



# FREDDY'S FOOTNOTES



A Newsletter from Onalaska High School

December 2023



## Highlights

### Important Dates

Winter Band Concert.....	Dec. 4
Sleigh Ride Concert.....	Dec. 15
Winter Choral Concert.....	Dec. 18
Holiday Break – No School.....	Dec. 25 – Jan. 1

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## 2023 Holiday Meal Drive

Help local families during the holidays

- Bring a Non-Perishable Food Item to the following basketball games in school to help families in the district.
- **Games @ OHS Fieldhouse**
  - 11/28 Boys Basketball vs. Menomonie
  - 12/2 Girls Basketball vs. West Salem
  - 12/8 Girls Basketball vs. LaCrosse Central
  - 12/12 Boys Basketball vs. Holmen

Bring your items to the concession stand area each game.

5+ more items, you will receive free popcorn.

10+ more items, a popcorn, and a drink for free! 😊



### Holiday Meal Fare/Ingredients:

Boxed Stuffing  
Rice Vermicelli Noodles  
Chicken Stock  
White Rice  
Gravy  
Vegetables or Fruit  
Bamboo Shoots  
Tapioca  
Fish or Soy Sauce  
Cranberries  
Canned Sweet Potatoes/Yams  
Coconut Milk

Red/Yellow Curry

Bean Thread

Sai Fun

Glass Noodles

**Other Items Families May**

**Appreciate:**

Pasta

Pasta Sauce

Tuna

Peanut Butter

Jelly

Cereal

*Thank you for giving a helping hand.*

*~ Link Crew*

## Important Dates

Winter Band Concert .....	December 4 --- 7:30 PM
Sleigh Ride Concert .....	December 15 --- 7:30 PM
Senior Cap/Gown Online Orders Due .....	December 17 – Additional \$10 after this date
Winter Choral Concert.....	December 18 --- 7:30 PM
Holiday Break – No School .....	Monday, December 25 – Monday, January 1
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



## Nurse Notes

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

## Parent Liaison Information

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

Vicky Shanley  
214 15<sup>th</sup> Ave N, Onalaska  
608-317-0275

[vickyshanley@outlook.com](mailto:vickyshanley@outlook.com)

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

**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*





## 2023 Sleigh Ride Concert

Onalaska High School  
Hilltopper and Express Show Choirs

**When:** Friday, December 15, 2023; 7:30 PM  
**Where:** Claude C. Deck Performing Arts Center  
Onalaska High School  
**Admission:** Adults \$5.00  
Seniors & Students \$4.00  
Maximum family rate \$20.00  
General Admission Seating

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

## Mark your Calendar for Special Holiday Events

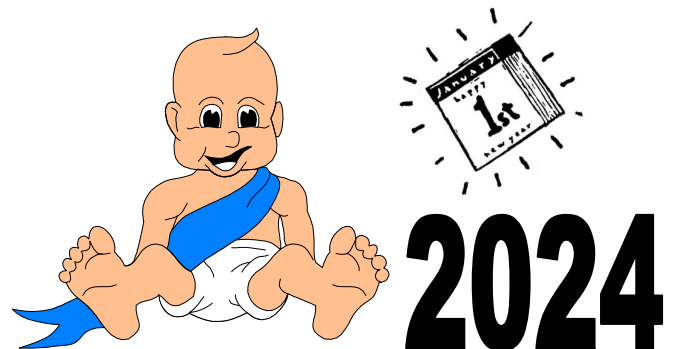
Monday, December 4  
Winter Band Concert,  
7:30 PM --- OHS Performing Arts

Monday, December 18  
Vocal Music Winter Concert,  
7:30 PM --- OHS Performing Arts  
Center. Includes: Men's Choir, Women's  
Choir, Select Women's Choir, Concert Choir



## Holiday School Schedule

Please make note of the holiday schedule beginning December 23 through January 1, school resumes on Tuesday, January 2. January includes an early dismissal day on January 5<sup>th</sup> and no school on January 15<sup>th</sup> for Staff Development.



