

# NOTES HOME



**JAN/FEB 2024**

**Q** [EAST.WAUSAUSCHOOLS.ORG](http://EAST.WAUSAUSCHOOLS.ORG)

**2607 N. 18TH AVE.  
WAUSAU, WI 54403**

**MAIN OFFICE HOURS  
7:30 A.M. - 4:00 P.M.**

**MAIN OFFICE  
715-261-0650  
FAX: 715-261-2913**

**ATTENDANCE OFFICE  
715-261-0690**

**COUNSELING OFFICE  
715-261-0660**

**ATHLETIC OFFICE  
715-261-0655**

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**INTERIM PRINCIPAL,  
MR. LUCAS BARTH**

**INTERIM ASSOCIATE  
PRINCIPAL,  
PROGRAMMING & SPED  
MRS. SUSAN HOLSTER**

**ASSOCIATE PRINCIPAL,  
STUDENT SERVICES,  
MR. JASON SINZ**

**ACTIVITIES DIRECTOR,  
MR. KURT VANDEN HEUVEL**

## WAUSAU EAST SKILLSUSA

Wausau East SkillsUSA chapter has grown to an active 20 members! In November students had the opportunity to compete at a local level competition at Antigo High school. Students participated in a variety of competitions including, but not limited to, Welding, Carpentry, Photography, Advertising Design, Job Interview, Medical Math, First Aid/CPR and Customer Service. Students were able to bring home a total of 11 medals out of the 14 students in a total of 16 competitions they competed in. Upcoming events include two regional competitions in February: One at NTC and the other at UW-Stout. After that it will be off to the state level competition. Good luck, Lumberjacks!



# NOTES HOME

## 2024-25 COURSE REGISTRATION INFORMATION

The registration process for the 2024-2025 school year will take place between Monday, January 22 and Wednesday, February 26, 2024. The procedure for selecting courses for the following school year is extremely important and can have a profound impact on successful post-secondary education and career options.

**Jan. 22:** Counselors conduct classroom visits with current juniors in their social studies classes.

**Jan. 23:** Counselors conduct classroom visits with current sophomores in their social studies classes.

**Jan. 26:** Counselors conduct classroom visits with current freshmen in their social studies classes.

Students will receive their course requests forms in their social studies classes. These forms will be taken to their current class teachers for recommendations for the next level. The course description booklet will be available online on the East webpage.

**Feb. 5:** Registration Open House for current 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> graders 3:30-8:00 p.m.  
More information will be sent home.

**Feb. 14:** Finalize East registration during homeroom. Course forms will be collected and entered into Infinite Campus for all students not registered yet.

**Feb. 21-26:** East Registration Verification. Parents will receive courses selections and sign off on selections for the 2024-2025 school year and return to East.

As always, students will be guided through the registration process by their homeroom teacher and guidance counselor. Please take the time to discuss course selections with your son or daughter and encourage them to select their courses very carefully. Schedule changes will only occur if one or more of the following criteria are met:

- ◆ Requested change by teacher
- ◆ Failure to meet course prerequisite
- ◆ Direct conflict causing student to have less than six classes per semester
- ◆ Change needed to fulfill graduation/college requirement

### **2024-25 Incoming Freshman Course Registration Information**

**Jan. 18:** East counselors visit Horace Mann. Course request forms are given to students.

**Feb. 1:** Horace Mann students will visit East High School during the day for building tours.

**Feb. 5:** Incoming Freshman Open House at East, 7:00-8:00 p.m. More information will be sent.

**Feb. 13:** Horace Mann completes CORE (math, English, science, social studies) placements.

**Feb. 13:** East counselors visit Horace Mann to help students enter courses into Infinite Campus via the student portal.

**Feb. 21:** Registration Verification. More information will be sent.

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## WSD INCLEMENT WEATHER/SCHOOL CLOSING INFORMATION

Click on the following links:

[Emergency School Closing Plans](#)

[Emergency School Closing First Student Bus Arrival Times](#)

[Important Notice for WSD School Bus Students and Their Parents](#)



# NOTES HOME

Hello Lumberjack Families!

My name is Susan Holster, and I am thrilled to be serving the Lumberjack family as your new Interim Associate Principal! This is my 10th year in the Wausau School District and my 18th year in education overall. I am passionate about education and believe that every student deserves a high quality education that prepares them for success in their future.

I began my educational career as a School Counselor, and have served in that capacity for the past 17 years. I have served students and families in Tucson, AZ, and Rhinelander, WI prior to my roles in the Wausau School District. Additionally, I have served in leadership roles for Summer Learning as well as after school programming.



My husband Tom and I have a busy family - we have two boys, ages 7 and 10 who also attend our Wausau Schools. We love camping, hiking, traveling (especially to Arizona) and participating in local sports and community events. You may often see us supporting our boys in various activities, including basketball, baseball, soccer, swimming, and football! We previously lived in Madison and Arizona but returned to Wausau to raise our family here. My husband and I are both Lumberjack alumni and I look forward to continuing the Lumberjack tradition of academic excellence!

