



FREDDY'S FOOTNOTES



A Newsletter from Onalaska High School

April 2024

Highlights

Important Dates

Dancing with the O'Club StarsApril 12
OHS Job FairApril 17
PromApril 27

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ONALASKA HIGH SCHOOL PRESENTS

Tickets
Student: \$6
Adults \$11



**DANCING
WITH THE
O'Club Stars**

**SAVE
the
DATE**

2024

**12
April**

**Onalaska High
School PAC**

7:00 PM

Important Dates

Dancing with the O'Club Stars	Friday, April 12 --- 7:00 PM in the PAC
OHS Job Fair.....	Wednesday, April 17 --- 2:00 – 4:00 PM
U of MN and UW-Eau Claire Field Trip for those who sign up	Tuesday, April 23
Build My Future – Careers in construction event at the Omni Center	Wednesday, April 24
Prom.....	Saturday, April 27 --- 8:00 PM – 10:30 PM – Omni Center Rink 2
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
Last Day of School.....	Wednesday May 22 --- 11:50 AM
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 15th Ave N, Onalaska
608-317-0275

vickyshanley@outlook.com

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

If you are interested in following what is happening in the School District of Onalaska, check us out on Facebook.

School District of Onalaska. WI Facebook Page



ONAbility

School District of Onalaska Beyond 18 Transition Program



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

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>



Prom Ticket Sales will be through GoFan. Use the QR code.

Access Code (student ID) is needed to purchase a ticket.

Guests from another school or grades 9 & 10 will require a guest access code from Mr. Thiry, Athletic Director, with the acceptance of a guest dance form.



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

Who:	Students entering grades 9 – 12
How:	Online
When:	Registration begins April 12 at 6:00pm
Contact:	Jennifer Morrison, Summer School Secretary at morje2@onalaskaschools.com or 608-783-4571 x5029 Charlie Ihle, Summer School Coordinator at ihlch@onalaskaschools.com or 608-783-4561 x5003

Limited supply of Yearbooks

Dear Parents,

We have a limited number of surplus yearbooks for this school year 2024. Please do not call the school to verify a yearbook order. Instead, please call Jostens at 1-877-767-5217 for assistance.

Surplus copies may be purchased by calling 1-877-767-5217 or online by clicking this link:

(<http://jostensyearbooks.com?ref=A09377900>). Copies are now available on a first come first serve basis.

Once sold out, the online offer will automatically turn off and there will be no yearbooks left. Thanks for your immediate attention to this yearbook surplus notice.



First Annual
COULEE REGION REVIEW
ONALASKA, WI

Featuring

**University of Wisconsin - La Crosse Winter Guard •
Onalaska Winter Guard • Onalaska Winter Drumline**

Onalaska High School

Friday, April 5th

6:00 - 7:30 PM

Doors open at 5:30 PM

Admission

General - \$5

K-12 Students - Free



ONALASKA
PERCUSSION



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*





OHS Mentors help out for the Irving Pertzsch March Madness Mascot Challenge



Our OHS students that are assigned to Irving Pertzsch for their mentorships were the mascots for IP's March Madness Mascot Challenge for their PBIS program. **Hailee Thiel, Gwen Marso, Hailey Kapelke, Michael McMahon, Justin VanDyken, James Siegel, Elijah LeFebre, and an unnamed 5th grader** led an assembly at IP elementary....and Officer Blair helped out during the "hungry mascot" game. All of these students spend part of their day at IP in mentorship roles. What a wonderful impact our students are having at elementary schools and middle school in our district through mentorship opportunities.

Choir and Orchestra New York Trip



OHS Choir and



OHS Orchestra

Returned from an amazing trip to New York City.



Junior Achievement Titan Business Challenge

Onalaska High School had five teams compete at the Junior Achievement Titan Competition at Western Technical College.

The Junior Achievement Titan Business Challenge brings business economics to life as teams compete to navigate running a simulated company. Their company's success depends on decisions about production, pricing, marketing, research and development, and corporate social responsibility. The competition introduces economic and management decision-making skills using critical thinking, strategy development, and teamwork.

Emma Hayes and Tatum Walters' team took 1st place out of the 40 teams, and each won a \$1,000 college scholarship.

We also had teams place 4th and 5th out of the 40 total teams as well. Isaac Yang, Lewis Go, and Seth Kowalski's team finished 4th, and Adam Skifton, Evan Anderson, and Kaden Kokaisel's team finished 5th.

