



# FREDDY'S FOOTNOTES



A Newsletter from Onalaska High School

October 2022

## Highlights

### Important Dates

Juniors PSAT .....	Oct. 12
Unity Day .....	Oct. 19
Internet Safety .....	Oct. 19
No School .....	Oct. 14 & 21
Parent Teacher Conferences .....	Oct. 19-20

### In This Issue

Homecoming .....	1 - 2
Important Dates .....	3
Family Liaison .....	3
Meet our New Staff .....	4
Building Entrance .....	5
Checking In and Out of School .....	5
Dropping Things Off at School .....	5
Attendance 101 .....	6
Definition of Tardy .....	7
Perfect Score .....	8
Work Permits .....	8
Parent Teacher Conferences .....	9
Fall Drama Production "Born Yesterday" .....	10
Student of the Month .....	11
Freddy Extra Effort .....	12
World Language Newsletter .....	13 - 14
Onalaska Food Pantry .....	15
Student Services Update .....	16 - 26
ACT Dates .....	16
Important Dates .....	17
Scholarship Website .....	17
Mental Health Counseling Available .....	17
Unity Day .....	18
Internet Safety .....	18
OHS Job Board .....	19
ACT Updates .....	19
College Bound Student Athletes .....	19
UGet Connected .....	19
Senior Information .....	20
UW System Practice Placement Tests .....	20
College Application Tips .....	21
Register to take the ACT .....	21
Eligible for Free/Reduced Lunch? .....	21
Upward Bound .....	22
ACT Prep Course Options .....	22
Early College Credit .....	23
Western Career Coach Meetings .....	23
PSAT .....	23
Youth Apprenticeship .....	23
Fall Opportunities .....	24
2022-23 Assessments .....	24
8 Ways to Lower Stress .....	25 - 26
Activities .....	27 - 29
OHS Activities - How to stay in touch .....	27
Athletic User Fees .....	28
Calendar of Events .....	29
Athletic Booster Club .....	30
Nutrition Menu .....	31



## 2022 HOMECOMING COURT



*Sam Pica, Colton Backman, Nicky Odom, Matty Burnette and Sean Evans  
Bailey Yang, Josie Blum, Emma Jo Candahl, Emily Walz and Sanjana Xiong*

**Congratulations to Homecoming Royals,  
Emma Jo Candahl and Colton Backman**



## 2022 HOMECOMING



## Important Dates

Early College Credit and Start College Now applications due.....	Friday, October 1
Senior Pictures/ Baby Ads Due.....	Friday, October 1
Junior PSAT (during school) .....	Wednesday, October 12
No School --- Professional Development .....	Friday, October 14
Unity Day – <b>wear orange for kindness, acceptance and inclusion</b> .....	Wednesday, October 19
Internet Safety Conference .....	Wednesday, October 19 --- 5:00-5:45 pm <b>OR</b> 6:00-6:45 pm in the PAC
Parent Teacher Conferences .....	Wednesday, October 19 --- 3:30 PM – 8:00 PM
.....	Thursday, October 20 --- 12:30 PM – 8:00 PM
No School.....	Friday, October 21
UW System practice placement tests (resource).....	November 2-3
National Honor Society Induction .....	November 7 --- 6:00 PM
Academic Awards Night.....	November 7 --- 6:30 PM
Fall Play – “Born Yesterday” .....	November 18 & 19 --- 7:30 PM

## 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*



## Meet our New Staff



Abigail Braman  
Paraprofessional



Claire Firary  
Paraprofessional



Jonathan Idárraga  
English



Erin Lucas  
Math



Elizabeth Nicolai  
Social Studies



Ellie O'Brien  
Paraprofessional



Jaida Pond  
Paraprofessional



Luke Sauerman  
Social Studies



Keli Shapiro  
Alt Ed



Mary Schams  
Custodian



Sara Stelloh  
Paraprofessional



Youa Vang  
Cook



Zak Wallenfang  
Social Studies



Tiffany Williamson  
Paraprofessional

## Building Entrance during the school day

All doors will be locked from 7:45 AM – 2:50 PM, and access to the building is limited to the main office entrance with the use of a buzzer system. Once permitted access into the building, visitors will enter through the main office, which is located at Entrance “A” off Wilson Street. If you are continuing into the building further than the main office, you will need to swipe your driver’s license for an approved printed visitor hall pass, using our Raptor Technologies visitor management system (see page 11 for more information).

Visitor parking spots are provided in the circle drive on Wilson Street, but space is limited. Please note that parking across the street **is** allowed for parents since the posted signs there read “No Student Parking.”

## Checking In and Out of School

Checking in and out of school for any reason must be through the main office. Students must have parent or guardian permission to leave school. This would be by either a note or phone call. When a note is brought to the office, a pass will be given with the time the student needs to leave. If a phone call is received, students are responsible to pick up a pass in the office prior to class starting. The office will NOT send a pass for an appointment that the child already knows about. Being responsible and taking care of his/her own schedule makes for less disruptions in class. If for some reason your child does not know about the appointment, the office will contact the class if necessary. Trying to keep classroom disruptions to a minimal helps make the learning process more successful.

