

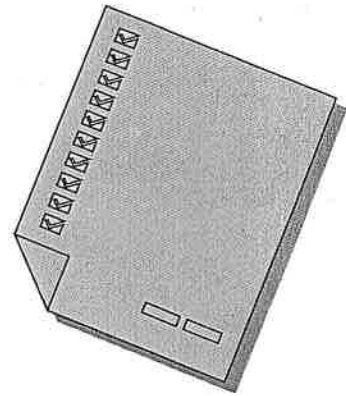
# **8th Grade STAR Conferences**



**Onalaska High School  
Spring 2024**

# **Tonight's Agenda**

- Registration process
- Planning for your future
- Q & A's
  - Throughout session as needed
- FAQ's & activities info in your packet
  - Emailed previously & on OHS Student Services website



## **Administrative Team**

- Jared Schaffner – Principal
- Charlie Ihle – Associate Principal
- Jason Thiry – Activities Director/Associate Principal

### **Administrative Assistants:**

- LeAnn Dirks
- Laura Fugina
- Kim Weber

# **!Your OHS Student Services Team**

**School Counselors:**

**Garrett Silker (A-Hr)**

**Chrissy DeLong (Hs-Ra)**

**John Horman (Rb-Z)**

**Administrative Assistants:**

**Melissa de Boer**

**Jen Morrison**

**School Psychologist:**

**Rikki Kazda**

**Intern:**

**Brianna Varsho**



## **What Do School Counselors Do at OHS?**

### **Academic**

**Grades  
Credits  
Graduation Requirements  
Tutoring**

### **Career**

**Academic Career Planning  
Course Selections  
Academies  
Job Shadows  
Mentorships  
Youth Apprenticeships**

### **Social Emotional Learning (SEL)**

**Individual Counseling  
Community Resources  
Homeroom  
Student Assistance Program**

**"Assigned" to your counselor, but can see any of us to talk!**



# **Registration Process**

**School District of Onalaska  
Comprehensive School Counseling  
Program**

## **Registration Materials**

- **Course Description Book\***
- **Course Selection Worksheet\***
- **Academic Career Plan (ACP)**
  - Will work on in student's OMS class
  - Blank form available in back cover of Course Description Book

**\*Materials available online (OHS Student Services webpage)**

# Timeline

- Jan. 29-30 - Registration packets handed out and explained to students
- Jan. 29 - Parent & Student Night
- Feb. 1 - Career Electives Day (at OHS)
- Feb. 5 - Turn in parent- and teacher-signed registration forms to OHS counselors during 8th grade social studies class
  - Enter course requests in PowerSchool before Feb. 5



## [ Academic & Career Planning ]

### What is ACP?

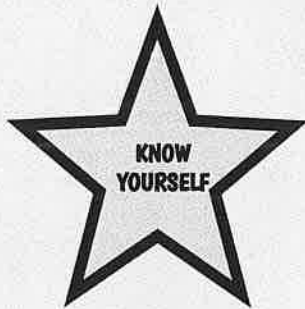
- Process to set goals and create action plans
- Designed to support students who are still exploring as well as those that have selected a specific area of interest

### What is the 4-step decision-making process?

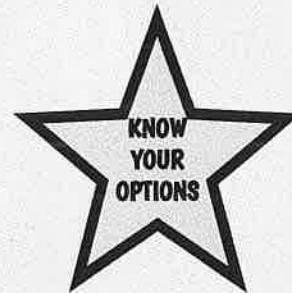
1. Know Yourself
2. Know Your Options
3. Make a Decision
4. Prepare



# **Career? Find a Match!**



**+**



**Does this career MATCH my  
interests and skills?**

**Students do NOT need to choose a career any time soon! Our mission in HS is for students to continue in the process of learning about careers, and what careers may be a good match for them!**



## Career & College Exploration

- Log in to your student PowerSchool Account ➡ PS
- Click on the “Applications” logo ➡
- Click to enter Xello! ➡ xello

The screenshot shows the Xello website interface. At the top, there is a navigation bar with icons for Home, About Me, Explore (circled), and Plans. Below the navigation bar, the main heading is "Explore options". The interface is divided into three main sections: Careers, Schools, and Majors. Each section has a list of options with associated images and text. In the Careers section, there are five options: Digital Media Specialist, Website Designer, Zoologist, Computer Programmer, and Product Manager, each with a salary range and an "Excellent match" badge. In the Schools section, there are four options: Auburn University, University of Kentucky, University of Tennessee, and Harvard University, each with a location. In the Majors section, there is a list of major categories with corresponding icons. Two large arrows point from the "Explore careers" and "Explore schools" buttons to the "More Filters" button. The arrows contain the text: "Explore careers that fit for you (also in 'Home' > 'Matchmaker'" and "Search for schools that fit for you here!".

**Careers**  
600+

- Digital Media Specialist  
\$30,000 - \$130,000  
Excellent match
- Website Designer  
\$35,000 - \$100,000  
Excellent match
- Zoologist  
\$42,420 - \$103,900  
Excellent match
- Computer Programmer  
\$47,560 - \$155,240  
Excellent match
- Product Manager  
\$65,000 - \$150,000  
Excellent match

**Schools**  
3,500+

- Auburn University  
Auburn, AL
- University of Kentucky  
Lexington, KY
- University of Tennessee ...  
Knoxville, TN
- University of North Carol...  
Chapel Hill, NC
- Harvard University  
Cambridge, MA

**Majors**  
1,400+

- Business
- Health & Medicine
- Skilled Trades
- Biology, Agriculture & Environment
- Physical Sciences & Engineering
- Math & Computers
- Law & Protective Services
- Information & Communications
- Visual Arts & Design
- Service Industry
- Liberal Arts & Social Sciences

Explore careers      Explore schools      Explore majors

- From Careers click “More Filters” ➡
- In Career Clusters click “Show more Clusters” ➡ Show more clusters
- “Filter” Career Clusters, School Subjects & Education levels to explore all of your options!

### Other Career & College Exploration websites:

- \* knowhow2go.com
- \* wtcsystem.edu/programs/career-quiz
- \* jobcenterofwisconsin.com
- \* mymajors.com
- \* uwhelp.wisconsin.edu
- \* careerfitter.com
- \* Myers Briggs Personality test - www.16personalities.com

## What courses could I take in high school that fit with my career & personal interest(s)?

8th Grade Academic & Career Planning Ahead

What is one career (or type of career) I'm considering?

What career cluster is this under?

List other careers and/or clusters I am considering:

### Four-year planning

Using the DHS Course Description Book, what are some courses I may want to take in high school that will help me prepare for the career above, or explore other careers I'm interested in? Use the Career Clusters and Related DHS Courses sections (pages 12-20).



## What could I do after high school to prepare/be trained?

LAST name \_\_\_\_\_

FIRST name \_\_\_\_\_

### 8th Grade Academic & Career Planning My Options for after high school

Know what's out!

1. Write in the options
2. Draw a line to match the option to the description

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

Committing to serve our country through one of the branches of the armed services

Where you begin the first two years of college and then transfer those credits to a 4-year university (2 years + 2 years = bachelor's degree)

Finding an employer who will train you on the job for a trade, and usually pays for a few college classes to help with your training

Where you receive career trainings towards a certificate (semester) technical diploma (1-year) or associates degree (2-years). Learning is very specific to preparation for a career

Where you focus your studies at an institution designed for a specific career (Cosmetology, trucking, culinary)

Refer to career clusters on page 12 for related coursework







# 2024-2025 FRESHMEN

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

## ACADEMIC CAREER PLAN

My current career goal \_\_\_\_\_

Which type of training is needed for this job? (circle one)

On the job      Apprenticeship      1-2 year program      4 year degree      Graduate degree  
(master's)

Helpful high school courses include \_\_\_\_\_

## COURSE REQUESTS

### Semester 1

1. English 9 **OR** English 9 Accelerated
2. US History
3. Biology
4. PE 9
5. Math \_\_\_\_\_

### Semester 2

1. English 9 **OR** English 9 Accelerated
2. US History
3. Biology
4. Wellness
5. Math \_\_\_\_\_

Signature of current math teacher \_\_\_\_\_ Recommended course \_\_\_\_\_

R  
A  
N  
K

6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

## COURSE ALTERNATES

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

## PARENT APPROVAL

\_\_\_\_\_  
Signature of approval by Parent/Guardian

\_\_\_\_\_  
Date

## SUMMER SCHOOL INTEREST(S)

You may select a maximum of TWO summer school courses that you would be interested in taking, if available.

