



FREDDY'S FOOTNOTES



A Newsletter from Onalaska High School

March 2023

Highlights

Important Dates

ACT for all Juniors	March 7
Parent Teacher Conferences	March 8 – 9
No School	March 10
Orchestra Concert	March 13
Cabaret	March 17 – 18
Dancing w/ the O'Club Stars	March 24

In This Issue

Dancing with the O'Club Stars	1
Important Dates	2
Family Liaison	2
District Facebook Page	2
Summer School	3
Cabaret	3
Prom	4
Parent Teacher Conferences	4
Parent Liaison Information	4
Onalaska Jazz Festival	5
Student of the Month	6
Freddy Extra Effort	7
World Language Newsletter	8 – 9
Onalaska Food Pantry	10
Open Enrollment Information	11 – 12
Student Services Update	13 – 22
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
Statewide ACT March 7	16
Changing courses in the senior year?	17
Upward Bound	17
College Application Tips & Help	18
Register to Retake the ACT	18
Eligible for Free/Reduced Lunch?	18
Upcoming Opportunities	19 – 21
2022-23 Assessments at OHS	21
Western Technical College Open House	22
Activities	23 – 26
Booster Club Information	23
Athletic User Fees/ Athletic Admission	24
Calendar of Events	25
Intramural Dodgeball Champs	26
Nutrition Menu	27



Dancing with the O'Club Stars

**Mark your Calendar –
Coming Soon!**

**Friday, March 24th
7:00pm**

2023

Onalaska High School PAC

Tickets go on sale starting March 20th
Adults \$10
Students (K-12) \$5

Important Dates

Required ACT for all Juniors.....	Tuesday, March 7 --- during the school day
Parent Teacher Conferences	Wednesday, March 8 from 3:30 – 8:00 PM
.....	Thursday, March 9 from 12:30 – 8:00 PM
Early Dismissal	Thursday, March 9 --- 11:50 AM
No School.....	Friday, March 10
Orchestra Concert	Monday, March 13
Cabaret	Friday, March 17 at 7:30 PM and Saturday, March 18 at 4:00 PM in the PAC
Choir Spring Concert – First Lutheran Church.....	Monday, March 20
Dancing with the O'Club Stars	Friday, March 24 --- 7:00 PM in the PAC
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
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



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 coming soon.

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 – Starting Thursday, April 13 Bright Arrow message coming soon.
When:	Registration begins
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

2023 CABARET

Friday, March 17, 2023, 7:30 PM

And

Saturday, March 18, 2023, 4:00 PM

Claude C. Deck Performing Arts Center - Onalaska High School

Join the Onalaska High School show choirs for their final performances of the year!
You won't want to miss this great event!

Performing ensembles include:

- Express Show Choir and Show Band (Friday only)
- Hilltopper Show Choir and Show Band
- Senior Student Spotlight performances



Parent Teacher Conferences to be held in March

The following dates have been selected for Spring 2023 Parent Teacher Conferences at OHS:

Wednesday, March 8

3:30 PM – 8:00 PM

Thursday, March 9

12:30 PM – 8:00 PM

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.

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*



February 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:

Mya Yang

Nominees:

Julianna Ball
Graysen Guzzo
Jayla Martin
Elizabeth Matz
Mali Thor
Ethan Vue

Junior Class

Student of the Month:

James Siegel

Nominees:

Nolan Adams
Alanna Hurlburt
Leora Robinson
Senxai Xiong

Sophomore Class

Student of the Month:

Snigdha Rajamanuri

Nominees:

Grace Fabian
Nolan Graw-Ristow
Jill Lee
Gabriel Maldonado Garcia
Gwen Marso
Rece Miller
Phyllipe Vang
Maddix Xiong

Senior Class

Student of the Month:

Morgan Dus

Nominees:

Sam Hegge
Elizabeth Kehr
Maxwell Klein
Ken Lee
Benjamin Stuhr
Addison Updike



Mya Yang
Freshman



Snigdha Rajamanuri
Sophomore



James Siegel
Junior



Morgan Dus
Senior

Freddy Extra Effort Award ... February



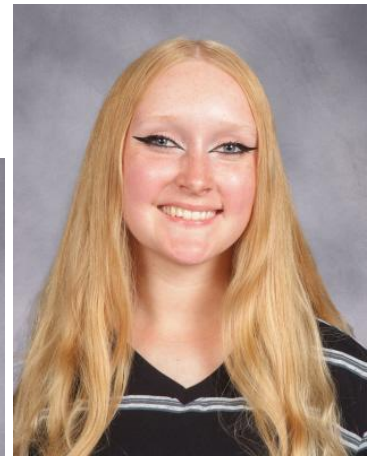
Kyara Cayasso
Freshman



Sebastian Spies
Sophomore



Miah Boczkowski
Junior



Annelle Sebranek
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 DÉPARTEMENT DES LANGUES ÉTRANGÈRES • DEPARTAMENTO DE IDIOMAS DEL MUNDO

