



# FREDDY'S FOOTNOTES



A Newsletter from Onalaska High School

January 2023

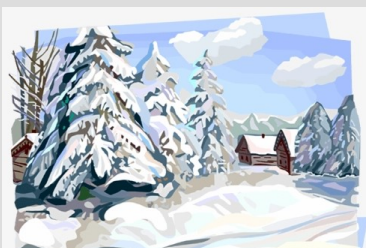
## Highlights

### Important Dates

No School .....	Feb. 10
Senior Scholarships Due .....	Feb. 16
Winterfest Dance .....	Feb. 18

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## Important Dates

Senior Scholarship Completion Workshop.....	February 1–2 during Resource
Professional Development Day – No School.....	Friday, February 10
Western Technical College Career Coach at OHS .....	Tuesday, February 14
Senior Scholarship Application Due.....	Thursday, February 16 by 3:00 PM
Winterfest Dance .....	Saturday, February 18 --- 8:00 – 10:00 PM
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
Easter Break .....	April 5 – 10

## 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*



**School District of Onalaska, WI**

Page

237 2nd Ave S, Onalaska, Wisconsin 54650

✓ Liked ▼







## Nurse Notes

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

## Parent Liaison Information

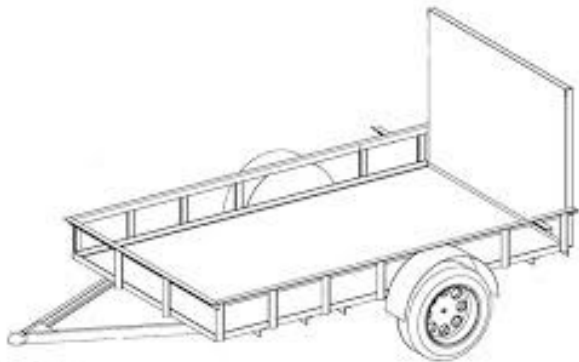
The role of Parent Liaison was created through the Wisconsin Statewide Parent-Educator Initiative (WSPEI) to aid in the support of families with children or adolescents who have special needs. The Parent Liaison for the Onalaska School District is:

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

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

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

# Small Trailer Needed



The Onalaska High School Advanced Woods / Building and Trades class is looking to build a teardrop camper. If anyone has a small trailer that they would consider donating, please send a picture of the trailer to Ben Heiser at [heibe@onalaskaschools.com](mailto:heibe@onalaskaschools.com).

If the trailer looks like something we could use, he would then set up a time to come take a look at it and possibly pick up.

Small trailer meaning a trailer that is 4' to 6' feet wide and 8' to 10' long.

Thanks  
Ben Heiser



# December 2022 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:*

**Nou Qu Yang**

### Nominees:

Krishna Ailiani  
Carter Beeler  
Asha Champion  
Daniel Vanderloop  
Macy Welch  
Mya Yang  
Abigail Younis

## Junior Class

### *Student of the Month:*

**Adam Skifton**

### Nominees:

Blake Burnstad  
Emily Hamilton  
Carly Hess  
Onphimon Ketniem  
Jenna Law  
Lilly Novak  
Dawson Sjolander  
Landon Soland

## Sophomore Class

### *Student of the Month:*

**Adeline Lorenz**

### Nominees:

Tyson Hughes  
Megan Komperud  
Hanna O'Rourke  
Michael Odegaard  
Qitarra Olson  
Lyla Schultz  
Ryan Vriens

## Senior Class

### *Student of the Month:*

**Alex Bautista Lopez**

### Nominees:

Jane Fabian  
Sammi Hanson  
Gaonou Her  
Cole Lorenz  
Vaughn Sisk  
Elizabeth Soderberg  
Andrew Villareal



**Nou Qu Yang**  
Freshman



**Adeline Lorenz**  
Sophomore



**Adam Skifton**  
Junior



**Alex Bautista Lopez**  
Senior



# Freddy Extra Effort Award ...

## December



**DeMarion Blackdeer**  
Freshman



**Maddix Xiong**  
Sophomore



**Keona Lincoln**  
Junior



**Chue Zong Xiong**  
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.





# January 2023

## Students of the Month

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### Freshmen Class

*Student of the Month:*

**Vayda Garvin**

### Nominees:

DeMarion Blackdeer  
Katelyn Ferguson  
Zander Garbrecht  
Alan Rodriguez  
Sophia Shilts  
Mali Thor