One of my goals is to continue to build strong relationships with our parents/guardians, students, families, and community partners. I will work to create a welcoming and inclusive school environment where everyone feels valued and respected. I am confident that together, we can create a school where all students thrive. I look forward to working with all of you!

Please feel free to contact me at [sholster@wausauschools.org](mailto:sholster@wausauschools.org) or 715-261-0654. Thank you!

## 2023-24 1ST SEMESTER EXAM SCHEDULE

**Wednesday, January 10**      **Teachers available for individual help 7:45 a.m. – 8:25 a.m.**  
**Period 1**      **8:30 a.m. – 10:00 a.m.**  
**Period 2**      **10:30 a.m. – 12:00 noon**  
**Lunch**      **12:00 noon – 12:50 p.m.**  
**Period 3**      **1:00 p.m. – 2:30 p.m.**

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**Thursday, January 11**      **Teachers available for individual help 7:45 a.m. – 8:25 a.m.**  
**Period 4**      **8:30 a.m. – 10:00 a.m.**  
**Period 5**      **10:30 a.m. – 12:00 noon**  
**Lunch**      **12:00 noon – 12:50 p.m.**  
**Period 6**      **1:00 p.m. – 2:30 p.m.**

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**Friday, January 12**      **Teachers available for individual help 7:45 a.m. – 8:25 a.m.**  
**Period 7**      **8:30 a.m. – 10:00 a.m.**  
**Period 8**      **10:30 a.m. – 12:00 noon**  
**Lunch will be served 12:00 - 12:50 p.m.**  
**Exam Make-up 1:00 - 2:30 p.m.**

### Transportation Information

Parents/Guardians: Please arrange for transportation if needed, as First Student (yellow bus) will not run until 3:00 p.m. Metro-Ride (city bus) will have service to East every half hour starting at 12:15, 12:45, 1:15, 1:45, 2:15, 2:45, 3:45, 4:15, 4:45, 5:15, 5:45 p.m.



# NOTES HOME



## Junior Girls Ball

Presents

## In the Light of the Lantern



Saturday

Jan | 13th | 2024

6:00 Grand March | East Auditorium

7:00 Dance | The Great Dane

2305 Sherman St. | Wausau, WI | 54403

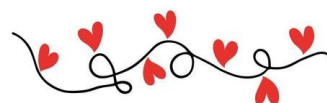


No Dinner. Snack & Appetizer Bar Provided



## THE JUNIOR GIRLS BALL COMMITTEE INVITES YOU TO ATTEND OUR IN THE LIGHT OF THE LANTERN DANCE!

The Grand March will take place at 6:00 p.m. in the East auditorium followed by the dance at the Great Dane from 7:00-10:00 p.m.

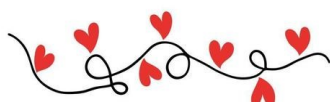


## A NOTE FROM STUDENT SERVICES

Students, know that your second quarter attendance really matters. Students who earn 90% attendance or better for the quarter are eligible for Junior Girls. Any unexcused absences, class periods or days, count against your attendance record. Excused absences (parent, medical, funeral, and school based activities) DO NOT count against your attendance record. Again, the standard to earn dance eligibility is 90%. Any suspension during quarter two, in school or out of school, will also result in a loss of dance eligibility. Please do your best to make it to all of your classes every day!

## LINQ CONNECT

Effective January 1, 2024, for those who submit electronic payments through LINQ Connect, the credit and debit card convenience fees for all payments will be 3.95% of the transaction amount with a minimum fee of \$2.85 per transaction.



## YEARBOOK DEADLINE!

Yearbooks can be ordered until February 1, 2024.

The cost is \$65 and can be paid in the Business Office or on Infinite Campus.

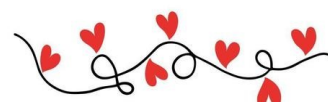
Don't miss out!



## PARENT/TEACHER CONFERENCES

The final round of parent/teacher conferences for the 2023-24 school year are scheduled for Thursday, February 29, from 3:30 - 7:00 p.m.

Please watch your email for upcoming instructions on how to schedule through PTCFast.



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## A NOTE FROM THE WAUSAU EAST ATTENDANCE OFFICE

Students NEED to sign IN and OUT at the Attendance Window when they are arriving late to school (after 7:45 a.m.) and leaving early from school (before 3:00 p.m.). This DOES NOT pertain to students with Student Incentive periods on their schedule.

Communication between home and school is of utmost importance for the Attendance Office. The following is a list of acceptable reasons your student may miss school:

- Personal illness
- Funerals and religious services as requested by the parent(s) and/or guardian(s)
- Serious personal or family crisis
- The student is not in proper physical and/or mental condition to attend school in accordance with Wisconsin Statute 118.15(3)(a)
- Suspension from school

Students will be excused for the above reasons only when the parent/guardian gives an explanation for the absence. Please call the Attendance Office by 9:30 a.m. on the day of the absence. If this is impossible, please call or send a note with your child on the day of his/her return to school.