- ☐ US History S1 - Replace with \_\_\_\_\_
- ☐ Computer Applications 1 - Replace with \_\_\_\_\_
- ☐ PE 9 or Wellness (circle ONE) – Replace with \_\_\_\_\_

**REGISTER ONLINE – SEE BACK FOR INSTRUCTIONS**




## COURSE SELECTION PROCESS

202-2025  
Freshmen

1. **Complete your Academic & Career Plan (ACP)** at the beginning of this form. Remember to use the Career Clusters section of the Course Description Book (pages 11-19) and Xello (access through PowerSchool) to help with course selections.
2. **Enter your course requests in rank order** at the beginning of this form. Be sure to enter courses for **BOTH** semesters.
3. **Enter your course alternates.** These courses WILL be used if conflicts exist in your requested schedule.
4. **Discuss your course choices with your parents.** A parent or guardian signature is required.
5. **Consider tentative summer school interests.** If you are considering taking summer school, check the box next to each class you might take (subject to availability) AND where indicated, write the course you would take if you complete the course in summer.  
*\*This **DOES NOT** automatically sign you up for summer school. You must sign up online when registration opens.*
6. **Enter your requests in PowerSchool** using the directions below.

### ONLINE COURSE REGISTRATION DIRECTIONS

8<sup>th</sup> Grade Parent Night  
is Monday, Jan. 29, 2024  
6:30 pm in the PAC

1. Complete this course selection worksheet document.
2. Go to <https://ona.powerschool.com>.
3. Log in using your student PowerSchool username and password.
4. Go to "Class Registration" on the left side of the screen. 
5. Follow the on-screen instructions to sign up for each of your classes. 
  - a) Click on the edit button to open each subject area to select your courses.
  - a) Enter all of your course requests in one session.
  - b) When signing up for a year-long class, be sure to select **BOTH** semesters.
  - c) You must select a minimum of 7 "Credit Hours" (see bottom of screen).
  - d) Green check marks ✓ indicate you are done with a section.
  - e) Red exclamation points ! indicate you are not done.
  - f) Look at all pages of each subject (1, 2, or 3 pages of course options for some subjects).
  - g) **You do not need to click a course to request a study hall/commons or your summer school interests.**
6. **CLICK SUBMIT to save your requests!** 

### FRESHMAN ELECTIVE COURSE OPTIONS

#### ART

Art Foundations  
Drawing - S2 only  
Painting - S2 only

#### BUSINESS

Introduction to Business (DC)  
Computer Applications (DC)  
Computer Science  
Graphic Design  
Principles of Leadership

#### MUSIC

Bass Choir  
Treble Choir  
Concert/Marching Band  
Orchestra

#### FAMILY & CONSUMER EDUCATION

Foods (DC)  
Relationships

#### WORLD LANGUAGES

Spanish 1 or Spanish 1 Pre-AP  
French 1

#### SOCIAL STUDIES

Hmong Language & Culture

#### TECHNOLOGY & ENGINEERING

Exploring Technology & Engineering  
Introduction to Engineering Design (H)  
Robotics

**ONLINE COURSE SELECTIONS AND WORKSHEETS  
ARE DUE ON FEBRUARY 5, 2024**

# Summer School Information

- Dates: June 3-July 12 (No classes July 4 & 5)
- Times: 7:45-10:00 am and/or 10:10 am-12:25 pm
- Classes offered:
  - Credit: US History (sem. 1); Computer Applications 1; PE 9 OR Wellness
    - Students can take a max of one PE/health course
    - Students can take a max of two summer school courses total
  - Non-credit: Enrichment
- Sign-up procedure:
  - **First come, first served - classes typically fill**
  - Online registration begins April 12, 2024 (TBD)
  - Indicating interest in summer school on your course selection sheet does NOT sign you up - you must still go through the summer school sign up process

## Registering for Classes ONLINE

- Complete the front of the blue sheet first
- Use the directions on the back to enter course requests online
- Log into student PowerSchool account with *student's* ID and password
- Follow directions on back of sheet & on screen to enter requests
  - Do not enter study halls, alternates, or summer school interests

# Registering for Classes ONLINE

**Navigation**

- Grades and Attendance
- Missing Assignments
- Grade History
- Attendance History
- Teacher Comments
- Student Reports
- School Events
- Class Registration
- Balance
- My Schedule
- School Information

Welcome to the Onalaska High School Class Registration System for 2024-2025

Welcome to Onalaska High School online registration for 2024-2025. Please follow the on-screen directions to select your courses for 2024-2025.

[View course requests](#)

**English Requirement** Click the edit button to request a course

You must select a full year of English 9 OR English 9 Accelerated. Be sure to select BOTH semesters of the SAME course. Ex: English 9 (1450 and 1451)

Number of requests to generate: 1

**Social Studies Requirement** Click the edit button to request a course

You have been enrolled in United States History.

Number of requests to generate: 1

US History	US History
1415 - 1416 semesters	1416 - 1417 semesters

**Science Requirement** Click the edit button to request a course

You have been enrolled in Biology for the science requirement.

Number of requests to generate: 1

Biology	Biology
1415 - 1416 semesters	1416 - 1417 semesters

**Math Requirements** Click the edit button to request a course

You must select a full year of math. Be sure to select BOTH semesters for the SAME course. Ex: Algebra 1 (1400 and 1401)

Number of requests to generate: 1

**Physical Education Requirements** Click the edit button to request a course

You have been enrolled in and PE 2 to fulfill PE requirements.

Number of requests to generate: 1

PE 2
1415 - 1416 semesters

**Health Requirement** Click the edit button to request a course

Health

## Registering for Classes

- Remember semester- vs. year-long classes
- Freshmen must sign up for at least 7 classes each semester
- Study halls are encouraged
- Rank elective course choices
- Check course prerequisites
- Check math placement (Pg. 34)
- Consider Honors Diploma options (Pg. 5)





## Points to Remember

- Students who do not return their course selection sheets will have a schedule built for them
- The master schedule is student driven:
  - Will be built after course requests have been entered in the computer
  - Will determine what classes will be offered for the 24-25 school year
  - A class you register for now may not be offered based on low numbers

## Schedule Changes

- Schedule changes will only be allowed for:
  - Students who do not have enough credits
  - Students who do not have the necessary prerequisite
  - Students who have scheduling conflicts with requested courses
  - Mistakes in scheduling



# Top 25%

## OFFICIAL TRANSCRIPT School Code: 501-700

Print Date: **January 22, 2023**  
Class Of:  
Grad Date:

School Name/Address  
**Onalaska High School**  
**700 Hilltopper Place**  
**Onalaska, WI 54650**  
Tel: 608-783-4561 Fax: 608-783-2604

