



FREDDY'S FOOTNOTES



A Newsletter from Onalaska High School

January 2024

Highlights

Important Dates

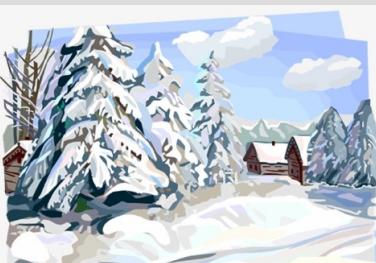
Show Choir ClassicJan. 12-13
No School.....Jan. 15

In This Issue

Winter Wonderland Dance	1
Important Dates	2
Parent Teacher Conferences	3
Leadership Award	4
Law Enforcement Appreciation.....	4
Bridging Brighter Smiles.....	5
OEF Taste Event	6
You Can Still Purchase a Yearbook.....	7
Student of the Month	8
Freddy Extra Effort Award.....	9
World Language	10
Onalaska Food Pantry.....	11
Student Services Update	12 – 21
ACT Dates.....	12
Important Dates	13
Peace of Mind Counseling.....	13
Junior ACT Day – March 13	14
Upcoming College/Military Reps	14
Western Career Coach Meetings.....	14
Financial Aid Time	15
College Bound Student Athletes	15
OHS Job Board.....	16
ACT Updates.....	16
Eligible for Free or Reduced Lunch.....	16
UGET Connected	16
Student Services Accepting Donations	17
Youth Apprenticeship.....	17
ACT Prep Course Options	17
Register to Retake the ACT	18
Still Time to Apply for College	18
College Application Help	18
Assessments at OHS.....	18
Early College Credit/Youth Apprenticeship.....	19
Changing Courses in the Senior Year?.....	19
Upcoming Opportunities	20 – 21
Activities	22 – 26
Booster Club Information	22
GoFan.....	23
Athletic User Fees	24
Calendar of Events	25
Winter More Than An Athlete.....	26
School Nutrition Menu	27



February 17, 2024



Important Dates

First Semester Finals.....	January 3-5
Early Dismissal	Friday, January 5 – 11:50 AM
Show Choir Classic.....	Friday, January 12 and Saturday, January 13
Professional Development Day – No School.....	Monday, January 15
All Graduate Meeting	Wednesday, January 17 – During Resource in the PAC
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
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

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



School District of Onalaska, WI

Page

237 2nd Ave S, Onalaska, Wisconsin 54650

✓ Liked ▼



Parent Teacher Conferences to be held in February

The following dates have been selected for Spring 2024 Parent Teacher Conferences at OHS:

Wednesday, February 7	3:30 PM – 8:00 PM
Thursday, February 8	12:30 PM – 8:00 PM



**The staff at Onalaska High School
would like to wish everyone a healthy
and prosperous New Year!**



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."



VITERBO UNIVERSITY

Congratulations to **E'mya Martin** for receiving the Lynda Lowery Youth Leadership Award from Viterbo.





Get your Winter Smiles Ready!

Next Visit: January 19th, 23rd, 24th & 25th

Where: Onalaska High School

Get your teeth cleaned during
the school day!

plus more preventive services

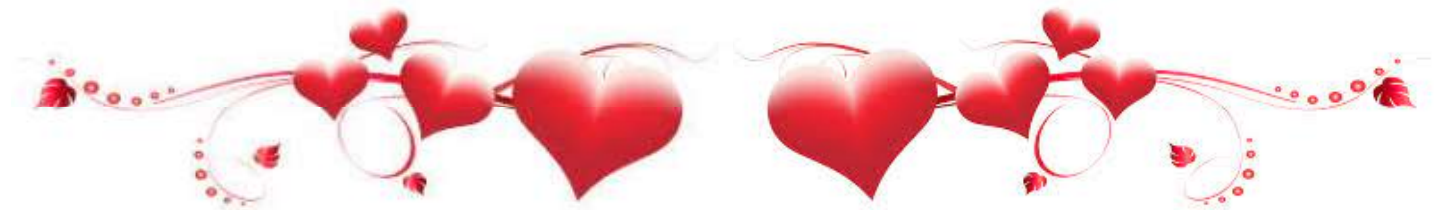
- Oral Screening
- Dental Sealants
- Oral Health Education
- Silver Diamine Fluoride
- Fluoride Varnish
- Dental Cleaning
- Referral Assistance

Enroll Here

bridgingbrightersmiles.org



**ForwardHealth
(BadgerCare)
Accepted**





OEF's Taste Event

Saturday, January 20th 6:00 p.m.