Checking in to school is very simple. Students should always check into the office when they arrive. If the student is excused by either a note or phone call, an excused pass will be given. If the student arrives with no note or phone call, the student will report to class and be marked unverified until excused by parent/guardian. This absence, of course, can still be excused by a parent at a later time.

**Proper Procedure: Check In and Out of school through the MAIN OFFICE!**

## Dropping Something Off at School

We all have experienced the absent-minded day that may result with something needing to be dropped off at school for a student. The office is more than willing to hold whatever item is needed for pick up. Please be sure to have your child’s name listed somewhere on the item to insure that materials go to the proper person. Students will be expected to pick these items up between classes and will NOT be sent a note unless they do not know something is being dropped off for them. Again, this makes for fewer interruptions to the classroom.

## Attendance 101

### The Basics So All Children Can Be Successful

Wisconsin public schools abide by the same attendance laws (118.15). We know that attending school regularly is directly linked to academic and job success. In the event of an absence, the following is a breakdown of the three major categories and the codes we use in PowerSchool to distinguish them:

**PARENT EXCUSED**—this is when a parent/guardian calls or writes a note to excuse a student from school. Parents are permitted 10 parent choice days per school year. We determine the 10 days by counting the hours missed (i.e. Missing periods 1 and 2 does not count as an entire day). If a parent is getting close to using all 10 parent-excuse days, we will send a warning letter. Once all 10 parent days are exhausted, absences will be unexcused. Below is a list of the most common attendance codes when a parent excuses his/her child from class:

- ILL=a parent feels his/her child is too ill to attend or stay in school
- PER=for personal reasons a student is not in attendance (e.g. running late, out of town, visiting someone in the hospital)
- VAC=vacation
- FNL=a parent excuses his/her child for a funeral
- COL=college visit (juniors and seniors are granted one college visit per year that the schools excuses and does not count toward parent-excuse time)

**MEDICAL**—this is when a student has visited a medical provider. Once written documentation of the visit is provided, the PER code is changed to one of the following and does not apply toward the 10 parent-choice days:

- MED=student is ill and a physician indicates the day or range of days that he/she should stay home
- APT=student went to dentist, orthodontist or chiropractor. Please bring an appointment slip to the main office with the day and time of the appointment
- HOF=student went to our school health office and the nurse/health aide has determined that the student needs to lie down in the health office or go home (you will receive a call from the health office if your child is too ill to stay at school)

**\*\* If an absence can be excused, please call or provide a note within 48 hours of the absence.**

**UNEXCUSED**—this is when a student has been absent and the period(s)/day(s) have not been excused in any way. If this occurs, you will receive an automated call the day of the unverified absence.

UNV=unverified (unverified absences will change to either a parent or medical excused code or TRU if the absence cannot be cleared)

TRU=truant; absences that cannot be excused in any way because of skipping or no parent-excused days remain

“A student is considered truant if he/she is absent without an acceptable excuse for all or part of one or more days during which school is held. A student qualifies to be habitually truant when he/she is absent without an acceptable excuse for all or part of five or more days in a school semester” (Wisconsin State Statute 118.16). If students exceed the number of truant absences allowed by the state, truancy tickets will be referred to the school resource officer.

We want to work together to ensure accurate and consistent school attendance, and we will communicate with you and your child when attendance—excused or unexcused—is concerning. You also have daily access to attendance through PowerSchool. If you have any questions, feel free to contact Charlie Ihle, OHS Associate Principal, at 608.783.4561 x5003.

## Definition of Tardy and Determination of Absence

Attendance at the high school is taken by class period. At the high school level, a tardy is defined as missing any part of the beginning of a class period. If a student is tardy more than 15 minutes, he/she is considered absent. If a student accumulates more than 5 tardy notations in his/her attendance record during the semester, the school attendance officer or a designee will attempt to meet with the student. After 10 tardy notations a parent meeting (or attempt to hold a meeting) that involves the student's parent or guardian will be requested. Tardiness during the remainder of the semester that also involves an unexcused lack of the student's physical presence at school will be considered an instance of truancy under these procedures, but prior to such a meeting (or attempted meeting) such tardiness will not be considered truancy (Board Policy 3331).

### High School - Tardies Contributing to Truancy

Before and during school tardies can contribute to truancy at the high school level.

After 5 Unexcused Tardies/Semester	After 10 Unexcused Tardies/Semester	Each Successive Unexcused Tardy for Rest of Semester
Truancy Warning Letter	Issue <b>Truancy Warning Letter</b> – if <b>First Truancy Notice</b> (by personal contact, email, or phone call then by 1st class mail)  Parent/Guardian Meeting	Each successive unexcused tardy equals a truant period. See Table A for school and law enforcement action.



## 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.



## Perfect Score



Onalaska High School senior Daniel Yao is one of only 21 students in the world to get a perfect score on the 2022 AP US Government and Politics exam.

Globally 300,558 students took the exam.

Congratulations Daniel!