FEBRUARY 2022 • FÉVRIER 2022 • FEBRERO 2022

WORLD LANGUAGE



Mr. Brian Wopat

wopbr@onalaskaschools.com



Mr. Devin Pettys

petde@onalaskaschools.com



Mrs. Rebecca Chaouki

chare@onalaskaschools.com



Mrs. Christy DeRuyter

derch@onalaskaschools.com



Mrs. Victoria Carter

carvi@onalaskaschools.com



Mr. Andy Beckstrom

becan@onalaskaschools.com



Mrs. Jennifer Garves

garje@onalaskaschools.com



FACT CHECK



MYTH: You can't learn two languages at the same time. If you do, you'll end up getting confused, messed up, and horribly fail.

REALITY: Who on Earth says you can't learn many languages simultaneously? Citizens from bilingual countries or families have proven this wrong. If you can learn Physics while learning Biology or History while learning Geography, then you can learn French while learning Spanish. It is a mental workout that strengthens the brain. The real answer is yes, oui, si.

A Look at University Retro Active Credits

Last month, we looked at world language admission requirements at colleges and universities. This month, we will look at retroactive credits. Retroactive credits are free credits students may earn by taking an upper-level course and earning a grade of B or better. The student earns retro-active credits for all the lower classes skipped. For example, a common layout for university world language classes is: 101, 102, 201, 202, and 303. If a student is placed into a 201 course and earns a B, that student could receive retroactive credits for 101 and 102. With each class worth 3 to 4 credits, the student would have earned a total of 9 to 12 credits. The best part, the student only has to pay for the credits from the class s/he took. This way, the student earned 6-8 free credits!

The process of placement testing at the university level is simple. Once admitted to a University of Wisconsin system school, students take an entrance exam in math, English, and world language. From this exam, the university decides which world language class is a best fit. Students may opt out to take a lower-level class than which is being recommended by the university, but University of Wisconsin has a history of successfully placing students in the proper world language course.

The economic benefit of long-term world language study can amount to one semester of free tuition. For example, according to the UW-La Crosse website, one semester of tuition for a Wisconsin resident is \$4,658. If an average student takes fifteen credits per semester, the breakdown cost per credit is \$310 dollars. Now take into account a student placed into the highest level of world language study (301). After a semester of study at level 301 and earning a B or higher grade, the student would earn 12 to 16 retroactive credits for the classes skipped. The math is simple, 12 credits at \$310 each equal \$3,720 dollars and 16 credits equals \$4960 dollars of free credits.

There is no guarantee for placing in the highest level of a world language course in college which is why we recommend students study the same world language for four years at Onalaska High School to ensure the highest best placement.



School District of Onalaska World Language Department



LE DÉPARTEMENT DES LANGUES ÉTRANGÈRES • DEPARTAMENTO DE IDIOMAS DEL MUNDO

MARCH 2023 • MARS 2023 • MARZO 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

mumval@onalaskaschools.com



Mrs. Victoria Carter

carvi@onalaskaschools.com



Mr. Andy Beckstrom

becan@onalaskaschools.com



Mrs. Jennifer Garves

garje@onalaskaschools.com



FACT CHECK



MYTH: You can't become proficient in a world language unless you learned it before puberty.

REALITY: Sadly, there is some truth to this. It is much harder for you to learn a language once you get older. However, this is not absolute. The truth is that there have been millions of adults that have not only learned a new language, but ended up speaking it proficiently. The School District of Onalaska starts Spanish instruction in 6th grade and French in 8th grade. The high school offers four years of language instruction.

France 2024 – A Travel Experience

If your child will be enrolled in French 2, 3 or Dual Credit 4 during next school year, they have a chance to travel to France in the spring of 2024. Typically, the French teachers travel with students during the summer months, but the summer of 2024 has Paris hosting the Summer Olympics. To ensure we get the most of our time in the hexagon, we are proposing a trip from March 23 - April 1, during spring break 2024. It is a 10 day trip that takes students to all the major attractions of Paris, Normandy, and the Loire Valley. Below is a schedule of events:

Day 1 - We leave La Crosse and make our way towards Paris.