Parents/guardians are allowed to excuse their child for part of, or the entirety of, ten days per school year without a medical note. If your child is absent from school for more than ten days, you will be asked to furnish a medical excuse. Absences excused with medical notes are excused without using the ten days previously mentioned. Family vacations or activities must be pre-arranged through the Attendance Office prior to leaving. In such cases, the student must complete an Anticipated Absence Form.

If a student needs to leave for any reason within the school day (7:45 a.m.-3:00 p.m.), they should bring a written note from their parent/guardian indicating the time of dismissal/return and reason. That note should be brought to the Attendance Office by the student before school, to obtain a pass. If parents/guardians are unable to send a note, please call 715-261-0690 a day ahead or early in the morning on the day of the appointment and tell their student to check in with the Attendance Office to obtain a pass. We kindly ask that parents/guardians plan ahead and follow this procedure so classes aren't interrupted for last minute student pickups.

## SAVE THE DATE!

Dear Parents, Guardians, and Students,

Wausau East's Raise Your Voice group would like to extend an invitation to you to reserve the date for a public viewing of *Screenagers: The Next Chapter* on **April 8, from 7:00 - 8:30 p.m. in the Wausau East Large Group Room.**

This 60-minute documentary demonstrates many ways parents, counselors, and educators can help teens build crucial skills for navigating stress, anxiety, and depression.

Afterwards, a panel discussion will be held featuring students from Raise Your Voice, a mental wellness student advocacy group from Wausau East.

We will provide more information as the date gets closer. Please contact Ms. Paula Hase, Wausau East Librarian, at 715-261-0650, Ext. 23175, if you have any questions before the viewing. We hope you can join us!



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## STUDENTS CELEBRATE INTERNATIONAL EDUCATION WEEK AT WAUSAU EAST

There were lots of activities going on November 13-17, to celebrate International Education Week at Wausau East! The upper-level Spanish classes participated in the annual salsa competition.



The International Cooking Club made a Norwegian dinner with the help of Julie Hofstad Hagen, our exchange student from Norway.





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To wrap up the week, all the Global Language classes enjoyed presentations in the large group room. Julie Hofstad Hagen shared about Norway.

## WAUSAU EAST WELCOMES NEWCOMERS

Several newcomers shared their experiences growing up in war torn countries and their journey to the United States. Mulasi Ababele (below on the left) was born in the Congo and fled to Malawi after her house was set on fire and she lost her parents.

Sabawoon Seneka (below on the right) is from Afghanistan. When the United States pulled out of Afghanistan and the Taliban came into power again, his family had to leave or they would be killed because Sabawoon's father helped the military. His older brother and sister are still there.

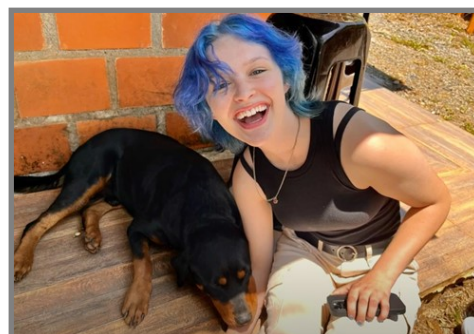


Below are brothers Joseph (left), Lucien (middle) and Peter (right) Nkoranyi. They were born in the Congo and later fled to Uganda. They waited 14 years to be able to come to the United States. They are currently playing basketball and are looking forward to playing soccer.



Noor Matie (left), left Afghanistan less than two weeks after the Afghan government's collapse in August of 2021. He lives in Wausau with his family. He is on the cross country team and has a part time job.

Sylvia Wright (right), a Wausau East senior spending the year abroad, made a video about their experiences as an exchange student in Colombia to share with Wausau East global language students.



# NOTES HOME

## UNLOCK A WORLD OF POSSIBILITIES: THE BENEFITS OF LEARNING A SECOND LANGUAGE

As registration for next year's classes approaches, the global language department urges you to consider the immense value of taking a global language during high school. Learning another language is not just about memorizing grammar rules and vocabulary lists; it's about opening doors to a world of new experiences, opportunities and perspectives.

**ENHANCE YOUR COGNITIVE ABILITIES:** Learning a foreign language is a mental workout that strengthens your brain's cognitive muscles. Studies have shown that bilingualism can improve memory, problem-solving skills, and critical thinking abilities. It also enhances your ability to multitask and adapt to new situations. These are highly sought after skills in today's global economy.

**EXPAND YOUR CULTURAL HORIZONS:** Language is the key to understanding a culture. By learning a foreign language, you gain access to a world of literature, music, art and traditions that would otherwise be inaccessible. You'll develop a deeper appreciation for different ways of life, fostering empathy and cross-cultural understanding.

**ENRICH YOUR PERSONAL AND PROFESSIONAL LIFE:** In today's interconnected world, the ability to communicate in multiple languages is a valuable asset. Whether you're traveling abroad, pursuing higher education, or considering career options, multilingualism can open doors to new opportunities and experiences.

**STRENGTHEN YOUR ENGLISH SKILLS:** Paradoxically, learning a foreign language can actually improve your English skills. As you grapple with the structure and nuances of another language, you gain a deeper understanding of your own. This enhanced linguistic awareness can lead to better writing, reading, and communication skills in English.

