



FREDDY'S FOOTNOTES



A Newsletter from Onalaska High School

November 2022

Highlights

Important Dates

NHS Induction/Academic Awards	Nov. 7
Fall Festival	Nov. 3
Fall Play	Nov. 18 & 19
Orchestra Concert	Nov. 21

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Onalaska High School Drama Department presents *BORN YESTERDAY*

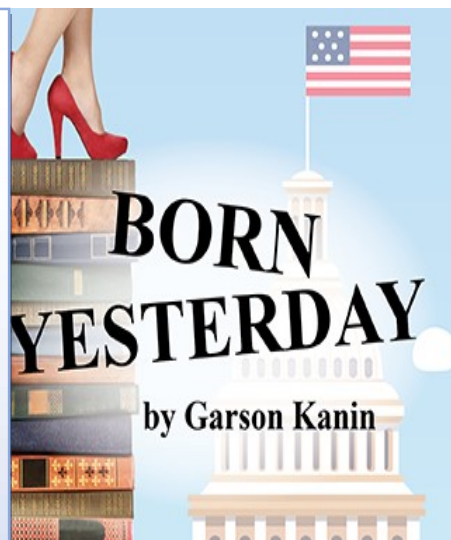
*BORN
YESTERDAY*

by Garson Kanin

When: 7:30 pm on Friday, Nov. 18
and Saturday, Nov. 19

Where: Claude C. Deck PAC at
OHS

Cost: \$8.00 for Adults and \$6.00 for
students and senior citizens (65 and
older). Students need valid I.D.



November
18 & 19
7:30 PM

The 2022 Fall Play at OHS is Garson Kanin's comedy *Born Yesterday*. Set in Washington, D.C., shortly after the end of World War II, the play tells the story of Harry Brock, a corrupt war profiteer looking for politicians who are willing to take bribes. However, the main plot focuses on Brock's girlfriend, Billie Dawn, a former chorus girl who gradually falls in love with a reporter named Paul Verrall. The cast and crew is composed of over thirty OHS students. The performances are scheduled for Friday, November 18, and Saturday, November 19, at 7:30 pm. Tickets are \$6 for students and senior citizens, and \$8 for adults.

Important Dates

UW System practice placement tests (resource)	November 2-3
Choir Fall Festival	Thursday, November 3 ---
End of First Quarter	November 4
National Honor Society Induction	November 7 --- 6:00 PM
Academic Awards Night	November 7 --- 6:30 PM
Senior Class Photo	Wednesday, November 16
Senior Cap and Gown Meeting/Measurements	Wednesday, November 16 --- Orders due by December 14
Fall Play – “Born Yesterday”	November 18 & 19 --- 7:30 PM
Orchestra Concert	November 21 --- 7:30 PM
Holiday Break – No School	November 23 – 25
Winter Band Concert	December 5 --- 7:30 PM
Winter Choral Concert	December 12 --- 7:30 PM
Senior Cap/Gown Online Orders Due	December 14 – Additional \$10 after this date
Sleigh Ride Concert	December 16 --- 7:30 PM
Holiday Break – No School	Friday, December 23 – Monday, January 2

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





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

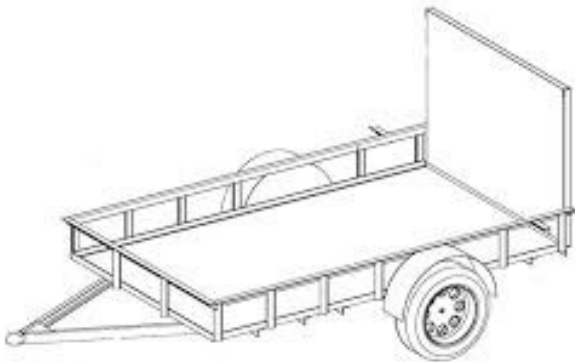
The role of Parent Liaison was created through the Wisconsin Statewide Parent-Educator Initiative (WSPEI) to aid in the support of families with children or adolescents who have special needs. The Parent Liaison for the Onalaska School District is:

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.

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.

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



2022 Sleight Ride Concert

Onalaska High School
Hilltopper and Express Show Choirs

When: Friday, December 16, 2022; 7:30 PM

Where: Claude C. Deck Performing Arts Center
Onalaska High School

Admission: Adults \$5.00
Seniors & Students \$4.00
Maximum family rate \$20.00
General Admission Seating

Parents, students, family and the community are invited to experience this wonderful holiday tradition featuring several solos and ensembles in addition to the competition shows.