Day 2 - Land at Charles de Gaulle in Paris and board a bus to Chartres for students to experience their first cathedral and lunch in a small French community. Afterwards, we continue our way to Caen, France.

Day 3 - We tour the Peace Museum in Caen and the start day 1 of the D-Day beaches, visiting Arromanches and the American Cemetery.

Day 4 - The following day, we head to Point du Hoc and Mere St. Eglise. We end the night at Saint Malo, a walled city on the northwestern coast of France.

Day 5 - We tour Mont Saint Michel and then start our journey of visiting castles. Our first castle is Amboise, which we will also tour Leonardo Da Vinci's home.

Day 6 - More castles - Chenonceau and Chambord and we end the night in Paris.

Day 7 - We start the day with a 2-hour bike tour of Paris followed by pétanque lessons in the Luxembourg Park.

Day 8 - We will take a tour of the underground of Paris, stop in the Montmartre district with a visit to Sacré Coeur and the arts district of Paris, and end the day at the Eiffel Tower.

Day 9 - This day we do the Champs Elysee and visit the Louvre!

Day 10 - We return home.

If you are interested in learning more about this great opportunity, please reach out to either French teacher:

Monsieur Pettys

petde@onalaskaschools.com

Monsieur Wopat

wopbr@onalaskaschools.com

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>



Statewide Junior ACT Day for 2023

All OHS Juniors test on
March 7, 2023 next year!



Upcoming ACT Dates and Deadlines

Test Date	Register By	Late Registration (Additional Fee)
March 7, 2023	Test at OHS	
April 15, 2023	March 10	March 24
June 10, 2023 at OHS	May 5	May 19
July 15, 2023	June 16	June 23

Important Dates

March 1	ECCP/SCN/Unique Opportunity Applications Due
March 7	Junior ACT
March 8-9	Parent Teacher Conferences at OHS - sign up here
March 8-9	<i>Wake Up Call</i> --- OHS Commons, 4-8 pm on March 8, 1-8 pm on March 9
March 8	Western Vehicle Technology Center Tour, 4:30-6:00 pm - sign up here
March 14	Western Career Coach at OHS, sign up in Student Services
March 15	Open House at Western Technical College 4-7 pm
March 21	Junior ACT Make-Ups
March 21	ASVAB administered at OHS, sign up in Student Services
March 29	UW Madison Campus Tour (for interested students)
April 5-10	Spring Break

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

United
Way



UGETCONNECTED! - Many opportunities to participate in community service as a family, with friends, or by yourself. This organization matches volunteers with organizations in need. Visit <https://www.uggetconnected.org/> and check it out!

www.uggetconnected.org

Seniors, Class of 2023 - It's Time to Schedule Campus Visits:

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/>.

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, February 14, 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 March 14, 2023.

Attention Junior Class of 2024:

Important notice regarding the March 7, 2023 ACT

During school on March 7, 2023, every junior in the state of Wisconsin will take the ACT. While this test is FREE, there is some registration required to prepare for the test. On several select days in February, all OHS juniors will participate in ACT prep days during school. Part of this preparation will be for juniors to complete background information in their ACT account. Every junior will have the opportunity to select 4 colleges or universities to have their March 7 ACT score officially sent to for FREE! Students needing to send official ACT scores after testing will be charged \$13 per college. College admissions officers and high school counselors strongly encourage students to choose 4 colleges/universities where they may be interested in applying, and plan to list them when they complete their answer document. Even selective colleges/universities indicate that they will only consider the student's highest ACT score earned during the admission process.

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.

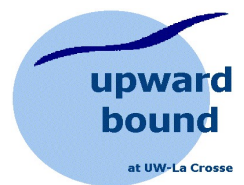
Each summer, admission offices compare final high school transcripts to the senior year courses they assumed each student was going to complete. Also each summer, admission offices have the horrible job of rescinding admission to students who changed their senior year schedule and no longer meet the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



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.

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.

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.