**EMBRACE THE CHALLENGE AND REWARD:** Learning a foreign language is a challenging yet rewarding endeavor. It requires dedication, perseverance, and a willingness to step outside your comfort zone. But the sense of accomplishment you'll feel upon mastering a new language is unparalleled.

Embark on a linguistic journey! The teachers of the global language department encourage your student to embark on the exciting journey of learning a foreign language. Consider it an investment in your child's personal and intellectual growth. It's an investment that will open doors to a world of possibilities.

Bard, Foreign Language Teacher. "Unlock a World of Possibilities: The Benefits of Learning a Foreign Language." High School Newsletter, November 2023.

Students currently enrolled in Spanish are invited to travel to Spain with Señora McCallum during spring break of 2025. Trip highlights include:

- Madrid Tour with Guide
- Prado Museum with Guide and Reservation
- Guggenheim Museum with Audio Guides
- Basque Pelota Lesson and Demonstration
- Barcelona Tour with Guide
- Sagrada Familia with Guide and Reservation
- Parc Güell with Guide and Reservation
- Camp Nou Stadium Tour with Guide



And lots more! Click [here](#) to see the entire itinerary. For more information about the trip contact [Jannel McCallum](#) or to register online visit the [trip website](#).



# NOTES HOME

## NACHRICHTEN AUS DER DEUTSCHABTEILUNG - NEWS FROM THE GERMAN DEPARTMENT

Remember those warm months of summer? During these colder months, we thought it would be great to think back on those warmer days until we get closer to spring!

Several Wausau East German students certainly look back fondly on summer, 2023, as they spent two weeks in Frankfurt, Germany returning the second half of our exchange visit, this time as the visitors!

Participating students hosted students in the fall of 2022 for a two-week Wisconsin adventure that included tours of local business, the Hmong American Museum, Lambeau Field, laser tag at WOW, fall experiences at corn mazes and pumpkin farms, and visits to classrooms to learn more about the American school system. In return our East students visited the students they hosted last summer, 2023, in order to experience the German way of life for teenagers. Our East participants attended classes, answered student questions about the US, learned to navigate public transportation to and from their host families to school in a bustling city, toured towns that dated back to the Middle Ages, visited castles and cathedrals, toured Frankfurt's outskirts on bike, some traveled to the small country of Luxembourg, and everyone went on many other adventures organized individually by their host families. Participants tried new foods, observed differences between our all-inclusive American high school and the university-oriented format of our exchange school, the Heinrich-Gagner Gymnasium, and even had a "heat-free" day one afternoon to go swimming with their host partners instead of attending classes.



Long term relationships were built, students continue to stay in touch with their host partners and families, and their enjoyment of the German language and way of life carries back into our classroom on a daily basis.

We look forward to another round of our long-term exchange partnership, which we will begin organizing in the coming months and weeks for hosting the next visit of

the Germans in fall 2024. We look forward to showcasing our school and community.



# NOTES HOME

## SOCIAL STUDIES...DON'T LEAVE HIGH SCHOOL WITHOUT IT

Do you know?... Research consistently demonstrates that social studies receives the least amount of instructional time in the elementary grades when compared to the amount of time afforded to other core content areas. This small omission of Social Studies curriculum impacts a student's future as they prepare for **college, career, and civic life.**

Courses offered in the Wausau East Social Studies Department will help your student to be prepared for whatever path they choose after high school. Please talk to your student and encourage your child to take as many of the social studies elective classes they can in their junior and senior years at East.

Source CCSO Council of Chief State School Officers

## SEMESTER SOCIAL STUDIES ELECTIVES:

### Economics

Economics is a practical, survey course in Macro and Micro Economics with an emphasis on financial literacy. After studying the basic components of our capitalistic system including government, taxes, labor and wages, as they impact the economy, students will participate in a financial literacy unit. Students will set financial goals – invest in the stock market; understand the importance of time value of money and the advantage of investing early. We will also look at credit cards and their proper use, insurance and social security. It is a useful life lesson students never forget. *Taking Economics Fulfills district financial literacy requirement.*

### Government

Government studies political issues, citizenship, and the origins and structures of our U.S. Government. Curriculum focuses on current political and social issues facing the nation, state, community, school and individuals with an emphasis on civic engagement.

### Psychology

Introductory Psychology addresses questions such as:

*Do my childhood experiences form my personality?*

*Does authority shape my behaviors?*

*Why are my memories inaccurate?*

*Is my mind different from my brain?*

*Are my genetics my destiny?*

These questions and more are discussed in this semester-long class by exploring classic names in psychology such as Freud, Skinner, Beck, and Milgram.

### Sociology

Sociology studies different groups and their function and impact within society. Topics such as population, race, gender, and socio economic status are explored in greater detail through sociology. Sociology classes open your eyes to how society works and how just one person changing one thing about their daily interactions can cause a huge difference to make our world a better place for all. Sociology explores the roles various groups play in society but more importantly how our participation in society matters.