Mark your Calendar for Special Holiday Events

Monday, December 5
Winter Band Concert,
7:30 PM --- OHS Performing Arts

Monday, December 12
Vocal Music Winter Concert,
8:00 PM --- OHS Performing Arts
Center. Includes: Men's Choir, Women's
Choir, Select Women's Choir, Concert Choir



WORK PERMITS

Remember that students **under age 16** will need a work permit. Once you've been hired, bring your hiring paperwork, note from a parent giving permission to hold a job, birth certificate (or copy of it), social security card (or copy of it), and \$10 permit fee to the Student Services Office to obtain your permit. In the summer months, give us a call at 608-783-4571 to make sure the office is open before you come in for your permit.

Back-to-school work restrictions for minor students

State law protects minor workers by setting reasonable limitations on hours they can work. If your child plans to work, make sure you both understand how being back in school can impact their schedule.

14 and 15-year-olds

Students ages 14 and 15 may work up to 3 hours per school day and 8 hours per non-school day with an unpaid 30-minute break after 6 or more hours at a time. These are the maximum number of hours 14 and 15-year-olds may work even if they have more than one job.

16 and 17-year-olds

Students ages 16 and 17 are mostly unrestricted on the hours they can work so long as they receive an unpaid 30-minute break when they work 6 or more hours at a time or 10 or more hours in a single day.

No minor of any age is permitted to work during the hours they are required to be in school. The only exception to this rule is for youth apprentices who are excused from school to participate in a school/work training program.

Academic Honors Recognition Ceremony



5

Congratulations to those students who earned a 3.5 grade point average during the 2021-2022 school year. These students were honored at our sixteenth annual Academic Honors Recognition Ceremony held on Monday, November 7.

Sophomores

Matthew Arsenault	Snigdha Rajamanuri	Damian Buckle	Mason Moua	Cornell Banks	Mikai Marsh
Dulce Maria Ascencio-Urtiz	Katherine Ramsay	Olivia Burchell	Morgan Moua	Nicholas Berry	Daniel Martz
William Bakkestuen	Jayden Randall	Blake Burnstad	Alyssa Neilson	Josie Blum	Ethan McCoy
Anna Barth	Mason Richardson	Ashlynn Chapman	Sophia Nguyen	Levi Bolstad	Richard McGarry
Emma Borden	Mikayla Root	Justin Christen	Savannah Nicolai	Alex Borden	Ally McGrath
Nathaniel Brace	McKenzie Runde	Christian Christianson	Campbell Nitti	Micah Bornitz	Macy Meyer
Gia Brorson	Alara Running	Mary-Catherine	Jada Odegard	Benjamin Bossman	Caydence Miller
Kennedy Busta	Gianna Sanchez	Clatworthy	Lindsay Odom	Simon Bowman	Taylor Molling
Bodie Callaway	Lyla Schultz	Riana Cole	Emerald Olson	Ronald Brockway	McKenna Murphy
Noah Chenault	Pierce Sommerfield	Matias Dahl	Dalaney Opelt	Kali Bronston	Natalie Murphy
Cameron Cornett	Kyle Steers	Zachary Dahlke	Cullen O'Rourke	Bryce Buchanan	Layla Newhouse
Aayush Daithankar	Jack Stoen	Lillian Ekern	Prashika Paudel	Emma Jo Candahl	Nicholas Nicholson
Alexandra Drazkowski	Alexis Sulentic	Max Erdmann	Caden Pierzina	Mikayla Carkhuff	Nathan Olson
Eva Dryer	Nolan Sullivan	Carsen Fankhauser	Owen Pinter	Levi Cavadini	Caesar Pedersen
Jenna Gansen	Abaigeal Sytsma	Caleb Fejfar	Jenna Richgels	Charles Clark	Samuel Pica
John Gobel	Natalie Tevis	Sidney Fillbach	Justin Richgels	Thomas Clark	Katlyn Pray
Isabela Gutierrez	Jaela Thao	Carter Gilhausen	Leora Robinson	Jayden Clemmer	Gavin Ridge
Lydia Hartman	Maixee Thao	Noah Gillette	Emma Rudie	Mallory Cowan	Sierra Rieck
Emma Hayes	Leah Thies	Lucas Go	Kateley Schlicht	Joshua Cuadros	Carmen Roraff
Brooke Hintz	Ellexis Van Ravenstein	Anjali Gonzalez-Yang	Cooper Simmons	Simon Desmond	Abigail Rudrud
Noah Hougom	Loobsim Vang	Emma Grandt	Isaac Simpson	Maxim Dochkin	Nicholas Rudrud
Aidan Hughes	Alex Vue	Emily Hamilton	Anna Skemp	Elizabeth Eckert	Andre Sanchez
Eddie Hughes	Lucien Vue	Ashley Harnwell	Isaac Skemp	Evan Edwards	Makayla Sanwick
Tyson Hughes	Tatum Walters	Gwenyth Harter	Adam Skifton	Garrick Egge	Christopher Scafe
Megan Komperud	Sydney Wendler	Jacob Havlik	Mara Smith	Benjamin Engel	Madison Scalf
Olivia Konrardy-Buchal	Brian Weng	Carly Hess	Landon Soland	Kiele Erickson	Octavia Schickowski
Olivia Kunkel	Olivia Wenger	Gracie Honorato	Brock Sullivan	Austin Fortun	Natalie Schreder
Alexa Larson	John Werwinski	Noah Hronis	Sofia Tak	Zachary Gamble	Gavin Schuster
Selphie Lee	Reilly Westlund	Benjamin Hsieh	Amaya Thesing	Layla Gates	Annelle Sebranek
Lauren Limberg	Kaomi Widger	Landen Hubert	Kaylene Thor	Benjamin Geister	Braden Slama
Zoie Loeffelholz	Madelyn Wilson	Jackson Hughes	James Vanderloop	Sean Gilles	Abigail Slaughter
Adeline Lorenz	Evan Xiong	Dakota Irvin	Kenji Vang	Samuel Grider	Aiden Sommerfield
Kendall Luebker	Maddix Xiong	Augustus Jiorle	Saizim Vang	Zachary Halverson	Kianah Stettler
Gabriel Maldonado	Gao Kou Yang	Kendyl Johansen	Marlee Walleen	Carter Hayes	Anna Swartling
Garcia	Connor Zywicki	Sophia Johns	Ellie Walls	Michael Helixon	Jack Tracey