### Junior Class

*Student of the Month:*

**Zoe Brorson**

### Nominees:

Maria Jesus Banados  
Evan Behrend-Alvarenga  
Riana Cole  
Katherine Eliason  
Payton Hamilton  
Alexis Miller  
Kirsten Waldner

### Sophomore Class

*Student of the Month:*

**Arlo White**

### Nominees:

Maya Absalon  
RubyAnn Clemmer  
McKenzie Runde  
Kassidy Wick  
Madelyn Wilson

### Senior Class

*Student of the Month:*

**Josie Blum**

### Nominees:

Nick Berry  
Kincaid Kapus  
Kaitlyn Krenzke  
Sahmiyah Pantoja  
Sebastian Smith  
Kaydence Stapelton



**Vayda Garvin**  
Freshman



**Arlo White**  
Sophomore



**Zoe Brorson**  
Junior



**Josie Blum**  
Senior



# Freddy Extra Effort Award ...

## January



**Sheldon Wright**  
Freshman



**Ryan Vriens**  
Sophomore



**Lillie Helseth**  
Junior



**Matty Burnette**  
Senior

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## School District of Onalaska World Language Department



LE DÉPARTEMENT DES LANGUES ÉTRANGÈRES • DEPARTAMENTO DE IDIOMAS DEL MUNDO

DECEMBER 2022 • DÉCEMBRE 2022 • DICIEMBRE 2022

### 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

### New Members Inducted In

### The French & Spanish National Honor Societies

Onalaska High School World Language Program has two language national honor societies students can join: "La Société Honoraire de Français" (French National Honor Society) and "La Sociedad Honoraria Hispánica-Capítulo Alhambra" (Spanish National Honor Society). Both are nationally recognized honor societies that promote the advancement of each society's language. The aim of these organizations is to promote high standards in scholarship, create enthusiasm for an understanding of French and Spanish civilization, and promote international friendship.

The induction ceremony for new members was held on Monday, October 18<sup>th</sup> after school in the PAC. The ceremony was followed by cake in the commons.

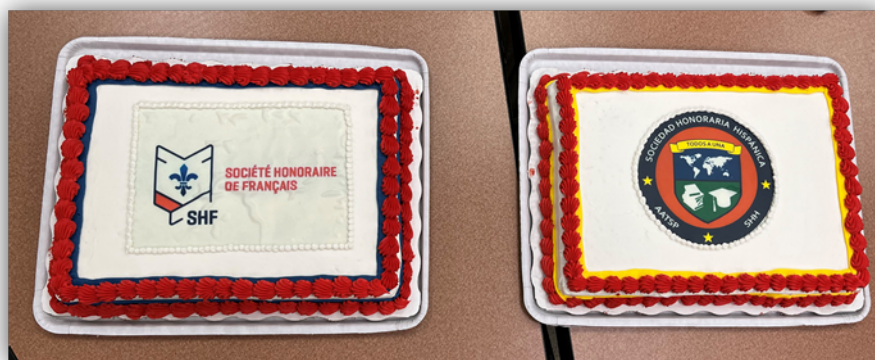


### FACT CHECK



**MYTH:** Some programs are able to teach people world language in a matter of days or weeks, so there is no reason why language learning should take a long time.

**REALITY:** There is a great difference between the conversational phrases taught by short-term language programs and the high-level academic fluency needed to succeed in school, college, and the high skills job market. The conversational phrases taught by short-term language programs limits what the speaker is able to do to basic situation.







## School District of Onalaska World Language Department



LE DÉPARTEMENT DES LANGUES ÉTRANGÈRES • DEPARTAMENTO DE IDIOMAS DEL MUNDO

JANUARY 2023 • JANVIER 2023 • ENERO 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:** Why should I learn another language when everyone (in the world) already speaks English?