Congratulations to all who participated.



April 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:

Moirra Dowd

Nominees:

Taliya Mayne
Alexa Popowich
Kaeson Stettler
Elizabeth Witcik

Sophomore Class

Student of the Month:

Lauren Mavrantonis

Nominees:

Vitaliano Figueroa
Maurice Holeyfield
Jessica Mahlum
Stevanna Towle
Pa Chee Vue

Junior Class

Student of the Month:

Kaylee Fry

Nominees:

Ava Fletty
Nolan Sullivan

Senior Class

Student of the Month:

Anna Skemp

Nominees:

Gus Jiorle
Seth Kowalski
Clarissa Shaw
Marlee Walleen
Senxai Xiong



Moirra Dowd
Freshman



Lauren Mavrantonis
Sophomore



Kaylee Fry
Junior



Anna Skemp
Senior

Freddy Extra Effort Award ...

April



Mason Biesinger
Freshman



Autumn Heiman
Sophomore



Sonja Schoenecker
Junior



Noah Hronis
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

APRIL 2024 • AVRIL 2024 • ABRIL 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

mumva@onalaskaschools.com



Mrs. Victoria Carter

carvi@onalaskaschools.com



Mr. Andy Beckstrom

becan@onalaskaschools.com



Mrs. Jennifer Garves

garje@onalaskaschools.com



FACT CHECK



MYTH: Learning a language is the same as when I learned it in high school.

REALITY: New methods of teaching a language have changed the way educators approach language acquisition and proficiency. What used to work for memorized sentences no longer applies in a world where two-way spontaneous communication is stressed. Additionally, technology has changed our relationship with language acquisition by students more easily accessing authentic materials from the target culture on their own personal device.

French & Spanish Clubs

The Onalaska High School World Language Department provides students two after school opportunities to expand their knowledge of French/Spanish culture and language. The French Club and Spanish Club are open to any student at Onalaska High School and meets twice a month. Each club has student leaders who plan and facilitate the club meetings. Every year, the clubs put together a club t-shirt, participate in fundraisers to support club activities, and do many combined activities. This year, the clubs came together to walk in the homecoming parade. They will also sponsor "Treatsgiving," an after-school activity where students bring a traditional or family dessert to share with others. Additionally, they host French versus Spanish student's soccer tournament in the spring. Currently French holds the trophy. In winter, the groups work together to host a warming center drive where students bring in hand warmers, gloves, hats and/or socks. Not only do the clubs focus on students using their language skills outside of the classroom, but students also have a chance to give back to their community. Any student interested in joining the French and/or Spanish Clubs are encouraged to see their world language teacher.



ONALASKA HIGH SCHOOL
World Language Department



La Société Honoraire de Français
French Club / French National Honor Society

La Sociedad Honoraria Hispánica
Spanish Club / Spanish National Honor Society

French Students - Trip to France



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
<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

Serves students with last names beginning with A – Hr

Chrissy DeLong - Ext. 5030

delch@onalaskaschools.com

Serves students with last names beginning with Hs – Ra

John Horman - Ext. 5031

horjo@onalaskaschools.com

Serves students with last names beginning with Rb– Z

Administrative Assistants

Melissa de Boer– debme@onalaskaschools.com

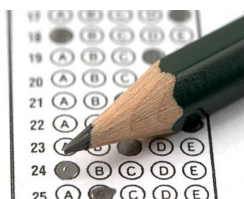
Jennifer Morrison – morje2@onalaskaschools.com

CHECK OUT OUR WEBSITE...

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



ACT[®]



Upcoming ACT Dates and Deadlines

Test Date	Register By	Late Registration (Additional Fee)
April 13, 2024	March 8	April 5
June 8, 2024	May 8	May 31
July 13, 2024	June 7	July 5



**LAST DAY
OF
School**

2023 - 2024

**May
22**

Important Dates

April 9	9th & 10th Grade Pre-ACT Exam
April 10	Coulee Region Healthcare Field Trip
April 17	OHS Job Fair 2-4pm (open to public from 3-4pm)
April 23	U of MN and UW - Eau Claire Field Trip (sign up in Student Services)
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	Senior Scholarship Night - you will receive an invitation to this event if you are being recognized
May 15	Graduation Practice 9:00 am in the Fieldhouse
May 18	Graduation for the Class of 2024 - 1:00 pm in the OHS Fieldhouse
May 22	Last Day of School/Early Dismissal 11:50 am