Juniors

Gwen Marso	Nolan Adams	Halie Kapelke	Nicholas White	Gaonou Her	Pakou Vang
Kylene McNeese	Gabriella Anderson	Bridget Kearns	Abigail Xiong	Jayden Hobson	Andrew Villareal
Mallory Meighan	Siri Anderson	Arman Kiani	Fabien Xiong	Marina Howard	Rebecca Voter
Levan Miller	Lauren Bakkestuen	Shane Kohlmeier	Senxai Xiong	Bennett Janikowski	Mathias Vue
Rece Miller	Georgia Banasik	Seth Kowalski	Sheng Yeng Xiong	Landon Johnson	Emily Walz
Makayla Moss	Kasey Barth	Jenna Law	Isaac Yang	Nathan Kintgen	Alexandra Wayss
Ailayah Mueller	Gavin Belanger	Zavire Lawrence	Isabella Zimmer	Maxwell Klein	Finley Weber
Lilly Netwal	Alana Bell	Kinsey Luebker	Bode Zumach	Ava Kloehe	Samantha Whitman
Hanna O'Rourke	Jaelyn Benson	Claire Lukasek		Abigail Knaack	Chue Zong Xiong
Miti Patel	Kyla Betz	Jackson Mahlum	<u>Seniors</u>	Ethan Kramer	Sanjana Xiong
Yash Patel	Nolan Bey	Addison Mallady	Devon Adams	Katharine Lavold	Brianna Yang
Zoelyn Peterson	Samuel Bossman	Aidenn Markos	Beth Akins	Adeline Lee	Daniel Yao
Vishnu Prakash	Dylan Braunschweig	Madeline McKelley	Josie Anderson	Hunter Lee	
Isabella Pray	Sarah Brewer	Landon Mellon	Mario Angelini	Zachary Lopez Johnson	
Amanuel Putz	Zoe Brorson	Payton Mickschl	Lauren Arsenault	Cole Lorenz	
Nicholas Putz	Cora Brown	Aiden Miller	Colton Backman	Nathan Luebke	
		Ana Moses	Samantha Bakalars	Kendra Manix	

2022 National Honor Society Inductees

On Monday, November 7, 2022 in the Onalaska High School PAC, the following students were inducted into the Onalaska High School Chapter of the National Honor Society. Congratulations! We are very proud of your accomplishments, and look forward to your continued involvement within our school and community.

