



# FREDDY'S FOOTNOTES



A Newsletter from Onalaska High School

March 2024

## Highlights

### Important Dates

All Junior ACT ..... March 13

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ONALASKA HIGH SCHOOL PRESENTS



**DANCING  
WITH THE**  
*O'Club Stars*

**SAVE  
the  
DATE**

**2024**

**12  
April**

**Onalaska High  
School PAC**

**7:00 PM**

## Important Dates

Academic, Early College Credit \$ Start College Now Applications Due .....	Friday, March 1
Coulee Colors Show – Winter Color Guard Extravaganza .....	Saturday, March 9 --- 5:00 PM
Orchestra Concert .....	Monday, March 12
All Junior Required ACT.....	Wednesday, March 13
Show Choir Cabaret.....	March 15 and 16
Choir Spring Concert – First Lutheran Church.....	Monday, March 18
Sophomore Forward Exam (during World History class) .....	March 20 – 21
Choir New York Trip.....	March 21 – 26
Quarter 3 Report Cards .....	March 22
Easter Break .....	March 27 – April 1
Dancing with the O'Club Stars .....	Friday, April 12 --- 7:00 PM in the PAC
Prom.....	Saturday, April 27
AP Testing .....	May 6 – 17
Seniors last day of classes, Senior Awards, Senior Walk.....	Friday, May 10
Graduation Practice.....	Wednesday, May 15 at 9:00 AM in the Field House
Senior Scholarship Awards.....	Wednesday, May 15 – 7:00 PM in the PAC
Graduation.....	Saturday, May 18 --- 1:00 PM in the Field House
Summer School.....	June 3 – July 12
2024-25 Registration.....	Tuesday, August 20

## 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***



## ONAbility

School District of Onalaska Beyond 18 Transition Program



The mission of **ONAbility** is to transition students beyond 18 with varying abilities from high school into adult employment and independent living.

## Changes in Student Information

If you have any changes throughout the year in your child's information, please contact our Pupil Services office at 783-4610.

This information would include:

- address/phone number
- parent/guardian information
- emergency contacts
- health issues
- email address

## FAMILY SCHOOL LIAISON

In recognition of the importance in supporting the **whole** child (e.g. students' physical and mental health, their social and emotional learning along with their academic growth), the School District of Onalaska has a Family School Liaison position. My name is Carrie Werkheiser and as the Family School Liaison for the School District of Onalaska, my role is to partner with families in effort to support overall student success. Services may include collaboration, consultation, home visits, and/or information and referral to community resources and agencies. If you are interested in learning more about community resources to assist with student or family needs (e.g., food, housing, healthcare, human services, clothing, etc.), feel free to contact me.

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

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

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

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

Nutrition Policy: <https://go.boarddocs.com/wi/ona/Board.nsf/goto?open&id=CLWMPN5BB5A5>





## Rotary Youth Exchange Host Families Needed for 2024/25

### What makes a great host family?

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

### Required to host a Rotary Exchange Student:

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

### What do you & your family gain?

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



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

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



## 2024 SUMMER SCHOOL



If your child is interested in taking summer school courses, the online registration process will begin soon. Watch for a Bright Arrow email message.

Be sure to register early since some classes do reach their capacity before the deadline and **ALL** courses are based on a first-come first-served basis.

Also, please keep in mind when registering for summer courses that there are strict attendance guidelines. For all **credit courses**, students are allowed to miss only two classes, and if they miss a third time, they are removed from the class. Please read the summer school booklet to find out what the specific attendance requirements are for each course.

### Summer School

Summer School begins June 3 and will end July 12

There will be no classes on July 4 & 5.

### Onalaska Summer School Registration

<b>Who:</b>	Students entering grades 9 – 12
<b>How:</b>	Online
<b>When:</b>	Bright Arrow message coming soon.
<b>Contact:</b>	Jennifer Morrison, Summer School Secretary at <a href="mailto:morje2@onalaskaschools.com">morje2@onalaskaschools.com</a> or 608-783-4571 x5029 Charlie Ihle, Summer School Coordinator at <a href="mailto:ihlch@onalaskaschools.com">ihlch@onalaskaschools.com</a> or 608-783-4561 x5003

## 2024 CABARET

Friday, March 15, 2023, 7:30 PM

And

Saturday, March 16, 2023, 4:00 PM

Claude C. Deck Performing Arts Center - Onalaska High School

Join the Onalaska High School show choirs for their final performances of the year!  
You won't want to miss this great event!

### Performing ensembles include:

- Express Show Choir and Show Band (Friday only)
- Hilltopper Show Choir and Show Band
- Senior Student Spotlight performances

# Visual Arts Classic at UW-LaCrosse



OHS students recently took part in the Visual Arts Classic at UW-La Crosse, which is a competition for art students in grades 9-12. This year's theme was "Art and Color".