Tickets are \$35 each, which includes admission, food, and starting chips for the gaming tables.

THE DETAILS:

The Taste is OEF's largest fundraiser and helps raise funds for all Onalaska Schools, both public and private.

Doors open at 6:00.

Food is served from 6:00 - 9:00.

Refreshments are available throughout the night.

The evening will include samples from many area restaurants, including:

Apothik Food Truck
Big Boar BBQ
Burrachos
Crossroads Bar & Grill
Mimi's Kitchen
Outback Steakhouse
Scooter's Coffee
Swing Bridge Pub

CLICK HERE TO
PURCHASE
YOUR TICKETS!

LOCATION:
La Crescent Area
Event Center
(595 Veterans Parkway,
La Crescent, MN,
United States,
Minnesota)

You can still order a YEARBOOK

Those students who have not yet purchased a yearbook can still order one online. 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 make a wonderful holiday gift for teens, (and don't forget about your international students). Yearbooks are \$67.00, but options can be added. Just check the Jostens website for more on these options. Consider making this your gift of choice this holiday season. They are a wonderful remembrance for students.



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 doesn't 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).



January 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:

Finley Walters

Nominees:

Xochitl Aparicio
Aleesha Jackson
Matthew Law
Esme Pinter
Alexa Popowich
Gavin Skinner

Sophomore Class

Student of the Month:

Raelyn Cowley

Nominees:

Greyson Bruha
Isabella Cromheecke
Molly Franck
Mia Gallant
Jacob Hellman
Isabelle Her
Carson Zinnecker

Junior Class

Student of the Month:

Madelyn Wilson

Nominees:

Brooke Hintz
Tristan McCoy
Claire Roby
McKenzie Runde
Sienna Schoepke
Nolan Sullivan
Connor Zywicki

Senior Class

Student of the Month:

Dawson Sjolander

Nominees:

Cora Brown
Nicholas Jacobson
Madeline McKelley
Morgan Moua
Lillian Novak
Emerald Olson
James Vanderloop



Finley Walters
Freshman



Raelyn Cowley
Sophomore



Madelyn Wilson
Junior



Dawson Sjolander
Senior

Freddy Extra Effort Award ...

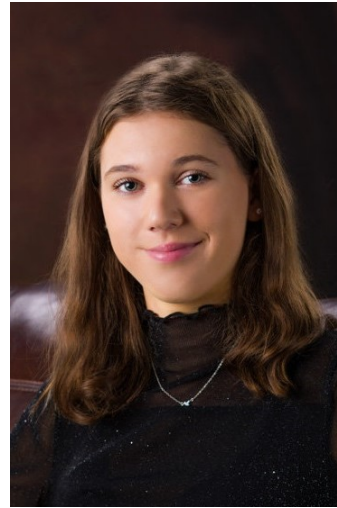
January



Madeline Polodna
Freshman



Atlas Schwaab
Sophomore



Viktorie Koppova
Junior



Lillie Helseth
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
JANUARY 2024 • JANVIER 2024 • ENERO 2024

WORLD LANGUAGE TEAM



Mr. Brian Wopat

wopbr@onalaskaschools.com



Mr. Devin Pettys

petde@onalaskaschools.com



Mrs. Rebecca Chaouki

chare@onalaskaschools.com



Mrs. Valerie Mumm-Jansen

mumval@onalaskaschools.com



Mrs. Victoria Carter

carvi@onalaskaschools.com



Mr. Andy Beckstrom

becan@onalaskaschools.com



Mrs. Jennifer Garves

garje@onalaskaschools.com



FACT CHECK



MYTH: Why should I learn another language when everyone (in the world) already speaks English?

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

A Look at College Admission Requirements

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

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

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

ONALASKA SCHOOLS FOOD PANTRY 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 – morje@onalaskaschools.com

CHECK OUT OUR WEBSITE...