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>

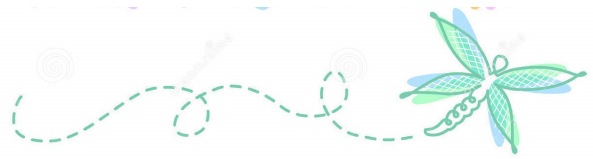
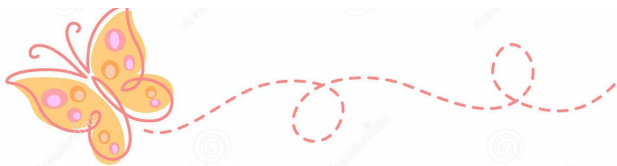
Juniors Classes of 2025 – It's Time to Schedule Campus Visits:

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

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/>.



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, April 9, 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.

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.

WORK PERMITS ARE DONE ON-LINE ONLY

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.

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**GET**CONNECTED

UNITED IN *Service*

UNIVERSITY of WISCONSIN
LA CROSSE



VITERBO
UNIVERSITY

Western
Technical College

United
Way



UGET**CONNECTED!** - 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

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 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.

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
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 Pre ACT	April 9

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.

Brown University Pre-College Program, Summer 2024

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

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/>

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/

Upcoming Opportunities

National Student Leadership Conferences

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

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

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.

**VITERBO UNIVERSITY**

JUNIOR VISIT DAY!



929 Jackson St,
La Crosse, WI 54601



Friday, May 3rd



8:45am - 1:00pm

- All grade levels welcome
- Tour campus
- Meet with current students
- Meet with faculty
- Free lunch
- Courtyard Carnival
- Free Viterbo merch!

Register at:

www.viterbo.edu/visit

VISIT CAMPUS ANYTIME!

You can visit Viterbo University at a time that works best for you! Tours are offered daily throughout the week and are created based on your individual schedule. You can go on tour, meet with an admissions counselor, sit in on a class, eat in the Caf, and so much more!

Sign up today at www.viterbo.edu/visit

**VITERBO UNIVERSITY**

Seniors: It's not too late to apply to Viterbo!

**Free
application**

**Test
optional**

**Find out status
in 1-2 weeks**

Apply at www.viterbo.edu/apply



A Week of Wellness for Parents/Caregivers and their children.

Use this wellness calendar daily to incorporate different activities into your everyday.
you can tailor these activities to fit the needs of your students

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Reflect with your child about someone who has impacted both of your lives for the better. It could be a friend, family member, teacher or coworker.</p> <p>Together with your child write that person a thank-you note. If they're not sure what to say, use the following prompts:</p> <p>What are some of the qualities that made them wonderful?</p> <p>Why are you grateful for them?</p>	<p>Sometimes we get distracted by other people's lives; social media and other methods of influence can lead us to spend a significant amount of time wishing for bigger and better.</p> <p>Ask your child the following questions to have a meaningful conversation.</p> <p>What do you crave/ feel distracted by the most about other people's lives?</p> <p>What about yourself do you love/ appreciate the most?</p>	<p>Gratitude is not just something you say. It can also be something you experience with each of your senses.</p> <p>Take a nature walk with your child and reflect on the day by answering the following prompts:</p> <p>Name someone you enjoyed talking to recently.</p> <p>Name something you touched that felt good.</p> <p>Name something you saw that was beautiful.</p> <p>Name something that you heard that inspired you.</p> <p>Name something that you ate that tasted amazing.</p>	<p>Use one of the NAMI mental health playlists to do activities like cooking, doing homework or taking a shower.</p> <p>Encourage your child to dance, move and take small actions to inspire and encourage them to care for their mental health.</p>	<p>Flashback Friday: share a moment in your life where you were experiencing increased anxiety, stress or sadness.</p> <p>Share advice / words of encouragement you would give your younger self with your child and invite them to share reflections from the week and advice they would give to their younger selves.</p>





EXPECTATIONS OF ONALASKA STUDENT ATHLETES

1. YOU ARE TOUGH
2. NO DRAMA...PERIOD
3. COMMITTED TO THE TASK
Find a Way, Take Care of your People
4. ABOVE THE LINE DECISION
MAKING 24-7-365
5. DO NOT BE A FENCE RIDER
Decide and Move on