Nolan Adams
Keagan Anderson
Gabriella Anderson
Siri Anderson
Jenna Bakkestuen
Lauren Bakkestuen
Gavin Belanger
Jaelyn Benson
Kyla Betz
Samuel Bossman
Simon Bowman
Sarah Brewer
Cora Brown
Blake Burnstad
Mikayla Carkhuff
Ashlynn Chapman
Justin Christen
Mary-Catherine Clatworthy
Matias Dahl
Zachary Dahlke
Lillian Ekern
Max Erdman
Sidney Fillbach
Noah Gillette
Lucas Go
Anjali Gonzalez-Yang
Carly Hess
Benjamin Hsieh
Jackson Hughes
Halie Kapelke
Arman Kiani
Jenna Law



Zavier Lawrence
Addison Mallady
Kendra Manix
Aidenn Markos
Madeline McKelley
Payton Mickschl
Aiden Miller
Ana Moses
Campbell Nitti
Lillian Novak
Jada Odegard
Emerald Olson
Prashika Paudel
Caden Pierzina
Breckyn Remis
Justin Richgels
Jenna Richgels
Kateley Schlicht
Anna Skemp
Isaac Skemp
Adam Skifton
Landon Soland
Brock Sullivan
Sofia Tak
Amaya Thesing
Jack Tracey
Rebecca Voter
Marlee Walleen
Ellie Walls
Joseph Walters
Nicholas White
Abigail Xiong



Giving Thanks for Onalaska School Staff

Are you looking for a way to honor those in the Onalaska School District who had a positive impact on your child's life during the upcoming holiday season? The Onalaska Education Foundation (OEF) would like you to join us in recognizing these individuals for all they have done.

Giving Thanks for Onalaska School Staff is a tribute program that allows community members to recognize the amazing people in Onalaska schools – public and private. By making a donation to the Onalaska Education Foundation, you can celebrate our excellent teachers, paraprofessionals, custodians, bus drivers, administrators, coaches, school nurses, school counselors, school food service staff, or any school staff you wish to honor. The Foundation provides funds for innovative educational programs or creative projects that will help inspire both teachers and students to achieve educational excellence.

With each donation, the honored school staff member will receive a certificate of thanks. If you wish, the certificate will include your name and a personal message. You may also remain anonymous. We will notify the person honored of your gift to the foundation without disclosing the amount.

All tax-deductible donations, large or small, are welcomed and appreciated. With your support, we can continue to make a difference!

You may nominate someone using this link or visiting the Onalaska Education Foundation website (onalaskafoundation.org). Look under "Events." Then click on "Giving Thanks for Onalaska School Staff."

The program closes December 15, 2022.

[Nomination Form](#)

Thank you,
Onalaska Education Foundation, Inc.



Visit the Onalaska Education Foundation website ([Onalaskafoundation.org](https://onalaskafoundation.org)), under "Events," find "Giving Thanks for Onalaska School Staff." Use the link to the Google Form on the page to recognize the school staff member of your choice.





November 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:

Sophia Shilts

Nominees:

Luke Archer
Asha Champion
Holden Grover
Aiden Knopp
Jalya Martin
Elizabeth Matz

Junior Class

Student of the Month:

Claire Pedretti

Nominees:

Miah Boczkowski
Kimora Livingston
Sara Marchi
Marlee Walleen
Abigail Xiong
Eddisen Yang

Sophomore Class

Student of the Month:

Amanuel Putz

Nominees:

Isabela Gutierrez
Kylene McNeese
Lyla Schultz
Arlo White
Madelyn Wilson

Senior Class

Student of the Month:

Jordan Lancour

Nominees:

Beth Akins
Austin Fortun
Samantha Hanson
Cole Lorenz
Taylor Molling
Gavin Ridge
Makayla Sanwick
Noah Woyczik



Sophia Shilts
Freshman



Amanuel Putz
Sophomore



Claire Pedretti
Junior



Jordan Lancour
Senior

Freddy Extra Effort Award ...

November



Dillon Ham
Freshman



Nick Putz
Sophomore



Kimora Livingston
Junior



Devon Adams
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

NOVEMBER 2022 • NOVEMBRE 2022 • NOVIEMBRE 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



FACT CHECK



MYTH: Learning a language is the same as when I learned it in high school.

REALITY: New methods of teaching a language have changed the way educators approach language acquisition and proficiency. What used to work for memorized sentences no longer applies in a world where two-way spontaneous communication is stressed. Additionally, technology has changed our relationship with language acquisition by students more easily accessing authentic materials from the target culture on their own personal device.