Students researched over a dozen selected artists whose work relates to the theme. Students then had the opportunity to create artwork in response to a prompt as a "long-term" project as well as an "on-site" project.

The OHS team earned 3rd overall, with a 1st place in Critical Thinking, and many individual 1st places.





ONALASKA BAND PROGRAM PRESENTS THE  
*Onalaska Jazz Festival*

*April 13, 2024*

**Stoney Creek Hotel and Event Center**

*Doors Open* at 3:30

*Buffet Dinner* at 5:30

*Silent Auction* until 7:30

**Tickets \$15** Music only Adult Tickets (available Online or at the door)

**\$50** Music & Food General Seating (Order by April 1)

**\$400** Reserved Dinner Table of 8 (Order by April 1)

**Free** Music only Youth tickets (under 18)  
(available Online or at the door)

*Featuring*

OMS Jazz Band, OHS Jazz 1, OHS Jazz 2, Guest performances by: OHS Jazz Combo, The West Salem High School Jazz bands, The Central High School Jazz Band, and The West Salem Adult Jazz Band

<https://ohs-band-boosters.square.site/>

<https://www.biddingowl.com/OnalaskaBandBoosters>



*ticket  
info*

*Silent auction  
info*







# March 2024 Students of the Month

Every month students who meet specific criteria are nominated by departments and voted on by the entire staff.

The STUDENT OF THE MONTH honor goes to the student in each grade level who receives the most votes. The STUDENT OF THE MONTH receives a plaque, certificate, and publicity in the local newspaper.

Criteria for nomination includes: long-term academic effort and achievement; a high degree of life skills – respect, responsibility, teamwork, integrity, and initiative – demonstrated on a regular basis; and involvement in co-curricular activities.

## Freshmen Class

***Student of the Month:***

**Aleksander Burg**

**Nominees:**

Leia Bigalke  
Xavier Busta  
Sasha Butler  
Kamdyn Irwin  
Aleesha Jackson  
Elliott Luecke  
Zoe Moeller  
Nkauj Hli Vue

## Sophomore Class

***Student of the Month:***

**Pa Nyia Vang**

**Nominees:**

Caroline Clark  
Sophia Larkin  
Atlas Schwaab  
Phengsu Vang  
Pengxue Xiong

## Junior Class

***Student of the Month:***

**Grace Fabian**

**Nominees:**

Noah Chenault  
Andrew Hatcher  
Anders Lester  
Broden Steiner  
Alex Vue  
Daniel Waldenstein

## Senior Class

***Student of the Month:***

**Hayden Lee**

**Nominees:**

Keona Lincoln  
Summer Nicolai  
Lillian Novak  
Sylvie Schams  
Kateley Schlicht



**Aleksander Burg**  
Freshman



**Pa Nyia Vang**  
Sophomore



**Grace Fabian**  
Junior



**Hayden Lee**  
Senior

# Freddy Extra Effort Award ...

## March



**Sam Sulentic**  
Freshman



**Sophia Knight**  
Sophomore



**Dulce Ascencio-Urtiz**  
Junior



**Mary Catherine Clatworthy**  
Senior

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

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

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





## School District of Onalaska World Language Department



LE DÉPARTEMENT DES LANGUES ÉTRANGÈRES • DEPARTAMENTO DE IDIOMAS DEL MUNDO

MARCH 2024 • MARS 2024 • MARZO 2024

### WORLD LANGUAGE TEAM



**Mr. Brian Wopat**

wopbr@onalaskaschools.com



**Mr. Devin Pettys**

petde@onalaskaschools.com



**Mrs. Rebecca Chaouki**

chare@onalaskaschools.com



**Mrs. Valerie Mumm-Jansen**

mumval@onalaskaschools.com



**Mrs. Victoria Carter**

carvi@onalaskaschools.com



**Mr. Andy Beckstrom**

becan@onalaskaschools.com



**Mrs. Jennifer Garves**

garje@onalaskaschools.com



### FACT CHECK



**MYTH:** You can't become proficient in a world language unless you learned it before puberty.

**REALITY:** Sadly, there is some truth to this. It is much harder for you to learn a language once you get older. However, this is not absolute. The truth is that there have been millions of adults that have not only learned a new language, but ended up speaking it proficiently. The School District of Onalaska starts Spanish instruction in 6<sup>th</sup> grade and French in 8<sup>th</sup> grade. The high school offers four years of language instruction.

## Technology Changes How Students Learn Languages

Chromebooks, EdPuzzle, Google Classroom, Flip, Blooket and Gimkit are just a few of the tools used to enhance students learning of a World Language. Gone are the days where teachers would play an audio clip three times for the entire class to listen to and answer questions. What happened if you missed the key words? Then you missed out on the answer. With programs like EdPuzzle, the listening practice landscape has changed. Listening is a very difficult skill to acquire and takes lots of practice. EdPuzzle is an individualized approach where each student access a website on their Chromebook and using a headset, watches a video or listens to an audio recording. The best part, pre-planned questions pop up for students to answer. If they didn't get the answer, they can click a button and it will rewind to the last question answered. Students may listen and view the video as many times as needed until they get the right answer. And as for feedback, its immediate. Students know whether they answered the question correctly or not.

