



FREDDY'S FOOTNOTES



A Newsletter from Onalaska High School

February 2024

Highlights

Important Dates

Parent Teacher Conferences	Feb. 7 – 8
NHS Blood Drive	Feb. 13
Winter Wonderland Dance	Feb. 17
ACT Prep for Juniors	Feb. 27
All Junior ACT	March 13

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February 17, 2024



Important Dates

Parent Teacher Conferences	Wednesday, February 7 from 3:30 – 8:00 PM
.....	Thursday, February 8 from 12:30 – 8:00 PM
Early Dismissal	Thursday, February 8 --- 11:50 AM
No School.....	Friday, February 9
NHS Blood Drive.....	Tuesday, February 13
OHS General Scholarship Applications Due.....	Tuesday, February 13 by 3:00 PM
WTC Career Coach at OHS.....	Tuesday, February 13
Winter Wonderland Dance	Saturday, February 17 --- 8:00 – 10:00 PM
Grade Check Day.....	Friday, February 23
ACT Prep for all juniors (during school day)	Tuesday, February 27
Academic, Early College Credit \$ Start College Now Applications Due	Friday, March 1
All Junior Required ACT.....	Wednesday, March 13
Sophomore Forward Exam (during World History class)	March 20 – 21
Quarter 3 Report Cards	March 22
Prom.....	Saturday, April 27

Nurse Notes

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

Parent Liaison Information

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

Vicky Shanley
214 15th Ave N, Onalaska
608-317-0275

vickyshanley@outlook.com

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

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



ONAbility

School District of Onalaska Beyond 18 Transition Program



The mission of **ONAbility** is to transition students beyond 18 with varying abilities from high school into adult employment and independent living. As of this month, ALL ONAbility students are currently employed and enjoying their internships.

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 Carrie Werkheiser 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.

Carrie Werkheiser, Family School Liaison, School District of Onalaska, 608-779-1959.

A note to families from Kerry Johnson, Director of School Nutrition.

Please reference our [School Nutrition policy](#) for information on our program including unpaid meal balances. If you believe, you may qualify for free or reduced meals, please contact the school nutrition office at 608-783-6251 to receive an application.

To those that regularly dine with us, thank you for your patronage. For others, we welcome the opportunity to serve you "the best meal deal in town."

Welcome Ms. Borreson to the OHS Health Office



We welcome our new Health Paraprofessional, Megan Borreson, to the OHS Health Office. She will be working closely with our school nurses to provide health and wellness services for our students here at OHS.



Rotary Youth Exchange Host Families Needed for 2024/25

What makes a great host family?

- Willingness to open your home and heart.
- Interested to learn about another culture.
- Enjoy being around high school age children.
- Encourage your friends to consider it (you don't need to be a member of our Rotary Club to host).

Required to host a Rotary Exchange Student:

- Offer 3-4 month stay as a part of your family (you don't need to have other children in your house).
 - Live in school district where student is enrolled.
 - A spare bed (may share a room with same sex child).
 - Clean background check for all adults in the house.
 - 1-2 hours for online and in-person orientation training.
- (Note: cell phone, school lunch/fees paid by the Rotary Club).

What do you & your family gain?

- A life-long friend, often with future opportunities to visit them in their home country.
- Broadened insights and perspectives of the USA and the world.
- A reason to see more of our community, showing it off to the student.



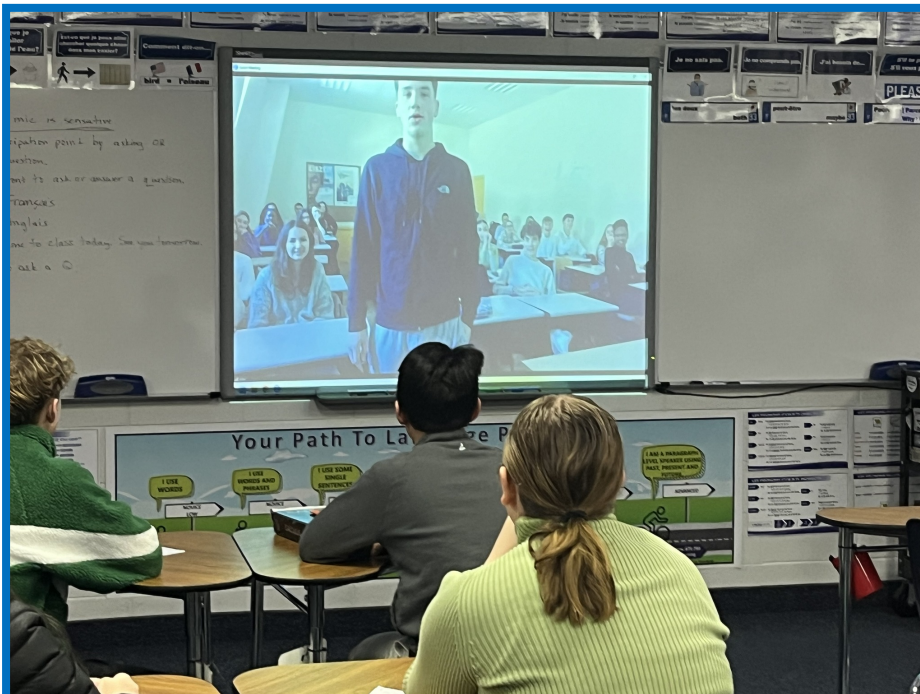
Check out this 1-minute video on Hosting a Rotary Exchange Student