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



# Welcome Mrs. Weber to the OHS Main Office



Hello everyone!

I am the new Administrative Assistant here at OHS! I recently began my journey in the Onalaska School District at OMS as a Special Education Paraprofessional. It was bittersweet to leave the OMS team after such a short time, but I am excited to join the OHS team!

I am a proud wife and mother of four wonderful kiddos. We reside in Onalaska and love spending time enjoying our community and the outdoors. Prior to the Middle School, I spent over 12 years professionally at Gundersen Hospital.

I cannot tell you how much my family already enjoys the change in career and how happy I am to be here! I look forward to meeting and supporting all the new faces!

## 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 Rein 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 Rein, 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."



## Final Exams Scheduled for January 3 – 5

Soon after your holiday break will be 1<sup>st</sup> Semester Finals. This year they are scheduled for January 3 – 5, 2024. They conclude on Friday, January 5 at 11:50 AM with *Early Dismissal* unless you have a test to make up in the afternoon.

Students will **not** be required to attend their study/commons hour during final exams. The commons area will be made available and supervised for study time.

The normal bus schedule will not change except for Friday, January 5, at 11:50 AM. Lunch will not be served on January 5.

In case of inclement weather, the final exam schedule would be bumped ahead one day.

We encourage students to plan ahead and begin their studying.

### Wednesday, January 3

1<sup>st</sup> Hour – 8:15 – 9:45  
3<sup>rd</sup> Hour – 10:30 – 12:00  
Lunch 12:00 – 1:00  
5<sup>th</sup> Hour – 1:00 – 2:30

### Thursday, January 4

2<sup>nd</sup> Hour – 8:15 – 9:45  
4<sup>th</sup> Hour – 10:30 – 12:00  
Lunch 12:00 – 1:00  
6<sup>th</sup> Hour – 1:00 – 2:30

### Friday, January 5

7<sup>th</sup> Hour – 8:15 – 9:45  
8<sup>th</sup> Hour – 10:20 – 11:50  
Make up exams – 1:00 – 2:30



## Rotary Lights



OHS Spanish Club and Spanish Honor Society students decorated their tree for Rotary Lights!



## Giving Thanks for Onalaska School Staff

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

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

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

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

You may nominate someone using the link below or visiting the Onalaska Education Foundation website ([onalaskaeducation.org](https://onalaskaeducation.org)). Look under "Events." Then click on "Giving Thanks for Onalaska School Staff."

The program closes December 17, 2023.

[Nomination Form](#)

Thank you,  
Onalaska Education Foundation, Inc.



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



## You can still order a YEARBOOK

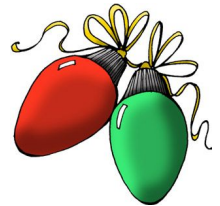
Those students who have not yet purchased a yearbook can still order one online. To order a 2023-2024 yearbook go to:

[https://www.jostens.com/apps/store/productBrowse/1116523/Onalaska-High-School/2020-Yearbook/2019092704553168787/CATALOG\\_SHOP/](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](mailto:johtr@onalaskaschools.com)

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





# December 2023 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:***

**Lillie Engholdt**

## Nominees:

Xavier Busta  
Carter Flasch  
Madeline Polodna  
Samuel Sulentic  
Curry Yang  
Mason Yang

## Sophomore Class

***Student of the Month:***

**Natalie Jacobson**

## Nominees:

Alexis Brantner  
Autumn Heiman  
Sophia Knight  
Elizabeth Matz  
Aleena Moua  
Avalice Xiong

## Junior Class

***Student of the Month:***

**Nick Putz**

## Nominees:

Madison Lounsborough  
Gwen Marso  
Payton Oliver  
Olivia Pantzer  
Hailee Thiel  
Grace Vue

## Senior Class

***Student of the Month:***

**Jenna Bakkestuen**

## Nominees:

Gavin Belanger  
Zoe Brorson  
Carter Gilhausen  
Keona Lincoln  
Ann Phetteplace-Faas  
Bella Zimmer