Another tool is Flip. This online program allows teachers to post a question and the students record their answers. The power of this tool is students are able to prepare their responses ahead of time, do multiple takes, and speak in privacy in front of their own computer. And the best part, teachers have access to all the student's responses and can provide each student feedback.

Blooket and Gimkit have changed how teachers gamify their lessons. Students log into either site and the teacher chooses which activity everyone will compete. Competitions include generic answering questions for points, to taking points away from other players, to trying to achieve a specific number of questions to win for your team. These platforms have changed how students can quickly review vocabulary and concepts within a fun context.





# 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



## 2024-2025 Full-Time Open Enrollment Regular Application Period for Wisconsin Public Schools

### INFORMATION FOR PARENTS

#### YOU MAY APPLY FOR OPEN ENROLLMENT FROM FEBRUARY 5 – APRIL 30, 2024.

##### What is Public School Open Enrollment?

Wisconsin's public school open enrollment program allows parents to apply for their children to attend a school district other than the one in which they live. Applications may be submitted to up to three nonresident school districts if the pupil wishes to attend a brick and mortar school. There are no limitations to the number of open enrollment applications that can be submitted to a virtual charter school.

##### How and when may parents apply?

The open enrollment regular application period for the 2024-25 school year is from February 5-April 30, 2024. The application period closes at 4:00pm on April 30, 2024. Late applications will not be accepted for any reason.

Parents may apply online at <https://dpi.wi.gov/oe>.

##### Can I apply to a virtual charter school under open enrollment?

A pupil may only open enroll to an online/virtual school if: (1) the school has been created as a virtual charter school that meets the requirements of the charter school law [Wis. Stats. 118.40 (8)] or (2) the pupil is required to physically attend school on a regular basis in a school located in the nonresident school district on the days that school is in session. Other important things to know about applying to virtual charter schools:

- A virtual charter school is not homeschooling. Pupils attending virtual charter schools are public school pupils.
- You must know the nonresident school district in which the virtual charter school is located.
- You must know your resident school district to apply.
- A list of virtual charter schools may be found at <https://dpi.wi.gov/parental-education-options/charter-schools/virtual-charter-schools>.

Parents whose applications are denied may appeal to the DPI within 30 days of the denial. State law requires the DPI to uphold the school district's decision unless DPI finds that the decision was arbitrary or unreasonable. The DPI's decision may be appealed to circuit court.

##### Who may participate in open enrollment?

Pupils in kindergarten to grade 12 may apply to participate in open enrollment.

Open enrollment for prekindergarten, four-year-old kindergarten and early childhood education is limited. Parents should call their resident school districts to find out if their preschool-aged children qualify for open enrollment.

##### Can an application be rejected?

Nonresident school districts may deny an application if regular or special education space is not available for the pupil; special education or related services are not available; or if the pupil has been referred for a special education evaluation but has not yet been evaluated. Nonresident school districts may also deny an application if the pupil has been expelled during the current or preceding two years for certain violent conduct or if the pupil was habitually truant from the nonresident school district during any semester in the current or previous school year.

If there are more applications than spaces, pupils must be selected randomly, after giving preference to pupils already attending school in the nonresident school district and siblings of currently-attending pupils.

Some school districts establish waiting lists to fill unused spaces, but others do not.

##### Can a resident district prevent a pupil from leaving?

A resident district can deny a pupil's application for an invalid application (early or late application or missing information), ineligibility due to age (too young or too old), or if the resident district does not offer the same type of prekindergarten, four-year-old kindergarten, or early childhood program as the nonresident district or the pupil is not eligible for the program in the resident district. These are also reasons that a nonresident district can deny an application.

##### Can parents appeal if an application is denied? Must pupils reapply every year?

Once a pupil is accepted into a nonresident school district, the pupil may continue to attend that district without reapplication except that:

- The nonresident district may require a pupil to reapply one time—at the beginning of middle school, junior high or high school.
- A pupil may be returned to the resident school district if the special education required in a new or revised IEP is not available in the nonresident district or there is no space.
- A pupil who has become habitually truant in the nonresident district may be returned to the resident district.

(continued on next page)



## Is there a cost for parents to participate in the open enrollment program?

There is no tuition cost to parents for participation in open enrollment. Parents of open enrolled pupils may be charged the same fees as resident pupils.

## Who is responsible for transportation?

Parents are responsible for transporting their children to and from school.

If transportation is required in the IEP for a child with a disability, it must be provided by the nonresident district.

School districts may provide transportation to open enrollment pupils if they wish. Usually, if transportation is provided, parents must transport the pupil to a location in the nonresident district.