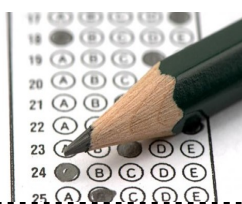
<http://www.onalaskaschools.com/ohs/studentservices.html>



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

January 15	No School
January 17	Senior Scholarship Meeting - scholarship application distributed to seniors
January 23	FAFSA/Financial Aid Completion Event, 6:00 pm in OHS LMC
February 7-8	Spring Parent Family Conferences at OHS
February 13	Senior Scholarship Packet Due by 3:00 pm

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's important to meet with admissions counselors and take the official campus tour, it's also helpful to take your own personal tour. Check out the places they don't show you, talk to a student in the student union about what they like about the school, as well as what they do not like about the school. Pick up a campus newspaper to see what's important to students and soak in the environment. If you don't feel like the school is a good fit, it may be a difficult place for you to find success. Refer to your STAR Conference materials for more helpful tour information.

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 was 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. UW system schools have priority deadlines ranging from now through February 1. Find more information about earning money for college on the "Paying for College" link on the Student Services website.

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

Financial Aid/Scholarship Assistance from OHS School Counselors

January 23, 6:00-8:00 PM - OHS LMC.

Students and parents welcome

January 31, DURING RESOURCE - OHS Hilltopper Room

Students should sign up in Student Services.

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

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

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

Student Services Accepting Donations for Students

The OHS Student Services office maintains a supply of items for students who need them throughout the school day. At this time, we are in need of the following items:

- feminine hygiene products such as pads and tampons
- reusable water bottles, new or used but clean
- gently used or new clothing such as leggings, shorts, and t-shirts
- school supplies such as notebooks and folders

If you have any of these items you'd like to donate, you can drop them off at OHS and just let them know your donation is for the Student Services Office. Thank you!

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's better and easier to do this now to avoid extra steps later.
- Be prepared to upload a clear headshot photo to the website. Students without a picture are NOT allowed to test!
- Fee waivers are available for students who qualify - see your school counselor if you need one.
- Print your admission ticket, and keep it somewhere safe – you will need it to be admitted to your testing room.

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](#).

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! 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 available January 1, 2024 on the [website](#)

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.

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.

Upcoming Opportunities

Badger Boys & Badger Girls State

Boys: June 11-17, 2024 at UW Eau Claire

Girls: June 18-23, 2024 at UW-Oshkosh

For: Juniors – Class of 2025

The American Legion of Wisconsin offers a program designed to simulate state and local government. Participants can run for offices ranging from local city council member to state legislator all the way to state governor. Students who chose not to run often get involved by helping with campaigns. The week-long camp also includes many other fun activities such as time for discussions, athletics, a daily newspaper and musical performance. With the generosity of the Onalaska American Legion and American Legion Auxiliary, OHS can send 2 girls and 2 boys to this event FREE of charge. Interviews of Badger Girl and Badger Boy candidates will be in January -- **interested students need to notify their counselor no later than December 22, 2023.**

Sophomore Leadership Conference, Wisconsin Leadership Seminar (WILS) - June 14-16, 2024 at Carroll University, Waukesha WI

Wisconsin HOBY holds a FREE three-day leadership conference for high school **sophomores to be juniors**. Over 100 sophomores from across the state participate in the seminar each year. It incorporates fun, innovative leadership activities that help prepare students to become effective, ethical leaders in their home, schools, workplace and community. This is also a great way for students to get to know others, network, and boost applications and/or resumes. Participants are also eligible to apply for one of 3 - \$1,000 college scholarships!

Contact your school counselor **no later than December 22, 2023** if you are interested in attending the leadership seminar.

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](#).

STEM Summer Camps at South Dakota Mines, Summer 2024

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

Variety of camps available through June and July 2024.