French & Spanish Clubs

The Onalaska High School World Language Department provides students two after school opportunities to expand their knowledge of French/Spanish culture and language. The French Club and Spanish Club are open to any student at Onalaska High School and meets twice a month. Each club has student leaders who plan and facilitate the club meetings. Every year, the clubs put together a club t-shirt, participate in fundraisers to support club activities, and do many combined activities. This year, the clubs came together to walk in the homecoming parade. They will also sponsor "Treatsgiving," an after-school activity where students bring a traditional or family dessert to share with others. Additionally, they host French versus Spanish students soccer tournament in the spring. Currently French holds the trophy. In winter, the groups work together to host a warming center drive where students bring in hand warmers, gloves, hats and/or socks. Not only do the clubs focus on students using their language skills outside of the classroom, but students also have a chance to give back to their community. Any student interested in joining the French and/or Spanish Clubs are encouraged to see their world language teacher.



ONALASKA HIGH SCHOOL



World Language Department

La Société Honoraire de Français
French Club / French National Honor Society

La Sociedad Honoraria Hispánica
Spanish Club / Spanish National Honor Society

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

Serves students with last names beginning with A – Hr

Chrissy DeLong - Ext. 5030
delch@onalaskaschools.com

Serves students with last names beginning with Hs – Ra

John Horman - Ext. 5031
horjo@onalaskaschools.com

Serves students with last names beginning with Rb– Z

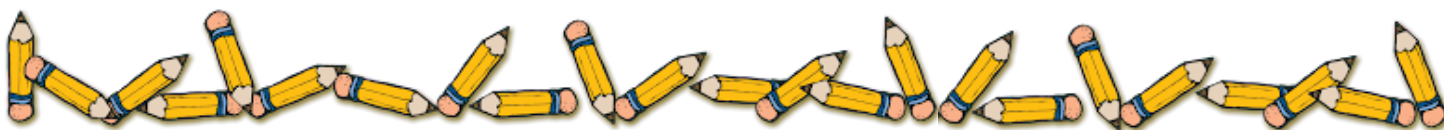
Administrative Assistants

Barb Nelson – nelba@onalaskaschools.com

Melissa de Boer– debme@onalaskaschools.com

CHECK OUT OUR WEBSITE...

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



ACT®

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)
December 10, 2022	November 4	November 11
February 11, 2023	January 6	January 20
March 7, 2023	Test at OHS	
April 15, 2023	March 10	March 24
June 10, 2023	May 5	May 19
July 15, 2023	June 16	June 23

Important Dates

NOW-Dec 16	Junior STAR Conferences
November 7	Academic Awards Night 6:30 pm, OHS PAC
November 8	Western Career Coach at OHS
November 9	Payments Due for AP Exams (pay online or by check in the Student Services office)
November 9-10	UW System Pre-Tests during Resource
November 23-27	Thanksgiving Break - No School

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 your hiring paperwork, note from a parent giving permission to hold a job, birth certificate (or copy of it), social security card (or copy of it), and \$10 permit fee to the Student Services Office to obtain your permit.

ACT Updates

The University of Wisconsin System has suspended the ACT requirement for all UW colleges and universities **for the classes of 2023, 2024, and 2025**. Many other colleges have also waived the ACT requirement for the foreseeable future. A strong ACT score can still help with admission to college and scholarship placement. Since most schools are now "test optional", students can choose not to use a score if they are not pleased with it. Students will choose if they wish to include their ACT scores as part of their application. Visit the websites of your colleges for more information.

College Bound Student Athletes

Students who plan to compete in D1 or D2 athletics in college must register with the NCAA in order for you to be eligible to compete prior to enrollment this fall.

1. Log into his or her account at www.eligibilitycenter.org
2. Follow the directions on the page to register for the clearinghouse

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



UGETCONNECTED! - Many opportunities to participate in community service as a family, with friends, or by yourself. This organization matches volunteers with organizations in need. Visit

<https://www.uggetconnected.org/> and check it out!

www.uggetconnected.org

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

Many colleges are now offering in-person visits as well as virtual visits. Go to your college's website for more information. Now is the time to visit campuses (technical, 2 or 4 year) and get a feel for which school "fits" for you! While it's important to meet with admissions counselors and take the official campus tour, it's also helpful to take your own personal tour. Check out the places they don't show you, talk to a student in the student union about what they like about the school, as well as what they do not like about the school. Pick up a campus newspaper to see what's important to students and soak in the environment. If you don't feel like the school is a good fit, it may be a difficult place for you to find success. Refer to your STAR Conference materials for more helpful tour information.

Prepare to Apply to College Soon!

Seniors are encouraged to begin preparing to apply to colleges and universities, as they will be opening their admissions process soon. Students should begin to gather materials such as lists of activities, involvements, community service and recognitions, and letters of recommendation (if necessary) to make completing applications easier. It should be simple to find the application to your college on their website.