Low-income parents may apply to the DPI at the end of the school year for partial reimbursement of their transportation costs.



## Can a parent select a specific school in the pupil's nonresident school district?

Yes. A parent may request a specific school or program in the nonresident district. However, assignment to the requested school or program is not guaranteed and your pupil may be assigned to a different school other than the one requested. It is up to each nonresident district to determine a pupil's school assignment.

## Can an open enrolled pupil participate in sports and other extra-curricular activities in the nonresident school district?

Open enrolled pupils have the same rights and responsibilities as resident pupils.

Inter-scholastic athletics are governed by the Wisconsin Interscholastic Athletic Association (WIAA), which has rules concerning transfer pupils. Parents should check with the school district's athletic director about eligibility.

## IMPORTANT OPEN ENROLLMENT DATES

### February 5 – April 30, 2024

Parents must submit applications online or directly to the nonresident school district.

### June 7, 2024

Nonresident school districts must send notices of approval or denial via US mail or email. If the application is approved, the school district must notify the parents of the specific school or program to which the pupil is assigned. If the application is denied, parents have 30 days to file an appeal.

### June 14, 2024

Resident districts must notify applicants if the application is denied. If the application is denied, parents have 30 days to file an appeal.

### June 28, 2024

Parents of accepted applicants must notify the nonresident district if the pupil will attend the nonresident district in the 2024-25 school year. If the parent fails to make this notification, the nonresident district may refuse to allow the pupil to attend the district.



For more information contact:  
Public School Open Enrollment Program  
Wisconsin Department of Public Instruction  
P.O. Box 7841, Madison, WI 53707-7841  
Toll-free: 888-245-2732, option 2  
[openenrollment@dpi.wi.gov](mailto:openenrollment@dpi.wi.gov)  
<https://dpi.wi.gov/oe>

2024-25

The Wisconsin Department of Public Instruction does not discriminate on the basis of sex, race, color, religion, creed, age, national origin, ancestry, pregnancy, marital status or parental status, sexual orientation, or disability and provides equal access to the Boy Scouts of America and other designated youth groups.





### 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 – [morje2@onalaskaschools.com](mailto:morje2@onalaskaschools.com)

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

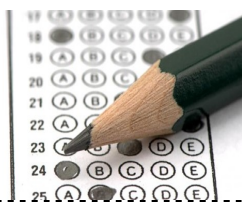
<http://www.onalaskaschools.com/ohs/studentservices.html>



# ACT<sup>®</sup>

## Statewide Junior ACT Day for 2024

All OHS Juniors test on  
March 13, 2024!



### Upcoming ACT Dates and Deadlines

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

## Important Dates

March 8	Payment Due for AP Macroeconomics Exam
March 11	No School - Staff Professional Development
March 12	WTC Career Coach at OHS
March 13	Junior ACT
March 20-21	Sophomore Forward Exam (during World History class)
March 22	Quarter 3 Report Cards
March 27-April 1	Spring Break - No School
April 9	9th & 10th Grade Pre-ACT Exam
April 17	OHS Job Fair 2-4pm (open to public from 3-4pm)
April 24	Build My Future - Careers in construction event at OMNI Center
May 6-17	AP Exams at OHS
May 10	Seniors Last Day - Senior Awards & Senior Walk
May 15	Graduation Practice
May 18	Graduation for the Class of 2024 - 1:00 pm in the OHS Fieldhouse

## 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.

## Mental Health Resources:

<https://sites.google.com/onalaskaschools.com/mental-health-resources/student-parent-family-caregiver-resources>

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

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

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

Seniors planning to apply to college should be sure to visit their schools of interest. Go to your college's website for sign up information. Visiting campuses (technical, 2 or 4 year) is a great way to get a feel for which school "fits" for you! While it is important to meet with admissions counselors and take the official campus tour, it is also helpful to take your own personal tour. Check out the places they don't show you, talk to a student in the student union about what they like about the school, as well as what they do not like about the school. Pick up a campus newspaper to see what is important to students and soak in the environment. If you do not feel like the school is a good fit, it may be a difficult place for you to find success. Refer to your STAR Conference materials for more helpful tour information.

**Upcoming College Rep/Military/Employer Visits to OHS**

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

First Tuesday of each month - US Marine Corp rep visit

Second Tuesday of each month - US Army rep visit

**Seniors & Juniors - Western Career Coach Meetings**

Our Western Technical College Career Coach will be available once a month in the Student Services Office, to meet with students about WTC options, application process, requirements, and more. The next opportunity to meet with the WTC rep at OHS is Tuesday, March 12, 2024. Students who are interested in signing up to meet with our rep should stop and see Mrs. Morrison in Student Services, or talk to their counselor.



## It's Financial Aid Time!

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

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

# ONALASKA HS

# JOB FAIR 2024

Looking for employers who are offering part-time or full-time positions including seasonal and post-graduation. [Register now](#) to reserve a table!