Onalaska Hilltopper Athletic Booster Club

Page · Community · onaboosters · 782 like this

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

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

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

Check Out The Onalaska Booster club website -

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

Check it out - onalaskahilltoppers.net

*Sport schedules - continuously updated

*Link to join the Booster Club

*Link to become a sponsor

*Link to sign up your athlete for the upcoming season

Click the link to sign up now to get text updates for schedules & upcoming events:

<https://alerts.getvnn.com/>

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

Students registering for athletics

must have a **current physical examination**

on file in the athletic office **before the student is**

authorized to participate in practice/tryouts. If your

students' physical is outdated and you are struggling

to make an appointment with your regular

physician other options include:

Bronston Chiropractic - 1202 CTH PH Suite 100 -

Onalaska 608-781-2225

OR Neighborhood Family Clinics -

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

Onalaska - N5560 CTH ZM - 608-779-5323



ONALASKA HIGH SCHOOL ATHLETIC USER FEES

\$45.00 – (\$6.75)

Cross Country
Swimming
Tennis
Track & Field

\$100.00 – (\$15.00)

Dance
Golf
Gymnastics

\$75.00 – (\$11.25)

Baseball
Basketball
Football
Ski & Snowboard
Soccer
Softball
Volleyball
Wrestling

\$200.00 – (\$30.00)

Winter Guard

\$250.00 – (\$37.50)

Hockey



*Students whose families submit the proper federal forms and qualify for free or reduced lunch under existing federal guidelines will have the option to have athletic fees waived/reduced.

*Families with students in multiple athletic programs will be responsible for a maximum family fee of \$350.00 per year.

*Participation fees are to be paid prior to the first competition.

*Refunds of athletic user fees will be considered if a student/athlete voluntarily terminates or is terminated from an athletic activity prior to the third competition in that sport.

*All school owned athletic equipment **MUST** be returned before any refunds will be considered. All school owned athletic equipment must be returned at the end of the season or cost of equipment will be added to the student's school account.