# NOTES HOME

## IB ELECTIVES

### IB Cultural Anthropology

IB Cultural Anthropology analyzes cultures such as the Yanomami of Brazil, Aborigines of Australia, Masai of Kenya, and Haitian Voodoo. Anthropology is taught as a lens through which the student observer employs terms and concepts while noting biases of the research explored in class. This class is a year-long and offers college credit.

### IB History I

When did Europe become “Modern”? In the process of exploring this question, students will study dramatic changes brought by intellectual and artistic movements including the Renaissance and Enlightenment; game-changing revolutions such as the Scientific, French, and Industrial Revolutions; and cataclysmic wars, including the Thirty Years’ War, Napoleonic Wars, and World War I. In addition to offering a deep dive into European history, this course aims to build critical thinking skills through analytical reading/writing activities, Socratic seminars, historical re-enactments, and role-plays.

### IB History II

Contemporary Europe covers Europe from the First World War to the present—arguably the most dynamic time period and region of study in recent history. The year-long course examines the rise of two competing ideologies-fascism in Nazi Germany and communism in Soviet Russia-and then look at how they clashed in World War II. An extended look at how the United States and the Soviet Union competed to dominate the world during the Cold War. In these conflicts, who were the winners and losers? What happened to those who spoke out or resisted authoritarian regimes? How did women play a leading role in these conflicts? What was expected of children?

If you like history and would like to learn more about these topics, IB History II is for you! [This course is open to any senior.](#)

### IB Psychology I and IB Psychology II

IB Psychology introduces students to research methodology and the terms employed in psychological research. Students will understand the purpose of the DSM-V, cultural differences in behaviors, therapeutic approaches, and biological treatments of disorders. This class is a year-long and offers college-credit to those who take IB Psychology I and II.

### Fun Fact:

Students who receive effective social studies instruction including economics, government, psychology and sociology are

--more likely to vote

--four times more likely to volunteer and work on community issues.

--feel more confident in their ability to speak publicly and communicate with their elected representatives and members of their community.



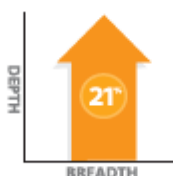


# 10 REASONS

## WHY THE IB DIPLOMA PROGRAMME IS IDEAL PREPARATION FOR UNIVERSITY

### 1 IT OFFERS ACADEMIC BREADTH & DEPTH

IB Diploma Programme students are 21% more likely to be admitted into 10 of the most prestigious universities, including Harvard, Princeton, Yale and Stanford.



### 2 COLLEGES VALUE STUDENTS WITH MEANINGFUL EXPERIENCES BEYOND THE CLASSROOM

Creativity, action, service (CAS) encourages learning through direct experience.

### 3 IT'S A QUALIFICATION RECOGNIZED BY UNIVERSITIES

AROUND THE



The IB Diploma Programme is internationally benchmarked, allowing graduates to continue their studies anywhere in the world.

### 4 IT CREATES INDEPENDENT LEARNERS & STRONG WRITERS

The extended essay requires independent research through an in-depth study and a 4,000 word essay.



### 6 IT ASSESSES MORE THAN EXAMINATION TECHNIQUES

IB never teaches to the test—exams are externally assessed with no grade inflation for more than 30 years.

### 7 IB STUDENTS HAVE PROVEN TIME MANAGEMENT SKILLS

Research has found that IB students develop strong study habits and critical time management skills, key indicators of college readiness.



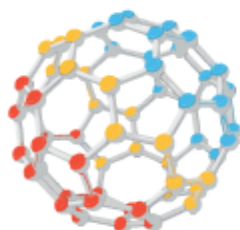
### 8 THE IB ENCOURAGES CRITICAL THINKING

Inquisitiveness and interpretation are among the key cognitive properties of an IB education.



### 9 SUBJECTS AREN'T TAUGHT IN ISOLATION

Theory of knowledge classes encourage students to make connections between subjects and gain the skills they need to be critical thinkers.



### AND HERE ARE 10 MORE REASONS...

The IB learner profile offers 10 qualities underpinning the Diploma Programme—from open-minded to risk-taker to balanced, they form a framework for an international education that meets the needs of a changing world.

For source attribution of any data contained herein, please refer to <http://www.ibo.org/research/>

# NOTES HOME

## HEALTH SERVICES NEWS

### Information Regarding Your Child & Illness

**IMPORTANT: If your child is feeling ill during the school day,  
please have them report to the Health Office.**

**We will contact you (parent/guardian) to make arrangements for them to be picked up.**

Please follow these guidelines from the WSD for illnesses:

**Students may be excluded from school for communicable disease control for the following conditions:**

- ◆ Undiagnosed or untreated skin rash or sores **that cannot be covered**
- ◆ Fever (temperature 100.4°F or greater or if behaviors such as excessive sleepiness or coughing which might be interfering with the student's learning). Child must be fever-free without fever medicine for 24 hours before returning to school
- ◆ Vomiting **more than once** in the previous 24 hours. Child must not have vomited in the past 24 hours before returning to school.
- ◆ Diarrhea **three times** in the previous 24 hours or child is incontinent (has an "accident")
- ◆ Upper respiratory illness with **frequent** cough/drainage
- ◆ "Pinkeye" (conjunctivitis) **if accompanied by fever, behavioral change or inability to avoid touching eyes.** (Antibiotics not required for return).
- ◆ Strep throat (until 24 hours after treatment has begun, or health practitioner approval)
- ◆ Students whose immunization status is not in compliance with the Wisconsin Immunization Law
- ◆ Students with known suppressed immunity may be excluded, for their protection, when cases of communicable disease (i.e., measles, chickenpox) occur in school



A reminder that all medication, prescription or over-the-counter, (i.e., ibuprofen, Tylenol, Tums, cold medication) must be kept in the Health Office during the school day. Students may carry emergency medication, inhalers, diabetic supplies, and cough drops if needed.

**We are no longer tracking Covid cases in school or following any separate protocols for Covid. Please refer to the Wausau School District illness guidelines listed above when choosing to send your child to school with an illness. District absence policies will be followed for any illnesses.**

Please contact the Marathon County Health Dept. for Covid information or if you have questions:

[CLICK HERE](#)

Nancy Peters, Health Aide, 715-261-0678 [npeters@wausauschools.org](mailto:npeters@wausauschools.org)

Emilee Mootz, School Nurse, 715-261-0713 [emootz@wausauschools.org](mailto:emootz@wausauschools.org)

**Office hours: 7:15 a.m. - 3:15 p.m., Monday-Friday**

# NOTES HOME

# COLD



# FLU

A cold and the flu (influenza) are two different illnesses. Make sure you know the difference.

|                             |             |                                 |
|-----------------------------|-------------|---------------------------------|
| Low or none                 | FEVER       | High                            |
| Sometimes                   | HEADACHE    | Very common                     |
| Stuffy, runny               | NOSE        | Stuffy, runny                   |
| Very common                 | SNEEZING    | Sometimes                       |
| Mild, hacking               | COUGH       | Severe                          |
| Slight                      | ACHES/PAINS | Severe                          |
| Mild                        | FATIGUE     | Can last for several weeks      |
| Sore                        | THROAT      | Sometimes sore                  |
| Normal, may feel sluggish   | ENERGY      | Extreme exhaustion              |
| Symptoms can last 7-10 days | DURATION    | Symptoms can last several weeks |

## TREATMENT OPTIONS

TO HELP RELIEVE COLD SYMPTOMS

- Over-the-counter cold medications, such as decongestants and cough medicine
- Over-the-counter antihistamines
- Rest
- Increased fluid intake
- Pain relievers for headache or fever
- Warm, salt water gargling for sore throat
- Petroleum jelly for raw, chapped skin around the nose and lips
- Warm steam for congestion

IF YOU HAVE A FEVER OF 101°  
OR HIGHER FOR MORE THAN 24 HOURS,  
SEEK TREATMENT.

## PREVENTION

- Wash your hands often and keep your hands away from your eyes, nose and mouth
- Be sure to get your annual flu vaccination



**Marshfield Clinic**

Don't just live. **Shine.**





## Healthy Habit Tips to Set Your Family Up for Success this Cold and Flu Season

### Follow Vaccine Guidelines

One of the best ways to help slow the spread of seasonal, illness-causing germs is to receive immunizations, like the flu shot. The U.S. Centers for Disease Control and Prevention (CDC) recommends anyone above the age of six months receive a flu vaccine every year.

### Teach Proper Handwashing Technique

Washing your hands is a simple and effective way to help prevent the spread of germs. Washing your hands frequently is highly recommended by the CDC, especially after eating, spending time outside, blowing your nose, and coughing or sneezing. As always, make sure your child is using soap and water and washing their hands for at least 20 seconds.

### Support School Healthy Habits and Goals

School health sectors, parents, and communities all have similar goals to improve each child's development. A key component of the CDC's [Whole School, Whole Community, Whole Child](#) model is family engagement to reinforce student health and learning opportunities at home and in school. This cold and flu season,



following your child's school protocols at home will help curb the spread of germs in your community.

### Start a Cleaning and Disinfecting Routine

Clean and disinfect commonly touched surfaces to help kill germs, including those that cause cold and flu. Donating wipes to your child's school is also a great way to help curb the spread of germs in the classroom. This year, refer your school district to apply for free Lysol Disinfecting Wipes by visiting [Frontline Impact Project](#).

### Keep Children Home When Sick

If your child is exhibiting any cold or flu symptoms, it is recommended that they stay home from school. The same goes for staying home from work or running errands if you are sick yourself! This will help prevent you from spreading your illness to others.

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[Whole School, Whole Community, Whole Child](#)  
[Frontline Impact Project](#)

From your nursing team, Alex Hein, Sydney Nielsen, Emma Buckli and Emilee Mootz

# NOTES HOME

## COUNSELING & CAREER CENTER NEWS

### FAFSA

Log in to submit your FREE APPLICATION FOR FEDERAL STUDENT AID. This is key to being considered for federal and state financial aid and also accessing grants, scholarships, work study programs, and federal student loans.

