruit, juice, milk</p>	<p>4</p> <p>1) Crispy Chicken Ranch Wrap 2) 2- Uncrustable PB & J's/ Sun Chips 3) Crispy Chicken Ranch wrap All Lines: Roasted Broccoli, Garden Bar</p> <p>Breakfast: WG Muffin / Yogurt Cup, fruit, juice, milk</p>	<p>5</p> <p>No School</p>	<p>6</p> <p>No School</p>	<p>7</p> <p>No School</p>
<p>10</p> <p>No School</p>	<p>11</p> <p>1) Chicken Fajitas with peppers and onions 2) Mini Corn Dogs 3) Chicken Fajitas with peppers and onions All lines: Green Beans, Garden Bar</p> <p>Breakfast: WG Cracker, Cheese Omelet, Tri- Tater, fruit, juice, milk</p>	<p>12</p> <p>1) Orange Chicken over Brown Rice 2) Tender Beef Brisket with Provolone on a WG Hoagie Bun/Tater Tots 3) Orange Chicken over Brown Rice All lines: Stir Fry Veggies, Garden Bar</p> <p>Breakfast: Mini Bagels with Cream Cheese, fruit, juice, milk</p>	<p>13</p> <p>1) Chicken Patty on a Bun 2) Pizza Variety 3) Cheeseburger or Mushroom/Swiss Burger on a Bun All Lines: Oven Fries, Garden Bar</p> <p>Breakfast Sandwich on a WG Biscuit, fruit, juice, milk</p>	<p>14</p> <p>1) Mexican Rice Bowl with Beef or Chicken and Chips 2) Cheese Omelet, sausage links, WG muffin 3) Mexican Rice Bowl with Beef or Chicken and Chips All Lines: Roasted Cauliflower, Garden Bar</p> <p>Breakfast: Uncrustable PB & J, fruit, juice, milk</p>
<p>17</p> <p>1) Kickin' Chicken Sandwich (Grilled Chicken Patty, Bacon, and Pepper Jack) 2) Cheeseburger on a Bun 3) Meatball Sub on a WG Hoagie All Lines: Oven Fries, Garden Bar</p> <p>Breakfast: Mini Bagels with Cream Cheese, fruit, juice, milk</p>	<p>18</p> <p>1) Orange Chicken over Brown Rice 2) Mini Corn Dogs 3) Orange Chicken over Brown Rice All lines: Stir Fry Veggies, Garden Bar</p> <p>Breakfast: Uncrustable PB & J, fruit, juice, milk</p>	<p>19</p> <p>1) Mexican Rice Bowl with Beef or Chicken and Chips 2) Chicken Patty on a Bun 3) 1) Mexican Rice Bowl with Beef or Chicken and Chips All lines: Roasted Broccoli, Garden Bar</p> <p>Breakfast: French Toast, 2 sausage links, fruit, juice, milk</p>	<p>20</p> <p>1) Pizza Choices 2) Fish Sandwich with Cheese on a WG Bun 3) Grilled Cheese Sandwich and Tomato Soup All Lines: Oven Fries, Garden Bar</p> <p>Breakfast: WG Muffin / Yogurt Cup, fruit, juice, milk</p>	<p>21</p> <p>1) Pasta Bowl with Beef or Chicken and choice of Red Sauce or Alfredo and Garlic Bread 2) Cheeseburger or Mushroom Swiss Burger on a Bun 3) same as line 1 All Lines: Green Beans, Garden Bar</p> <p>Breakfast: Breakfast Pizza, fruit, juice, milk</p>
<p>24</p> <p>1) Crispy Chicken Ranch Wrap 2) 2- Uncrustable PB & J's/ Sun Chips 3) Crispy Chicken Ranch wrap All Lines: Carrot Coins, Garden Bar</p> <p>Breakfast: WG Muffin / Yogurt Cup, fruit, juice, milk</p>	<p>25</p> <p>1) Orange Chicken over Brown Rice 2) Pizza Dippers and Tomato Soup 3) Orange Chicken over Brown Rice All lines: Stir Fry Veggies, Garden Bar</p> <p>Breakfast: Uncrustable PB & J, fruit, juice, milk</p>	<p>26</p> <p>1) Soft Shell Tacos 2) Chicken Fajitas 3) Soft Shell Tacos All Lines: Whole Kernel Corn, Garden Bar</p> <p>Breakfast: Sausage, WG Muffin, Tater Tots, fruit, juice, milk</p>	<p>27</p> <p>1) Tender Beef Brisket with Provolone on a WG Hoagie Bun 2) Pizza Choices 3) Chicken Patty on a Bun All Lines: Roasted Cauliflower, Garden Bar</p> <p>Breakfast: Mini Bagels with Cream Cheese, fruit, juice, milk</p>	<p>28</p> <p>No School</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.