**REALITY:** According to multiple sources, less than 10-15% of the world population speaks English as a first language. In the future, most people will speak more than one language. Monolingual English speakers will find it difficult to fully participate in a multilingual society. Furthermore, students with proficiency in a language other than English are more marketable and earn a higher wage in the workforce.

## A Look at College Admission Requirements

As scheduling approaches, a common question asked by parents is, "Are world languages required for admission to colleges or universities?" The answer is, for the vast majority of them, no.....BUT...! It is important to stress that even though most colleges and universities do not require high school world language study for admission, most of them use high school world language study as a criterion for selecting students for admission OR require a specific level of language proficiency for graduation. For example, looking at the UW-La Crosse website for perspective students, it states, "Students who apply to UW-La Crosse do not need to complete foreign language courses in high school. However, students with study foreign language in high school are more competitive for admission." With that said, the next question parents ask is, "How many years of world languages should my child take?" Although most believe that only two years is needed, according to the UW-La Crosse website, it states, "The average student admitted to UW-La Crosse completes three or more years of foreign language in high school." And this is just UW-La Crosse. State schools like UW-Madison and UW-Eau Claire recommend four or more years of a world language study for admittance.

You may be wondering what world languages can do for your child once they are in college? Interestingly enough, according to the UW-La Crosse website, it states, "It should be noted that some degree programs at UW-La Crosse have a language graduation requirement before a bachelor's degree will be granted." Thus, students who do long-term study of a world language in high school may fulfill the university's world language graduation requirement by placing into an upper-level class, completing that requirement faster, and earning retroactive credits for classes skipped.

In next month's newsletter, we'll explain what retroactive credits are, how to obtain them, and how they can save your child a semester's tuition in free credits.

# 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







## 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](mailto:silga@onalaskaschools.com)

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

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

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

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

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

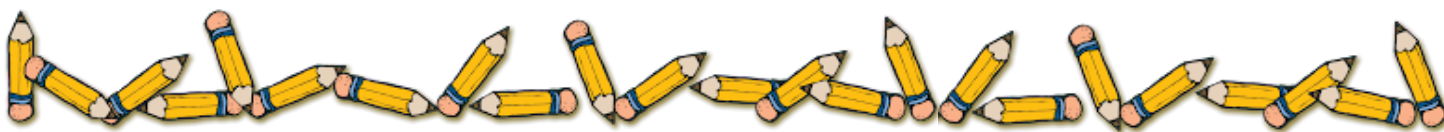
### Administrative Assistants

Barb Nelson – [nelba@onalaskaschools.com](mailto:nelba@onalaskaschools.com)

Melissa de Boer – [debme@onalaskaschools.com](mailto: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)
February 11, 2023	January 6	January 20
<b>March 7, 2023</b>	<b>Test at OHS</b>	
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

February 6	8th Grade Parent Night 6:30 pm in PAC
February 6-7	8th Grade Registration - counselors at OMS
February 9	8th Grade Electives Day
February 14	Western Technical College Career Coach at OHS
February 16	Senior Scholarship Application DUE by 3:00 pm
March 1	ECCP/SCN/Unique Opportunity Applications Due
March 7	Junior ACT
March 8-9	Parent Teacher Conferences 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](mailto: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](http://www.eligibilitycenter.org)
2. Follow the directions on the page to register for the clearinghouse

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

# 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](http://www.uggetconnected.org)**

**Early College Credit, Start College Now, and Youth Apprenticeship Programs** - Applications due Wednesday, March 1, 2023

**ECCP and SCN Programs** Students at OHS have several unique opportunities they can take advantage of typically during their junior or senior years. The Early College Credit Program (ECCP) for private and public 4-year colleges and Start College Now (SCN) for technical colleges offer students an opportunity to take college courses at Western, Viterbo or UW-L at no cost to them or their families. A student must have exhausted all course offerings in a content area at OHS and meet the college's admissions criteria in order to be approved for these programs. Application forms can be found on the OHS Website and on the grade level google classroom pages. Students should contact their School Counselor for more information and be sure to turn in an application before March 1, 2023. **NO LATE APPLICATIONS CAN BE ACCEPTED!**