Course Title	Gr	S1	S2	Course Title	Gr	S1	S2	GPA Summary
<b>20-21 Onalaska High School</b>								Cumulative GPA: 3.7500 Class Rank: 62 of 253  Grade 9 GPA: 3.8594 Grade 10 GPA: 3.6406 Grade 11 GPA: 3.7500 Grade 12 GPA:
Art Foundations	9	A	0.500					
Painting	9		A 0.500					
English 9	9	A-	0.500 A- 0.500					
Wellness	9		A 0.250					
E-Math A1	9	A	0.500 A 0.500					
Algebra 1 Ext	9	A-	0.500 A 0.500					
Treble Choir	9	A	0.500 A 0.500					
PE 9	9	A	0.500					
Wellness PE Lab	9		A 0.250					
Biology	9	A-	0.500 A- 0.500					
US History	9	A-	0.500 B+ 0.500					
<b>21-22 Onalaska High School</b>				<b>Work In Progress</b>				<b>Credit Summary</b> <u>Credits Earned</u> English: 2.50 Health: 0.75 Mathematics: 2.50 Phys. Ed: 1.25 Science: 2.50 Social Studies: 2.50 Tech Ed: 0.00 Art: 1.50 Music: 4.00 Int Lang: 0.00 FCE: 0.00 Bus Ed: 0.00 Elective: 2.50  Total Credits Earned: 20.00
English 10	10	A-	0.500 A 0.500					
General Health	10	A	0.500					
E-Math Geo	10	A	0.500 A 0.500					
Geometry Ext	10	B	0.500 B 0.500					
Concert/Marching Band	10	A	0.500 A 0.500					
Select Treble Choir	10	A	0.500 A 0.500					
Lifetime Activity	10		B+ 0.500					
Physical Science	10	B	0.500 B+ 0.500					
Wrld Hist and Geog	10	B+	0.500 A- 0.500					
<b>22-23 Onalaska High School</b>				<b>22-23 Onalaska High School</b> Adv & Outdoor Pursuits S2 0.50 Algebra 2 Ext S2 0.50 Amer Government S2 0.50 Botany S2 0.50 Concert Choir (H) S2 0.50 E-Math A2 S2 0.50 English 11 S2 0.50 Homeroom S2 0.00 Lunch C S2 0.00 Resource Attend S2 0.00 Wind Ensemble/Marching Band (H) S2 0.50				
Jewelry	11	A-	0.500					
English 11	11	A-	0.500					
Algebra 2 Ext	11	B	0.500					
E-Math A2	11	A	0.500					
Wind Ensemble/Marching Band (H)	11	A	0.500					
Concert Choir (H)	11	A	0.500					
Astronomy	11	A-	0.500					
Social Issues	11	A-	0.500					

# Top 50%

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Print Date: **January 22, 2023**  
Class Of:  
Grad Date:

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**Onalaska, WI 54650**  
Tel: 608-783-4561 Fax: 608-783-2604

Course Title	Gr	S1	S2	Course Title	Gr	S1	S2	GPA Summary		
<b>20-21 Onalaska High School</b>								Cumulative GPA: 3.2500 Class Rank: 125 of 253  Grade 9 GPA: 3.1964 Grade 10 GPA: 3.2143 Grade 11 GPA: 3.4063 Grade 12 GPA:		
English 9	9	B+	0.500						B	0.500
Wellness	9								B	0.250
Algebra 1	9	B-	0.500						B-	0.500
Concert Band (H)	9	A	0.500						A	0.500
Bass Choir	9	A	0.500						A	0.500
PE 9	9	B+	0.500							
Wellness PE Lab	9								B	0.250
Biology	9	C+	0.500						C+	0.500
US History	9	B+	0.500						B	0.500
<b>21-22 Onalaska High School</b>				<b>Work In Progress</b>				<b>Credit Summary</b> <u>Credits Earned</u> English: 2.50 Health: 0.75 Mathematics: 2.50 Phys. Ed: 1.75 Science: 2.50 Social Studies: 2.50 Tech Ed: 0.00 Art: 0.00 Music: 5.00 Int Lang: 0.50 FCE: 0.00 Bus Ed: 0.00 Elective: 0.00  Total Credits Earned: 18.00		
English 10	10	B	0.500						B-	0.500
General Health	10								B+	0.500
Geometry	10	B	0.500						C	0.500
Concert/Marching Band	10	A	0.500						A	0.500
Concert Choir (H)	10	A	0.500						A-	0.500
Lifetime Activity	10	A	0.500							
Physical Science	10	B	0.500						B	0.500
Wrld Hist and Geog	10	B	0.500						C+	0.500
<b>22-23 Onalaska High School</b>									<b>22-23 Onalaska High School</b> Algebra 2 S2 0.50 Commons S2 0.00 Concert Choir (H) S2 0.50 Earth Science S2 0.50 English 11 S2 0.50 Homeroom S2 0.00 Lunch B S2 0.00 Resource Attend S2 0.00 Social Issues S2 0.50 Spanish 1 S2 0.50 Wind Ensemble/Marching Band (H) S2 0.50	
US Citizenship Test/Civics Exam	11	P	0.000							
English 11	11	B	0.500							
Spanish 1	11	A-	0.500							
Algebra 2	11	C+	0.500							
Wind Ensemble/Marching Band (H)	11	B+	0.500							
Concert Choir (H)	11	A	0.500							
Adv & Outdoor Pursuits	11	A	0.500							
Earth Science	11	B+	0.500							
Amer Government	11	A-	0.500							

### Notes:

CO = Wisconsin Course Options  
 DC = Dual Credit Eligible  
 ECCP = Wisconsin Early College Credit Program  
 ES = Equivalent Science  
 H = Honors  
 IS = Independent Study  
 M = Modified Curriculum  
 ME = Mentorship  
 PLTW = Project Lead the Way  
 SCN = Wisconsin Start College Now  
 WVS = Wisconsin Virtual School  
 YA = Youth Apprenticeship  
 YO = Wisconsin Youth Options

\*\* Due to the COVID-19 impact, students completed the last 11 weeks of the second semester of the 2019-20 school year off-campus and Pass/No Credit grades were issued. The grades for that semester are NOT included in the cumulative GPA or class rank.

*Transcript is unofficial unless signed by school official*

School

Official's Signature \_\_\_\_\_ Date: 01/22/2023

# Bottom

# 50%

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Course Title	Gr	S1	S2	Course Title	Gr	S1	S2	GPA Summary				
<b>20-21 Onalaska High School</b>								Cumulative GPA: 2.3472 Class Rank: 184 of 253  Grade 9 GPA: 2.2857 Grade 10 GPA: 2.0179 Grade 11 GPA: 3.0313 Grade 12 GPA:				
Art Foundations	9		B+ 0.500									
Computer Applications 1	9	C 0.500										
English 9	9	C+ 0.500	B- 0.500									
Wellness	9		C+ 0.250									
French 1	9	C+ 0.500	B 0.500									
Algebra 1	9	C- 0.500	B 0.500									
PE 9	9	B 0.500										
Wellness PE Lab	9		C+ 0.250									
Biology	9	C- 0.500	C- 0.500									
US History	9	C 0.500	D 0.500									
<b>21-22 Onalaska High School</b>									<b>Work In Progress</b>			
Digital Photography	10	C 0.500										
Intro to Business (DC)	10		D+ 0.500									
English 10	10	D+ 0.500	C+ 0.500									
General Health	10	B- 0.500										
French 2	10	C 0.500	C- 0.500									
Geometry	10	C 0.500	D 0.500									
Adv & Outdoor Pursuits	10		A 0.500									
Physical Science	10	B 0.500	D+ 0.500									
Wrld Hist and Geog	10	C- 0.500	C 0.500									
<b>22-23 Onalaska High School</b>				<b>22-23 Onalaska High School</b>								
Airbrush	11	B+ 0.500						Algebra 2 Ext				
English 11	11	C+ 0.500						Amer Government	S2	0.50		
Algebra 2 Ext	11	C+ 0.500						Commons	S2	0.00		
E-Math A2	11	A 0.500						E-Math A2	S2	0.50		
Earth Science	11	B- 0.500						Earth Science	S2	0.50		
Social Issues	11	C 0.500						English 11	S2	0.50		
Wood Design & Fab	11	A 0.500						Foods (DC)	S2	0.50		
Intro to Engineering Des	11	A- 0.500		Homeroom	S2	0.00						
(PLTW) (H)				Intro to Engineering Des	S2	0.50						
				(PLTW) (H)								
				Lunch B	S2	0.00						
				Resource Attend	S2	0.00						

**Notes:**

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School

Official's Signature \_\_\_\_\_ Date: 01/22/2023



# Bottom

# 25%

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School Name/Address  
**Onalaska High School**  
**700 Hilltopper Place**  
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Tel: 608-783-4561 Fax: 608-783-2604