Questions? Contact: Julia Behrenbeck 507-254-0983 or jbehrenbeck@gmail.com
(Rotary Club of La Crosse)

Unified PE Class



The Unified PE class recently had the opportunity to try wheelchair basketball as part of their disability sports unit.



French 4 students Zoomed with their pen pals from Epinal, France. They took turns asking and answering questions - the first 20 minutes all in French and the last 20 minutes all in English! 🇫🇷 🇺🇸

Last Call to Order a Yearbook

Those students who have not yet purchased a yearbook can still order one online until **Friday, February 23**. Production is based on orders and cannot be reprinted. So order if you want to be guaranteed a yearbook.

To order a 2023-2024 yearbook go to:

https://www.jostens.com/apps/store/productBrowse/1116523/Onalaska-High-School/2020-Yearbook/2019092704553168787/CATALOG_SHOP/.

This site is very user friendly, but if you have trouble with your online order the Jostens customer service number is 1-877-767-5217, and they are extremely helpful and knowledgeable.

Yearbooks are \$67.00 and can be purchased with 3 payments.



Yearbook Staff Seeking Photos

If you have quality photos of students participating in Onalaska High School activities, please consider sharing them with the yearbook staff.

Please submit using the [Jostens Image Share link](#) ID 0Njif1-hGFdexh0pkWA3W3Q. Photo quality should be a minimum of 300 dpi.

If that does not work, you can send them directly to the email address of johtr@onalaskaschools.com

Please include the name of the photographer and a brief explanation of the photo(s).



February 2024

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:

Jackson Ludden

Nominees:

Allen Azadrea
Xavier Busta
Kalyn Jorgensen
Matthew Law
Tim Newman
Emily Runyan
Nevaeh Williams

Junior Class

Student of the Month:

Emma Hayes

Nominees:

Karissa Evans
Tristan McCoy
Qitarra Olson
Sophia Todd
Olivia Vang
Grace Vue
John Werwinski

Sophomore Class

Student of the Month:

Caroline Clark

Nominees:

Julia Denker
Molly Franck
Jacob Hellman
Jamarque Ross
Cam Sisk
Max Todd

Senior Class

Student of the Month:

Justin VanDyken

Nominees:

Kenji Ammerman
Sam Bossman
Caleb Fejfar
Ashley Harnwell
Campbell Nitti
Dawson Sjolander
Landon Soland
Isaac Yang



Jackson Ludden
Freshman



Caroline Clark
Sophomore



Emma Hayes
Junior



Justin VanDyken
Senior

Freddy Extra Effort Award ...

February



Carter Flasch
Freshman



Addison Sanwick
Sophomore



Alara Running
Junior



Bella Zimmer
Senior

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

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

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





School District of Onalaska World Language Department



LE DÉPARTEMENT DES LANGUES ÉTRANGÈRES • DEPARTAMENTO DE IDIOMAS DEL MUNDO

FEBRUARY 2023 • FÉVRIER 2023 • FEBRERO 2023

WORLD LANGUAGE TEAM



Mr. Brian Wopat

wopbr@onalaskaschools.com



Mr. Devin Pettys

petde@onalaskaschools.com



Mrs. Rebecca Chaouki

chare@onalaskaschools.com



Mrs. Christy DeRuyter

derch@onalaskaschools.com



Mrs. Victoria Carter

carvi@onalaskaschools.com



Mr. Andy Beckstrom

becan@onalaskaschools.com



Mrs. Jennifer Garves

garje@onalaskaschools.com



FACT CHECK



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

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

A Look at University Retro Active Credits

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

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

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

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

ONALASKA SCHOOLS FOOD PANTRY 2023 - 24



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** beginning in September and 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 11
- October 2
- November 6
- December 4
- January 8
- February 5
- March 4
- April 8
- May 6





Onalaska High School

Student Services

700 Wilson Street

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: Melissa de Boer – Ext. 5034

Jennifer Morrison – Ext. 5029

Your High School Student Services Staff

Garrett Silker - Ext. 5032

silga@onalaskaschools.com

Serves students with last names beginning with A – Hr

Chrissy DeLong - Ext. 5030

delch@onalaskaschools.com

Serves students with last names beginning with Hs – Ra

John Horman - Ext. 5031

horjo@onalaskaschools.com

Serves students with last names beginning with Rb– Z

Administrative Assistants

Melissa de Boer– debme@onalaskaschools.com

Jennifer Morrison – morje2@onalaskaschools.com

CHECK OUT OUR WEBSITE...