Wisconsin American Legion Law Enforcement Career Academy (WALLECA) - July 24-28, 2023 at Fort McCoy Application: <https://wilegion.org/walleca/>

Due March 31, 2023

WALLECA offers physical fitness training coupled with classroom instruction and hands-on training. Topics of instruction include crime scene investigation, firearms training, de-escalation and arrest tactics, OWI enforcement, human trafficking, tactical response, ethics, and team building exercises.

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

Upcoming Opportunities

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

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



2022-23 Assessments at OHS

The following is a schedule of assessments that will be given to each grade level at no cost to students and families (unless otherwise noted).

Freshmen	Required ASPIRE (9th grade pre-ACT assessment)	March 28, 2023
Sophomores	Required Forward Exam (Social Studies)	March 22-23, 2023
	Required ASPIRE (10th grade pre-ACT assessment)	April 18, 2023
Juniors	Required state-wide ACT	March 7, 2023
Seniors	ASVAB (Armed Services Vocational Aptitude Battery)	March 21, 2023



LA CROSSE • BLACK RIVER FALLS • INDEPENDENCE • MAUSTON • TOMAH • VIROQUA

WEDNESDAY, MARCH 15 • 4 - 7 P.M.

- **Explore 100+** flexible & affordable programs • Meet instructors and staff who want you to succeed
- Explore our widely available support services
- File your Free Application for Federal Student Aid (help is available in La Crosse only.)
- Guided Campus Tours and Program Exploration • Earn a chance to win **\$500 scholarship**
- Refreshments and Prizes

HIGH SCHOOL JUNIORS CAN APPLY AT EVENT • APPLY FOR FREE!

We ask you to register ahead at the link below, but walk-ins are welcome!

Build a career you love

Western
Technical College

www.westerntc.edu/openhouse



0 EXPECTATIONS 0
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 · 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



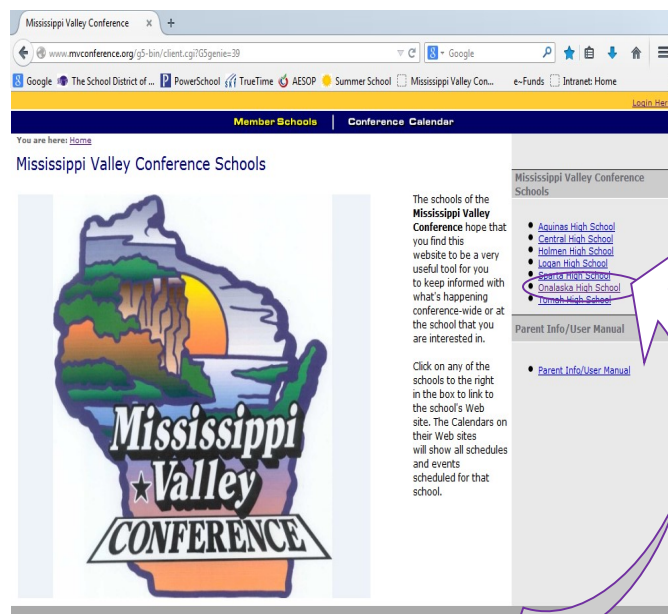
Calendar of Events

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

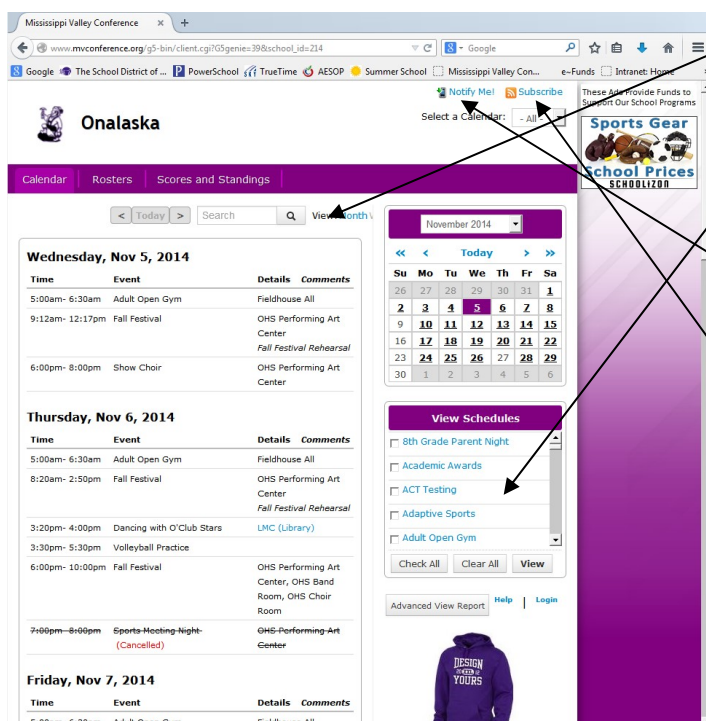
<http://www.mvconference.org/g5-bin/client.cgi?G5genie=39>

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.