Course Title	Gr	S1	S2	Course Title	Gr	S1	S2	GPA Summary
<b>20-21 Onalaska High School</b>				<b>22-23 Onalaska High School</b>				Cumulative GPA: 0.7703 Class Rank: 242 of 253  Grade 9 GPA: 0.5893 Grade 10 GPA: 0.7969 Grade 11 GPA: 1.0714 Grade 12 GPA:
Art Foundations	9	F	0.000	English 11	11	C	0.500	
ORS - Math 1 S1	9		P 0.500	Math 2	11	D	0.500	
US History	9	F	0.000	Life Skills Fitness for Life	11	D+	0.500	
Art Foundations	9		C 0.500	Earth Science	11	D-	0.500	
English 9	9	D-	0.500	Social Issues	11	D-	0.500	
Foods	9	F	0.000	US History	11	C-	0.500	
Wellness	9	D	0.250	Wood Design & Fab	11	F	0.000	
Algebra 1	9	F	0.000	Academic Support	11	P	0.500	
Math 1	9		C 0.500					
PE 9	9		D- 0.500					<b>Credit Summary</b> <u>Credits Earned</u> English: 2.50 Health: 0.75 Mathematics: 1.50 Phys. Ed: 1.75 Science: 2.50 Social Studies: 2.50 Tech Ed: 0.00 Art: 0.50 Music: 0.00 Int Lang: 0.00 FCE: 0.50 Bus Ed: 0.00 Elective: 1.50  Total Credits Earned: 14.00
Wellness PE Lab	9	D	0.250					
Biology	9	F	0.000					
US History	9		F 0.000					
Academic Support	9		P 0.500					
<b>21-22 Onalaska High School</b>								
Math 2	10		F 0.000					
SS - OASIS Biology S1	10	B+	0.500					
SS - ORS US History S2	10	P	0.500					
SS - US History	10	W	0.000					
Intro to Business (DC)	10	F	0.000					
English 10	10	F	0.000					
Infant & Toddler Development (DC)	10		B 0.500					
General Health	10		C+ 0.500					
Math 2	10	F	0.000					
Lifetime Activity	10		D- 0.500					
Fitness for Life	10	F	0.000					
Physical Science	10	F	0.000					
US History	10	F	0.000					
Wrld Hist and Geog	10	D-	0.500					
Academic Support	10	P	0.500					
<b>21-22 Western Technical College - La Crosse WI</b>								
TR - Literature/Composition	10		B- 0.500					
<b>22-23 Onalaska High School</b>								
SS - ORS English 10 S2	11	P	0.500					
SS - ORS Physical Sci S1	11	P	0.500					
SS - ORS Physical Sci S2	11	P	0.500					
SS - ORS Wrld Hist and Geog S2	11	P	0.500					

### Work In Progress

### 22-23 Onalaska High School

Academic Support	S2	0.50
Academic Support (NC)	S2	0.00
Amer Government	S2	0.50
Astronomy	S2	0.50
Digital Photography	S2	0.50
Earth Science	S2	0.50
English 11	S2	0.50
Homeroom	S2	0.00
Lunch B	S2	0.00
Math 2	S2	0.50
Resource Attend	S2	0.00

#### Notes:

CO = Wisconsin Course Options  
DC = Dual Credit Eligible  
ECCP = Wisconsin Early College Credit Program  
ES = Equivalent Science  
H = Honors  
IS = Independent Study  
M = Modified Curriculum  
ME = Mentorship  
PLTW = Project Lead the Way  
SCN = Wisconsin Start College Now  
WVS = Wisconsin Virtual School  
YA = Youth Apprenticeship  
YO = Wisconsin Youth Options

\*\* Due to the COVID-19 impact, students completed the last 11 weeks of the second semester of the 2019-20 school year off-campus and Pass/No Credit grades were issued. The grades for that semester are NOT included in the cumulative GPA or class rank.

Transcript is unofficial unless signed by school official

School

Official's Signature \_\_\_\_\_ Date: 01/22/2023

# Where Does My GPA Come From?

**Quarter Grades:** Every quarter you receive a report card with grades. Quarter report cards do indicate a *quarter* Grade Point Average (GPA), but this along with the quarter grades should be viewed as a report on progress towards semester grades.

**Semester Grades:** Every semester your first & second (or third & fourth) quarter grades are averaged with your final semester test score to create a semester grade. Semester grades are used to award credit for passing classes and create a cumulative GPA.

**Cumulative Grade Point Average:** Your cumulative GPA is (re)calculated every semester based on the average of all of your semester grades *throughout your high school career* (this includes middle school Geometry, Algebra 2 and summer school session grades just before the freshman year).

**Class Rank:** Your cumulative GPA will show up on your high school transcript and determines your class rank, which compares all students' GPA's in your grade. The student ranked #1 in the class would have the highest GPA, and the student with the lowest GPA would be ranked at about 220 (depending on class size).

The following are the points assigned to each grade earned in high school used to calculate a GPA:



Letter Grade	% Range	GPA Points	Letter Grade	% Range	GPA Points
A	93-100	4.0	C	73-76	2.0
A-	90-92	3.75	C-	70-72	1.75
B+	87-89	3.25	D+	67-69	1.25
B	83-86	3.00	D	63-66	1.0
B-	80-82	2.75	D-	60-62	.75
C+	77-79	2.25	F	0-59	0

**Weighted Grades:** Some schools award more grade points for honors or AP courses (eg, earn a 5.0 for an A in my honors class). Onalaska High School does not weight grades. There was a time when we did, however the negative effects of this practice on students outweighed the benefits.

Onalaska High School puts great emphasis on students developing, modifying and following an Academic and Career Plan (ACP) to help specifically prepare for career and college options after high school. Students who follow an outline of rigorous (honors) courses, and perform at a high level can be eligible for one of three honors diploma recognitions (see our Course Description Book).

# *How is middle school different from high school?*

**Here are some things to know and prepare for NOW!**

Onalaska Middle School	Onalaska High School
	
Grades don't follow you to the next level	Grades WILL be part of determining your success or acceptance at the next level (college, military, work)
Automatic 50% for work not handed in	Automatic 0% for work not handed in
Retakes/corrections on tests are typically allowed	Retakes/corrections on tests are sometimes allowed (with completed insurance)
Lots of reminders to complete work	Fewer reminders to complete work
Might have to study for tests	WILL have to study for tests
Some attendance monitoring	Attendance is closely monitored (8 truant periods = ticket; 10 parent-excused days per year)
Some accountability for due dates, assignments	MORE accountability for due dates, assignments
Time in class to complete homework	Homework outside of class time is expected
Probably don't have to read your textbooks	WILL have to read your textbooks for most classes
No backpacks allowed in class	Backpacks allowed in class
Lower reading and complexity level of textbooks	Higher reading level of textbooks and information is more complex

**Use the 4th quarter this year *purposefully* to prepare for high school!**

# *How to Get Good Grades in High School & Advice from OHS Seniors*

Adapted from Linda O'Brien, Woodburn Press, 2009.



## **Step One: *Believe in Yourself***

In order for you to succeed, you have to believe in yourself and in your abilities. Set some realistic academic goals and work hard to achieve them.

## **Step Two: *Be Organized***

If you're organized, you'll have what you need when you need it.

- Use your Student Planner, phone or a similar system. Use it in every class to record each assignment and due date. Check your planner/phone before leaving school to make sure you bring home all necessary homework and textbooks. Use your planner/phone at home to complete assignments and check them off when done. Also keep track of tests, quizzes, appointments, practices, etc.
  - Homework/planner apps include My Study Life, Egenda, myHomework, 30/30, Wunderlist, Evernote
- When given a large assignment, break it down into smaller parts. Write these smaller assignments and due dates in your planner
- Use the PowerSchool Parent/Student Portal to keep track of trends in grades/assignments



## **Step Three: *Manage Your Time Well***

With good time management, you'll have time for the things you need to do, and you'll still have time for the things you want to do.