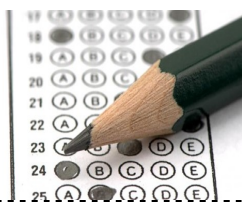
<http://www.onalaskaschools.com/ohs/studentservices.html>



ACT[®]

Statewide Junior ACT Day for 2024

All OHS Juniors test on
March 13, 2024!



Upcoming ACT Dates and Deadlines

Test Date	Register By	Late Registration (Additional Fee)
March 13, 2024	All Juniors required – Free	No registration required
April 13, 2024	March 8	April 5
June 8, 2024	May 8	May 31
July 13, 2024	June 7	July 5

Important Dates

February 13	Senior Scholarship Packet Due by 3:00 pm
February 13	WTC Career Coach at OHS
February 23	Grade Check Day
February 27	ACT Prep for all Juniors (during the school day)
March 1	Academy, Early College Credit & Start College Now Applications Due
March 5	ASVAB administered at OHS
March 12	WTC Career Coach at OHS
March 13	Junior ACT
March 20-21	Sophomore Forward Exam (during World History class)
March 22	Quarter 3 Report Cards

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 for new arrivals!

Mental Health Counseling Services for Students



Peace of Mind
Counseling LLC

Hello Hilltoppers! My name is Caitlyn Snyder and I am a licensed therapist. I am new to OHS this year and very excited to be a part of this school district. I am contracted through Peace of Mind Counseling to provide full-time mental health and/or substance abuse counseling services at OHS. I am available to any students who may be needing some additional support. If you are interested in counseling services, reach out to your school counselor to discuss the referral process.

Attention Junior Class of 2025: Important notice regarding the March 13, 2024 ACT

During school on March 13, 2024, every junior in the state of Wisconsin will take the ACT. While this test is FREE, there is some registration required to prepare for the test. All OHS juniors will participate in ACT prep during core classes this fall and winter. Part of this preparation will be for juniors to complete background information in their ACT account. Every junior will have the opportunity to select 4 colleges or universities to have their March 13 ACT score officially sent to for FREE! Students needing to send official ACT scores after testing will be charged \$13 per college. College admissions officers and high school counselors strongly encourage students to choose 4 colleges/universities where they may be interested in applying, and plan to list them when they complete their answer document. Even selective colleges/universities indicate that they will only consider the student's highest ACT score earned during the admission process.

Juniors Classes of 2025 – It's Time to Schedule Campus Visits:

Seniors planning to apply to college should be sure to visit their schools of interest. Go to your college's website for sign up information. Visiting campuses (technical, 2 or 4 year) is a great way to get a feel for which school "fits" for you! While it is important to meet with admissions counselors and take the official campus tour, it is 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 is important to students and soak in the environment. If you do not 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.

Upcoming College Rep/Military/Employer Visits to OHS

Students interested in meeting with any of these reps should stop by Student Services for a pass.

First Tuesday of each month - US Marine Corp rep visit

Second Tuesday of each month - US Army rep visit

Seniors & Juniors - Western Career Coach Meetings

Our Western Technical College Career Coach will be available once a month in the Student Services Office, to meet with students about WTC options, application process, requirements, and more. The next opportunity to meet with the WTC rep at OHS is Tuesday, February 13, 2024. Students who are interested in signing up to meet with our rep should stop and see Mrs. Morrison in Student Services, or talk to their counselor.

It's Financial Aid Time!

FAFSA: To apply for financial aid, the Free Application for Federal Student Aid (FAFSA) must be filled out online. The FAFSA should be released sometime in December. Be sure to register for a FSA ID # at <https://fsaid.ed.gov/npas/> BEFORE filling out the FAFSA form! Contact your college to find out their campus-specific financial aid priority deadline. Find more information about earning money for college on the "Paying for College" link on the Student Services website.

FSA ID: Seniors and their parents BOTH need to create a FSA ID to be able to complete and submit their financial aid application. Now is a great time to start the federal financial aid process by visiting <https://fafsa.gov/>.



College Bound Student Athletes

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

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

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

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. Applications completed using online programs like the Common Application or Send Edu will request a High School counselor's email address. Transcripts for these applications are sent directly to colleges using these programs and do not require students to make transcript requests.
5. Counselors will complete requested information, and all application materials will be mailed out in a timely manner.

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.

****CHANGE IN PROCESS FOR WORK PERMITS****

Students **under age 16** need a work permit. **Work permits are now completed by the parent online, and can be done 24 hours a day, 7 days a week. Payment is made directly through the application, using credit or debit card, or by ACH direct withdrawal. Go to**

<https://dwd.wisconsin.gov/er/laborstandards/workpermit/> for instructions and more information.