**Lillie Engholdt**  
**Freshman**



**Natalie Jacobson**  
**Sophomore**



**Nick Putz**  
**Junior**



**Jenna Bakkestuen**  
**Senior**

# Freddy Extra Effort Award ...

## December



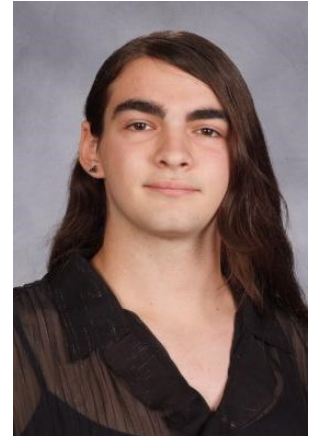
**Gowri Prakash**  
Freshman



**Sophia Shilts**  
Sophomore



**Addison Hoff**  
Junior



**Ann Phetteplace-Faas**  
Senior

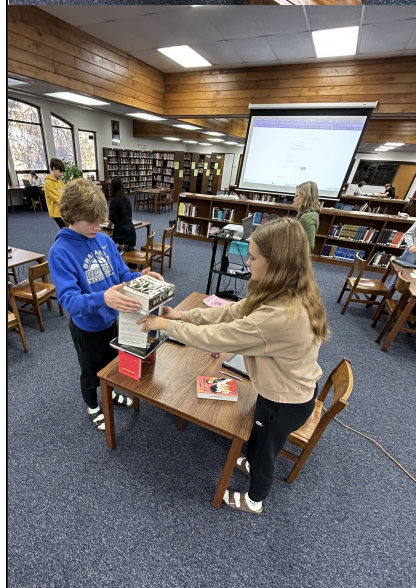
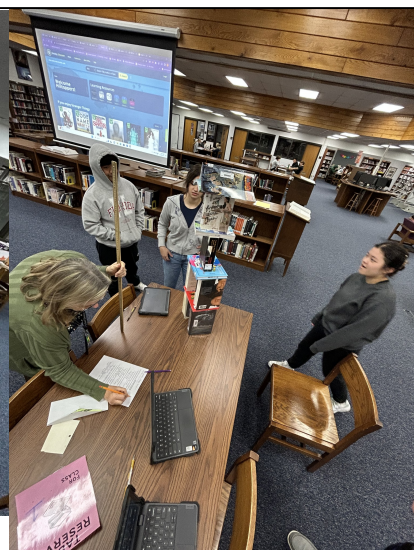
This award is given to a student who works above and beyond what is expected while displaying positive leadership and school spirit.

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.







## Explore the LMC

U.S. History students had the opportunity to learn from Mrs. Shapiro, LMC director, about the school's library system. They explored the catalog and online databases to improve their research skills. Then, they used their new knowledge to find books throughout the LMC and competed to build the tallest book tower! Students will use their new research skills for future U.S. History assignments, including a choice research project next semester.



## Wisconsin Chapter of the American Association of Teachers of French

OHS staff recently received the following awards from the Wisconsin Chapter of the American Association of Teachers of French:

- Devin Pettys - Rising Star
  - Brian Wopat - Distinguished French Educator
  - Jared Schaffner - Héros du Français Award
- OHS is proud to have such dedicated teachers.





## School District of Onalaska World Language Department



LE DÉPARTEMENT DES LANGUES ÉTRANGÈRES • DEPARTAMENTO DE IDIOMAS DEL MUNDO  
DECEMBER 2023 • DÉCEMBRE 2023 • DICIEMBRE 2023

### WORLD LANGUAGE TEAM



**Mr. Brian Wopat**

wopbr@onalaskaschools.com



**Mr. Devin Pettys**

petde@onalaskaschools.com



**Mrs. Rebecca Chaouki**

chare@onalaskaschools.com



**Mrs. Valerie Mumm-Jansen**

mumva@onalaskaschools.com



**Mrs. Victoria Carter**

carvi@onalaskaschools.com



**Mr. Andy Beckstrom**

becan@onalaskaschools.com



**Mrs. Jennifer Garves**

garje@onalaskaschools.com



### FACT CHECK



**MYTH:** Some programs are able to teach people world language in a matter of days or weeks, so there is no reason why language learning should take a long time.