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



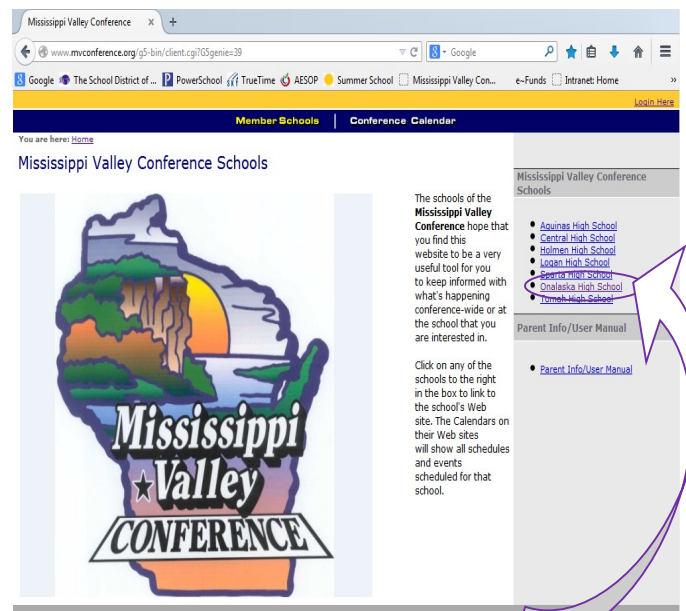
Calendar of Events

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

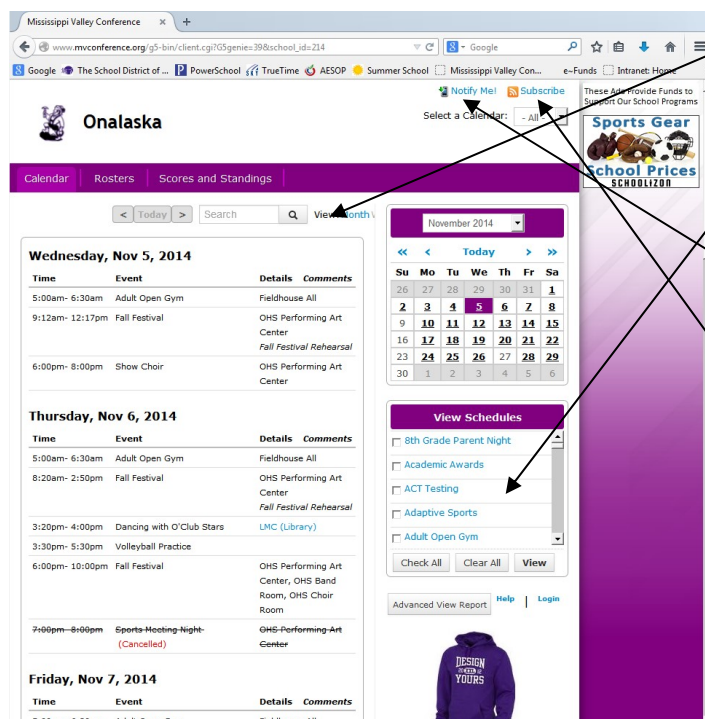
<http://www.mvconference.org/g5-bin/client.cgi?G5genie=39>

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 support@thischooltoday.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.

CONGRATULATIONS WINTER 23-24 MORE THAN AN ATHLETE STUDENTS



MORE THAN AN ATHLETE HILLTOPPERS



Freshman

Dane Adams
Grayson Andel
Katelyn Bakkestuen
Ella Ballmer
Khloe Burnstad
Kendall Carlson
Brendan Chenault
Trenton Dus
Lucas Fillbach
Carson Fink
Maya Hartman
Cailyn Holter
Samuel Hughes
Mara Klein
Jackson Ludden
Natalie Marso
Zoe Moeller
Henry Olson
Derrel Ombogo
Lauren Pica
Isabella Pierce
Alea Runde
Emily Runyan
Lillian Ryan
Gavin Skinner
Kaeson Stettler
Samuel Sulentic
Benjamin Tempelis
Lukas Todd
Yingkong Vang
Finley Walters
Drew Wilson

Sophomore

Carter Beeler
Charles Burrows
Carson Campbell
Kyara Cayasso
Raelyn Cowley
Grady Dunnum
Jackson Egan
Elijah Fernandes
Isabella Hartman
Alexander Hauser
Dayton Heintz
Zachary Imgrund
Carter Johnson
Colton Klein
Ian Kowal
Alton Larson
Rowan McGrath
Tristan Molling
Trent Oyen
Olivia Peterson
Addison Sanwick
Brett Schauer
Danielle Schmit
Paul Soderberg
Gavin Sommerfield
Alexis Stupi
Ja Koby Tender
Rickie Tillotson
Maximus Todd
Kaelin Tomashek
Mya Yang
Benjamin Zimmer