## 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.

## Parent Teacher Conferences to be held in October

### Onalaska High School will be holding Parent-Teacher-Student conferences on:



Wednesday, October 19 from 3:30 - 8:00 pm  
Thursday, October 20 from 12:30 - 8:00 pm



These are conference times that have been set-aside for you to come and confer with teachers regarding your child's progress in their classes. Conferences will be held in-person in teacher classrooms OR over Zoom (please indicate your choice when you sign up). Using [pickAtime](#), you are able to sign up for conferences with any of your student's teachers.

In order for these conferences to be successful, time limits need to be adhered to.

If you need help, please contact our Student Service office at 608-783-4571.

## Topper Celebrations ...



Our fall OHS athletes visited our elementary schools to spend time with students.

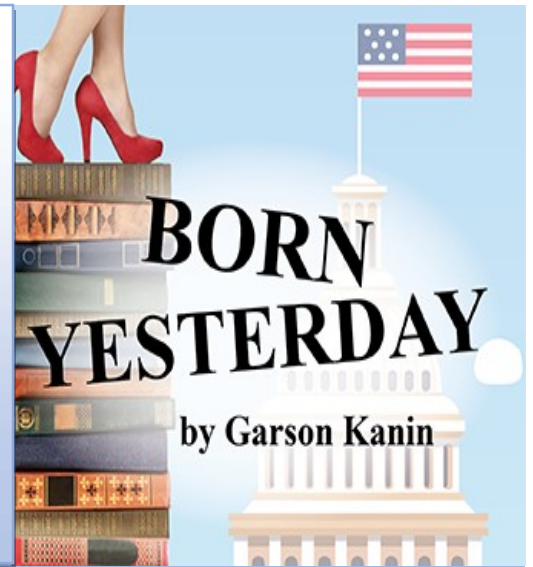
## Onalaska High School Drama Department presents ***BORN YESTERDAY***

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 should have a valid I.D.



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.



Onalaska Students Need You!

**BE A SUB!**



SUBSTITUTE  
Teacher  
BECAUSE EVEN  
TEACHERS  
NEED HEROES

The School District of Onalaska is looking for **Substitute Teachers, Paraprofessionals and Custodians**. Join our team to make a difference in a child's life.

**Part and Full time opportunities available. You work on your own schedule.**

**No prior experience required!**

**Custodians** - \$15.12/hour - 2nd shift hours

**Paraprofessionals (Teacher Aides)** - \$13.54/hour - assist in the classroom under the guidance of a teacher

**Teachers** - must have a valid WI substitute teaching license and have a associate's or bachelor's degree. We can help you with the process to secure substitute teacher license. \$120 per day. After 20 consecutive days of subbing, it moves to \$224.67/day.

Submit an application either online at [www.onalaskaschools.com/jobs](http://www.onalaskaschools.com/jobs) or email resume and transcripts to [ganso@onalaskaschools.com](mailto:ganso@onalaskaschools.com).



# October 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:*

**Liv Vogler**

### Nominees:

Kyara Cayasso  
Graysen Guzzo  
Ian Hronis  
Delilah Lee  
Elizabeth Matz  
Jaden Moran

## Junior Class

### *Student of the Month:*

**Joshua Diderrich**

### Nominees:

Lauren Bakkestuen  
Miah Boczkowski  
Matias Dahl  
Flynn Daily  
Katherine Eliason  
Isaac Yang

## Sophomore Class

### *Student of the Month:*

**Lydia Hartman**

### Nominees:

Ava Ballmer  
Bodie Callaway  
Bethany Dearman  
Jenna Gansen  
Mariann Heiderscheit  
Maggie Vannieuwenhoven

## Senior Class

### *Student of the Month:*

**Samuel Grider**

### Nominees:

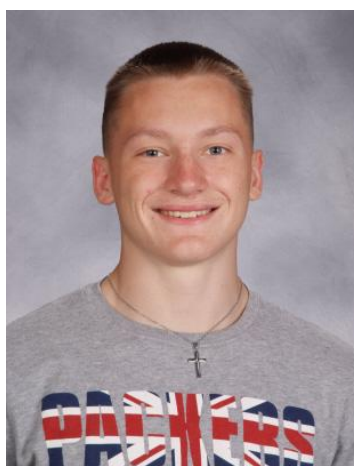
Beth Akins  
Simon Bowman  
Zander Hindsley  
Elie Kemp  
Tanner Melde  
Sahmiyah Pantoja  
Emily Walz



**Liv Vogler**  
Freshman



**Lydia Hartman**  
Sophomore



**Joshua Diderrich**  
Junior



**Samuel Grider**  
Senior

# Freddy Extra Effort Award ...

## October



**Elizabeth Matz**  
Freshman



**Gao Kou Yang**  
Sophomore



**Nick Sagen**  
Junior



**Ben Bossman**  
Senior

This award is given to a student who works above and beyond what is expected while displaying positive leadership and school spirit.

Four winners per month from each grade are chosen by the academic departments. The award is sponsored by the staff and is dedicated to promoting student success and school pride.

The FREDDY EXTRA EFFORT AWARD winners will receive a certificate, a gift from the staff and recognition in the Community Life.