ACT Updates

The University of Wisconsin System has suspended the ACT requirement for all UW colleges and universities **for the class of 2024**. Many other colleges have also waived the ACT requirement. UW colleges and universities have not announced admission requirements for ACT beyond the class of 2024. 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.

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.

UGETCONNECTED

UNITED IN *Service*

UNIVERSITY of WISCONSIN
LA CROSSE



VITERBO
UNIVERSITY

Western
Technical College

United
Way



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

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

www.ugetconnected.org

Looking for Donated Prom Dresses

If you have a prom or bridesmaid dress that's used but still in good condition (and still in style), we are looking for donations for our Prom Dress Closet! Dresses can be dropped off at the main office for Student Services. We appreciate your help!



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!

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 took a FREE practice ACT test on September 19. This retired ACT test was administered, timed and will be 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 a printout of the exam 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 on January 15, 2024 with Schoolhouse Educational Services. This program will emphasize specific test-taking strategies for each of the five ACT subjects, and costs approximately \$60 per student plus an optional \$20 workbook.**
4. UW-L's Continuing Education office offers an ACT prep course for \$199. 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. Visit <https://www.uwlax.edu/gel/ypc/act-test-prep-online/> for more information.

Register to Retake the ACT

Students interested in retaking the ACT, please register at ACT.org.

The following are tips to help students complete the registration process:

- Students go to myACT.org to log into their account, register and pay for the ACT test
- 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. Most schools do NOT require the writing test.
- Give yourself at least 45 minutes to complete the registration
- Decide which 4 colleges/universities you want FREE score reports sent to. It is 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.

Still Time to Apply for College

Seniors are encouraged to complete and submit their applications to colleges and universities as soon as possible. Many colleges and universities will be closing their admissions process in the coming months. Technical college programs, especially, fill quickly on a first come first serve basis. Seniors considering applying to college for the fall of 2024, but who still need help with the process, should stop in to see their counselor today!

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

UW Ready

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

The application is at apply.wisconsin.edu. Each admission office has its own priority dates or deadlines.

2023-2024 Assessments at OHS

The following is a schedule of assessments that will be given to each grade level at no cost to the student and families.

Freshmen	* Required Pre ACT	April 9
Sophomores	* Required Forward Exam (Social Studies) * Required Pre ACT	March 20-21 April 16
Juniors	* Required State-wide ACT	March 13

Early College Credit, Start College Now, and Youth Apprenticeship Programs

Applications due Friday, March 1, 2024

ECCP and SCN Programs

Students at OHS have several unique opportunities they can take advantage of typically during their junior or senior years. The Early College Credit Program (ECCP) for private and public 4-year colleges and Start College Now (SCN) for technical colleges offer students an opportunity to take college courses at Western, Viterbo or UW-L at no cost to them or their families. A student must have exhausted all course offerings in a content area at OHS and meet the college's admissions criteria in order to be approved for these programs. Application forms can be found on the OHS Website and on the grade level google classroom pages. Students should contact their School Counselor for more information and be sure to turn in an application before March 1, 2024. **NO LATE APPLICATIONS CAN BE ACCEPTED!**

Changing Courses in the Senior Year?

College admissions offices often get phone calls from students who want to change their senior year courses. Often these phone calls come after the student has been admitted. They tend to sound something like this.

- "I've already been admitted, so I'd like to drop my math class."
- "I don't want to work so hard my senior year anymore. I will be working hard in college, and I'd like a break."
- "They admitted me. Can they really reverse that?"
- "Admission is like a contract, right?"

The resulting conversations are sometimes difficult for a senior to hear. They tend to go like this: Your admission was based on the premise that you successfully completed the courses that were included on your application for admission. The admission office is counting on you to complete those courses, learn that material, and maintain good academic status. They admit the type of students they know will be successful at their campus, and they admitted you in part because of the courses you were going to complete your senior year.

If you wish to make a change to your senior year courses during or after the admission process, it is imperative that you contact the admission office first. Talk about your plans with them. If you have been admitted already, you should seek approval from the admission office to change your senior year schedule. If you haven't been admitted yet, ask them whether your anticipated course change may affect your admission decision.

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

Yes, admission is like a contract. The admission office needs to uphold part of that contract by reserving space for the student and preparing for the student to attend. And the student needs to uphold the other part by finishing out the academic year as expected.

Upcoming Opportunities

University of Wisconsin-Madison Badger Precollege Programs, Summer 2024

Immersive college-prep programs for students completing grades 9-12. See [website](#) for more information.

Immersive music clinics - Senior Session (completing grades 9-12) from June 23-29, 2024. Get more information and register at [this link](#).

Summer Arts Clinic - Choose from areas of study including dance, theater, visual arts and design - June 30-July 6, 2024. Register at [this link](#).

Beloit College Summer Academy, June 16-29, 2024

Visit this [link](#) for more information. Students in the summer academy take a 2-week deep dive into a rich topic and earn transferable college credit.