2:00-4:00  
**APRIL 17**

**ONALASKA HS FIELDHOUSE**  
700 Wilson Street, Onalaska  
608-783-4571

Open to the community  
from 3-4 pm

## 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



**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](https://www.ugetconnected.org/)**



## Looking for Donated Prom Dresses

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



## Youth Apprenticeship

Students who participate in Youth Apprenticeship are able to learn essential skills under the supervision of a skilled mentor while earning high school credit. Juniors and Seniors who have part-time jobs in areas including food service, banking, automotive, construction, computer science, agriculture, nursing assistant or other related careers who are interested in earning high school credit for their employment should see Mrs. DeLong in Student Services for more information about the Youth Apprenticeship program!

## ACT Prep Course Options

Preparing for the ACT can increase test scores to gain entry into the college of your choice and receive scholarships. There are several options that are available each year, which can help students prepare for this test.

1. All Juniors took a FREE practice ACT test on September 19. This retired ACT test was administered, timed and will be scored identically to an actual ACT. ACT will score this test, and provide students with sub scores, a composite score and most importantly an itemized list of correct answers compared to the student answers. Students can use a printout of the exam to see the questions they answered correctly, and identify content they need more review.
2. There are FREE resources located in the Student Services office, such as practice tests, which can be scored and timed by the student. Several FREE resources are also available online at sites such as ACT.org.
3. UW-L's Continuing Education office offers an ACT prep course for \$199. Students will learn test-taking strategies, receive instruction in each of the four testing areas, and take a retired pre- and post-ACT test. Writing strategies to assist you in the essay part of the ACT test will also be provided. Visit <https://www.uwlax.edu/gel/ypc/act-test-prep-online/> for more information.

## Register to Retake the ACT

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

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

- Students go to myACT.org to log into their account, register and pay for the ACT test
- Plan to register at least a month in advance of the test date to avoid late fees!
- Decide if you want to take the writing test. Most schools do NOT require the writing test.
- Give yourself at least 45 minutes to complete the registration
- Decide which 4 colleges/universities you want FREE score reports sent to. It is better and easier to do this now to avoid extra steps later.
- Be prepared to upload a clear headshot photo to the website. Students without a picture are NOT allowed to test!
- Fee waivers are available for students who qualify - see your school counselor if you need one.
- Print your admission ticket, and keep it somewhere safe – you will need it to be admitted to your testing room.

## Still Time to Apply for College

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

## College 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.

## 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



## 10 Ways to Finish the Year Strong

Source: <https://www.collegenanniesandtutors.com/blog/title/10-Ways-to-Finish-the-School-Year-Strong>

Whether you are finishing your first year or your last year of high school, the end of the school year is always the most difficult. Students contract “summer fever” as the end of the year approaches and begin to slack off and lose interest in school work. It is extremely important to finish the school year strong, so we have put together a list of 10 ways to finish the school year strong.

### 1. Set Goals

Setting goals for yourself both personally and academically will help you stay on track. Whether your goal is to get straight A's or pass your AP tests, make your own goals and try your absolute best to achieve them.

### 2. Stay Organized

Staying organized will prevent you from losing or forgetting about assignments. Keep track of your assignments and test dates in a planner or calendar to stay organized and prepared for upcoming final projects and tests.

### 3. Don't put off responsibilities

Slacking and procrastinating are just ways of putting off responsibilities. Putting off school-related responsibilities will leave you scrambling and stressed at the last minute. Do what you need to do when you need to do it, and you will be well on your way to finishing strong!

### 4. Remember what you've worked for

It may help to remind yourself of all the hard work you've put in this year. One bad performance on a final test or project could undo all of your efforts for a certain letter grade.

### 5. Get motivated

It is time to get motivated! Whether you have to bribe yourself with rewards or create penalties for not trying your best, do whatever it takes to stay motivated and beat “summer fever!”

### 6. Take advantage of the nice weather

As the weather begins to get nicer, you don't have to stay cooped up inside studying. Get creative by studying and doing homework outside instead!

### 7. Take a time out

Don't forget about taking time out of your day to regroup and simply have fun! This will help you stay focused. Giving yourself breaks for fun is good for your sanity and attention span.

### 8. Adjust your attitude

What is your attitude right now? Are you feeling down? Can you not wait for school to end? Simply adjusting your attitude to be more positive can make an incredible difference!

### 9. Take care of yourself

Taking care of yourself by eating well, exercising and getting the proper amount of sleep will help you remain focused.

### 10. Focus on the finish line

Visualize your finish line- and your goals- and focus on that. The school year is almost over- you can do it! Start a countdown, and don't worry- the end is near.

If you feel like you need extra help completing the school year, contact your counselor, a teacher or a tutor. Now get back to your schoolwork so you can finish the rest of this school year strong!