Documents you will need from you and your parents:

- FSA ID
- Full Social Security Number/Alien Registration Card/Permanent Resident Card
- 2022 Federal Tax Return and W2's
- 2022 Untaxed income records such as child support or veteran's non-education benefits
- Information on savings, investments, business assets and farm assets (if applicable)
- Parent(s)' dates of birth
- Month and year of parents' marriage, divorce, or separation

### CAREER CENTER

The Career Center is a branch of the Wausau East Counseling Department that helps students with career exploration, scholarships, financial aid, employment and post-high school planning. All students are welcome to visit the Career Center during the school day to receive support and access to a variety of resources to help investigate, research and develop a career plan and explore their post-secondary options. Stop in for assistance!

## COUNSELING DEPARTMENT STAFF

|                                                                  |      |
|------------------------------------------------------------------|------|
| <u>John Boulanger</u><br>Department Chair<br>715-261-0661        | A-F  |
| <u>Jason Beal</u><br>Counselor<br>715-261-0664                   | G-L  |
| <u>Missy Cayley</u><br>Counselor<br>715-261-0667                 | M-Si |
| <u>Katie Gilles</u><br>Counselor<br>715-261-0663                 | Sj-Z |
| <u>Gina Walters</u><br>Guidance Secretary<br>715-261-0677        |      |
| <u>Cathy Gauger</u><br>Career Center Coordinator<br>715-261-0657 |      |
| <u>Matthew Mitchell</u><br>School Psychologist<br>715-261-0653   |      |
| <u>Sarah Nilles</u><br>School Social Worker<br>715-261-0668      |      |

## 2024 GREATER WAUSAU YOUTH HIRING & CAREER FEST

Wausau East has the privilege of hosting the 2024 GREATER WAUSAU YOUTH HIRING & CAREER FEST, on March 7, 2024. This event is being presented by United Way, the Boys & Girls Club, and the Wausau and D.C. Everest School Districts.

All East high school students will have the opportunity during the school day to network with approximately 120 representatives available from businesses, colleges and universities, military, and non-profit organizations. This is a great event for your child to speak with businesses and colleges to learn about post-secondary education and career options. Additionally, employers that offer youth apprenticeships, summer employment, full-time or part-time employment opportunities will be available to network with students seeking employment or volunteer connections. Students will have the opportunity to:

- Share their resume with employers who are hiring now and for the summer
- Learn more about local internship and apprenticeship options
- Meet college and military representatives

For further information, contact Cathy Gauger in the Career Center.

# NOTES HOME

## SCHOLARSHIPS

The Wausau East Scholarship Committee will soon be interviewing seniors and selecting recipients for specific East scholarships. Wausau East requires eligible seniors to have a 7th semester cumulative grade point average of 3.3 or above. Eligible seniors will be notified and must complete an application in February 2024. In addition to turning in the applications online, students will sign up for an interview in March. Announcements of these Wausau East scholarships and awards, as well as other community-presented awards will occur at our Wausau East Scholarship Night on Wednesday, May 1, 2024.

Additional scholarship opportunities can be found in the Career Center and online on our [Wausau East Scholarship](#) page.

[Winning a Scholarship, Insider Tips & Secrets](#) Check out this helpful article by Shawna Newman.

## EARLY COLLEGE CREDIT PROGRAM (ECCP) AND START COLLEGE NOW (SCN)

Interested in taking classes at UW Stevens Point at Wausau (ECCP) or NTC (SCN) while still a high school student? Please visit the [East Counseling website](#) for the appropriate application and eligibility information. Contact your East school counselor for more information or clarification. Students must be in strong academic standing and on track with graduation requirements. Both programs have strict application deadlines. **The deadline for courses taken in the 2024 fall semester is March 1!**

## RISING PHOENIX EARLY COLLEGE HIGH SCHOOL PROGRAM

The Rising Phoenix Early College High School Program is an innovative collaboration between GEAR UP Target School Districts, DPI WEOP, and the University of Wisconsin-Green Bay to provide high school students an opportunity to get a head start on college. Eligible students from the Wisconsin GEAR UP target high schools below will be admitted to the Rising Phoenix Early College High School Program to be enrolled during their junior and senior years.

Students will have an opportunity to earn their high school diploma and a two-year Associate of Arts and Sciences (AAS) degree upon high school graduation by dually enrolling in college credit courses at their high school, virtually through UW-Green Bay. There will be no cost to students, families or school districts as all program costs will be covered by the GEAR UP Grant. Students must meet GEAR UP and Rising Phoenix Program admissions requirements to enroll. The program will also offer educational opportunities and services through DPI WEOP and UW-Green Bay's GEAR UP programming that will support student learning, growth and preparation for post-secondary success.