**REALITY:** There is a great difference between the conversational phrases taught by short-term language programs and the high-level academic fluency needed to succeed in school, college, and the high skills job market. The conversational phrases taught by short-term language programs limits what the speaker is able to do to basic situation.

## New Members Inducted In The French & Spanish National Honor Societies

Onalaska High School World Language Program has two language national honor societies students can join: "La Société Honoraire de Français" (French National Honor Society) and "La Sociedad Honoraria Hispánica-Capítulo Alhambra" (Spanish National Honor Society). Both are nationally recognized honor societies that promote the advancement of each society's language. The aim of these organizations is to promote high standards in scholarship, create enthusiasm for an understanding of French and Spanish civilization, and promote international friendship.

The induction ceremony for new members was held on Monday, October 16<sup>th</sup> after school in the PAC. The ceremony was followed by cake in the commons.



# 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](mailto:silga@onalaskaschools.com)

*Serves students with last names beginning with A – Hr*

**Chrissy DeLong - Ext. 5030**  
[delch@onalaskaschools.com](mailto:delch@onalaskaschools.com)

*Serves students with last names beginning with Hs – Ra*

**John Horman - Ext. 5031**  
[horjo@onalaskaschools.com](mailto:horjo@onalaskaschools.com)

*Serves students with last names beginning with Rb– Z*

## Administrative Assistants

Melissa de Boer– [debme@onalaskaschools.com](mailto:debme@onalaskaschools.com)  
Jennifer Morrison – [morje@onalaskaschools.com](mailto:morje@onalaskaschools.com)

## **CHECK OUT OUR WEBSITE...**

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



# ACT<sup>®</sup>



## Statewide Junior ACT Day for 2024

All OHS Juniors test on March 13,  
2024 next year!



## **Upcoming ACT Dates and Deadlines**

Test Date	Register By	Late Registration (Additional Fee)
February 10, 2024	January 5	February 2
March 13, 2024	All Juniors required – Free	No registration required
April 13, 2024	March 8	April 5
<b>June 8, 2024</b>	May 8	May 31
July 13, 2024	June 7	July 5



## Important Dates

Through Dec 15	Junior STAR Conferences
December 4	Freshmen (rising sophomores) Course Selection Sheets collected
December 12	WTC Career Coach at OHS
December 15	Junior (rising seniors) Course Selection Sheets collected
Dec 25-Jan 1	No School
January 3-5	Finals Week
January 5	Early Dismissal 11:50 am, Last Day of Semester 1
January 15	No School
January 9	WTC Career Coach at OHS
February 7-8	Spring Parent Family Conferences at OHS

## 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.

December 5 from 11:00 am - 1:15 pm - UW Platteville Rep Visit

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, December 12, 2023. 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. The WTC rep will also be at OHS on January 9, 2024.

### 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. 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](http://www.eligibilitycenter.org)
2. Follow the directions on the page to register for the clearinghouse

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

### 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](mailto: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.

**U**GETCONNECTED

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](http://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 the test book they receive back with their results to see the questions they answered correctly, and identify content they need more review.
2. There are FREE resources located in the Student Services office, such as practice tests, which can be scored and timed by the student. Several FREE resources are also available online at sites such as ACT.org. Every Junior at OHS will also participate in a FREE two-day ACT prep program this February.
3. Onalaska High School will offer a 6-hour ACT Workshop this winter with Schoolhouse Educational Services. This program will emphasize specific test-taking strategies for each of the five ACT subjects, and costs approximately \$50 per student plus an optional \$20 workbook. More information including dates will be available in future Freddy's Footnotes.
4. UW-L's Continuing Education office offers an ACT prep course. Students will learn test-taking strategies, receive instruction in each of the four testing areas, and take a retired pre- and post-ACT test. Writing strategies to assist you in the essay part of the ACT test will also be provided. 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](https://act.org).