# Upcoming Opportunities

## **University of Wisconsin-Madison Badger Precollege Programs, Summer 2024**

Immersive college-prep programs for students completing grades 9-12. See <https://precollege.wisc.edu/> for more information.

Immersive music clinics - Senior Session (completing grades 9-12) from June 23-29, 2024 . Get more information and register at <https://precollege.wisc.edu/smc/>.

Summer Arts Clinic - Choose from areas of study including dance, theater, visual arts and design - June 30-July 6, 2024. Register at <https://precollege.wisc.edu/summer-arts-clinic/>.

## **Beloit College Summer Academy, June 16-29, 2024**

Visit this <https://www.beloit.edu/offices/global-experience/summer-academy/courses/> for more information.

Students in the summer academy take a 2-week deep dive into a rich topic and earn transferable college credit.

## **Stanford Pre-Collegiate Summer Institutes, Summer 2024**

[Informational Flyer](#)

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

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

See <https://brownuniversity.force.com/> for more information.

## **Wisconsin American Legion Law Enforcement Career Academy (WALLECA) - July 29-August 2, 2024 at Fort McCoy WI State Patrol Training Academy**

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

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

## **STEM Summer Camps at South Dakota Mines, Summer 2024**

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

Variety of camps available through June and July 2024.

## **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 at this link: <https://apply-precollege.studentaffairs.cmu.edu/apply/>



# Upcoming Opportunities

## 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.

## West Point Summer Leaders Experience (SLE) - June 2024

Visit website for more information and application: <https://www.westpoint.edu/admissions/summer-program>

One-week program for current Juniors to visit West Point in June

Priority application deadline is March 15, but applications will be accepted until April 15.

## Colleges That Change Lives College Fair - August 13 & 14, 2024 in Minneapolis, MN

Distinctly different liberal arts college fair in Minneapolis. See website for event details and registration: [ctcl.org/info-sessions/](https://ctcl.org/info-sessions/)



**VITERBO** UNIVERSITY

## File the FAFSA!

- File the FAFSA today to be eligible for potential Federal aid
- Send your FAFSA to Viterbo University using our code: 003911
- Explore our Viterbo Tuition Promise program at [www.viterbo.edu/promise](http://www.viterbo.edu/promise)
- 61% of our students receive a Viterbo Need Grant, but you can only be eligible if you file the FAFSA.

File at [www.studentaid.gov](http://www.studentaid.gov)



## Accepted Student Day!



929 Jackson St,  
La Crosse, WI 54601



Saturday, April 6th



8:00am - 2:00pm

Register at:

[www.viterbo.edu/visit](http://www.viterbo.edu/visit)

- Meet future classmates
- Connect with professors and various academic departments
- Connect with current students and learn about clubs and organizations
- Learn about internships, study abroad, and more!
- Optional tours including the residence halls