Regardless of the kind of school students plan on attending, it is very important to apply early. Technical college programs, especially, fill quickly on a first come first serve basis. Our goal is for ALL seniors going on to postsecondary education to have applications turned in and processed by Thanksgiving!

Application Process:

Once a student has completed their application, he or she should:

1. Request a transcript in person in OHS Student Services or fill out [this form](#).
2. Include letters of recommendation, **IF necessary**. (Most schools do **NOT** require letters of recommendation.)
3. Include check for application fee unless paid online (no cash please).
4. **IF required**, bring completed application or counselor sheet from application to Student Services.
5. Applications completed using online programs like the Common Application or Send Edu will request a High School counselor's email address. Transcripts for these applications are sent directly to colleges using these programs and do not require students to make transcript requests in person.
6. Counselors will complete requested information, and all application materials will be mailed out in a timely manner.

UW System Practice Placement Tests

Many seniors planning to attend 4-year universities will be required to take a placement test this coming spring. These tests will be used to determine which level of coursework they can take during their first year of college. Depending on their scores, some students may pass into advanced courses while others may be required to take remedial coursework to build their skills.

To give seniors an opportunity to see how they may score on this test, we are offering the University of Wisconsin System Early Math and English Placement Tools. While these practice tests were created by the UW System, they are similar to other college system placement tests. Seniors will be given the opportunity to take these practice tests during Resource on Wednesday and Thursday, November 9 and 10.

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?

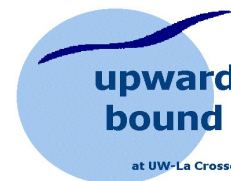
Any student who has participated in, or has younger siblings who have participated in the free or reduced lunch program should reapply each year, **even if they do not eat in the school cafeteria.** Many opportunities are available to students participating in this program such as fee waivers for tests,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

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/.



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

National Student Leadership Conference

A variety of programs in areas such as Medicine & Science, Government & Law, Business & Leadership, Engineering & Computer Science, and Design, Art & Media hosted at top universities across the country throughout the summer of 2023. Visit <https://www.nslcleaders.org/> for more information about enrolling and possible scholarship opportunities.

UW Madison School of Pharmacy Information Sessions

Monday, November 21 from 6:30-7:30 pm

Thursday, December 1 from 12 noon to 1:00 pm

One-hour virtual sessions to help you explore the unique offerings of the UW-Madison PharmD program, with the opportunity to get your questions answered by current PharmD students. Register at [this link](#).

UW Madison Pharmacist Career Exploration Day (In-Person)

Saturday, February 4 from 8:30 am - 1:00 pm

[Registration Link](#)

- Pharmacy Careers Overview
- Practicing Pharmacist Panel
- Tour Rennebohm Hall with PharmD students
- Overview of the UW–Madison Doctor of Pharmacy Program
- Small Group Breakout Session with PharmD students

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	UW System Early Math & English Placement Practice Tests	November 2-3, 2022
	ACCUPLACER (\$20 fee-WTC program placement test)	November 2021 and
	ASVAB (Armed Services Vocational Aptitude Battery)	October 25, 2022 and March 14, 2023



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 · 700 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