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

- Students go to [myACT.org](https://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. Remember, all juniors took the writing test at OHS on March 7th.
- 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.



## 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



### 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!



### Seniors Applying to College – US System Practice Placement Tests

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

To give seniors an opportunity to see how they may score on this test, we are offering the University of Wisconsin System Early Math and English Placement Tools. While these practice tests were created by the UW System, they are similar to other college system placement tests. Seniors will be given the opportunity to take these practice tests during Resource on Wednesday and Thursday, November 8 and 9.

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

#### UW Ready

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

The application is at [apply.wisconsin.edu](https://apply.wisconsin.edu). Each admission office has its own priority dates or deadlines.



### **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.



## Excerpt from *Self-Care for the Holidays* - full article available at <https://jedfoundation.org/resource/self-care-for-the-holidays/>

By Jennifer Comppen, The Jed Foundation website, [www.jedfoundation.org](http://www.jedfoundation.org)

The holiday season is billed as a festive and joyful time of year to celebrate and be with family and friends. But for many, it can be overwhelming and even lead to feelings of loneliness, anxiety, or depression—sometimes referred to as the “holiday blues.”

The holiday blues are common, and although different from mental illness, should be taken seriously. There are many reasons why people might experience stress and sadness between Thanksgiving and New Year’s Day, including a lack of sleep and downtime, unrealistic expectations, financial stress, isolation and grief, and anxiety about the new year ahead.

Fortunately, there are ways you can address these concerns and ensure that you are taking care of yourself during the holiday season.

- Get enough sleep, schedule downtime, and nourish yourself
- Take a break from social media and set realistic expectations
- Slow down and breathe
- Call a loved one and connect
- Acknowledge your grief
- Move your body
- Meditate

*If you need help right now:*

- Text HOME to 741-741 for a free, confidential conversation with a trained counselor any time of day.
- Text or call 988 or use the chat function at [988lifeline.org](http://988lifeline.org).
- If this is a medical emergency or there is immediate danger of harm, call 911 and explain that you need support for a mental health crisis.





## 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.

### **Brown University Pre-College Program, Summer 2024**

See [website](#) for more information.

### **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.

### **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.

# 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 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> 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

## Viterbo University Tuition Promise

### What is it?

Program for low-to-moderate income Wisconsin households that covers remaining tuition after grants and scholarships

### Eligibility Requirements

- Be a Wisconsin resident
- File a Free Application for Federal Student Aid (FAFSA) and qualify for need-based Federal Pell Grant
- Live in on-campus housing
- Enroll as a traditional, full-time, first-time, first-year student
- Must be attempting a first bachelor's degree

Learn more at  
[www.viterbo.edu/promise](http://www.viterbo.edu/promise)



## Intramural Table Tennis Champs



Congratulations to the intramural table tennis champions, Matt Arsenault and Vishnu Prakash! They went undefeated, beating 6 other teams, to take home the t-shirts. Thanks to all that showed up to try this new after school activity!





**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](http://onalaskahilltoppers.net)  
\*Sport schedules - continuously updated  
\*Link to join the Booster Club  
\*Link to become a sponsor  
\*Link to sign up your athlete for the upcoming season