**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!



## **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.

## **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/>.

### **Financial Aid/Scholarship Assistance from OHS School Counselors**

February 1 & 2 IN SCHOOL DURING RESOURCE – High school seniors will have an opportunity to receive assistance filling out financial aid and scholarship applications. It will be important for students to know their social security number to start the financial aid process. The following are examples of tasks students may work on during this time to assist them with finding money for college:

- Starting or completing the FAFSA
- Completing letter of recommendation requests
- Searching for and completing scholarships from a college
- Starting or completing the OHS scholarship application

### **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.



### 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.



## Parent Teacher Conferences to be held in March

The following dates have been selected for Spring 2022 Parent Teacher Conferences at OHS:

Wednesday, March 8

3:30 PM – 8:00 PM

Thursday, March 9

12:30 PM – 8:00 PM

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

### UW Ready

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

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

## 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?

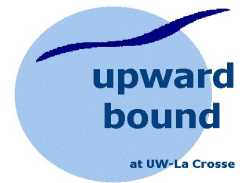
Any student who has participated in, or has younger siblings who have participated in the free or reduced lunch program should reapply each year, **even if they do not eat in the school cafeteria.** Many opportunities are available to students participating in this program such as fee waivers for tests, 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.

## 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/](http://www.uwlax.edu/upward-bound/) or on Facebook (Upward Bound @ UW-La Crosse). Start your application online at [www.uwlax.edu/upward-bound/](http://www.uwlax.edu/upward-bound/).



## ACT Prep Course Options

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

1. All Juniors will take a FREE practice ACT test on September 27. This retired ACT test will be administered, timed and scored identically to an actual ACT. ACT will score this test, and provide students with sub scores, a composite score and most importantly an itemized list of correct answers compared to the student answers. Students can use the test book they receive back with their results to see the questions they answered correctly, and identify content they need more review.
2. There are **FREE** resources located in the Student Services office, such as practice tests, which can be scored and timed by the student. Several **FREE** resources are also available online at sites such as ACT.org. Every Junior at OHS will also participate in a **FREE** two-day ACT prep program this February.
3. Onalaska High School will offer a 6-hour ACT Workshop this winter with Schoolhouse Educational Services. This program will emphasize specific test-taking strategies for each of the five ACT subjects, and costs approximately **\$50 per student plus an optional \$20 workbook**. More information including dates will be available in future Freddy's Footnotes.
4. UW-L's Continuing Education office offers a twice-annual ACT prep course. Students will learn test-taking strategies, receive instruction in each of the four testing areas, and take a retired pre- and post-ACT test. Writing strategies to assist you in the essay part of the ACT test will also be provided.

The cost of the ACT prep course is **\$199**. For more information or to register, call 608-785-6504, visit <https://www.uwlax.edu/conted/test-prep/act/> or stop by Student Services for a brochure.



## Upcoming Opportunities

### **STEM Career Exploration Day, UW Platteville** - March 3, 2023

Gives students in grades 10-12 exposure to different career opportunities within the STEM field. Visit website for more information and to register: <https://www.uwplatt.edu/stem-career-exploration-day>

### **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

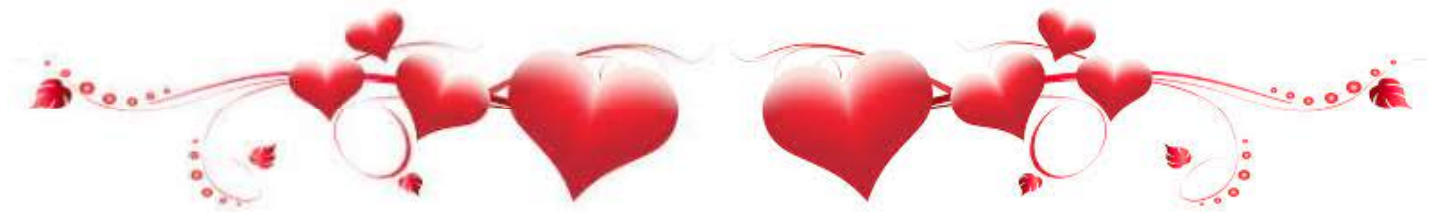
<https://www.cmu.edu/pre-college/>

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 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> 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.