Intramural Dodgeball Champs



Congratulations to:
James Siegel, Jack Tracey, Bennett Janikowski,
Charlie Newman, Griffin Schultz and Brodie Mickschl

Quiz Bowl First Place Team



OHS held a Quiz Bowl tournament March 4th. Nine teams from four schools competed round robin style. OHS A Team took first place as a team! Daniel Yao was 1st place individual and Lucas Go was 3rd place individual. First place team, L to R, Lucas Go, Sara Marchi, Andrew Villarreal, Michael Helixon, and Daniel Yao. Congratulations!



Onalaska High School Menu

March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>THIS USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER</p> <p>Menu is subject to change without notice</p>	<p>Meatless Menu Choice: Daily option of a meal from the Salad Bar!</p> <p>Egg, Cheese, Ham, or Turkey available as a choice of protein/ Veggies and Fruits from Garden Bar</p>	<p>1) Tender Beef Brisket with Provolone on a WG Hoagie Bun 2) Chicken Dumpling Stir-Fry 3) Crispy Fish with Cheese on a WG Bun All Lines: Baked Beans, Garden Bar Breakfast: WG Uncrustable PB & J, Yogurt Cup, fruit, juice, milk</p>	<p>1) WG Orange Chicken over Brown Rice 2) WG Garlic Cheese Bread Pizza / Tomato Soup 3) WG Orange Chicken over Brown Rice All Lines: Stir Fry Veggies/ Garden Bar Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk</p>	<p>1) WG Pasta Bowl with Beef or Chicken and choice of Red Sauce or Alfredo/ Garlic Bread 2) WG Muffin, 3 sausage links, Tri-Tater 3) same as line 1 All Lines: Carrot Coins/ Garden Bar Breakfast: WG Breakfast Pizza, fruit, juice, milk</p>
<p>2023</p> <p>1) Chicken Fajitas with Peppers and Onions on a WG Shell 2) WG Pizza Variety 3) Chicken Fajitas with Peppers and Onions on a WG Shell All Lines: Green Beans/ Garden Bar Breakfast: WG Cheese Dippers, fruit, juice, milk</p>	<p>NATIONAL</p> <p>1) Bakalar Hot Dog on a WG Bun 2) WG Chicken Patty on a WG Bun 3) BBQ Pork Rib on a WG Bun All Lines: Baked Beans/ and Garden Bar Breakfast: French Toast Sticks, 2 sausage links, juice, fruit, milk</p>	<p>SCHOOL</p> <p>1) Kickin Chicken Sandwich on WG Bun 2) Cheeseburger on a WG Bun 3) Kickin Chicken Sandwich on WG Bun All Lines: Oven Fries, Slushy Cup/ Garden Bar Breakfast: WG Breakfast Pizza, fruit, juice, milk</p>	<p>BREAKFAST Early Dismissal Day No Lunch at OHS</p> <p>Breakfast: Breakfast: WG Pancake on a Stick, fruit, juice, milk</p>	<p>WEEK No School</p>
<p>1) Popcorn Chicken/ WG Dinner Roll 2) Meatballs/ WG Dinner Roll 3) Popcorn Chicken/ WG Dinner Roll All Lines: Mashed Potatoes and Gravy/ Mixed Berry Cup and Garden Bar Breakfast: Uncrustable PB & J, Yogurt Cup, fruit, juice, milk</p>	<p>1) WG Orange Chicken over Brown Rice 2) WG Pizza Dippers / Tomato Soup 3) WG Orange Chicken over Brown Rice All Lines: Stir Fry Veggies/ Garden Bar Breakfast: WG Breakfast Pizza, fruit, juice, milk</p>	<p>1) WG Crispy Ranch Wrap 2) WG Soft Shell Tacos 3) WG Crispy Ranch Wrap All Lines: Tater Tots/ Slushy Cup and Garden Bar Breakfast: Colby Cheese Omelet, muffin, Tri-tater, fruit, juice, milk</p>	<p>1) WG Pizza Choices 2) WG Chicken Patty on a WG Bun 3) Cheeseburger on a WG Bun All Lines: Strawberry Cup, Oven Fries/ Garden Bar Breakfast: WG Pancake on a Stick, fruit, juice, milk</p>	<p>1) Mexican Brown Rice Bowl with Beef or Chicken and Chips 2) WG Chicken Patty on a Bun 3) 1) Mexican Brown Rice Bowl with Beef or Chicken and Chips All lines: Roasted Broccoli, Garden Bar Breakfast: WG French Toast, 2 sausage links, fruit, juice, milk</p>