Stanford Pre-Collegiate Summer Institutes, Summer 2024

[Informational Flyer](#)

Two-week online program for students in grades 8-11. Application deadline March 29, 2024

Brown University Pre-College Program, Summer 2024

See [website](#) for more information.

Wisconsin American Legion Law Enforcement Career Academy (WALLECA) –

July 29-August 2, 2024 at Fort McCoy WI State Patrol Training Academy

WALLECA is a 5-day camp that offers physical fitness training, classroom instruction and hands-on experience for juniors or seniors who are interested in working in law enforcement or a related field. The academy is totally free! Application deadline March 31, 2024.

Visit this website for information: <https://wilegion.org/walleca>

2024 Mount Mary University's Summer Leadership Academy - June 23-27, 2024 at Mount Mary University in Milwaukee, WI

Academy Application deadline March 1, 2024

See [website](#) for more information.

Young women from the U.S. or abroad who are currently in their freshman, sophomore, or junior year of high school are eligible to apply for this 5-day, 4-night experience. This residential program for mature and motivated students focuses on leadership development, college preparation and career exploration. Panels, lectures and interactive workshops will help students build skills in leadership, confidence, communication and professionalism.

STEM Summer Camps at South Dakota Mines, Summer 2024

<https://www.sdsmt.edu/SummerCamps/>

Variety of camps available through June and July 2024.

Upcoming Opportunities

Accelerated Learning Program - June 30-July 20, 2024

<https://precollege.wisc.edu/alp/>

The Accelerated Learning Program (ALP) engages talented students from across Wisconsin, the nation and the world at the top-ranked University of Wisconsin–Madison. ALP is an intense, three-week residential summer camp designed to push students to the next academic level in a welcoming learning environment. Students enroll in a single course for an in-depth experience and may work with their school to receive high school credit. **ALP is open to all interested students**; [scholarships](#) are available. Application deadline: May 1, 2024

Carnegie Mellon's Pre-College Programs - beginning in June 2024

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

World-class instruction on a beautiful university campus – help your students prepare for the college experience while exploring educational and career options. Application opens on December 1st, and can be found [HERE](#).

National Student Leadership Conferences

NSLC seeks current 9th, 10th, and 11th grade students who have demonstrated academic excellence, extracurricular involvement, and leadership potential to attend one of several career-focused leadership programs. Participants will meet with and learn from prominent national and world leaders, experience a future career, and experience life on a college campus and earn college credit.

The minimum GPA required for this program is a 3.0. Program cost ranges from \$2,000-\$5,000 depending on the program. Visit <https://www.nslcleaders.org/> for more information. Interested students can ask their school counselor to be nominated.

**VITERBO UNIVERSITY**

VU Preview Day
**Feb. 17**

Accepted Student Day
**April 6**

Sign up at www.viterbo.edu/visit

Upcoming Events!

File the FAFSA!

- The FAFSA is now open, so be sure to file yours!
- Send your FAFSA to Viterbo University using our code: 003911
- We expect aid offers to be ready starting in late February.
- Explore our Viterbo Tuition Promise program at www.viterbo.edu/promise

**VITERBO UNIVERSITY**

Early College Credit

Interested in earning college credit?
Take classes at Viterbo University next Fall through the Early College Credit Program (ECCP)!

Talk with your counselor to be approved and contact Grace Marco (ghmarco@viterbo.edu) at Viterbo for more information

Deadline for Fall 2024 is March 1st!





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 · 782 like this

“Like” the Onalaska Booster Club Facebook page to get events and other information.

Follow Mr. Thiry @OnaActivities on Twitter for updates and results for Hilltopper Athletics.

Please subscribe to the Onalaska Booster Club YouTube Page for Home Event Streaming.

Check Out The Onalaska Booster club website -

[Onalaska - Team Home Onalaska Hilltoppers Sports](#)

- Check it out - onalaskahilltoppers.net
- *Sport schedules - continuously updated
 - *Link to join the Booster Club
 - *Link to become a sponsor
 - *Link to sign up your athlete for the upcoming season

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

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

Students registering for athletics

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

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

OR **Neighborhood Family Clinics** -

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

Onalaska - N5560 CTH ZM - 608-779-5323



Tickets Search schools Sign in



Onalaska High School

EVENT TICKETS



We have an exciting update regarding our athletic ticketing for fall and winter games/activities! GoFan cashless ticket system.

Similar to the WIAA state tournaments, the Coulee and MVC Conferences are partnering with GoFan to provide a cashless system for all athletic entry fees. All purchases for athletic events will need to be purchased through GoFan. Your ticket will be available on your electronic device on the date of the event. In addition, your Onalaska High School athletic sports passes will now be purchased through GoFan. Please note, there will be **no cash event ticket sales at our games/activities this year**. Electronic individual game/activity tickets and athletic sports passes will be available for purchase at Onalaska High School's GoFan page link - <https://gofan.co/app/school/WI17153>.