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

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



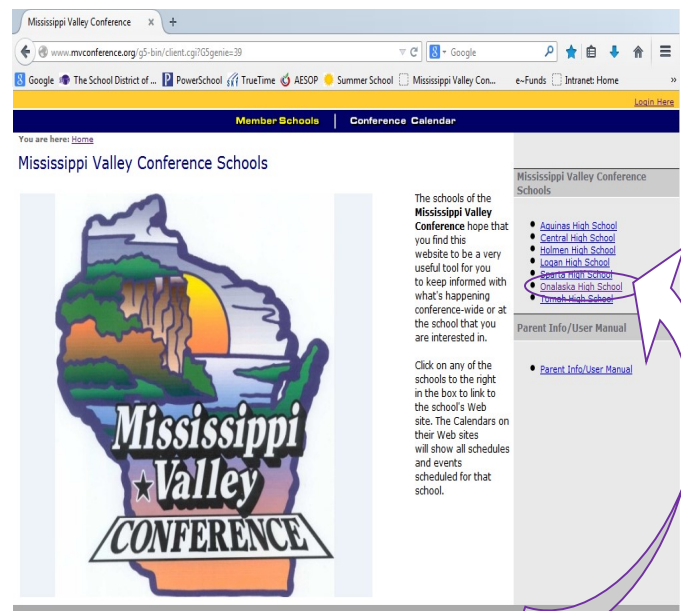
Calendar of Events

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

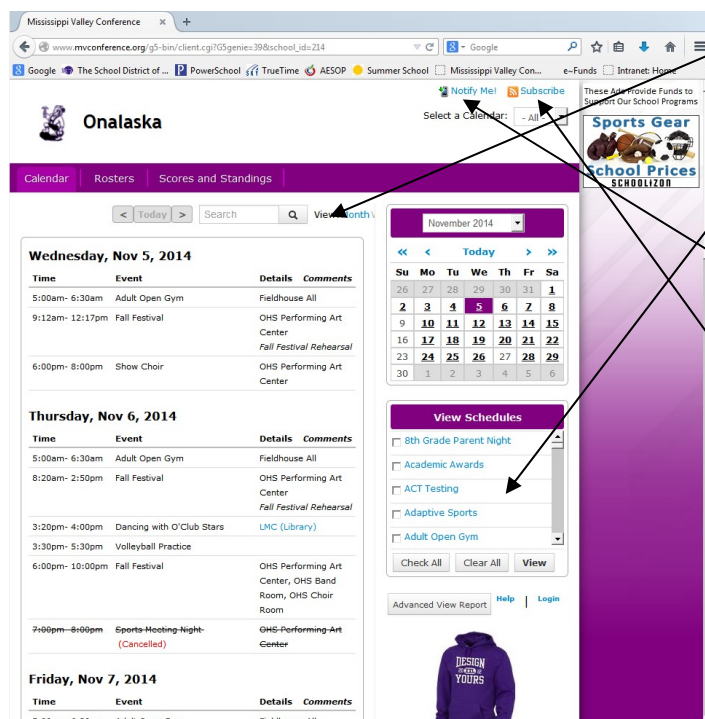
<http://www.mvconference.org/g5-bin/client.cgi?G5genie=39>

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

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



Select Onalaska High School



View the calendar by day, week, or month.

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

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

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

SUBSCRIBE TO ALL OF TODAY'S EVENTS

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

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

CALENDARS



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



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



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

RSS READERS



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



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



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

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



Win in the Dark Book Study



The OHS football team started their five-week book study of the book 'Win in the Dark'. The book study focuses on leadership and character development as they look to grow their team outside the field of play and into becoming the next leaders of our community.

Thank you to many members of our community who were generous enough to donate 65 books to make this happen.

Rotary Youth Exchange Host Families Needed for 2024/25

What makes a great host family?

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

Required to host a Rotary Exchange Student:

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

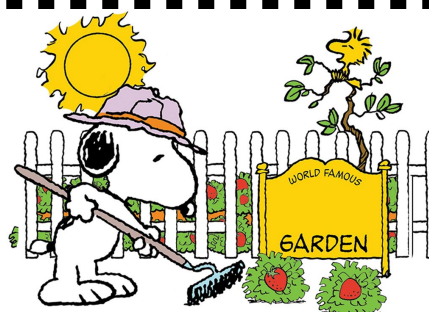
What do you & your family gain?