Eligibility requirements include:

- Currently enrolled in 10th Grade in a GEAR UP target high school
- ONE of the following:
- First generation college student (parents/guardians do not have a bachelor's degree)
- Eligible for free or reduced meals in school
- Racial or ethnic minority
- US citizen or permanent resident (a GEAR UP requirement)
- 3.0 cumulative GPA or above. *If a student has a 2.75-2.99 GPA, they may be considered; essay responses addressing the GPA and teacher recommendations speaking to GPA will be critical.*
- Strong high school attendance record
- Desire to go to college

Speak with your student's counselor if you are interested in applying. Applications will be open to interested sophomores from January 2 through March 15, 2024.



# UPCOMING EVENTS

## JANUARY

- 10-12 Exams
- 13 Junior Girls
- 15 Teacher Inservice, **No Classes**

## FEBRUARY

- 1 8th Grade Tours
- 5 **DATE CHANGE:** Registration Open House, 3:30-8:00 p.m.
- 15 Winterfest
- 17 Key Club Valentine's Day Dance
- 19 Teacher Inservice, **No Classes**
- 29 Parent/Teacher Conferences, 3:30-7:00 p.m.

## MARCH

- 7 Career Fest @ East
- 8 Independent Learning Day
- 12 ACT for Juniors
- 21 Rube Goldberg
- 25-29 Spring Break, **No Classes**

## APRIL

- 12-14 Spring Play
- 15 National Honor Society Induction
- 20 Prom
- 21 26 Teacher Inservice, **No Classes**

## MAY

- 1 Scholarship Night
- 6 Eastside Band Concert,
- 8 IB Celebration
- 13 Orchestra Concert
- 15 C.A.F.E.
- 16 Seniors' Last Day
- 17 Grad Walk & Graduation Practice for Seniors
- 18 Graduation, 11:00 a.m., Thom Field
- 20-21 Variety Show
- 24 Teacher Inservice, **No Classes**
- 27 Memorial Day, **No Classes**
- 28-30 Final Exams
- 30 Students' Last Day
- 31 Teachers' Last Day

CLICK ME



**WAUSAU EAST HIGH SCHOOL CALENDAR**

**WAUSAU SCHOOL DISTRICT CALENDAR**

## Mission Statement

*The Mission of Wausau East High School is to positively impact the future by helping students reach their full potential in a rigorous learning environment of respect, integrity, compassion and excellence.*

## WSD Continuous Nondiscrimination Notice

**The Wausau School District does not discriminate on the basis of race, age, color, religion, national origin, ancestry, creed, pregnancy, marital status, parental status, sexual orientation, sex (including transgender status, change of sex or gender identity), or physical, mental, emotional, or learning disability ("Protected Classes").**

Anyone who believes that the Wausau School District has inadequately applied the principles and/or regulations of Title VI, Title VII, Title IX, Section 504 or the Americans with Disabilities Act, may file a complaint with the WSD Equity Director at the Longfellow Administration Center, 415 Seymour Street, Wausau, Wisconsin 54402-0359, or by telephone at 715-261-0500.

Lub Wausau School District txwv tsis pub leejtwg ua saib tsis taus ib tus neeg twg txawm yog hais tias nej yog pojniam los yog txivneej, yog haiv neeg dabtsi, ntseeg dabtsi, poj koob yawm txiv yog leejtwg, nyiam pojniam los yog txivneej li cas, muaj mob nkees li cas los yog xiam oob qhab li cas. Kevcai nyob rau tebchaws no txwv tsis pub leejtwg yuav ua saib tsis taus nej yog nej tuaj nrhiav haujlwm ntawm peb txawm yog nej yog haiv neeg twg, muaj noob nyoog li cas, cev nqaij daim ntawv yog xim dabtsi, nyiam pojniam txivneej, ntseeg dabtsi, los yog muaj kev xiam oob qhab li cas.

Yog leejtwg ntseeg tau hais tias lub khoog tsev kawm ntawv Wausau School District ua tsis raws li txojcai thiab/los yog cov lus teev tseg nyob rau Title VI, Title VII, Title IX, Section 504 los yog Txojcai Tiv Thaiv Haiv Neeg Mekas uas Xiam Oob Qhab, nej sau tau ib tsab ntawv tsis txaus siab tuaj rau tus saib xyuas tej teebmeem zoo li no uas yog tus WSD Equity Director nyob tom Longfellow Administration Center, 415 Seymour Street, Wausau, Wisconsin 54402-0359, los yog hu rau nws ntawm tus xovtooj 715-261-0549.

El Distrito Escolar de Wausau no discrimina contra las personas por motivos de sexo, raza, religión, nacionalidad, ancestro, credo, embarazo, estado civil, orientación sexual, o discapacidad física, emocional, mental o de aprendizaje. La Ley Federal prohíbe cualquier tipo de discriminación en la educación y empleo por motivos de edad, raza, color, nacionalidad, sexo, religión o discapacidad.

Cualquier persona que crea que el Distrito Escolar de Wausau ha aplicado inadecuadamente los principios y/o reglas del Título VI, Título VII, Título IX, Sección 504 o del Acta para Americanos con Discapacidades, podrá presentar una denuncia ante el Director de Igualdad del Distrito Escolar de Wausau al Centro de Administración Longfellow, 415 Seymour Street, Wausau, Wisconsin 54402-0359, o por teléfono al 715-261-0596.