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



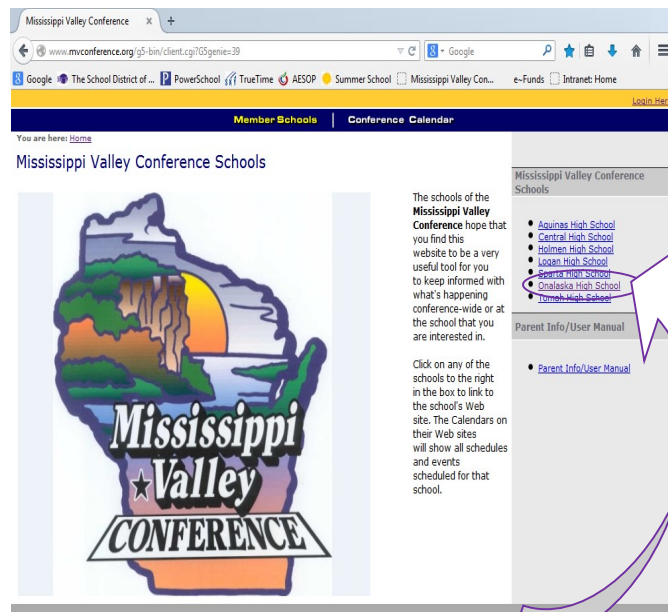
Calendar of Events

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

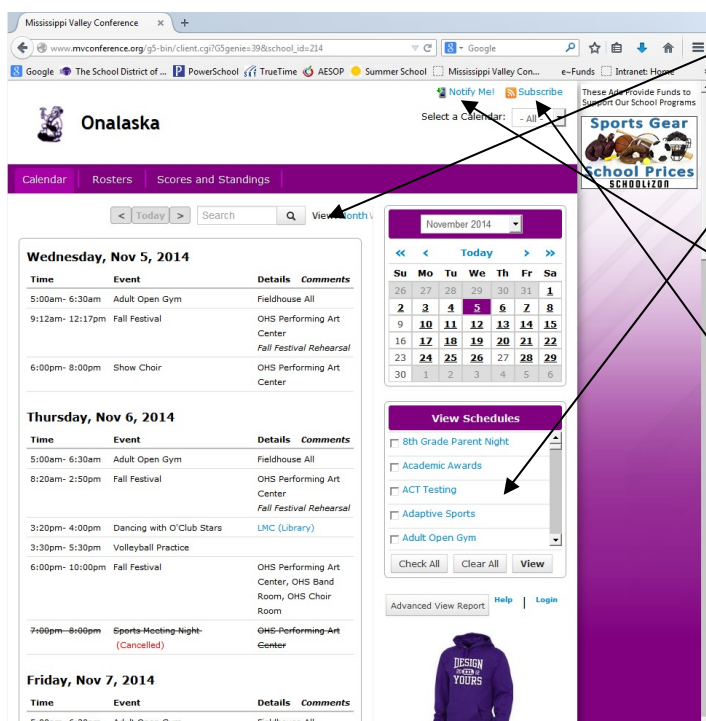
<http://www.mvconference.org/g5-bin/client.cgi?G5genie=39>

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 Volleyball Champs



Congratulations to the
"Block Party" team.

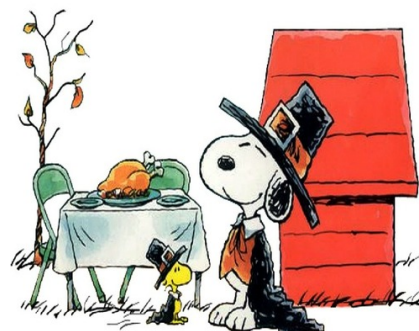
Ken Lee, Vincent Thao,
Devon Vang, Gao Yang,
Fabien Xiong, Rose Vang,
Tyson Thao

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.