Activity Sports Passes

- Student Sports Pass – optional \$30 for all home athletic events (Students K-12)
- Adult Sports Pass – optional \$70 for all home athletic events
- Non-resident Senior Citizen Sports Pass – optional \$30 for all home athletic events
- Onalaska Resident Senior Citizen Sports Pass Gold Card – Still free, same as before. No need for a new card, still active this year. Just present when entering event.

➤ Download the [GoFan](https://gofan.co/app/school/WI17153) app and create an account

<https://gofan.co/app/school/WI17153>



GoFan: Buy Tickets to Events

For Fans to Buy Tickets

Huddle Inc

Designed for iPad

★★★★★ 2.0 • 800 Ratings

Free

Install



This app is available for your device



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: [Purchased through GoFan](#)**Adults - \$6.00****Students (K-12) and Senior Citizens - \$4.00 (62 or Older)****School Year Sport Passes – Adults \$70.00 / Students (K-12) \$30.00**

Good for all OHS home events - **except** post season tournament events



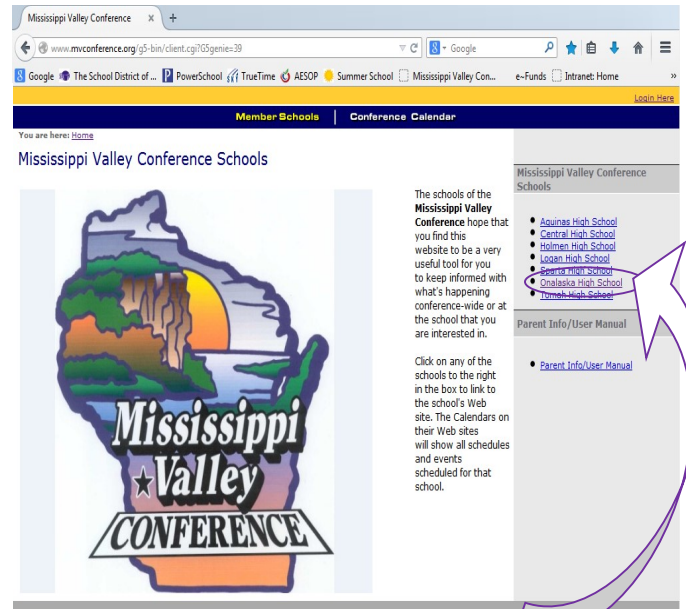
Calendar of Events

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

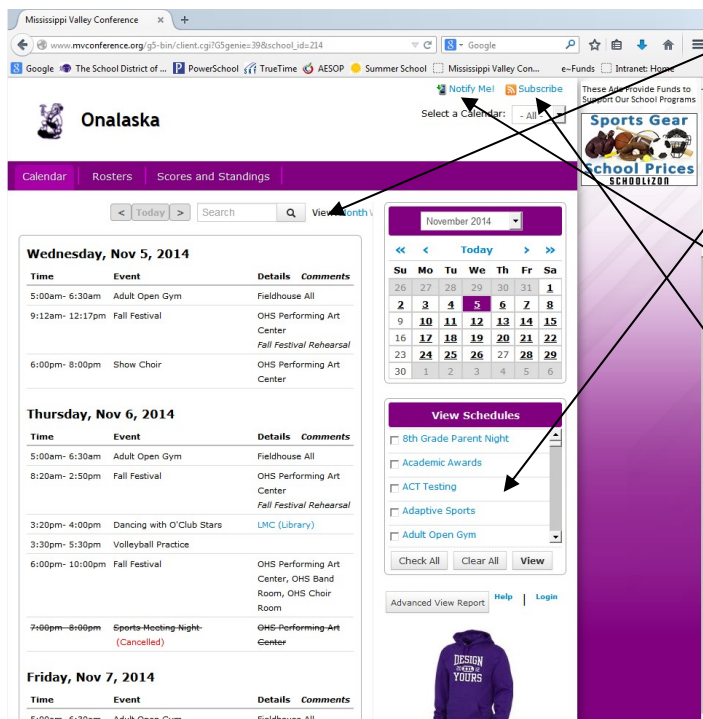
<http://www.mvconference.org/g5-bin/client.cgi?G5genie=39>

This website not only has athletic events, but also all other events taking place in our school.

Once you click into a specific school, you can subscribe to a calendar or set up a “notify me” text reminder. This is located in the upper right corner of the website. All MVC sporting events go through this calendar and will give you the most up to date information possible.



Select Onalaska High School



View the calendar by day, week, or month.

Select schedules you would like to view and see your own customized view.

Use the “Notify Me!” tab to set up text reminders.

“Subscribe” to set up a calendar that will update automatically with any changes that may occur.

SUBSCRIBE TO ALL OF TODAY'S EVENTS

IMPORTANT NOTE: This data feed is for PERSONAL use only. Any business or organization that wants this information, even if for providing it back to the school in ANY form, should contact SchoolToday at: support@schooltoday.com for a simple license agreement.