- Use class time and study halls to start homework, ask questions or get help
- Create your own study plan by determining when you are able to focus best, and set aside that time each day for studying
- Prepare for sabotage by identifying anything that could interrupt or ruin your study time (gaming, texting, TV, phone), and figure out how to avoid it

## **Step Four: *Be Successful in Class***

- Be in school, on time, every day. When you miss school, you miss lectures, notes, class discussions, assignments, quizzes, and tests. Communicate with teachers when you miss class
- Learn how to adapt to different teachers. Part of your education is to learn how to adapt to different sets of rules, personalities and teaching styles. Plus it will help you adapt to different supervisors and bosses some day
- Be prepared for each class by bringing books, paper, pencils, etc. You will also need to have all of your homework done, and come to class ready to learn
- Participate in class – it makes it more interesting and keeps your mind focused. Ask and answer questions, and get involved in class discussions
- Be a good group member by doing your share of the work and doing it well, trying to be open to new ideas and supporting the other group members
- Involve your parents by telling them what you did in class that day, or asking them to help you with homework. Let your parents know if you have a problem with a subject, teacher, class or student

## **Step Five: *Take Good Notes***

- Be an active listener by not just hearing the words the teacher is saying, but thinking about and trying to understand the information that's being presented
- Take notes to help you pay attention. It will keep your mind focused and give you something to study from later
- Recognize important information by noticing teachers' change in voice, volume or speed, or key words like "main point" or "the most important reason". Things your teacher writes on the board/overhead are often very important. In your notes, highlight or mark with a star the important items
- Take notes that are easy to read by using a heading with subpoints, use pencil, use symbols and abbreviations and leaving a wide margin on the left side of the page for additional notes later
- Get copies of class notes if absent. Remember it is your responsibility to ask your teacher for notes, assignments, etc. if you miss class.
- If note taking is difficult, ask the teacher for an outline if one is available



### Step Six: *Know How to Read a Textbook*

- Scan to get a quick overview of the material, then read with a purpose and take notes. Take a few minutes to review what you just read by asking yourself what the main idea was. To really lock information into your brain, review everything again a day or two later
- Use textbook hints for identifying important information – bold-faced titles and subtitles, bold or italic print for keywords, pictures, charts, graphs, lists of vocabulary words, summaries and review questions

### Step Seven: *Study Smart*

- Find a good place to study that has a writing surface, is well lit, comfortable and quiet. Have paper, pens, pencils and a calculator available in your study area
- Get started! This is often the hardest part. Don't put it off, don't make excuses, and don't wait until you're "in the right mood". Use the StayOnTask app to keep you focused
- Organize your study time by prioritizing your work, focusing on one thing at a time, allowing enough time to get everything done and doing difficult assignments first
- Know how to study for tests by first knowing what will be on the test, having all of your readings done ahead of time, using review/study sheets/insurance if provided and explaining things in your own words to check for understanding
  - Use Khan Academy for extra help and resources
- Access the teachers' Google Classroom sites for helpful information
- Use tricks to help you memorize information
  - Use flashcards for vocabulary words, facts, and lists
    - Flashcard app
    - StudyBlue
  - Use acronyms when appropriate
  - Look for an easy or logical connection
  - Group or categorize information together by related terms, facts or ideas
- Know how to write a paper by spreading it out over as much time as possible. It should be a process, not a one-time event. Use these steps:
  - Choose a topic
  - Gather information
  - Make an outline - trying using the Popplet app
  - Write a rough draft
  - Read your paper out loud
  - Have someone else read it
  - Write the final draft
  - Check for spelling and grammatical errors (proofread)
  - Make sure your paper looks neat and clean, and turn it in on time
- Use tricks when making a presentation or speech by using props when possible, using notes when allowed and making eye contact with your audience
- Develop strong computer skills! Can you type using all of your fingers and making few mistakes? Take computer Applications 1 if you need to improve those skills

### Step Eight: *Use Test-Taking Strategies*

In order to do well on any test, you must study hard and be prepared.

- Get a good night of sleep and eat breakfast the morning of the test
- Get off to a good start by having everything you will need for the test with you when you go to class. When you get the test, write down anything you want to remember (facts, dates, equations, formulas, acronyms) on the top, put your name on the test, relax and read the directions
- Develop a plan by looking over the test to see what kinds of questions are asked. Leave yourself enough time to answer short answer & essay questions, which often come at the end of the test
- Mark the questions you want to return to by putting a dot or light check mark next to answers you aren't sure of. If you have time once you've answered all questions, go back and try them again
- Increase your odds on multiple-choice questions by trying to come up with the answer before you look at the answer choices. Eliminate choices you know are not correct by crossing them off. Read all of the answer choices before making your selection
- Look for keywords in true/false questions. *Always, never, every, all* and *none* in statements are usually false. Read the question carefully, as one word will often determine whether the statement is true or false





- Know how to approach essay questions by reading each question and starting with the easiest one. Brainstorm before you do any writing by jotting down keywords and ideas or a rough outline. Begin writing using clear, concise, complete sentences
- Improve your math test scores by trying to estimate what the answer might be before solving the problem. Don't spend too much time on one problem – if you are stumped, move on and come back to it later
- Be prepared for open book tests by highlighting your notes/book or using sticky notes to help you locate the important information
- Check your answers if you have time at the end
- Go over all returned tests and write in the correct answer for any question you missed, complete retakes or corrections for more points and ask your teachers for help if you're not sure why you did poorly

### **Step Nine: *Reduce Test Anxiety***

A little anxiety before a test improves your concentration and alertness. Excessive worry, or test anxiety, can lower your test score.

- To reduce anxiety, study enough to feel confident that you know the material. Then try to replace the worry with positive thoughts
- Start studying early. Cramming increases test anxiety
- Walk into the test with confidence. Take a deep breath and slowly release. Starting at the top of your head, relax each part of your body. Close your eyes and visualize warm sunshine washing over you

### **Step Ten: *Get Help When You Need It***

Most questions can be answered, and most problems resolved, just by talking to the right person (parent, secretary, principal, librarian, teacher, school counselor)!



## *Here are some tips from OHS seniors to this year's freshman class!*

- Take school seriously, but don't forget to have fun
- Participate in as many activities as you can
- Clubs in high school are a great way to not only meet people that go to your school but also others in the community. Getting involved in clubs is one of the many things I encourage incoming students to do
- Study hard in your first two years; it will help your GPA when you're a junior/senior
- Don't forget the mitochondria is the powerhouse of the cell
- Do what you like. Life is too short to do what someone else wants to to you and being unhappy
- Stay focused and try your hardest, even if you want to quit
- Do your homework
- Be confident and be you! Do you for you and always do your best. Make sure to always take care of yourself mentally and get lots of sleep
- Don't procrastinate
- Eat healthy
- The only thing worse than losing is giving up
- Don't be too hard on yourself, but try your best in school
- Have a set plan on how you're going to keep track of classes
- High school goes by fast; cherish every moment
- Don't be afraid to ask questions, especially of upperclassmen
- Learn just to learn, not to get a grade
- Don't play so many video games. They waste SOOOO much time
- Don't allow your friends to define who you are. Break away from them if they don't accept you for you
- Work hard enough that you have no regrets
- Sleep whenever possible. You won't get enough at night. Ever
- You can't start the new chapter in your life if you keep re-reading the last one
- Be the light in someone's darkness
- Wear a knee brace when playing football
- Respect your elders; they know a lot more than you do
- Sweatshirt pockets are a great place to store pens, pencils, calculator, small books, highlighters, keys, bolts, wrenches, safety goggles, food items and permanent markers
- Get your school work done and don't feed off the high school drama. You won't remember it or care about it in a year from now anyway
- You don't need 8 single notebooks and folders. Get a big multi subject notebook with folders in it
- Start working out sooner
- Get to know some of your teachers/staff. A lot of them are really nice when you get to know them
- Find something you enjoy doing and do it
- Enjoy every moment because it goes by so fast
- It's okay to fall and get back up again
- Don't be too worried about the destination, that changes with time. Just enjoy the ride there
- Get out of your parents basement more
- Don't try so hard to be something you're not. Loosen up; enjoy the moment
- It's never too late to make new friends
- Love yourself more
- Don't hide. The world deserves to see your amazing self
- Don't worry about the things you can't control. Enjoy the present moment - there's nothing more you can do about the past
- Be yourself in every single way

*Dreams don't work  
unless you do.*

10. Make a plan with your teen to limit his or her involvement *if* too many extracurricular activities are interfering with academic achievement. Similarly, monitor hours at a part-time job. If your teen's grades or health are being affected by over-commitment to work or school activities, take steps to help him or her cut back to a more manageable schedule.
11. Discuss your teen's course choices with him or her each year. Encourage your teen to talk about subjects that interest him or her and what skills or knowledge might be needed for the years ahead.
12. Help your teen understand and learn from mistakes. As students accept greater accountability for their learning and make decisions about how they use their time, they are likely to make mistakes. No one is perfect; as much as parents want to protect their children, in the long run students benefit from experiencing the natural consequences of their actions. Students are preparing for the rest of their lives with the lessons learned in high school.