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

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

## Students registering for athletics

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

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

OR **Neighborhood Family Clinics** -

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

Onalaska - N5560 CTH ZM - 608-779-5323



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





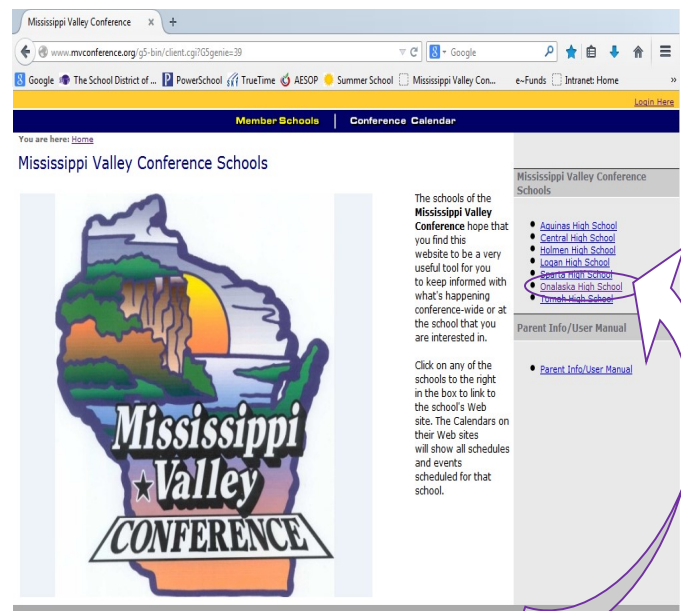
## Calendar of Events

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

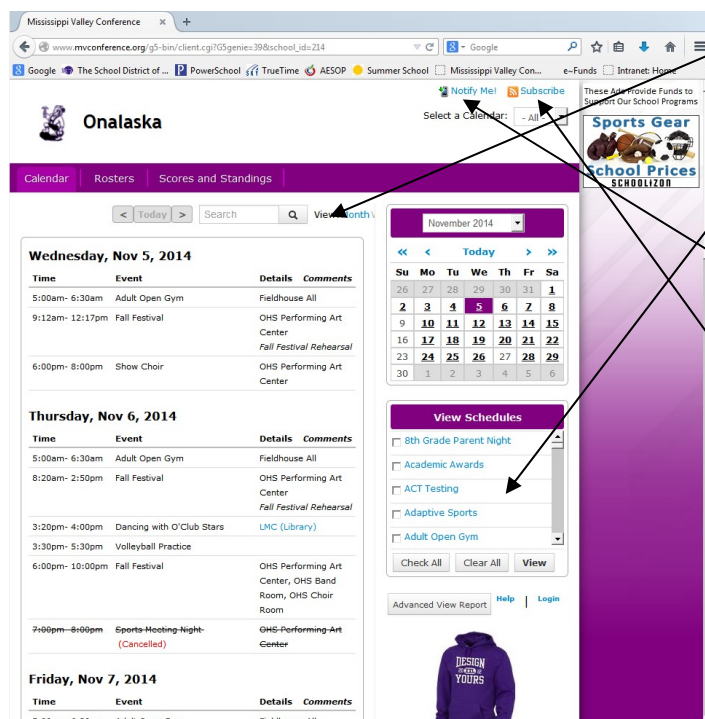
<http://www.mvconference.org/g5-bin/client.cgi?G5genie=39>

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](mailto: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.

## ***2021-22 Mississippi Valley Conference Fall Academic All-Conference players***

**These terrific athletes are also terrific students. MVC honors these athletes for their athletic ability and academic performance during the fall sports season. To qualify, a student must earn a Varsity Athletic Letter and obtain a 3.5 GPA.**

### **ASL**

Rylee Beahm  
Michael DeMaira  
Nolan Bey  
Dawson Sjolander

### **Cross Country**

Maya Hartman  
Francesca Vriens  
Luke Archer  
Addison Hoff  
Amanuel Putz  
Alara Running  
Arlo White  
Siri Anderson  
Kasey Barth  
Blake Burnstad  
Mary-Catherine Clatworthy  
Matias Dahl  
Amelia Doud  
Benjamin Hsieh  
Alyssa Neilson  
Leora Robinson  
Kateley Schlicht  
Drew Symons

### **Golf**

Becka Mohr  
Rickie Tillotson  
Brooklynn Williams  
Olivia Konrardy-Buchal  
Natalie Tevis