## Onalaska High School World Language Department



LE DÉPARTEMENT DES LANGUES ÉTRANGÈRES • DEPARTAMENTO DE IDIOMAS DEL MUNDO  
SEPTEMBER 2022 • SEPTEMBRE 2022 • SEPTIEMBRE 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



Onalaska High School

Global Scholars Certificate of Global Competence



World Language Students can strive for the Global Scholars Certificate of Global Competence. This program recognizes student's development in global competencies. Global competence is defined as the capacity to examine local, global and intercultural issues, to understand and appreciate the perspectives and world views of others, to engage in open, appropriate and effective interactions with people from different cultures, and to act for collective well-being and sustainable development. (OECD/Asia Society, 2018)

Students must fulfill five components to become a Global Scholar.

1. Complete four (4) years of the same World Language.
2. Earn a B+ or better in four (4) pre-approved courses with a global focus.
3. Complete independent reflections on eight (8) works of international or cultural media, of which four (4) must be books.
4. Participate in at least four (4) school-sponsored activities.
5. Complete twenty (20) hours of a Think Globally - Act Locally Service Learning Project.

For more information or if you have any questions, please contact Monsieur Wopat, Global Certificate Coordinator, at [wopbr@onalaskaschools.com](mailto:wopbr@onalaskaschools.com).



# GLOBAL SCHOLARS



### FACT CHECK



**MYTH:** Students only need two years of a language to be fluent.

**REALITY:** According to the Foreign Institute of the Department of State, it takes 575 to 600 hours of class to be proficient in French or Spanish. If a student takes 47 minute classes every day during an academic year, that is a total of 141 hours of instruction. Two years of language study would only be 282 hours of instruction. Account for half days and special schedules, a student will have less than half the necessary instruction.



## School District of Onalaska World Language Department



LE DÉPARTEMENT DES LANGUES ÉTRANGÈRES • DEPARTAMENTO DE IDIOMAS DEL MUNDO  
OCTOBER 2022 • OCTOBRE 2022 • OCTUBRE 2022

### WORLD LANGUAGE TEAM



**Mr. Brian Wopat**

wopbr@onalaskaschools.com



**Mr. Devin Pettys**

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**Mrs. Rebecca Chaouki**

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**Mrs. Valerie Mumm-Jansen**

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**Mrs. Victoria Carter**

carvi@onalaskaschools.com



**Mr. Andy Beckstrom**

becan@onalaskaschools.com



**Mrs. Jennifer Garves**

garje@onalaskaschools.com



### FACT CHECK



**MYTH:** Language learning is unnecessary with modern translation technologies.

**REALITY:** According to Erin Meyer, the English spoken in the US is the lowest context language in the world, meaning it requires minimal cultural context to understand. In other parts of the world, communication is not as simple. Language instruction introduces us to the nuances of cultures, allowing us to build productive personal and professional relationships with people from unfamiliar cultures.



### Onalaska High School

Seal of Biliteracy



The Global Seal of Biliteracy is an award that certifies an individual is proficient in two or more languages. This can be awarded for students who can speak proficiently in English and a partner language. Available in multiple award levels, the Global Seal of Biliteracy certifies language skills through testing. Validation for English is through the student's ACT English exam. The partner language is validated through the AAPPL exam. The AAPPL exam is a national

A Global Seal of Biliteracy can be used:

- for advanced language placement in college
- to distinguish awardees on applications for scholarships, internships, and study abroad opportunities
- to earn transferable World Language college credit to enhance job opportunities
- to provide employers with a credential documenting language skill for hiring or receiving extra pay for knowing more than one language.

To achieve proficiency, students are encouraged to start their language study as soon as possible and stick with it throughout high school. Students can apply for the seal once they've received their ACT exam scores. The next step will be to take the partner exam in April of their junior or senior year.

For more information or if you have any questions, please contact Monsieur Wopat, Seal of Biliteracy Coordinator, at [wopbr@onalaskaschools.com](mailto:wopbr@onalaskaschools.com).



# ONALASKA SCHOOLS FOOD PANTRY

## 2022 - 23



The Onalaska Schools Food pantry is open to families with children in any Onalaska school (public, private, or home school) who need supplemental food staples.

Distributions are held on the **first *school* Monday of each month** throughout the school year at:

**Irving Pertzsch Elementary School  
Door I (access through the parking lot)**

**4:00 - 5:15 PM**

Monthly updates and reminders will be posted on the Onalaska Schools Food Pantry Facebook page.

There is also information on the District website.