## 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 14, 2023



Thinking about college? Wondering where to start?

***Make the Self-Sufficiency Program your first step!***

SSP provides information and support to make plans that are right for you. Wherever you are in your educational journey – with no college experience, some credits, a completed certificate or an associate degree – SSP prepares you to take your next step.

You will:

- Practice college level work in a supportive setting
- Discover your academic and career potential
- Explore the programs and degrees at UWL, Western and Viterbo
- Learn how to apply (or re-apply) to college and access financial aid
- Learn about the *SSP Locally Grown* scholarships and others
- Develop the confidence to reach your education and life goals

***Spring 2023 Session (6-8 pm)***

***Tuesdays, February 7 through May 2, 2023***

4 Math Mondays sessions start 3/20, 5:30 – 7 p.m

SSP is a no-cost evening program on the UW-L campus. Childcare provided.

***To apply online or request an application:***

**[www.uwlax.edu/ssp](http://www.uwlax.edu/ssp)**

**Andrea Hansen, Self-Sufficiency Program Director**

**4309 Centennial Hall, 1725 State Street, La Crosse, WI 54601**

**608.785.8733 or [ahansen@uwlax.edu](mailto:ahansen@uwlax.edu)**

*A program of UW-La Crosse Race, Gender, and Sexuality Studies Department,  
we are grateful to our many community and educational partners, including the Women's Fund  
of Greater La Crosse, AAUW-La Crosse Branch, PEO chapters, and private foundations*





**EXPECTATIONS OF ONALASKA STUDENT ATHLETES**

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



**Onalaska Hilltopper Athletic Booster Club**

Page · Community · onaboosters · 702 likes 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](http://Onalaska - Team Home Onalaska Hilltoppers Sports)

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

- \*Sport schedules - continuously updated
- \*Link to join the Booster Club
- \*Link to become a sponsor
- \*Link to sign up your athlete for the upcoming season

Click the link to sign up now to get text updates for schedules & upcoming events:  
<https://alerts.getvnn.com/>

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

## Students registering for athletics

must have a **current physical examination** on file in the athletic office **before the student is authorized to participate in practice/tryouts**. If your students' physical is outdated and you are struggling to make an appointment with your regular physician other options include:

**Bronston Chiropractic** - 1202 CTH PH Suite 100 - Onalaska 608-781-2225

OR **Neighborhood Family Clinics** -

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

Onalaska - N5560 CTH ZM - 608-779-5323



## 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



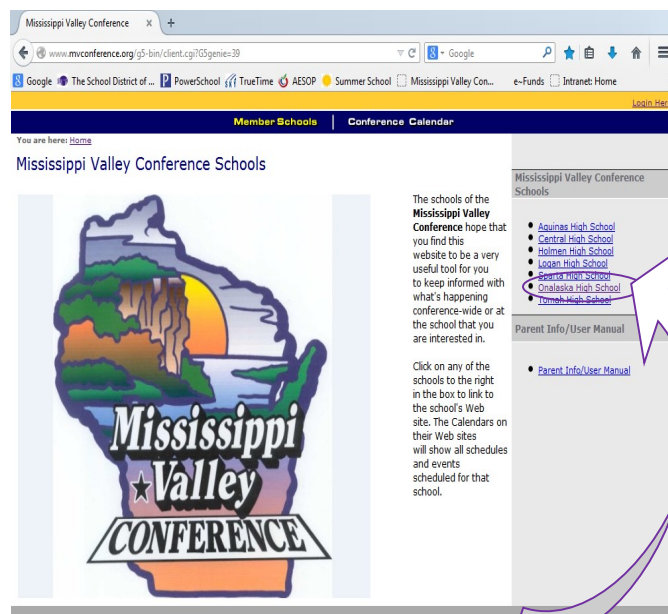
## Calendar of Events

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

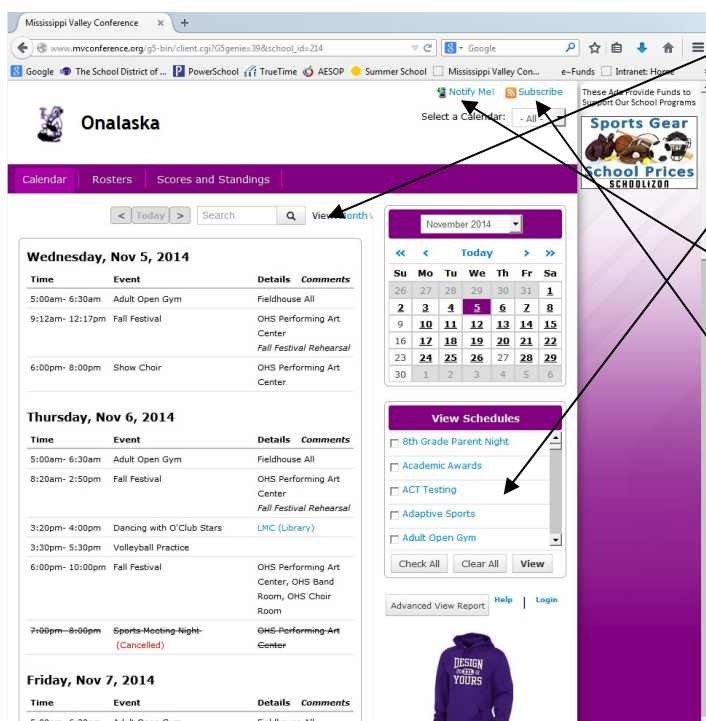
<http://www.mvconference.org/g5-bin/client.cgi?G5genie=39>

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](mailto:support@schooltoday.com) for a simple license agreement.

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

#### CALENDARS



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



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



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

#### RSS READERS



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



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



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

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





## Intramural Volleyball Champs



Congratulations to the  
“Block Party” team.

Ken Lee, Vincent Thao,  
Devon Vang, Gao Yang,  
Fabien Xiong, Rose Vang,  
Tyson Thao

## Intramural Pickleball Champs

Congratulations to Lucas Go and  
Daniel Yao for climbing a competitive  
hill to become Onalaska High School  
Intramural Pickleball champions.

Pictured also here with Open Division  
Pickleball Champion Mr. Archer.







## Intramural Basketball Champs



Congratulations to Griffin Schultz, Bennett Janikowski and Jack Tracey for winning the Intramural Basketball Championship.

This undefeated team even knocked off two staff teams. Special thanks for Mr. Kramolis, Mr. Sullivan, Mr. Ihle, Mr. Arneson, Mr. Sauerman, Mr. Wallenfang and Ms. Nicolai for participating.



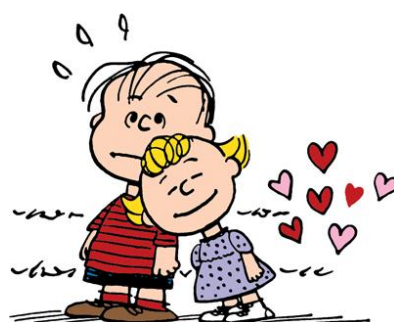
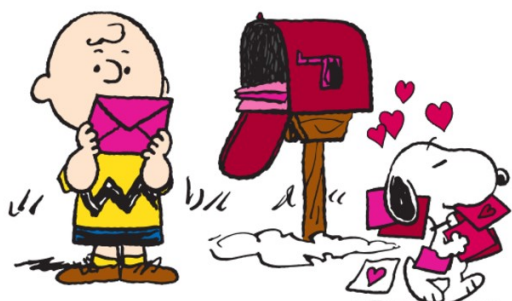
## Intramural Badminton Champs



Congratulations to Griffin Schultz and Bennett Janikowski on becoming the intramural champs. They came out on top in a 14 team bracket, defeating Mr. Archer and Mr. Kramolis in the championship game.