**Student brochures with tips on studying, test taking, managing time and stress management are available in the OHS Student Services Office.**

### **Staying Involved**

- ❖ Meet your teen's counselor and teachers. Attend parent-teacher-student conferences, even if you have no concerns about your child's academic progress.
- ❖ Use PowerSchool to monitor progress and trends between mid-quarter reports and report cards.
- ❖ Email or call teachers with questions or concerns about grades or behavior – the sooner the better.
- ❖ Attend parent events at school and read Freddy's Footnotes, the school newsletter, to stay informed.
- ❖ Use the school website to access calendars, events, and contact information: [www.onalaskaschools.com](http://www.onalaskaschools.com)



# **Helping Your High School Student Succeed**

## **A Guide for Parents**



### ***School District of Onalaska***

#### ***Comprehensive School Counseling Program***

### **OHS Student Services**

Onalaska High School  
700 Hilltopper Place  
Onalaska, WI 54650  
608-783-4571

## New Opportunities

High school can be one of the most exciting times in a young person's life. Students have a chance to expand their circle of friends, experience diverse learning opportunities and discover and develop special interests through student activity programs.

High school students are making academic and social decisions that will affect the rest of their lives. There is overwhelming research showing that parents who are appropriately involved in their high school student's life can have an enormous impact on student achievement.

## Helping Your Child Succeed

High school students are expected to assume greater responsibility for their learning, but parents can help create a climate for success. Here are a dozen research-based tips:

1. Help your teen get organized. Encourage your student to develop a notebook and folder system for classes.
2. Inventory your home supplies and make sure basic study materials (pens, pencils, sticky notes, index cards, lined and unlined paper) are readily available near where your teen will be studying.
3. Expect your teen to use their OHS-provided Student Planner (or

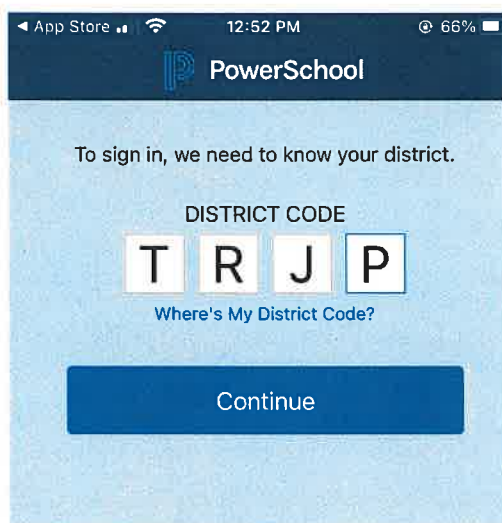
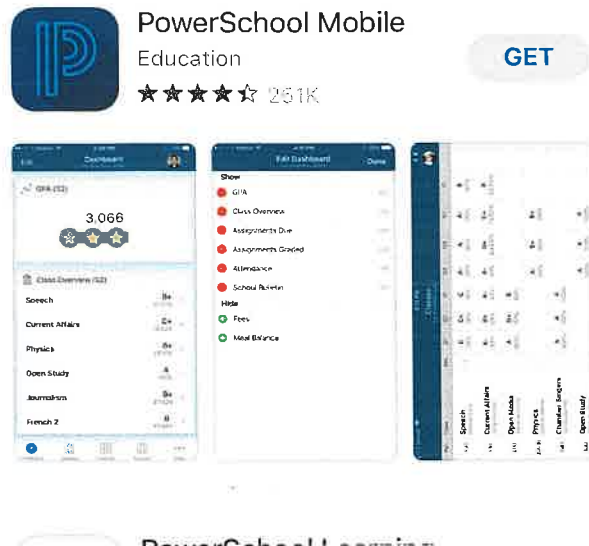
another system) to keep track of assignments and other commitments. Parents can model this through their own use of calendars and planners. Students are likely to have more homework and tests in high school, as well as long-term projects, so planning ahead can contribute to academic success.



4. Help your teen identify a productive place for studying. To maximize students' concentration and motivation, this place should be free from distractions and interruptions, include a comfortable chair and adequate lighting, have a desk or table for spreading out books and assignments and eliminate all electronic use. Work with your student to create this space, personalizing it with a bulletin board or plastic crates for storage.
5. Help your teen develop good study habits. Consider setting aside "study hours" each night during which electronic use is prohibited. If homework is lighter on a particular night, your teen can work on a long-term project, review notes or chapters in textbooks, or read a book or magazine.
6. Show an interest in your teen's work and confidence in his or her abilities to complete it. One expert recommends parents think in terms of influencing rather than controlling their high school child.
7. If your teen is struggling with assignments in a particular subject, contact his or her teacher or school counselor. Resource periods for getting extra help from teachers are built into the school week, and tutors are available through Student Services or through private tutors.
8. Encourage, but don't force, your teen to get involved in a sport, activity, or club at school. These experiences can help students learn teamwork, cooperation, time management and decision-making. The leadership skills gained through a sports team or school club can be useful in college and the work world.
9. Consider limiting screen time and social media during the school week. Studies indicate that students with higher grade point averages watch significantly less television (one hour or less per day) than those with lower grade point averages (one or more hours per day).

# Using the PowerSchool Mobile App

Download the **PowerSchool Mobile App** from Google Play (android) or the Apple Store (iOS)



Enter the district code – **TRJP**

This can also be found by clicking  
“Where is my district code?”  
on the login screen.

Enter the same **username** and **password** you use when logging into the PowerSchool student/parent portal.



# Let's Talk Academic Success

Study for tests

Ask more questions

Better time management

Eat breakfast every morning

Start reading textbooks (online version may read to you!)

Study to learn

Take better notes

Set a homework routine

Get organized (My Study Life, Egenda apps)

Establish a good bedtime & stay consistent



**What is one thing I should work on in middle school  
(AKA NOW) to prepare for high school?**

# Preparing for your Future

- ☐ It's not too early to start thinking about college, career or military interests. If you have any questions, ask friends, a teacher, or your school counselor.
- ☐ Talk to your child about his or her interests and help match those interests with a college major and career.
- ☐ Help your child develop good study habits, such as finishing all work before going on social media or playing video games.
- ☐ Stay in contact with your child's teachers and counselor so that they can let you know about any changes in your child's behavior or schoolwork.
- ☐ Keep an eye on your child's grades, and help him or her find tutoring assistance, if necessary.
- ☐ Encourage your child to take challenging classes in core academic subjects including Advanced Placement classes where they can earn college credit by taking the AP exam. In addition, some colleges require two years of world language for admission.
- ☐ Keep a list of awards, honors, extracurricular activities, and paid or volunteer work.



## How to plan for college costs

- ☐ Use *FAFSA4caster* to find out how much federal student aid your child might receive. This information will help you plan ahead. (<https://fafsa.ed.gov/spa/fafsa4c>)
- ☐ Save for your child's college education. If you have not opened a savings account, learn about the tax advantages of saving through the Wisconsin EdVest 529 plan ([edvest.com](http://edvest.com))



## Helpful Websites

- ☐ **Paying for College:** [uwhelp.wisconsin.edu/pay-for-college](http://uwhelp.wisconsin.edu/pay-for-college)
- ☐ **Preparing for College:** [uwhelp.wisconsin.edu/prep-for-college](http://uwhelp.wisconsin.edu/prep-for-college)
- ☐ **MajorMania (Search for majors available at UW campuses):** [majormanial.uwex.edu](http://majormanial.uwex.edu)
- ☐ **Scholarship Info:** <https://studentaid.gov/understand-aid/types/scholarships>
- ☐ **Students with Special Needs:** [uwhelp.wisconsin.edu/resources/student-services](http://uwhelp.wisconsin.edu/resources/student-services)
- ☐ **UW Help Journey:** [uwhelp.wisconsin.edu/resources/uw-journey/](http://uwhelp.wisconsin.edu/resources/uw-journey/)

# OHS Student Services Website

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



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ACTIVITIES



ATHLETICS



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y



Calendar



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## Student Services Home

Current news and information for each grade level

### STUDENT SERVICES HOME

Seniors

Juniors

Sophomores

Freshmen

### CALENDAR & IMPORTANT LINKS

- > FAQ'S
- > CAREER INFORMATION
- > COLLEGE INFORMATION

Explore Careers!