### Distribution Dates

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





## 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*

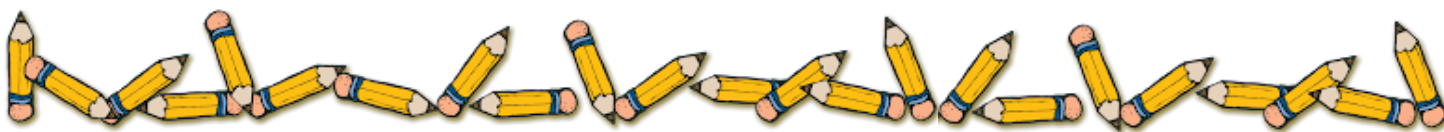
### Administrative Assistants

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>



# 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)
October 22, 2022	September 16	September 30
December 10, 2022	November 4	November 11
February 11, 2023	January 6	January 20
April 15, 2023	March 10	March 24
June 10, 2023	May 5	May 19
July 15, 2023	June 16	June 23

## Important Dates

October 1	Early College Credit and Start College Now applications due
October 12	Junior PSAT (during school)
October 19	Unity Day - <b>wear orange for kindness, acceptance and inclusion</b>
October 19	Internet Safety Presentation, 5:00-5:45 pm <b>OR</b> 6:00-6:45 pm in the OHS PAC
October 19-20	Parent Teacher Conferences - Wednesday 3:30-8:00 pm, Thursday 12:30-8:00 pm
October 21	No School
October 20	Junior STAR Conference Kick-Off Meeting - 6:30 pm, OHS PAC
Oct 24-Dec 16	Junior STAR Conferences
October 25	ASVAB (during school)
November 2-3	UW System Pre-Tests during Resource
November 7	Academic Awards Night 6:30 pm, OHS PAC

## SCHOLARSHIPS for SENIORS

Check out our on-line scholarship database, which is updated often:

<http://www.onalaska.k12.wi.us/schools/high/students/scholarships.cfm>

This is your site for upcoming scholarship deadlines and information needed to be a successful scholarship recipient. Continue to check this database, as it is updated frequently.

## Mental Health Counseling Services for Students



Peace of Mind  
Counseling LLC



Hello parents and students!

Greetings! I am 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.

October 10<sup>th</sup> was World Mental Health Day! As our mental health grows, we grow along with it. Mental health is a part of our well-being and sometimes we need to learn to tend to it as we do our physical bodies. On this day, take time for self-care and listen to what you may need.

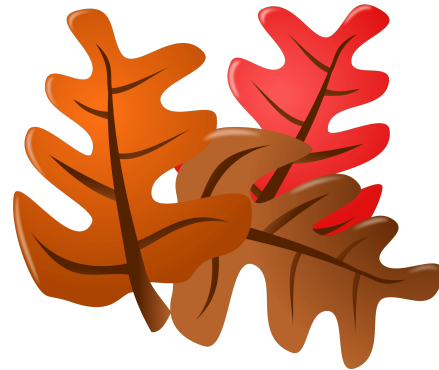


### College Bound Student Athletes

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.



## Internet Safety

Onalaska High School  
Performing Arts Center  
October 19th  
5:00-5:45 or 6:00-6:45



Join us during conferences for an informational session on Internet Safety presented by La Crosse Police Department Investigator, Andy Rosenow. Officer Rosenow is head of the *Coulee Region Children's Internet Protection Task Force*. This presentation will include local case studies. Students, parents, and families are welcome. Registration is not required. Two sessions will be offered, so please choose the one that works best for your family's schedule.

## 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 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](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!** - 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)**

## 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.

## 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 2 and 3.

## 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.

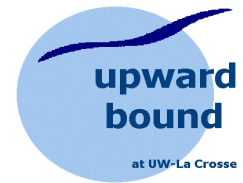
## Eligible for Free or Reduced Lunch?

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.

## Early College Credit & Start College Now

Applications due Friday, October 1, 2021

Students at OHS have several unique opportunities they can typically take advantage of 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 offers 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 and meet the college's admissions criteria in order to be approved for these programs.

Students should contact OHS Student Services for more information and be sure to turn in their application by October 1st. **NO LATE APPLICATIONS CAN BE ACCEPTED!**

## 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. These monthly opportunities will begin on Tuesday, October 12, 2021. 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 November 9 and December 14. Stay tuned for second semester dates.

## PSAT

*Wednesday, October 12*

*8:00 AM*

*Cost = \$18.00*

The PSAT (Pre-SAT) will be offered on October 12 at Onalaska High School. Juniors with very high PSAT scores may qualify for the National Merit Scholarship (for all students) and National Achievement (for Black American students) competitions. Students may also wish to take the PSAT as a way to assess their college readiness and practice for future college admissions tests. We encourage students with strong standardized test-taking skills, or those who are looking to prepare for future tests, to take advantage of this opportunity. Interested students should sign up with Mrs. de Boer in the Student Services Office. Space is limited, and filled on a first-come, first-served basis.

## 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!

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## Fall 2022 Opportunities

### UW-Madison PharmD Information Session (Virtual)

Friday, September 30, 12:00-1:00 pm

Ever wonder what it's like to attend pharmacy school on the UW–Madison campus? Here is your chance to virtually engage with a PharmD Admissions representative, connect with current students, and take a virtual tour of the School of Pharmacy. During this event, you'll get information about the admissions process, curriculum options, and graduate outcomes. [Register for the Information Session](#) and learn why the UW–Madison PharmD program may be the best fit for you.