<p>1) WG Soft Shell Tacos 2) Chicken Fajitas on a WG Shell 3) WG Soft Shell Tacos All Lines: Whole Kernel Corn, Garden Bar Breakfast: WG Breakfast Pizza, fruit, juice, milk</p>	<p>Harvest Of the Month</p> <p>1) BBQ Pork Rib on a WG Bun 2) Fish Sandwich with Cheese on a WG Bun 3) Kickin Chicken Sandwich WG Bun All lines: <u>Tuscan Potato Soup featuring locally grown Spinach</u>, Green Beans, Garden Bar Breakfast: WG Uncrustable PB & J, Yogurt Cup, fruit, juice, milk</p>	<p>1) WG Mini Corn Dogs 2) 2- WG Uncrustable PB & J's/ Sun Chips 3) Cheeseburger or Mushroom/ Swiss Burger on a WG Bun Breakfast: WG Animal Cracker, 2 Sausage Links, Tri-tater, fruit, juice, milk</p>	<p>1) WG Orange Chicken over Brown Rice 2) WG Pizza Dippers and Tomato Soup 3) WG Orange Chicken over Brown Rice All lines: Stir Fry Veggies, Garden Bar Breakfast: WG Muffin and yogurt cup, fruit, juice, milk</p>	<p>1) Bakalar Hot Dog on a WG Bun 2) WG Pizza Dippers 3) WG Grilled Cheese Sandwich All Lines: Oven Fries and Garden Bar Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk</p>
<p>1) WG Crispy Chicken Ranch Wrap 2) 2- WG Uncrustable PB & J's/ Sun Chips 3) WG Crispy Chicken Ranch wrap All Lines: Roasted Broccoli, Garden Bar Breakfast: WG Pancake on a Stick, fruit, juice, milk</p>	<p>1) WG French Toast Sticks, 2-sausage links 2) Cheeseburger or Mushroom and Swiss on a WG Bun 3) WG Mini Corn Dogs All Lines: Blueberries, Tri-Tater, Garden Bar Breakfast: WG Animal Cracker, 2 Sausage Links, Tri-tater, fruit, juice, milk</p>	<p>1) WG Chicken Strips/ Dinner Roll 2) Meatballs/ WG Dinner Roll 3) WG Chicken Strips/ WG Dinner Roll All Lines: Mashed Potatoes/ gravy, Carrot Coins, Garden Bar Breakfast: WG Breakfast Pizza, fruit, juice, milk</p>	<p>1) Tender Beef Brisket with Provolone on a WG Hoagie Bun 2) Chicken Dumpling Stir-Fry 3) Crispy Fish with Cheese on a WG Bun All Lines: Baked Beans, Garden Bar Breakfast: WG Uncrustable PB & J, Yogurt Cup, fruit, juice, milk</p>	<p>1) WG Soft Shell Tacos 2) Chicken Fajitas on a WG Shell 3) WG Soft Shell Tacos All Lines: Whole Kernel Corn, Garden Bar Breakfast: WG Cheese Dippers, fruit, juice, milk</p>

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

Onalaska High School
700 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

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.*

IN THIS ISSUE

Dancing w/ O'Club Stars	1
Important Dates	2
Family Liaison	2
Summer School	3
Prom	4
Onalaska Jazz Festival	5
Student of the Month	6
Freddy Extra Effort Award	7
World Language Newsletter	8 – 9
Onalaska Food Pantry	10
Open Enrollment Information	11 – 12
Student Services Update	13 – 22
ACT Test Dates	13
Scholarship Information	14
College Bound Student Athletes	15
Western Career Coach Meetings	16
Change courses in the senior year?	17
College Application Tips & Help	18
Upcoming Opportunities	19 – 21
2022-23 Assessments at OHS	21
Western Technical College Open House	22
Activities	23 – 26
Intramural Dodgeball Champs	26
School Nutrition Menu	27