## Welcome to Student Services

Student Services is comprised of School Counselors, School Social Workers, and the School Psychologist. The Student Services team works collaboratively to best help students in the areas of academic achievement, personal/social development and career services, as well as providing responsive services. Please stop in - we are here for YOU!

## Office Hours

Office Staff is available 7:00 am - 3:30 pm Monday-Friday.

Please call Student Services Office direct line at 608-783-4571 for an appointment.

## Welcome Class of 2028

9<sup>th</sup> grade course registration is due February 5. Individual 8<sup>th</sup> grade meetings will be available starting on March 8

Link to Power School to check grades

Find \$ for School!

Useful links for students & parents

Volunteer!

### ONALASKA HIGH SCHOOL

### STUDENT SERVICES HOME

Appointments  
New/Transfer Students  
Seniors  
Juniors  
Sophomores  
Freshmen

### CALENDAR & IMPORTANT LINKS

Course Description Books PDF  
Summer School 2022  
OHS School Profile 2020-2022 PDF  
STOPit  
Job Board for Current Students  
Mental Health Community Resource Guide  
Video: Mental and Social

### FAQ'S

Assessment Schedule & Information  
Resources for Teens and Parents  
Study Skills for Success  
Teen and Parent Coping Skills  
Transcript Requests  
Work Permits  
Volunteer Opportunities





A Newsletter from Onalaska High School

Updated-  
Monthly

Reminders

Opportunities

Important Dates

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PARENTS & STUDENTS

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Early Dismissal Schedule

Final Exam Schedules

DPI School Report Card

Yearbook

FREDDY'S FOOTNOTES

OHS QUICK REFERENCES

Important Dates

Pay Online

DAILY ANNOUNCEMENTS

STOPIt

NEWS RELEASE

FREDDY'S FOOTNOTES

> ONALASKA HIGH SCHOOL -  
HOME

> FREDDY'S FOOTNOTES

OHS QUICK REFERENCES

Important Dates

Pay Online

> DAILY ANNOUNCEMENTS

> OHS MUSIC PROGRAMS -  
BAND/CHOIR



Freddy's Footnotes is the monthly newsletter for Onalaska High School. Publishing student news and recognition on a monthly basis, as well as providing information for up coming events and activities.

DECEMBER 2023

DECEMBER 2023 [PDF]



*Emailed Home  
Every Month!*





# Onalaska High School Activities & Organizations

Check out all OHS Activities on our website:

<https://www.onalaska.k12.wi.us/schools/high/activities/>

When do we meet?    A=All Year    F=Fall    W=Winter

## **Amnesty International (A)**

Amnesty International is a student club dedicated to the cause of human rights; we promote awareness, action, and change to help those whose human rights have been violated.

## **Art Club (A)**

This group of students meets after school to work on a variety of art projects through various media.

## **Black Student Alliance (A)**

This student-led group meets bi-weekly and discusses issues important to the students involved, plans activities, takes field trips, and serves as a support group for one another on school and community-related issues.

## **Chess Club (A)**

This group meets to enjoy learning about and playing the game of chess. No prior experiences necessary!

## **Color Guard (F,W)**

The Color Guard is the Flag & Rifle Drill team that marches with the band. They perform in parades and football games.

## **Drama Club/Thespian Society (F)**

Drama Club is open to all students interested in drama. The International Thespian Society is by invitation only based on the number of plays and crew hours completed by students. Drama club helps produce the winter play and the musical.

## **Envirothon (A)**

Envirothon is a North American Environmental Science competition that has a content competition, skill based competition, and a current event presentation. We learn about aquatic ecology, forestry, water systems, soil/land use, and wildlife. Each year we compete and put our skills to the test as a group!

## **FBLA - Onalaska Business Club (A)**

Future Business Leaders of America is open to all students interested in learning more about the field of business and marketing. FBLA students are involved in running the concession stand, community service projects, and competitive events.

## **Fellowship of Christian Athletes (A)**

The FCA is an organization for all students to come and get together to talk about issues that are important to them.

## **Forensics (W)**

This is an activity for those that enjoy public speaking. There are 14 different categories of speech in which students can perform.

## **French Club/French National Honor Society (A)**

French Club is a great way to polish your French skills and meet new people. They organize events like Mardi Gras and French Forensics.

## **Green Council (A)**

This organization meets to discuss ways to positively impact the environment and has taken on a variety of recycling and composting projects at OHS and in the community.

## **High Quiz Bowl (A)**

Quiz Bowl is a game in which two teams compete head-to-head to answer questions from all areas of knowledge, including history, literature, science, fine arts, current events, popular culture, sports & more.

## **Homecoming Committee (F)**

This group of students meets in the fall to plan the theme, dress-up week, and dance for the Homecoming festivities.

## **Intramurals (A)**

This is a co-ed activity designed for students not involved in athletic activity during that sport season. Offerings include dodgeball, volleyball and badminton.

## **Jazz Band (A)**

This is a group of students that enjoy playing music and get together to perform at jazz festivals and other events throughout the year.

## **Link Crew (A)**

Link Crew is a high school transition program that welcomes freshmen and makes them feel comfortable throughout the first year of their high school experience. Link Leaders (juniors and seniors) are motivators, leaders and teachers who guide the freshmen to discover what it takes to be successful during the transition to high school.

### **Marching Band (F)**

The award-winning Marching Hilltoppers compete annually at area parades, and perform at all OHS varsity home football events. The OHS Marching Band also competes at the WSMA State Marching Band Festival each season.

Enrollment is open to all OHS band members, and meets for first quarter. After first quarter, marching band students are selected by audition to become a member of the OHS Concert Band or OHS Wind Ensemble.

### **Mental Wellness Club (A)**

This group of students focuses on programming and media to promote positive mental health in the school and community.

### **National Honor Society (A)**

National Honor Society is a society for the national and local recognition of students who maintain a 3.5 cumulative grade point average and who dedicate themselves to service in school and community activities.

### **"O" Club (A)**

The "O" Club is an organization of OHS athletes who are committed to a drug, alcohol, and tobacco free lifestyle and promote these choices to students throughout Onalaska.

### **Pep Band (F,W)**

OHS Band members are assigned to participate as a member of the OHS Pep Band for both the fall and winter sports seasons. Students are assigned to one of the three OHS Pep Bands (Topper Pep Band, Purple Pep Band or White Pep Band). Students may earn a varsity letter as a part of the OHS Pep Band program.

### **Prom Committee (W)**

Students and staff work together to plan the prom theme, the dance, and activities surrounding prom.

### **Rotary Interact Club (A)**

Rotary is a service-based organization, working together to do projects to benefit the community, such as sending Christmas cards to veterans and nursing home residents.

### **Science Olympiad Team (A)**

Science Olympiad is a state and national competition for students interested in science, engineering, technology, and math. It is the only competition in the US that offers a team learning environment that stretches across many areas of science and engages students of different knowledge and skill sets.

### **Show Choir/ Show Band (F,W)**

Show Choir is a highly competitive group that requires a lot of dedication towards singing and dancing. Hilltopper consists of juniors and seniors, while Express is freshmen and sophomores. Show Choir members must be enrolled in a school choir.

### **Spanish Club (A)**

This is a group of students from all levels of Spanish classes that promotes the diversity and awareness of Hispanic culture and focuses on community activities.

### **The Spectrum/GSA (A)**

GSA has been re-named The Spectrum. It is a club for everyone, whether gay, bisexual, or an ally. Students meet to talk and learn about sexual orientation, gender identity, and other issues they face. Everyone is welcome!

### **Students for Dialogue and Social Change (A)**

SDSC is a student-led group working to create open dialogue about current events and potentially controversial topics, as well as working to identify where we can take action to improve our school and community. Topics can be anonymously submitted or presented by members to the group.

### **Student Council (A)**

This organization is the student government of the high school. The student council is involved in Winter Carnival, Penny Wars, White Christmas, etc. They also have a representative on the school board.

### **Ujima (A)**

This is an organization open to all students at OHS that teaches about diversity and acceptance of everyone, regardless of differences, at our school and in our community.

### **Visual Arts Club (A)**

VAC is made up of students interested in competing on an art team at the statewide Visual Art Classic Competition. Artwork is created in response to a prompt over a period of time as well as a prompt on the spot.