**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



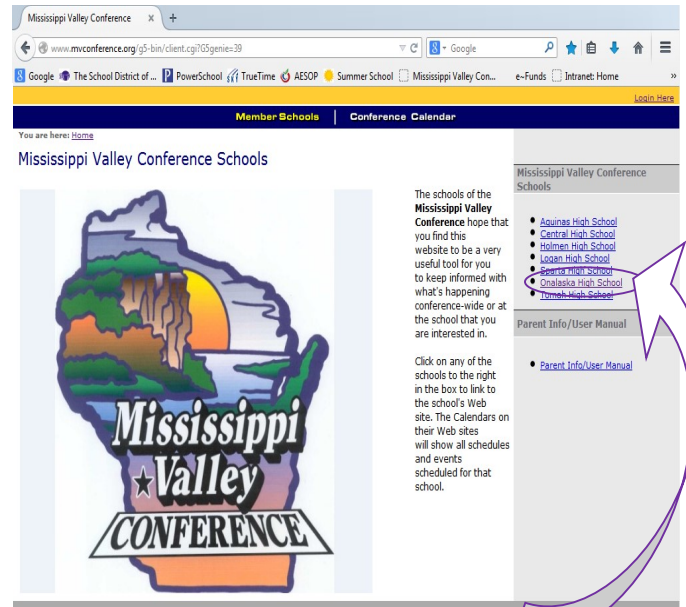
## Calendar of Events

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

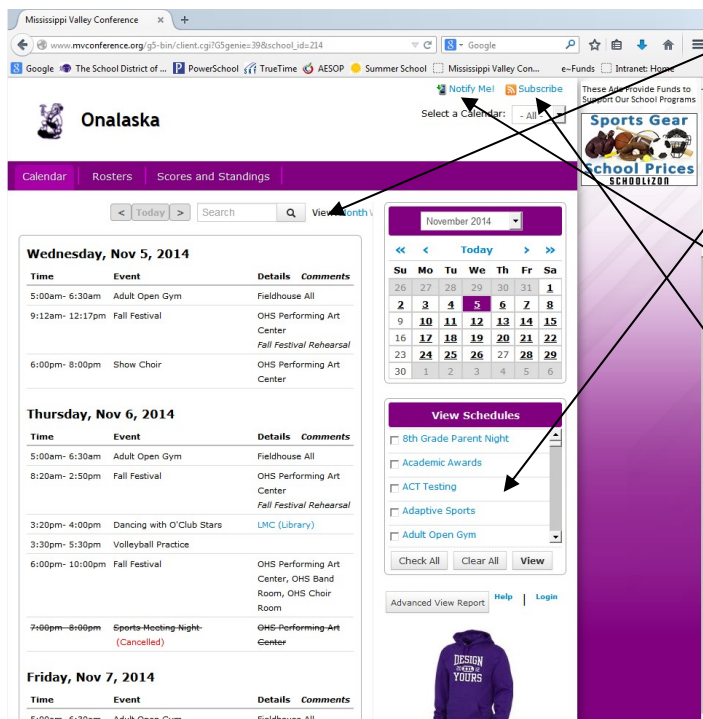
<http://www.mvconference.org/g5-bin/client.cgi?G5genie=39>

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.





## 2023-24 Mississippi Valley Conference Winter 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 Beah  
Michael DeMaira  
Dawson Sjolander  
Ja Koby Tender

### Dance

Keagan Anderson  
Jenna Bakkestuen  
Katelyn Bakkestuen  
Lauren Bakkestuen  
Ella Ballmer  
Kyla Betz  
Lillian Ekern  
Cailyn Holter  
Megan Komperud  
Zoe Moeller  
Breckyn Remis  
Emily Runyan  
Leah Thies  
Sadie Vannieuwenhoven

### Gymnastics

Zoie Loeffelholz  
Olivia Peterson

### Boys Swim

Zsombor Nagy

### Girls Basketball

Khloe Burnstad  
Raelyn Cowley  
Sidney Fillbach  
Jenna Gansen  
Mara Klein  
Natalie Merso  
Claire Pedretti  
Lauren Pica  
Anna Skemp  
Rickie Tillotson  
Maggie Vannieuwenhoven  
Finley Walters  
Tatum Walters  
Mya Yang

### Boys Basketball

Evan Anderson  
Brendan Chenault  
Noah Chenault  
Tyson Hughes  
Ian Kowal  
Brodie Mickschl  
Tristan Molling  
Isaac Skemp  
Adam Skifton  
Pierce Sommerfield

### Boys Hockey

Dane Adams  
Grayson Andel  
Thomas Bryant  
Trenton Dus  
Jackson Egan  
Sawyer Meyer  
Managers  
Alexa Larson  
Gianna Sanchez

### Ski and Snowboard

Matthew Arsenault  
William Bakkestuen  
Bodie Callaway  
Kendall Carlson  
Mary-Catherine Clatworthy  
Lydia Hartman  
Eliana Mascotti  
Jacob Mydy

### Wrestling

Carter Beeler  
Charles Burrows  
Jackson Hughes  
Brady Kuhn  
Lukas Todd  
Maximus Todd





## State Gymnastics



Congratulations to the OHS gymnastics team for finishing 7<sup>th</sup> place in their state competition.



Congratulations to senior Kirsten Waldner for qualifying for individual competition on vault, bars, beam and floor.





## *State Wrestling*



Congratulations to Jackson Hughes for earning 6<sup>th</sup> place at state wrestling in the 165 division.



## *ASL MVC Champs*



Congratulations to the OHS Adaptive Sports League Floor Hockey Champions. The 2024 team finishes a perfect undefeated season with their 5<sup>th</sup> straight conference Championship.