## Onalaska High School Menu

February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>THIS USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER</p> <p><b>Menu is subject to change without notice</b></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: Oven Fries and Garden Bar</p> <p><b>Breakfast: WG Breakfast Pizza, fruit, juice, milk</b></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</p> <p><b>Breakfast: 2 Sausage links, WG Muffin, fruit, juice, milk</b></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</p> <p><b>Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk</b></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 <b>Breakfast: WG Pancake on a Stick, fruit, juice, milk</b></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 <b>Breakfast: Ultimate Breakfast Round, Yogurt Cup, fruit, juice, milk</b></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 <b>Breakfast: WG Banana Bread, Cheese Stick, fruit, juice, milk</b></p>	<p>1) Meatball Sub on WG Hoagie 2) Ham and Turkey Deli Sandwich on a WG Hoagie 3) WG Pizza Variety All Lines: Sun Chips, Green Peas/ Garden Bar <b>Breakfast: WG Breakfast Pizza, fruit, juice, milk</b></p>	<p><b>No School</b></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 <b>Breakfast: Breakfast Sandwich on a WG Bagel, fruit, juice, milk</b></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 <b>Breakfast: WG Mini Bagel with Cream Cheese, fruit, juice, milk</b></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 <b>Breakfast: WG French Toast Sticks, fruit, juice, milk</b></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 <b>Breakfast: WG Cheesy Bosco Breadstick, Tater Tots, fruit, juice, milk</b></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 <b>Breakfast: WG Uncrustable PB&amp;J, fruit, juice, milk</b></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 <b>Breakfast: WG Breakfast Pizza, fruit, juice, milk</b></p>	<p>1) WG Chicken Strips/ Chicken Gravy 2) Meatballs/ Brown Gravy 3) WG Chicken Strips/ Chicken Gravy All lines: WG Dinner Roll, Mashed Potatoes/ Green Beans, Garden Bar <b>Breakfast: WG Cheesy Breadstick, Tater Tots fruit, juice, milk</b></p>	<p>1) WG Mini Corn Dogs 2) 2- WG Uncrustable PB &amp; J's/ Sun Chips 3) Cheeseburger or Mushroom/ Swiss Burger on a WG Bun <b>Breakfast: WG Pancakes with Strawberry Cup, fruit, juice, milk</b></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 <b>Breakfast: WG Muffin, Sausage, fruit, juice, milk</b></p>	<p><b>Harvest Of the Month</b> <b>Farm to School Chili Day</b> 1) Bakalar Hot Dog on a WG Bun 2) WG Pizza Dippers 3) WG Grilled Cheese Sandwich All Lines: <b>Farm to School Chili</b> and Garden Bar <b>Breakfast: WG Ultimate Breakfast Round, Yogurt Cup, Fruit, Juice, Milk</b></p>
<p>1) WG Crispy Chicken Ranch Wrap 2) 2- WG Uncrustable PB &amp; J's/ Sun Chips 3) WG Crispy Chicken Ranch wrap All Lines: Roasted Broccoli, Garden Bar <b>Breakfast: WG Breakfast Pizza, fruit, juice, milk</b></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 <b>Breakfast: WG Banana Bread, Cheese Stick, fruit, juice, milk</b></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 <b>Breakfast: WG French Toast Sticks with Strawberry Cup, fruit, juice, Milk</b></p>		<p><b>Meatless Menu Choice:</b> <b>Daily option of a meal from the Salad Bar!!</b> Egg, Cheese, Ham, or Turkey available as a choice of protein/ Veggies and Fruits from Garden Bar</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](http://www.onalaskaschools.com)



An Equal Opportunity Employer



## Important dates for Seniors



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](mailto:schja2@onalaskaschools.com)

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

Jason Thiry Activities Dir.  
[thirja@onalaskaschools.com](mailto:thirja@onalaskaschools.com)

LeAnn Dirks Admin. Assistant  
[dirle@onalaskaschools.com](mailto:dirle@onalaskaschools.com)

Amber Turner Attendance  
[turam@onalaskaschools.com](mailto:turam@onalaskaschools.com)

Web: [www.onalaskaschools.com](http://www.onalaskaschools.com)

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

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