### **Yearbook (A)**

This group, which is also a class, works to develop the OHS Yearbook each year, from taking photographs to designing and creating the yearbook layout.



# Preparing for High School Timeline

- **April 12 (TBD) - 6pm - Summer School Registration - Online**
- **August 20 - 8:30am-7pm - Registration**
  - Pick up schedule, get picture taken
- **August 20 - 6:30pm - Freshman Student & Parent Night**
  - Welcome to OHS!
- **August 28 - 8-11:45am - LINK Crew Freshman Orientation**
  - Practice bell schedule while walking through your own class schedule, tips from LINK Crew Leaders



- **Meet your school counselor**
- **Review Academic & Career Plan**
- **Review course requests for 9th grade and beyond**
- **Get acquainted with OHS & your resources**

# Preparing for High School/Important Dates to Remember

## 2024-2025

April 1	Athletic physicals done <u>before</u> April 1 meet the requirement for the 2024-2025 school year only. <u>After</u> April 1, athletic physicals meet the requirement for the next 2 years. Make sure to have a physical card from Onalaska School District, or get one at <a href="https://onalaska-ar.schooltoday.com/">https://onalaska-ar.schooltoday.com/</a> .
April 12	Summer School Registration opens at 6:00 pm
May 6-8	Express show choir learning sessions OMS Choir Room 3:30-5:00
May 9	Express show choir auditions 3:30-5:30 (5 mins slots)
May 22	Last day of school, ½ day for students
June 5-7, 10-14	June parade band camp, all band students will be automatically registered in summer band camp (times vary; see schedule in summer school booklet)
June 3 - July 12	Summer school (No School July 4-5)
June 24-28	Express Show Choir Camp (5:00-7:15 pm)
July 22-26	Express Choreography Show Choir Camp (2-10 pm)
August	Virtual Fall sports information recording (watch when convenient for you)
Aug 12-16, 19-21	August field show band camp, all band students will be automatically registered in summer band camp (9am-12pm and 1pm-6pm)
August 20	Student registration 8:30am-7:00pm (schedule pick up, fees paid, school pictures)
August 20	Freshman student/parent night 6:30pm in OHS Performing Arts Center
August 28	Freshman orientation/LINK Crew Day 8-11 at OHS (tour, daily schedule)
September 3	First day of school



**\*\*All dates are subject to change**

# Frequently Asked Questions

## 2024-2025 Freshman Class

### General

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**Q: How is an Accelerated class different from a standard class?**

A: Accelerated classes are more rigorous, demand a higher-level thinking, require more self-directed study, and/or require more in-depth reading. See page 5 of the Course Description Booklet for more information.

**Q: Does OHS use weighted grades?**

A: No. (Ex: An 'A' in any course receives 4.0 GPA points.) See your STAR Conference folder for more information.

**Q: When will students get to learn about the OHS schedule and tour the high school?**

A: Eighth graders will get to practice our bell schedule and tour the school at Freshman Orientation in August. Details will be provided as it gets closer.

**Q: When is Summer School and what is offered for Freshman?**

A: Summer School will be held June 3 - July 12 (no school on July 4-5). There are two sessions available; 7:45-10:00 am and/or 10:10 am - 12:25 pm. Freshman are able to take two courses including: US History (Sem 1), Computer Applications 1, and either PE 9 or Wellness. Students cannot take both PE 9 and Wellness during summer school due to the amount of physical activity required for those courses.

### World Language

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**Q: What is the difference between Spanish 1 and 1 pre-AP?**

A: The pre-AP track is faster-paced and focuses on the spoken language more than the standard track. The purpose is to accelerate and potentially take the final AP course in that language.

**Q: Why doesn't French offer a pre-AP track?**

A: The French program offers a rigorous curriculum in levels 1, 2 and 3 to all students who choose French. When students enter their 4th year of French, they will have the choice to add the AP component, thus preparing them for taking the AP French Language and Culture exam.

### Music

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**Q: When are individual music lessons held at the high school?**

A: During Resource, study hall, lunch or before school. Students are not pulled from another class for lessons.

**Q: What is the difference between Concert Band and Wind Ensemble?**

A: Wind Ensemble is the Honors-level band offering at the high school level. Students in grades 9-12 are selected based on their audition to be a member of the Wind Ensemble.

**Q: When does Summer Band Camp begin, and what is the general time requirement?**

A: There are summer band commitments from June 5-7, June 10-14, Aug 12-16 and Aug 19-21. Students enrolled in band are automatically registered for summer band. If you have conflicts or are unable to attend portions, please contact Mr. Coe or Mr. Meunier. A detailed schedule of Band commitments will be posted in the Summer School information booklet.

**Q: How does Color Guard work?**

A: Students in Color Guard are enrolled in band for the full year. Students will have Summer Band Camp from June 5-7, June 10-14, August Band camp from Aug 12-16 and Aug 19-21. Guard members will march with the band during the first quarter. At the beginning of the second quarter, students will be incorporated into their band section. There are required practices on Tuesday nights in the fall for Color Guard and opportunities for students interested in Winter Guard.

**Q: What are the upcoming Show Choir dates?**

A: Express Show Choir learning sessions and auditions will be held May 6-8. Show Choir camp will be held the week of June 24-28 and the week of July 22-26. Students selected for Express show choir are automatically enrolled in the summer Express camps. If you have conflicts or are unable to attend portions, please contact Mr. Moses or Mrs. Saner.

**Q: Can I be in the Band, Choir and Orchestra programs if I participate in sports and/or other activities?**

A: Yes! The OHS Music Program works with the coaches/advisers of each sport/activity to alleviate as many conflicts as possible. Many students participate successfully in high level classes, sports, jobs and music.

**Q: Can I take Summer School courses and participate in Band, Choir, Orchestra, or the Summer Musical?**

A: Yes! The schedule is created to allow students to participate in both activities.

## A Parent's Guide to World Languages

We are fortunate to offer your child two languages in the School District of Onalaska. However, to know which one your child should take in high school is a big decision. Although taking a World Language is not required for graduation, many students choose to continue learning a language beyond middle school. We hope this information will help you decide the best path forward for your child.

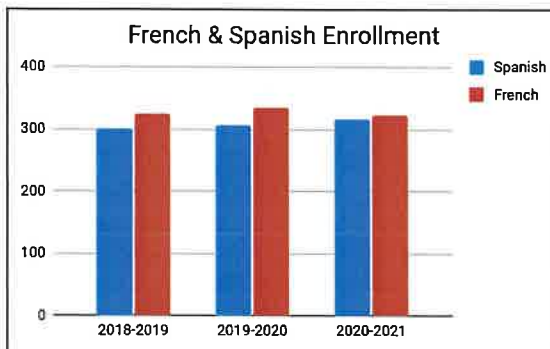
**When should my child start learning a language?** Every year, over half of the Freshmen class enroll in taking a World Language. Becoming proficient in a language takes a commitment over a long period of time. Students who only take two years of a language are able to communicate minimally by repeating simple phrases. Our goal is for students to communicate in different time frames and handle simple situations. In addition, our language capstone programs reflect students who take a language all four years. Global Scholars, Global Seal of Biliteracy, and both French and Spanish National Honor Societies have a minimum of four years of language study.

**FRESHMEN ENROLLED  
IN A WORLD  
LANGUAGE COURSE.**

**70.7%**



SOCIÉTÉ HONORAIRE  
DE FRANÇAIS



**What is the best language for my child to learn?** Despite hearing that one language is easier than another, each language has its own challenges. In addition, the business community has said that they value a workforce with the skills that come with acquiring an additional language. The bottom line is, which language a student studies does not matter. Students will excel in whatever language they are most passionate about. We recommend that you encourage your child to take the language they are most motivated to learn. We know that students who enjoy learning a language will complete four years and are more likely to continue studying at the university level.

**What options are available for my child and what's the difference?** Below are the courses offered and a brief description to explain the different paths.



This is a traditional four year sequence. Students can earn up to 14 college credits for \$315 in level 4.



This is a traditional four year sequence.



This is an advanced sequence where students complete the traditional four year sequence in 3 years to take AP Spanish their senior year.

We are very excited to welcome your child on the path of language learning! Please reach out to any of the World Language teachers if you have any questions!