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



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

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



Onalaska High School Menu April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 Line 1) Line 1) W/G Pizza Choices Line 2) Cheeseburger on W/G bun Line 3) Chicken ranch W/ Wrap All Lines: French Fries / Garden bar Breakfast: WG Cheese Quesadilla/Salas, fruit, juice, milk	3 Line 1) Chicken Fajitas on a WG shell Line 2) Pizza Pasta Bake with WG pasta Line 3) Chicken Paninina a WG Bun All Lines: Corn and Garden bar Breakfast: WG Chicken Breakfast slider with cheese, on a WG Biscuit, fruit, juice, milk	4 Line 1) WG Chicken Strips Line 2) Meatballs/ Gravy Line 3) WG Chicken Strips All lines: WG Dinner Roll, Mashed potatoes, and gravy / Garden Bar Breakfast: WG Mini Bagel with Cream Cheese, fruit, juice, milk	5 Line 1) Turkey and Gravy over WG Biscuit Line 2) Deli Sandwich on a WG Hoagie Line 3) WG Pizza Dippers and Soup All lines: Peas and Garden Bar Breakfast: French Toast and Sausage, fruit, juice, milk
8 Line 1) Soft shell tacos on w/g shell Line 2) Spicy chicken sandwich on w/g bun Line 3) Meatball sub on w/g bun All Lines: Whole Kernel Corn and Garden bar Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk	9 Line 1) W/G Orange Chicken/Brown Rice Line 2) BBQ Rib sandwich / WG Bun Line 3) W/G Orange Chicken/Brown Rice All Lines: Stir Fry veggies and Garden Bar Breakfast: WG Muffin, Tater Tots, fruit, juice, milk	10 Line 2) Crispy Fish sandwich with Cheese /WG Bun Line 3) WG Mini corn dogs All lines: Oven Fries and Garden Bar Breakfast: WG Mini Bagels with Cream Cheese, fruit, juice, milk	11 Line 1) Mexican rice bowl Line 2) 2 WG Uncrustable PB&J's with WG Sun Chips Line 3) Cheese Omelet, Sausage, and WG Muffin All Lines: Green Beans and Garden Bar Breakfast: Ultimate Breakfast Round, Strawberry Go-gurt, fruit, juice, milk	12 Line 1) WG Chicken patty WG Bun Line 2) Bakalar Hot Dog on a WG Bun Line 3) WG Chicken Tenders and a WG Cracker All Lines: Slushie cup, Garden bar Breakfast: Breakfast Pizza, fruit, juice, milk
15 Line 1) Cheeseburger on WG bun Line 2) W/G Pizza Choices Line 3) Chicken Fajitas on a WG Shell All line: Oven Fries and Garden Bar Breakfast: Uncrustable PB&J sandwich, fruit, juice, milk	16 Line 1) WG Spaghetti and Plain Sauce with Cheese Line 2) WG Cheese Bread with Soup Line 3) Chicken Ranch Wrap / WG Shell All lines: Green Beans and Garden Bar Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk	17 Line 1) BBQ Rib Patty on WG bun Line 2) Bone-in WG Chicken Wings with WG Dinner Roll Line 3) Kielbasa /WG Dinner Roll All lines: Au gratin potatoes and Garden Bar Breakfast: Breakfast Pliza, fruit, juice, milk	18 Line 1) Walking tacos with WG Chips Line 2) Bratwurst Line 3) Spicy chicken patty on WG Bun All lines: Baked beans and Garden Bar Breakfast: WG Chicken Breakfast slider with cheese, on a WG Biscuit, fruit, juice, milk	19 No School
22 Line 1) WG Chicken and vegetable dumplings Line 2) Mexican rice bowl Line 3) WG Grilled cheese sandwich/ Soup All Lines: Carrot Coins/ Garden bar Breakfast: WG Breakfast Pizza, fruit, juice, milk	23 Line 1) W/G Orange Chicken/Brown Rice Line 2) Cheeseburger on WG Bun Line 3) W/G Orange Chicken/Brown Rice All lines: Stir fry veggies /Garden Bar Breakfast: WG Breakfast Sandwich on a WG Biscuit, fruit, juice, milk	24 Line 1) Chicken Patty on WG Bun Line 2) Cheese omelet, sausage, and WG Muffin Line 3) Chicken Panini All Lines: Tater Tots and Garden Bar Breakfast: WG Muffin, Tater Tots, fruit, juice, milk	25 Line 1) WG Pasta Bowl with Chicken, WG Garlic Knot Breadstick Line 2) Hot Ham and Cheese on a WG Bun Line 3)) WG Pasta Bowl with Beef or Chicken, WG Garlic Knot Breadstick All lines: Peas and Garden Bar Breakfast: WG Cheese Quesadilla with Salsa, fruit, juice, milk	26 Line 1) WG Popcorn Chicken Bowl with and Mashed Potatoes/Gravy Line 2) 2 WG Uncrustable PB&J's with WG Sun Chips Line 3) Same as Line 1 All Lines: Corn and Garden Bar Breakfast: WG Ultimate Breakfast Round, Yogurt Cup, fruit, juice, milk
29 Line 1) Chicken Fajitas on a WG Shell Line 2) 2 WG Uncrustable PB&J's with WG Sun Chips Line 3) Taco on a WG Soft shell All lines: Green Beans /Garden Bar Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk	30 Line 1) WG Chicken Ranch wrap on a WG Shell Line 2) Deli sandwich on a WG Hoagie Line 3) Cheeseburger on a WG Bun All lines: Tator Tots and Garden Bar Breakfast: Uncrustable PB&J Sandwich, fruit, juice, milk			The menu is subject to change without notice. THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

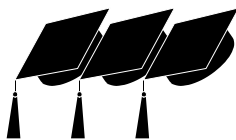
Allergy Notice: Menu items may contain tree nuts, peanuts/nut products, wheat, fish, eggs, soy and various legumes. Students with allergies should contact the School Nurse or School Nutrition Director prior to eating any food served in the cafeteria.

Onalaska High School
700 Wilson Street
Onalaska, WI 54650

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



An Equal Opportunity Employer



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

CONTACT

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

Jared Schaffner Principal
schja2@onalaskaschools.com

Charlie Ihle Assoc. Principal
ihlch@onalaskaschools.com

Jason Thiry Activities Dir.
thija@onalaskaschools.com

LeAnn Dirks Admin. Assistant
dirle@onalaskaschools.com

Kim Weber Attendance
ohsoffice@onalaskaschools.com

Web: www.onalaskaschools.com

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

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