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

CALENDARS



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



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



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

RSS READERS



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



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



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

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



2023 - 2024 WISCONSIN

BOYS CROSS COUNTRY

PLAYER OF THE YEAR



OHS junior Manny Putz was recently selected as the 2023 Gatorade Male Cross Country Runner of the Year for Wisconsin, for the second year in a row! The award, which recognizes not only outstanding athletic excellence, but also high standards of academic achievement and exemplary character demonstrated on and off the field, distinguishes Manny as Wisconsin's best high school boys' cross-country runner for 2023.

Congratulations Manny!

8th Annual Coulee Region All-Stars Tailgate Party was once again a huge success. Thanks to Coach Lichty and our football players for putting on this wonderful event.





Dance Team takes 3rd Place at State

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Congratulations to Onalaska Dance Team at State!
3rd Place in Poms
3rd Place in Jazz
Kyla, Lilly, Sadie earned All-State honors for their individual solo performances
We are Proud of you!

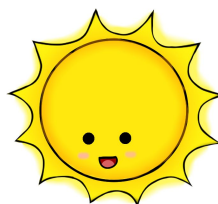


Intramural 3 on 3 Basketball



Congratulations to the intramural student 3 on 3 Basketball championship team of Jacob Havlik, Blake Burnstad and Kaden Kokaisel. After an epic battle this team came out on top, but the last team standing was the teacher team comprised of Mr. Wallenfang, Ms. Nicolai, Mr. Sauermann and Mr. Castellano.

Great efforts all the way around.