### **Football**

Carter Beeler  
DeMarion Blackdeer  
Charles Burrows  
Grady Dunnum  
Jackson Egan  
Vitaliano Figueroa  
Carter Johnson  
Aiden Knopp  
Ian Kowal  
Tristan Molling  
Tyler Sagen  
Brett Schauer  
Luke Siegel  
Maximus Todd  
Phengsu Vang  
Matthew Arsenault  
Bodie Callaway  
Noah Chenault  
Cameron Cornett  
John Gobel  
Tyson Hughes  
Kaysan Irwin  
Mallory Meighan  
Nicholas Putz  
Mason Richardson  
Pierce Sommerfield  
Jack Stoen  
Ethan Topolski  
Evan Anderson  
Samuel Bossman  
Zachary Fink

### **Carter Gilhausen**

Jackson Hughes  
Brady Kuhn  
Zavier Lawrence  
Brodie Mickschl  
James Siegel  
Isaac Skemp  
Adam Skifton  
Saiszim Vang

### **Soccer**

Elijah Fernandes  
Alexander Hauser  
Colton Klein  
Alton Larson  
Donovan Lucksted  
William Bakkestuen  
Aayush Daithankar  
Vishnu Prakash  
Nolan Sullivan  
Connor Zywicki  
Zachary Dahlke  
Jacob Havlik  
Jackson Mahlum  
Cullen O'Rourke  
Landon Soland  
Owen Treanor  
Justin VanDyken

### **Swim**

Elizabeth Witcik

### **Tennis**

Tsion Benusa  
Mara Klein  
Isabella Cromheecke  
Alexandra Drazkowski  
Grace Fabian  
Gabriella Anderson  
Zoe Brorson  
Anjali Gonzalez-Yang  
Addison Mallady  
Jada Odegard  
Prashika Paudel  
Sofia Tak

### **Volleyball**

Isabella Malecek  
Emma Hayes  
Eliana Mascotti  
Madelyn Wilson  
Sidney Fillbach  
Halie Kapelke  
Aidenn Markos  
Payton Mickschl  
Olivia Miller  
Claire Pedretti  
Jenna Richgels  
Anna Skemp  
Marlee Walleen