### Mayo Clinic School of Health Sciences Imaging Programs Open House

Saturday, October 15, 8:00 am, 9:30 am and 11:00 am

Tour a state-of-the-art facility, connect with program faculty and students, and see what Mayo Clinic has to offer. Register for this event using the QR code on [their website](#).

### Concordia School of Pharmacy - Lab Discovery Nights

Thursday, October 13 and Thursday, November 17 from 6:00-7:30 pm

These free lab nights are for high school students considering studying science, healthcare, or pharmacy in college to gain hands-on experience in a pharmacy lab. Register at [this link](#).

**NROTC Scholarship Opportunity** – See [link](#) for more information



## 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

## 8 Ways to Lower Stress in High School

From The Jed Foundation website

If you're already feeling a little anxious about the new school year before classes have even started, you're not alone. Transitions are stressful by nature, and thinking about navigating classes, friendships, and extra-curricula's can feel overwhelming—especially after a summer with way less on your schedule.

But transitions are also exciting, because they give you a chance to figure out your priorities and think about what would make this a good year for you. You can't control what teachers you get, the time school starts, or even the fact that attending school is legally required, but you have the power to prioritize taking care of yourself.

Here are eight steps to planning for a positive school experience this year.

### 1. Try to get enough sleep.

It's not easy with all the activities and late-night group texts, but getting enough sleep can make a huge difference in how you feel every day, how your school day goes, and your mental health in general.

But don't take our word for it. See for yourself.

- Set a target number of hours you want to get for a few nights—ideally between nine and 10, but at least eight.
- Get off all screens a half hour before you want to be asleep, which will help your body wind down.
- Use a sleep app to track when you fall asleep and wake up.
- Take brief notes in the app, a journal, or a notes app about how many hours of sleep you got the night before, as well as your mood and the kind of day you had after.
- Pretty soon your little research project will give you a good idea how sleep can make you feel so much better.

### 2. Pick a person.

Think of one person you really trust and like to talk to—friend, parent, teacher, coach, school counselor—and plan to check in with them each week to share ups and downs and trouble-shoot challenges as they come up.

### 3. Find your people.

One of the most powerful ways to take care of your mental health is to form meaningful connections.

Ways to do that:

- Check out clubs or activities that interest you to find a built-in group with whom you have at least one thing in common.
- Volunteer through your school or in the community.
- Tutor students in other grades.
- Take time to get to know people in your classes.

Pick one of these and give it a try. Research has shown repeatedly that having a sense of connectedness and feeling like you're part of something bigger than yourself is a really powerful way to take care of your emotional well-being.

**4. Establish small rituals.**

These can be little things you look forward to that help you open and close your day intentionally or just give you a reset. Ideas:

- Write in a journal.
- Take stock of your schedule and tasks.
- Listen to music.
- Take a walk outside.

**5. Build in a daily stress relieving activity**

This can be short and easy. Ideas:

- Practice [breathing exercises](#).
- Meditate with an app for five minutes.
- Listen to music with nothing else distracting you.
- Sing at the top of your lungs.
- Dance in your room.
- Do anything else you enjoy that brings you into the present moment.

**6. Find a physical activity you actually like to do.**

Moving your body releases chemicals in your brain that boost your mood, relieve symptoms of depression and anxiety, and make you feel good. If you play—and enjoy—a sport, that may take care of this one. If not, here are some simple ideas:

- Walk with a friend or while listening to music or a favorite podcast.
- Try yoga, dance fitness, or other online exercise videos.
- Play physical or dance games on your gaming console.

**7. Get organized.**

It can be easy to feel overwhelmed when you don't know where to start. Spending a little time getting organized before school and making a plan for how you will stay on top of assignments and make time for work can relieve any stress you may be feeling.

**8. Know who you can go to when you're struggling.**

Even with all the planning in the world, you will have highs and lows in high school. It's just part of life. Doing the things in this article can help you cope when the lows come, and help you find and create some of the highs. But there are times when no amount of talking with a friend, exercise, meditation, or organization will make you feel better, so it's a good idea to plan for what you'll do if that happens. Reaching out for mental health support from someone trained to help you is another great way to take care of yourself. Find out where you can get that kind of support, including these options:

- Your school counselors who support students.
- Community organizations that provide low- or no-cost therapy.
- Therapists that your friends or family recommend.
- Telehealth mental health care providers.
- The [Teen Line](#), at 800-252-8336, will connect you to a trained peer counselor between 6 p.m. and 10 p.m. PST.
- Crisis Text Line: Text HOME to 741-741 for a free, confidential conversation with a trained mental health counselor at any time of day.

If you—or someone you know—is experiencing a mental health crisis, including a suicide or substance use crisis, call or text [988](#).