HARVEST OF THE MONTH NEWSLETTER APRIL 2023

COULEE REGION

FARM TO

SCHOOL
LOCAL FOODS, HEALTHY KIDS



Select – Choose lettuce with fresh, crisp leaves.

Store – Keep lettuce in a plastic bag with small holes. Store in refrigerator for up to 1 week.

Prepare – Rinse carefully under cool running water and allow it to dry well.

Lettuce is The Harvest of the Month!

Add lettuce to your favorite family meals:

- Serve tuna, chicken, or egg salad on a bed of lettuce.
- Use lettuce instead of a bun for a burger or sandwich.
- Ran out of tortillas? Use a large leaf as a taco shell for leftover fillings.

Make meals and memories together. It's a lesson kids will use for life.

Did you know?

The four main types of lettuce include butterhead (Boston, bibb), crisphead (iceberg), looseleaf (red leaf, green leaf) and romaine. Lettuce leaves that are darker in color contain more vitamins and minerals than the paler color varieties.



Nutritious, Delicious, Wisconsin!
#Wtharvestofthemoth

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AAE institution committed to diversity among its employees and in its programs. Funding for this publication was made possible by the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant AM20010000000060. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

Recipe of the month

Garden Salad with Homemade Ranch Dressing

Serves 12

Ingredients:

- 8 cups romaine Lettuce (or other favorite lettuce) washed, dried and torn into bite sized pieces
- 2 cups raw vegetables, like carrots, bell peppers, mushrooms, red cabbage and sliced onion diced or sliced into small pieces
- 1 cup light mayonnaise
- 1 cup buttermilk
- 1 Tablespoon dried parsley
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon salt
- ¼ teaspoon pepper
- Optional topping: Croutons, cheese, nuts or sunflower seeds (will affect nutritional information)

Directions:

Wash your hands well with soap and hot water. Combine all dressing ingredients in a jar and shake or whisk until smooth. Cover and chill until ready to serve. Toss lettuce and raw vegetables in a large bowl. Add some of the ranch dressing and toss to coat or serve undressed with dressings on the side. Top with croutons, cheese, nuts or sunflower seeds if desired.

Refrigerate leftovers within 2 hours. Use dressing within 2 weeks.

Source: laxf2s.org

Per serving: 72 calories, 5g fat, 2g protein, 5g carbohydrate, 1g fiber, 170mg sodium



LA CROSSE COUNTY
Health Department
Nationally Accredited



MAYO CLINIC
HEALTH SYSTEM

GUNDERSEN
HEALTH SYSTEM.



FOOD
WISE
Healthy choices, healthy lives.

UW-MADISON EXTENSION

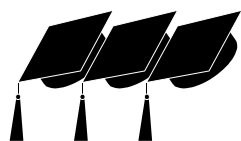
Coulee Region Farm to School is a partnership between UW-Madison Division of Extension, LaCrosse County Health Department, Mayo Clinic Health System—Franciscan Healthcare, Gunderson Health System, and the School Districts of Bangor, LaCrescent-Hokah, Holmen, LaCrosse, Onalaska, and West Salem.

Onalaska High School
700 Hilltopper Drive
Onalaska, WI 54650

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



An Equal Opportunity Employer



Important dates for Seniors



Senior Night	Thursday, May 18 --- 7:00 – 9:00 PM in the Commons and Field House
Senior Assembly	Friday, May 19 --- 9:00 AM in the Field House
Senior Walk	Friday, May 19 --- 2:20 PM
Last Day of School for Seniors	Friday, May 19
Graduation Practice	Wednesday, May 24 --- 9:00 AM in the Field House
Senior Scholarship Awards	Wednesday, May 24, 2023
Graduation Date	Saturday, May 27, 2023 --- 1:00 PM

CONTACT

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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

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

IN THIS ISSUE

Summer School	1
Important Dates	2
Family Liaison	2
Senior Scholarship/Military	3
Prom	4
French 4 Field Trip	5
Onalaska Jazz Festival	6
Student of the Month	7
Freddy Extra Effort Award	8
World Language Newsletter	9
Onalaska Food Pantry	10
Open Enrollment Information	11 – 12
Student Services Update	13 – 25
ACT Test Dates	13
Scholarship Information	14
College Bound Student Athletes	15
Western Career Coach Meetings	16
Change courses in the senior year?	17
CIEE International Host Families	18
College Application Tips & Help	19
AP Exams	20
Upcoming Opportunities	21 – 24
2022-23 Assessments at OHS	24
Viterbo Junior Visit Day	25
Activities	26 – 29
School Nutrition Menu	30 – 31