## Onalaska High School Menu March 2024

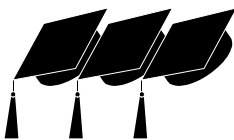
Monday	Tuesday	Wednesday	Thursday	Friday
THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER	<b>The menu is subject to change without notice.</b>		<b>Meatless offerings available daily:</b> Egg Salad Sandwich Tuna Sandwich Uncrustable PB&J Garden Bar with a cupped protein choice of hard cooked egg, cheese, tuna salad or egg salad.	Line 1) WG Popcorn Chicken with WG Dinner Roll Line 2) Meatballs with WG Dinner Roll Line 3) WG Popcorn Chicken with WG Dinner Roll Additional Meatless offering: Uncrustable PB & J Egg Salad or Tuna Salad Sandwich All lines: Mashed Potatoes/Gravy and Garden Bar Breakfast: WG Cheese Quesadilla with Salsa, fruit, juice, milk
Line 1) WG Pizza Choices Line 2) Deli sandwich on a WG Hoagie Line 3) Chicken Fajitas on a WG Soft Shell All Lines: Baked Beans and Garden Bar  Breakfast: WG Breakfast Pizza, fruit, juice, milk	Line 1) WG Orange Chicken / Brown Rice Line 2) Meatball sub with Mozzarella on a WG Hoagie Line 3) WG Orange Chicken/ Brown Rice All Lines: Stir fry Veggies and Garden Bar  Breakfast: WG Breakfast Sandwich on a WG Biscuit, fruit, juice, milk	Line 1) Walking tacos with WG Chips Line 2) WG Uncrustable PB&J / Sun Chips Line 3) BBQ Rib sandwich / WG Hoagie Bun All lines: Whole Kernel Corn and Garden Bar  Breakfast: WG Muffin, 2 Sausage links, Tater Tots, fruit, juice, milk	Line 1) WG French bread pizza with soup Line 2) Chicken Patty on WG bun Line 3) Walking taco with WG chips All Lines: Carrot Coins and Garden Bar  Breakfast: WG Cheese Quesadilla with Salsa, fruit, juice, milk	Line 1) WG pasta bowl/breadstick Meatless choice = Pasta with sauce choices and Cheese Line 2) Cheeseburger or Mushroom / Swiss on a WG Bun Line 3) WG pasta bowl with breadstick All Lines: Green peas and Garden Bar Breakfast: WG Ultimate Breakfast Round, Yogurt Cup, fruit, juice, milk
No School	Line 1) WG Orange Chicken with Brown rice Line 2) Cheeseburger or Mushroom / Swiss on a WG Bun Line 3) WG Orange Chicken with Brown rice All lines: Stir fry veggies and Garden Bar Breakfast: WG Cracker, Cheese Omelet, Tri- Tater, fruit, juice, milk	<b>Farm to School Harvest of the Month</b> Line 1) Kickin Chicken/WG Bun Line 2) Meatball sub with Mozzarella /WG Hoagie Line 3) WG Pizza choices All lines: Baked Sweet Potatoes /Garden Bar Breakfast: WG Cheese Quesadilla with Salsa, fruit, juice, milk	Line 1) WG French Toast Sticks with 2 sausages Line 2) Kielbasa with WG Potato Pierogies Line 3) Mexican rice bowl with WG Chips All lines: Tater tots and Garden Bar  Breakfast: WG Chicken Breakfast Slider, fruit, juice, milk	Line 1) WG Chicken strips with WG Dinner Roll Line 2) Meatballs with WG dinner roll Line 3) WG Chicken strips with WG dinner roll All lines: Mashed potatoes/gravy and Garden Bar Additional Lenten offering: Crispy Fish sandwich with cheese on a WG Bun Breakfast: WG Uncrustable PB & J, fruit, juice, milk
Line 1) WG Chicken and Waffles Line 2) Cheeseburger or Mushroom / Swiss on a WG Bun Line 3) WG Chicken Patty on WG Bun All Lines: Green Beans and Garden Bar  Breakfast: WG Mini Bagels with Cream Cheese, fruit, juice, milk	Line 1) WG Orange Chicken with Brown rice Line 2) WG Softshell taco Line 3) WG Orange Chicken with Brown rice All lines: Stir Fry veggies and Garden Bar  Breakfast: WG Breakfast Sandwich on a WG Biscuit, fruit, juice, milk	Line 1) Chicken Panini on a WG Bun Line 2) WG Spaghetti with Meatballs or Plain Sauce and Cheese/ WG Garlic Knot Line 3) Locally raised Salmon with Brown Rice All Lines: Green Peas and Garden Bar Breakfast: WG Uncrustable PB & J, fruit, juice, milk	Line 1) Bratwurst on WG Bun Line 2) BBQ Pulled pork on WG Hoagie Line 3) Bone in chicken wings with WG Dinner Roll All lines: Baked Beans / Garden Bar  Breakfast: WG Chicken Breakfast Slider, fruit, juice, milk	Line 1) WG Pasta bowl with WG Garlic Knot Meatless choice = Pasta with sauce choices and Cheese Line 2) WG Garlic French Bread Pizza with Tomato Soup Line 3) WG Pasta bowl with WG Garlic Knot All Lines: Broccoli and Garden Bar Breakfast: WG Breakfast Pizza, fruit, juice, milk
Line 1) Chicken Ranch WG Wrap Line 2) WG Crispy Fish Sandwich with Cheese on a WG Hoagie Bun Line 3) WG Pizza choices All lines: Green Beans and Garden Bar Breakfast: WG Breakfast Pizza, fruit, juice, milk	Line 1) WG Orange Chicken with Brown rice Line 2) BBQ Rib sandwich on a WG Bun Line 3) WG Orange Chicken with Brown rice All lines: Stir Fry Veggies/ Garden Bar Breakfast: WG Uncrustable PB & J, fruit, juice, milk	No School	No School	No School

Onalaska High School  
700 Wilson Street  
Onalaska, WI 54650

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



An Equal Opportunity Employer



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

**CONTACT**

School phone #        608-783-4561  
Student Services #    608-73-  
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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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