ONALASKA HIGH SCHOOL MENU NOVEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Fresh Garden Bar and milk choices available daily	<p>1) Cheeseburger on a WG Bun 2) Pizza Choices 3) Chicken Sandwich on a WG bun All Lines: Green Beans, Garden Bar</p> <p>Breakfast: Mini Bagels with cream cheese, fruit, juice, milk</p>	<p>1) Crispy Chicken Ranch Wrap 2) Popcorn Chicken/ WG Cracker 3) Crispy Chicken Ranch Wrap All lines: Carrot Coins</p> <p>Breakfast: Cheesy Bosco Breadstick with Tater Tots, fruit, juice, milk</p>	<p>1) Chicken Panini on a Ciabatta Bun 2) Mushroom Swiss or Cheeseburger on a Bun 3) Chicken Patty on a Bun All lines: Oven Fries, Garden Bar</p> <p>Breakfast: Breakfast Pizza, fruit, juice, milk</p>	<p>1) Pasta Bowl with Beef or Chicken and choice of Red Sauce or Alfredo and Garlic Toast 2) Pizza Choices 3) Pasta Bowl with Beef or Chicken and choice of Red Sauce or Alfredo/ Garlic Toast All Lines: Carrot Coins, Garden Bar</p> <p>Breakfast: Pancakes and Sausage, fruit, juice, milk</p>
<p>1) Garlic Cheese Bread with Tomato Soup 2) Pizza Variety 3) Chicken Fajitas with Roasted Peppers All lines: Whole Kernel Corn, Garden Bar</p> <p>Breakfast: WG Muffin/yogurt cup, fruit, juice, milk</p>	<p>1) Orange Chicken over Brown Rice 2) Cheeseburger on a Bun 3) Orange Chicken over Brown Rice All lines: Stir Fry Veggies, Garden Bar</p> <p>Breakfast: Uncrustable PB&J Sandwich, fruit, juice, milk</p>	<p>1) Meatball Sub on a WG Hoagie Bun 2) Pizza Choices 3) Chicken Patty on a WG Bun All lines: Roasted Cauliflower, Garden Bar</p> <p>Breakfast: WG Mini Bagels with Cream Cheese, fruit, juice, milk</p>	<p><u>Farm to School /Harvest of the Month</u> 1) WG Popcorn Chicken/WG Dinner Roll 2) Meatballs /WG Dinner Roll 3) WG Popcorn Chicken/WG Dinner Roll All lines: Mashed Potatoes/Gravy, Garden Bar <u>Garden Bar featuring locally grown Cranberries</u> Breakfast: Pancakes and Sausage, fruit, juice, milk</p>	<p>1) Cheese Omelet, WG mini pancakes 2) Fish Sandwich with cheese on a WG Bun 3) Mushroom Swiss or Cheeseburger on a WG Bun All lines: Tri-Tater, Garden Bar</p> <p>Breakfast: Breakfast Pizza, fruit, juice, milk</p>
<p>1) Kickin' Chicken Sandwich on a Bun 2) Mushroom Swiss Burger or Cheeseburger 3) Kickin' Chicken Sandwich on a Bun All lines: Oven Fries, Garden Bar</p> <p>Breakfast: Uncrustable PB&J sandwich, fruit, juice, milk</p>	<p>1) Pizza Dippers/ Tomato Soup 2) Popcorn Chicken/Dinner roll 3) Turkey/Gravy over Biscuits All lines: Green Peas, Garden Bar</p> <p>Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk</p>	<p>1) Mexican Rice Bowl with Beef or Chicken and Chips 2) Chicken Sandwich on a WG Bun 3) Mexican Rice Bowl with Beef or Chicken and Chips All Lines: Broccoli Spears, Garden Bar</p> <p>Breakfast: Breakfast Pizza, fruit, juice, milk</p>	<p>1) WG French Toast Sticks/ 2 sausage links 2) Cheeseburger on a WG Bun 3) WG French Toast Sticks/ 2 sausage links All lines: Tri-Tater and Garden Bar</p> <p>Breakfast: WG Muffin/Yogurt Cup, fruit, juice, milk</p>	<p>1) Pasta Bowl with Beef or Chicken and choice of red sauce or Alfredo/ Breadstick 2) Garlic Cheese Bread Pizza with Tomato Soup 3) same choices as line 1 All lines: Carrot Coins, Garden Bar</p> <p>Breakfast: Cheesy Bosco Breadstick with Tater Tots, fruit, juice, milk</p>
<p>1) Meatball Sub on a WG Hoagie 2) WG Pizza Variety 3) Garlic Cheese Bread with Tomato Soup All lines: Whole Kernel Corn, Garden Bar</p> <p>Breakfast: Mini Pancakes, fruit, juice, milk</p>	<p>1) WG Popcorn Chicken/ WG Dinner Roll 2) Meatballs / WG Dinner Roll 3) WG Popcorn Chicken/ WG Dinner Roll All lines: Mashed Potatoes/Gravy, Garden Bar</p> <p>Breakfast: Colby Cheese Omelet/ Muffin/Tri-tater, fruit, juice, milk</p>	<p>No School</p>	<p>No School</p>	<p>No School</p>
<p>1) Crispy Chicken Ranch Wrap 2) Uncrustable PB &J with Sun Chips 3) Crispy Chicken Ranch Wrap All lines: Roasted Broccoli, Garden</p> <p>Breakfast: Breakfast Pizza, fruit, juice, milk</p>	<p><u>Farm to School /Harvest of the Month</u> 1) Orange Chicken over Brown Rice 2) Pizza Variety 3) Orange Chicken over Brown Rice All lines: Stir Fry Veggies, Garden Bar <u>Garden Bar featuring locally grown Cranberries</u> Breakfast: Uncrustable PB&J Sandwich, fruit, juice, milk</p>	<p>1) WG French Toast Sticks/ 2 sausage links 2) Cheeseburger on a WG Bun 3) WG French Toast Sticks/ 2 sausage links All lines: Tri-Tater and Garden Bar</p> <p>Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk</p>	<p>USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER Menu is subject to change without notice</p>	

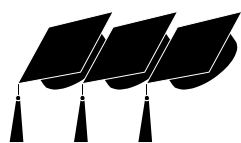
Allergy Notice: Menu items may contain tree nuts, peanuts/nut products, wheat, fish, eggs, soy and various legumes. Students with allergies should contact the School Nurse or School Nutrition Director prior to eating any foods served in the cafeteria

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



Cap and Gown measurements taken and packets sent home November 16 --- during resource
Graduation Cap/Gown orders due online by Wednesday, December 14 --- Additional \$10 after deadline
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.*

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