**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](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



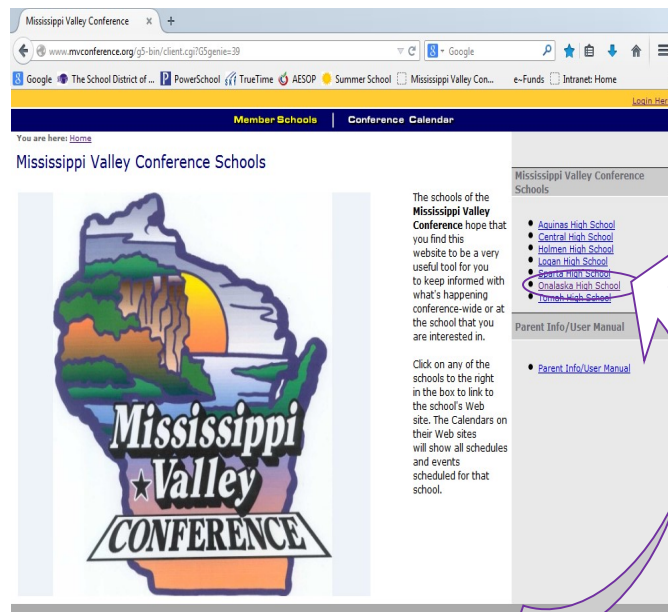
## Calendar of Events

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

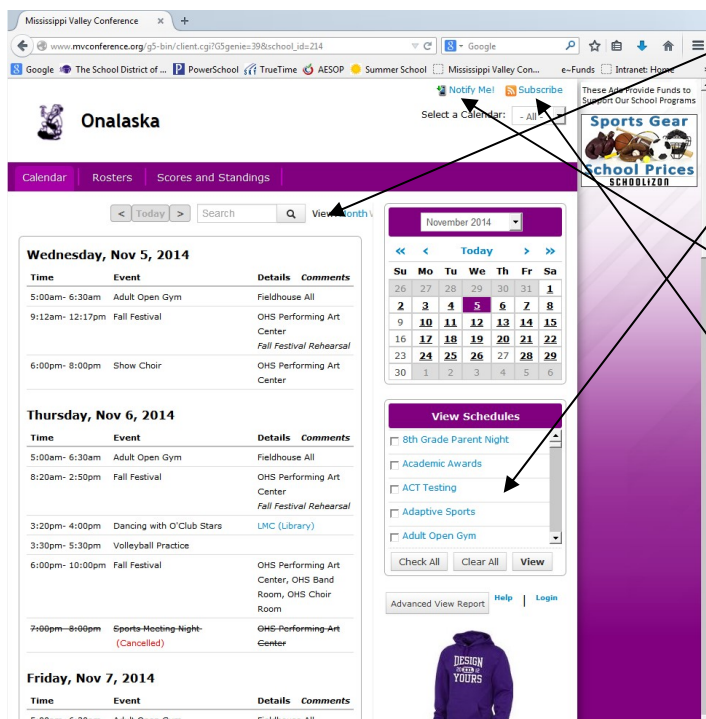
<http://www.mvconference.org/g5-bin/client.cgi?G5genie=39>

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.



## Onalaska Hilltoppers Athletic Booster Club 2022-2023 Membership Form

The purpose of the Booster Club is to promote and support Onalaska School District interscholastic athletics and athletic programs and to foster school and community spirit and sportsmanship that are consistent with the educational philosophy of the school and the community it serves.

Please consider supporting our student athletes in one of the following ways

### ☐ **Ultimate Fan Club Level- \$200**

- **OHABC Membership** - includes voting rights at Annual Meeting to elect OHABC officers
- **Two Activity passes for 2022-2023** for all regular season games (\$130 value)
- **Ultimate Ona Swag Bag** - Includes: Hilltopper yard sign and choice of two of the following (circle):
  - Insulated mug
  - Gameday chair
  - Onalaska fleece blanket
  - Onalaska utility tote bag
  - Hilltopper umbrella
  - Passes only - no swag

### ☐ **Family Fan Club Level- \$50**

- **OHABC Membership** - includes voting rights at Annual Meeting to elect OHABC officers
- **Ona Swag Bag** includes: Hilltopper yard sign, lanyard and insulated lunch bag

### ☐ **OHABC Supporter level- One time donation \$\_\_\_\_\_**

- **OHABC Membership** - includes voting rights at Annual Meeting to elect OHABC officers

## Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip Code: \_\_\_\_\_

Email: \_\_\_\_\_

Cell phone: \_\_\_\_\_

**It's easy to join!**

Click [HERE](http://onalaskahilltoppers.net) or go to  
[onalaskahilltoppers.net](http://onalaskahilltoppers.net)

Mail form and check (payable to OHABC):  
Onalaska Hilltopper Athletic Booster Club  
700 Hilltopper Drive  
Onalaska, WI 54650



Questions about your membership?  
Contact Amy Sjolander (608) 779-4929 or  
email the fundraising committee at [athleticboosters@onalaskaschools.com](mailto:athleticboosters@onalaskaschools.com)



Join us as we work together for the benefit of our student athletes in the 2022-2023 academic year!