## Onalaska High School Menu December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Fresh Garden Bar and milk choices available daily</p> <p>Vegetarian option daily is Salad Bar with protein choices</p>				<p>1) WG Chicken Strips/ WG Dinner Roll 2) Meatballs/ WG Dinner Roll 3) WG Chicken Strips/ WG Dinner Roll All Lines: Mashed Potatoes and Gravy, Carrot coins and Garden Bar</p> <p>Breakfast: Yogurt, W/G Muffin, Fruit, Juice, Milk</p>
<p>4</p> <p>1) Cheeseburger ONA W/G bun 2) Crispy chicken ranch wrap 3) Rib patty ONA W/G hoagie All Lines: Baked beans and Garden Bar</p> <p>Breakfast: WG Mini Bagels with Cream Cheese, Fruit, Juice, Milk</p>	<p>5</p> <p>1) Orange chicken with brown rice 2) Meatball sub ONA hoagie 3) Orange chicken with brown rice All Lines: Str fry veggies and Garden Bar</p> <p>Breakfast: Pancake ONA stick, Fruit, Juice, Milk</p>	<p>6</p> <p>1) Beef brisket ONA hoagie 2) Hot dog 3) Kick'in chicken sandwich (grilled chicken, pepper jack cheese and bacon) All Lines: Macaroni &amp; cheese and Garden Bar</p> <p>Breakfast: Breakfast pizza, Fruit, Juice, Milk</p>	<p>7</p> <p><b>HARVEST of the MONTH- Winter Squash</b></p> <p>1) Chicken patty ONA W/G bun 2) Uncrustable with Sun Chips 3) Locally raised Superior Fresh Salmon filet on rice pilaf All Lines: Harvest of the Month Moon Blend and Garden Bar</p> <p>Breakfast: Quesadilla and fries, Fruit, Juice, Milk</p>	<p>8</p> <p>1) Pasta bowl w/ beef or chicken, choice of red sauce or alfredo, garlic bread 2) Deli sandwich ONA W/G bun with Sun Chips 3) Pasta bowl w/ beef or chicken, choice of red sauce or alfredo, garlic bread All Lines: Carrot coins Garden Bar</p> <p>Breakfast: PB&amp;J, Fruit, Juice, Milk</p>
<p>11</p> <p>1) Chicken and waffles 2) Mexican rice bowl with beef or chicken and chips 3) Pizza choices All Lines: Green peas and Garden Bar</p> <p>Breakfast: Muffin, 2 sausages links, Fruit, Juice, Milk</p>	<p>12</p> <p>1) Orange chicken with brown rice 2) Chicken fajitas 3) Orange chicken with brown rice All Lines: Str fry veggies and Garden Bar</p> <p>Breakfast: Breakfast sandwich ONA bagel, Fruit, Juice, Milk</p>	<p>13</p> <p>1) Spaghetti with meatballs and cheese 2) Crispy fish sandwich with cheese ONA W/G bun 3) French toast with sausage All Lines: Green beans and Garden Bar</p> <p>Breakfast: Waffles, Fruit, Juice, Milk</p>	<p>14</p> <p>1) Walking taco with W/G chips 2) Chicken panini on ciabatta bun 3) Mini corn dogs All Lines: Roasted broccoli/cauliflower and Garden Bar</p> <p>Breakfast: Yogurt &amp; cheese stick, Fruit, Juice, Milk</p>	<p>15</p> <p>1) Popcorn chicken ONA W/G dinner roll 2) Turkey and gravy over mashed potatoes with a W/G dinner roll 3) Popcorn chicken ONA W/G dinner roll All Lines: Mashed potatoes and Garden Bar</p> <p>Breakfast: Breakfast Pizza, Fruit, Juice, Milk</p>
<p>18</p> <p>1) Spicy chicken patty 2) Garlic cheese bread with soup 3) Cheeseburger or mushroom &amp; Swiss All Lines: Sweet potato fries and Garden Bar</p> <p>Breakfast: French toast and 2 sausage links, Fruit, Juice, Milk</p>	<p>19</p> <p>1) Locally raised Superior Fresh Salmon filet on rice pilaf 2) Crispy chicken ranch wrap 3) Panini ONA ciabatta bun All Lines: Green peas and Garden Bar</p> <p>Breakfast: Cheese omelet &amp; tri-flater, Fruit, Juice, Milk</p>	<p>20</p> <p>1) Orange chicken with brown rice 2) Soft shell taco 3) Orange chicken with brown rice All Lines: Str fry veggies and Garden Bar</p> <p>Breakfast: Mini bagel w/cream cheese, Fruit, Juice, Milk</p>	<p>21</p> <p><b>HARVEST of the MONTH- Winter Squash</b></p> <p>1) Canadian poutine with local Westby cheese curds 2) Cheese omelet w/ sausage patty ONA W/G biscuit 3) Chicken patty ONA W/G bun All Lines: Winter Moon Blend and Garden Bar</p> <p>Breakfast: Bosco stick, Fruit, Juice, Milk</p>	<p>22</p> <p>1) Pizza choices 2) Uncrustables with Sun Chips 3) Deli Sandwich All Lines: Green beans and Garden Bar</p> <p>Breakfast: Uncrustable, Fruit, Juice, Milk</p>
No School	No School	No School	No School	No School

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. The menu is subject to change without notice.

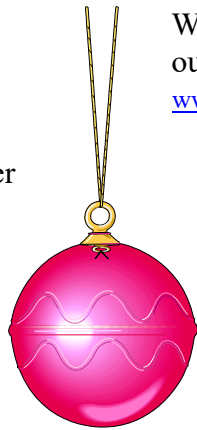
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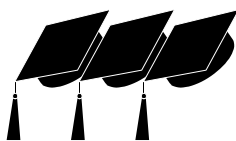


Onalaska High School  
700 Wilson Street  
Onalaska, WI 54650

An Equal Opportunity Employer



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



Graduation Cap/Gown order due date ..... December 17  
Graduation Date ..... Saturday, May 18, 2024 --- 1:00 PM

**CONTACT**

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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

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

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