ONALASKA HIGH SCHOOL MENU FEBRUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER</p> <p>Menu is subject to change without notice</p>			<p>Line 1) BBQ Rib Patty on a WG Bun Line 2) WG Pizza Choices Line 3) Kickin Chicken Sandwich on a WG Bun All lines: Peas, Garden Bar</p> <p>Breakfast: WG Ultimate Breakfast Round, Yogurt Cup, fruit, juice, milk</p>	<p>Line 1) WG Pasta Bowl/ WG Breadstick Line 2) WG Mini Corn Dogs Line 3) same as line 1 All lines: Green Beans, Garden Bar</p> <p>Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk</p>
<p>Line 1) WG French Toast Sticks/ Sausage Line 2) Deli Sandwich on a WG Hoagie Line 3) Chicken Fajita with WG Tortilla All lines: Whole Kernel Corn, Garden Bar</p> <p>Breakfast: Hot Ham and Cheese Sandwich on a WG Bun, fruit, juice, milk</p>	<p>Line 1) WG Orange Chicken over Brown Rice Line 2) WG Grilled Cheese Sandwich/ Soup Line 3) WG Orange Chicken over Brown Rice All lines: Stir Fry Veggies, Garden Bar</p> <p>Breakfast: Ultimate Breakfast Round, Yogurt Cup, fruit, juice, milk</p>	<p>Line 1) Cheeseburger on a WG Bun Line 2) WG Pizza Variety Line 3) WG Crunchy Fish Sandwich with Cheese on a WG Bun All lines: Green Peas, Garden Bar</p> <p>Breakfast: WG Breakfast Pizza, fruit, juice, milk</p>	<p>Early Dismissal Day No Lunch Served at OHS</p> <p>Breakfast: WG Banana Bread, Cheese Stick, fruit, juice, milk</p>	<p>No School</p>
<p>Line 1) Meatball Sub with Mozzarella on a WG Hoagie Line 2) WG Uncrustable with WG Sun Chips Line 3) WG Pizza Variety All lines: Oven Fries, Garden Bar</p> <p>Breakfast: Breakfast Sandwich on a WG Bagel, fruit, juice, milk</p>	<p>Line 1) WG Orange Chicken over Brown Rice Line 2) WG Chicken Panini Line 3) WG Orange Chicken over Brown Rice All lines: Stir Fry Veggies, Garden Bar</p> <p>Breakfast: WG Breakfast Pizza, fruit, juice, milk</p>	<p>Line 1) WG Chicken Ranch Wrap Line 2) WG Pizza Dippers and Soup Line 3) WG Spicy Chicken Sandwich on a WG Bun All lines: Roasted Broccoli, Garden Bar</p> <p>Breakfast: WG Ultimate Breakfast Round, Yogurt Cup, fruit, juice, milk</p>	<p>Line 1) Cheeseburger on a WG Bun Line 2) Bone-in Chicken Wings / WG Dinner Roll Line 3) Locally Raised Superior Fresh Salmon with Brown Rice All lines: Sweet potato Bake, Garden Bar</p> <p>Breakfast: WG Muffin with 2 Sausage Patties, fruit, juice, milk</p>	<p>Line 1) WG Chicken Strips Line 2) Meatballs with Gravy Line 3) WG Chicken Strips All lines: Mashed potatoes/ WG Dinner Roll, Garden Bar</p> <p>Breakfast: WG Cheesy Bosco Breadstick, Tater Tots, fruit, juice, milk</p>
<p>Line 1) Cheese Omelet, 2 sausage patties, WG Muffin Line 2) Cheeseburger on a WG Bun Line 3) BBQ Rib sandwich on a WG Hoagie All lines: Baked Beans, Garden Bar</p> <p>Breakfast: WG Breakfast Pizza, fruit, juice, milk</p>	<p>Line 1) WG Orange Chicken over Brown Rice Line 2) WG Softshell Tacos Line 3) WG Orange Chicken over Brown Rice All lines: Stir Fry Veggies, Garden Bar</p> <p>Breakfast: WG Cheesy Breadstick, Tater Tots, fruit, juice, milk</p>	<p>Line 1) Bratwurst on a WG Bun Line 2) WG Chicken Patty on a WG Bun Line 3) Kickin Chicken Sandwich on a WG Bun All lines: WG Mac -n- Cheese, Garden Bar</p> <p>Breakfast: Chicken Breakfast Slider on a WG Dinner Roll, fruit, juice, milk</p>	<p>Line 1) WG Pasta Bowl/ WG Breadstick Line 2) WG Garlic French Bread Pizza/ Soup Line 3) WG Pasta Bowl/ WG Breadstick All lines: Green Beans, Garden Bar</p> <p>Breakfast: WG Muffin, Sausage, fruit, juice, milk</p>	<p><u>Harvest Of the Month</u> <u>Farm to School Chili Day</u> Line 1) Vegetarian Chili with Cheese and WG Cinnamon Roll Line 2) Kielbasa / Scalloped Potatoes / WG Dinner Roll Line 3) WG Chicken Ranch Wrap All lines: Whole Kernel Corn, Garden Bar Breakfast: WG Ultimate Breakfast Round, Yogurt Cup, Fruit, Juice, Milk</p>
<p>Line 1) Walking Tacos with WG Chips Line 2) WG Crispy Fish Sandwich with Cheese Line 3) Chicken Fajita with WG Shell All lines: Carrot Coins, Garden Bar</p> <p>Breakfast: Chicken Breakfast Slider on a WG Dinner Roll, fruit, juice, milk</p>	<p>Line 1) WG Chicken and Waffles Line 2) Cheeseburger or Mushroom Swiss Burger on a WG Bun Line 3) WG Spicy Chicken Sandwich on a WG Bun All lines: Green Peas, Garden Bar</p> <p>Breakfast: WG Banana Bread, Cheese Stick, fruit, juice, milk</p>	<p>Line 1) WG Orange Chicken over Brown Rice Line 2) Z-Uncrustable PB&J sandwiches with WG Sun Chips Line 3) WG Orange Chicken over Brown Rice All Lines: Stir Fry Veggies/ Garden Bar</p> <p>Breakfast: WG Breakfast Pizza, fruit, juice, milk</p>	<p>Line 1) Mexican Rice Bowl Line 2) WG Chicken Ranch Wrap Line 3) Meatball Sub with Mozzarella on a WG Hoagie Bun All lines: Roasted Broccoli, Garden Bar</p> <p>Breakfast: Hot Ham and Cheese Sandwich on a WG Bun, fruit, juice, milk</p>	<p><u>Meatless Menu Choice:</u> <u>Daily option of a meal from the Salad Bar!!</u> Egg, Cheese, Ham, or Turkey available as a choice of protein/ Veggies and Fruits from Garden Bar</p>

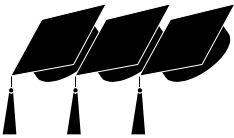
Allergy Notice: Menu items may contain tree nuts, peanuts/nut products, wheat, fish, eggs, soy and various legumes. Students with allergies should contact the School Nurse or School Nutrition Director prior to eating any food served in the cafeteria.

Onalaska High School
700 Wilson Street
Onalaska, WI 54650

Welcome to OHS! Check
out our website at:
www.onalaskaschools.com



An Equal Opportunity Employer



Senior Night	Thursday, May 9 --- 7:00 – 9:00 PM in the Commons and Field House
Senior Assembly	Friday, May 10 --- 9:00 AM in the Field House
Senior Walk	Friday, May 10 --- 2:20 PM
Last Day of School for Seniors	Friday, May 10
Graduation Practice	Wednesday, May 15 --- 9:00 AM in the Field House
Senior Scholarship Awards	Wednesday, May 15, 2024
Graduation Date	Saturday, May 18, 2024 --- 1:00 PM

CONTACT

School phone # 608-783-4561
Student Services # 608-73-
School fax # 608-783-0102
Student Services fax# 608-783-2604
School voice mail 608-779-5760
School Hours: 7:45 AM – 2:50 PM

Jared Schaffner Principal
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Charlie Ihle Assoc. Principal
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Kim Weber Attendance
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Web: www.onalaskaschools.com

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

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