## Onalaska High School Menu October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1)WG Crispy Chicken Ranch Wrap 2)WG Soft Shell Tacos 3) WG Crispy Chicken Wrap All Lines: Sweet Potato Waffle Fries, Garden Bar</p> <p><b>Breakfast: WG Cheese Quesadilla with Salsa, 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: Breakfast Pizza, fruit, juice, milk</b></p>	<p>1)BBQ Pork Rib on a WG Bun 2)Fish Sandwich on a WG Bun 3)Kickin Chicken Sandwich WG Bun All Lines: Oven Fires and Garden Bar</p> <p><b>Breakfast: WG Muffin, Yogurt Cup, fruit, juice, milk</b></p>	<p>1)WG Chicken Strips/ WG Dinner Roll 2)Meatballs/ WG Dinner Roll 3) WG Chicken Strips/ WG Dinner Roll All Lines: Mashed Potatoes and Gravy and Garden Bar</p> <p><b>Breakfast: WG Cereal Variety with Cheese Stick, 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: WG Uncrustable PB &amp; J, Cheese stick, fruit, juice, milk</b></p>
<p><b>National</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</p> <p><b>Breakfast: WG Breakfast Pizza, fruit, juice, milk</b></p>	<p><b>School</b></p> <p>1)Chicken Fajitas with Peppers and Onions 2) WG Pizza Variety 3) Chicken Fajitas with Peppers and Onions All Lines: Green Beans/Garden Bar</p> <p><b>Breakfast: WG Uncrustable PB &amp; J, Cheese stick, fruit, juice, milk</b></p>	<p><b>Lunch</b></p> <p>1) WG Orange Chicken over Brown Rice 2)Meatball Sub on WG Hoagie 3) Orange Chicken over Brown Rice All Lines: Green Peas / Garden Bar</p> <p><b>Breakfast: Breakfast Sandwich on a WG Biscuit</b></p>	<p><b>Week</b></p> <p><b><u>GREAT APPLE CRUNCH DAY:</u></b> 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 <b><u>Garden Bar</u></b> featuring locally Apples</p> <p><b>Breakfast: WG NutriGrain Bar/Yogurt Cup, 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/ Garden Bar</p> <p><b>Breakfast: Pancakes/ sausage, 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/ Garden Bar</p> <p><b>Breakfast: WG Cheesy Bosco Breadstick, 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</p> <p><b>Breakfast: WG Muffin/ Yogurt Cup, fruit, juice, milk</b></p>	<p><b>Early Dismissal Day No Lunch at High School</b></p> <p><b>Breakfast: WG Breakfast Pizza, fruit, juice, milk</b></p>	<p><b>No School</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</p> <p><b>Breakfast: WG Breakfast Pizza, fruit, juice, milk</b></p>	<p><b>TRAYS AROUND THE WORLD</b> 1)Pork and Hominy Soup with Berry Wild Rice 2)WG Chicken Patty on a WG Bun 3) Bakalar Hot Dog on a WG Bun All Lines: Baked Beans/ Garden Bar</p> <p><b>Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk</b></p>	<p><b><u>Farm to School Harvest of the Month:</u></b> 1)WG Pizza Choices 2) WG Chicken Patty on a WG Bun 3) Cheeseburger on a WG Bun All Lines: Oven Fries/ <b><u>Garden Bar</u></b> featuring locally Apples</p> <p><b>Breakfast: WG NutriGrain Bar/Yogurt Cup, 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: WG Mini Bagels with Cream Cheese, fruit, juice, milk</b></p>	<p>1)Chicken Fajitas with Peppers and Onions 2) WG Pizza Variety 3) Chicken Fajitas with Peppers and Onions All Lines: Green Beans/Garden Bar</p> <p><b>Breakfast: WG Muffin, 2 sausage links, 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/ Garden Bar</p> <p><b>Breakfast: WG Uncrustable PB &amp; J, fruit, juice, milk</b></p>			<p><b>USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER</b></p> <p><b>Menu is subject to change without notice</b></p>	<p><b>Fresh Garden Bar and milk choices available daily</b></p> <p><b>Vegetarian option daily is Salad Bar with protein choices</b></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

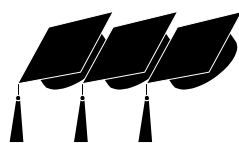


Onalaska High School  
700 Hilltopper Drive  
Onalaska, WI 54650

Welcome to OHS! Check  
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[www.onalaskaschools.com](http://www.onalaskaschools.com)



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## 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

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

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

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

### IN THIS ISSUE

Homecoming.....	1 – 2
Important Dates.....	3
Family Liaison.....	3
Meet our New Staff.....	4
Building Entrance.....	5
Checking In and Out of School.....	5
Dropping Something Off at School.....	5
Attendance 101.....	6
Definition of Tardy.....	7
Perfect Score.....	8
Work Permits.....	8
Parent Teacher Conferences.....	9
Topper Celebrations.....	9
Drama “Born Yesterday”.....	10
Student of the Month.....	11
Freddy Extra Effort Award.....	12
World Language Newsletter.....	13 – 14
Onalaska Food Pantry.....	15
Student Services Update.....	16 – 26
ACT Test Dates.....	16
Scholarship Information.....	17
Mental Health Counseling Available.....	17
Unity Day.....	18
Internet Safety.....	18
Activities.....	27 – 30
School Nutrition Menu.....	31