Junior

Matthew Arsenault
William Bakkestuen
Rylee Beahm
Bodie Callaway
Noah Chenault
Bethany Dearman
Michael DeMaira
Jenna Gansen
John Gobel
Lydia Hartman
Tyson Hughes
Ida Kloppenborg
Megan Komperud
Alexa Larson
Zoie Loeffelholz
Eliana Mascotti
Sawyer Meyer
Zsombor Nagy
Gianna Sanchez
Jack Smith
Pierce Sommerfield
Jack Stoen
Leah Thies
Maggie
Vannieuwenhoven
Tatum Walters

Senior

Evan Anderson
Keagan Anderson
Jenna Bakkestuen
Lauren Bakkestuen
Kyla Betz
Nolan Bey
Thomas Bryant
Mary-Catherine
Clatworthy
Lillian Ekern
Sidney Fillbach
Jackson Hughes
Brady Kuhn
Brodie Mickschl
Jacob Mydy
Claire Pedretti
Breckyn Remis
Dawson Sjolander
Anna Skemp
Isaac Skemp
Adam Skifton
Sadie
Vannieuwenhoven



Onalaska High School Menu January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 1) Cheeseburger on a WG Bun 2) BBQ Rib Patty on a WG Bun 3) Chicken Fajita on a WG Shell All Lines: Baked Beans, Garden Bar Breakfast: French Toast, 2 sausage links, fruit, juice, milk	3 1) WG Pizza Variety 2) Meatball Sub with Mozzarella on a WG Hoagie 3) WG Chicken Strips/ Dinner Roll All Lines: Oven Fires and Garden Bar Breakfast: Sausage, WG Muffin, Tater Tots, fruit, juice, milk	4 1) Chicken Patty on a WG Bun 2) 2- WG Uncrustable PB&J with WG Sunchips 3) Deli Sandwich on a WG Hoagie Bun All Lines: Steamed Peas, Garden Bar Breakfast: Breakfast Pizza, fruit, juice, milk	5 Early Dismissal Day No Lunch at High School Breakfast: WG Cracker with Yogurt cup, fruit, juice, milk
8 1) Walking Taco with WG Chips 2) WG Pizza Dippers with Soup 3) WG Spicy Chicken Sandwich on a WG Bun All Lines: Carrot Coins, Garden Bar Breakfast: WG Cheese Quesadilla & Salsa, fruit, juice, milk	9 1) Orange Chicken with Brown Rice 2) Cheeseburger on a WG Bun 3) Orange Chicken with Brown Rice All Lines: Stir Fry Veggies, Garden Bar Breakfast: WG Cracker, Cheese Omelet, Tri-Tater, fruit, juice, milk	10 Harvest of the Month- Beets 1) 2- WG Uncrustable PB&J's/WG Sun Chips 2) WG Pizza Variety 3) WG Crispy Chicken Ranch Wrap All Lines: <i>Winter Moon Blend with locally grown Beets</i> , Garden Bar Breakfast: Uncrustable PB & J, Yogurt Cup, fruit, juice, milk	11 1) Chicken Panini on a Ciabatta Bun 2) Chicken Patty on a WG Bun 3) Crispy Fish Sandwich with Cheese on a WG Bun All Lines: WG Mac and Cheese, Garden Bar Breakfast: Breakfast Pizza, fruit, juice, milk	12 1) WG Chicken Strips / WG Dinner Roll 2) Meatballs/ WG Dinner Roll 3) WG Chicken Strips/ WG Dinner Roll All Lines: Au Gratin Potatoes, Garden Bar Breakfast: Sandwich on a WG Biscuit, fruit, juice, milk
15 No School	16 1) WG Orange Chicken with Brown Rice 2) <i>Trays Around the World</i> featuring foods from Poland Kielbasa and Au Gratin Potatoes 3) WG Orange Chicken with Brown Rice All Lines: Stir Fry Veggies, Garden Bar Breakfast: WG Cheese Quesadilla & Salsa, fruit, juice, milk	17 1) WG Kickin Chicken Sandwich 2) WG Pizza Variety 3) WG Soft Shell Tacos All Lines: Carrot Coins, Garden Bar Breakfast: Breakfast Pizza, fruit, juice, milk	18 1) WG Chicken and Waffles 2) Locally Raised Salmon with Rice Pilaf 3) WG Chicken and Waffles All Lines: Sweet Potato Bake, Garden Bar Breakfast: WG Mini Bagels / Cream Cheese, fruit, juice, milk	19 1) WG Pasta Bowl with Beef or Chicken and choice of Red Sauce or Alfredo/ Garlic Knot 2) WG Chicken Patty on a WG Bun 3) same as line 1 All Lines: Steamed Peas, Garden Bar Breakfast: Sausage, WG Muffin, Tater Tots, fruit, juice, milk
22 1) Chicken Fajita on a WG Shell 2) WG Pizza Dippers / Soup 3) Bakalar Hot Dog on a WG Bun All Lines: Baked Beans, Garden Bar Breakfast: WG Cheesy Bosco Bread Stick and Tri- Tater, fruit, juice, milk	23 1) WG Chicken Ranch Wrap 2) 2- WG Uncrustable PB&J's and WG Sun Chips 3) BBQ Rib Patty on a WG Bun All Lines: Oven Fries, Garden Bar Breakfast: Sausage, WG Muffin, Tater Tots, fruit, juice, milk	24 1) Orange Chicken with Brown Rice 2) Chicken Panini on a Ciabatta Bun 3) Orange Chicken with Brown Rice All Lines: Stir Fry Veggies, Garden Bar Breakfast: WG Uncrustable PB&J, Yogurt Cup, fruit, juice, milk	25 Harvest of the Month- Beets 1) WG Pizza Variety 2) WG Spaghetti and Meatballs 3) Walkin Tacos with WG Chips All Lines: <i>Winter Moon Blend with locally grown Beets</i> , Garden Bar Breakfast: Breakfast Pizza, fruit, juice, milk	26 1) WG Popcorn Chicken / WG Dinner Roll 2) Meatballs / WG Dinner Roll 3) WG Popcorn Chicken / WG Dinner Roll All Lines: Mashed Potatoes /Gravy/ Garden Bar Breakfast: WG Cheese Quesadilla & Salsa, fruit, juice, milk
29 1) Cheese Omelet, Sausage Patty, WG Biscuit 2) Meatball Sub on a WG Bun 3) Cheeseburger or Mushroom Swiss on a WG Bun All Lines: Tri Tater, Garden Bar Breakfast: Mini Bagels with Cream Cheese, fruit, juice, milk	30 1) Orange Chicken with Brown Rice 2) WG Garlic Cheese Bread and Soup 3) Orange Chicken with Brown Rice All Lines: Roasted Broccoli, Garden Bar Breakfast: French Toast, 2 sausage links, fruit, juice, milk	31 1) WG Pasta Bowl with Beef or Chicken and choice of Red Sauce or Alfredo/ Garlic Knot 2) WG Chicken Patty on a WG Bun 3) WG Chicken Vegetable Dumplings All Lines: Carrot Coins, Garden Bar Breakfast: Breakfast Pizza, fruit, juice, milk	USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER The menu is subject to change without notice.	
				Fresh Garden Bar and milk choices available daily Vegetarian option daily is Salad Bar with protein choices

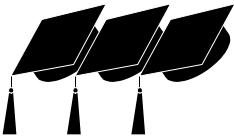
Allergy Notice: Menu Items may contain tree nuts, peanuts/nut products, wheat, fish, eggs, soy, and various legumes. Students with allergies should contact the School Nurse or School Nutrition Director prior to eating any foods served in the cafeteria

Onalaska High School
700 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
schja2@onalaskaschools.com

Charlie Ihle Assoc. Principal
ihlch@onalaskaschools.com

Jason Thiry Activities Dir.
thija@onalaskaschools.com

LeAnn Dirks Admin. Assistant
dirle@onalaskaschools.com

Kim Weber Attendance
ohsoffice@onalaskaschools.com

Web: www.onalaskaschools.com

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

IN THIS ISSUE

Winter Wonderland Dance	1
Important Dates	2
Parent Teacher Conferences	3
Leadership Award	4
Bridging Brighter Smiles	5
OEF Taste Event	6
You Can Still Purchase a Yearbook	7
Student of the Month	8
Freddy Extra Effort Award	9
World Language	10
Onalaska Food Pantry	11
Student Services Update	12 – 21
ACT Dates	12
Peace of Mind Counseling	13
Junior ACT Day – March 13	14
Financial Aid Time	15
OHS Jobs Board	16
ACT Prep Course Options	17
Youth Apprenticeship	17
Assessments at OHS	18
Still Time to Apply for College	18
Changing Courses Senior Year?	19
Upcoming Opportunitites	20 – 21
Activities	22 – 26
GoFan	23
School Nutrition Menu	27