



FREDDY'S FOOTNOTES



A Newsletter from Onalaska High School

May 2024

Highlights

Important Dates

AP Testing.....	May 6 – 17
Band and Orchestra Concert.....	May 6
Senior Awards, walk, last day.....	May 10
Seussical the Musical.....	May 10 & 11
Senior Scholarship.....	May 15
Graduation.....	May 18
Last day of School.....	May 22

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2024 Prom Court



Back Row: John Gobel, Cameron Cornett, Noah Chenault,
Matt Tillman, Sam Hagen

Front Row: Tatum Walters, Maggie Vannieuwenhoven, Ellie Mascotti,
Kylene McNeese, Arlo White, Leah Thies, Levan Miller

**Congratulations to
Prom Royalty,
Kylene McNeese
and
Arlo White**





Graduation 2024



Senior Night..... Thursday, May 9 --- 7:00 – 9:00 PM in the Commons and Fieldhouse
 Seniors' last day of classes May 10, 2024
 Senior Breakfast..... Friday, May 10 --- 7:15 - 7:45 AM in the Fieldhouse
 Senior Assembly Friday, May 10 --- 9:00 AM in the Fieldhouse
Parents are invited to attend this assembly – Special recognition, military enlists and department awards
 Senior Walk Friday, May 10 --- 2:20 PM
 Graduation practice Wednesday, May 15 --- 9:00 AM --- Chuck Deeth Fieldhouse
*Graduation practice is **required** of all graduating seniors*
 Senior Scholarship Awards..... Wednesday, May 15 --- 7:00 PM in the PAC
Students will receive notice to attend if they are receiving a scholarship
 Class of 2024 Graduation..... 1:00 PM, Chuck Deeth Fieldhouse, Saturday, May 18, 2024
Seniors in hallway by 12:30 PM to line up

Graduation Information

1. There will be special seating for senior citizens and people with disabilities on the main floor.
2. Doors will open at 12:00 p.m. and tickets are NOT needed.
3. Empire Photography is on stage to take pictures of all graduates as they receive their diplomas. The proofs will be sent to your email so you have the option of purchasing them if you wish.
4. This is a formal occasion. Students should dress appropriately and have their gowns ironed. Corsages, pins, etc. are not to be worn on the outside of the cap or gown.
5. Graduates will receive their diploma covers during the ceremony and will pick up their actual diplomas in the Commons immediately following graduation. Students may not participate in the ceremony if they have outstanding fees or fines.
6. Seniors participating in the graduation ceremony must have all graduation requirements met by 3:00 PM on Friday, May 10.

Senior Night

There will be a Senior Night get together on Thursday, May 9 from 7:00 - 9:00 PM in the OHS Commons and Fieldhouse. An evening of fun has been planned for the class of 2024. If you leave, you cannot return.



Dear Parents:

Please remind your senior that attending the graduation ceremony is a **privilege**, one that could be lost up to and including the day of graduation. Please stress the dignity of this special event.

Thank you! *Jared Schaffner, Charlie Ihle and Jason Thiry*



Graduation

Senior Activities-



Thursday, May 9

Senior Night - 7:00 - 9:00 p.m.

Onalaska High School Commons and Fieldhouse

This is a fun night where seniors have one last social event all together.

If a senior chooses to leave, they will not be allowed back into Senior Night.

Friday, May 10

Senior Breakfast - 7:15 – 7:45 a.m.

Onalaska High School Fieldhouse

Parent supplied breakfast served in the south gym prior to school.

Friday, May 10

Senior Assembly - 9:00 a.m. Fieldhouse

Recognition for the following students will take place:

Senior Department Awards, recognition of those entering the military and the traditional passing of the flag.

Parents are invited to attend this assembly. Bleacher seating will be available.

Friday, May 10

Senior Walk - 2:20 p.m.

Wednesday, May 15

Mandatory Graduation Practice - 9:00 a.m. in Fieldhouse

Wednesday, May 15

Senior Scholarship Night - 7:00 Performing Art Center

Seniors will be recognized for scholarship awards. Seniors who will be recognized at this event will receive an invitation.

Senior Scholarship Night

Students earning scholarships will be notified of the recognition.

Please understand that everyone is invited to attend this event. However, we will be sending invitations to the students who will be recognized at the event. It is important to understand that we cannot control community organizations that contact us with scholarship information. Your son/daughter could be notified anytime up until May 15 that he or she will be recognized.

Students who have earned scholarships will be asked to sit on stage in the Performing Arts Center. Please dress appropriately for this recognition event.

If you have any questions or concerns, please contact Bridgett Hubbard,

Scholarship Coordinator and Senior Class Advisor,

hubbr@onalaskaschools.com or 608-783-4561



Senior Scholarships and Military Acknowledgement for Senior Awards Night

Seniors - If you have received scholarships from outside organizations or schools that OHS is unaware of, or if you plan to go into the military immediately upon graduation and wish to be recognized for these at the Senior Award Programs, please provide Mrs. Hubbard written proof by May 3rd.

Important Dates

AP Testing	May 6 – 17
Orchestra Spring Concert and Senior Salute, plus reception	Monday, May 6 --- 6:30 in the PAC
Band Spring Concert.....	Monday, May 6 --- 7:30 in the PAC
Seniors last day of classes, Senior Awards, Senior Walk.....	Friday, May 10
Seussical the Musical.....	Friday, May 10 and Saturday, May 11 --- 7:30 PM in the PAC
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



NO BALLOONS AT GRADUATION!

Due to latex allergies, OHS is not allowed to accept or have latex balloons in school. The exposure to the balloons could cause serious or potentially life-threatening allergic reactions. Please refrain from bringing balloons to the graduation for this reason. Anyone bringing balloons will be asked to return them to their car. You are more than welcome to give them to the graduate after the program, outside. Sorry for any inconvenience this may cause.

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 collaborate 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>



**BROADWAY
MUSICAL
CONCERT**

**May 10 & 11, 2024
7:30 PM OHS PAC**



**Vox Nova
Bel Canto
Bella Voce
Concert Choir**

**Ticket prices: \$5.00 per
person/\$20.00 max per family
(immediate only)**

Doors open at 7:00 p.m.

CIEE Looking for Host Families for International Students



Study abroad and intercultural exchange organization, CIEE, is currently looking for volunteer host families for several high school exchange students coming to Western Wisconsin for the 24-25 school year. Their students will attend the high school closest to their host family, and can take school transportation or carpool. Students speak very good English and have their own medical insurance and spending money to cover personal expenses. A host simply puts another plate on the table and welcomes the student as one of their own!

Volunteer host families come in all shapes and sizes; retired, single parents, couples with or without children of any age, etc. Interested parties can visit www.ciee.org/host for more information or start a host family application at ciee.org/hostapply.

2024 SUMMER SCHOOL

If your child is interested in taking summer school courses, the online registration is in progress.

*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 -
<https://www.onalaskaschools.com/families/summer-school>

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

Catherine C. Berg Summer Musical

This year's OHS Summer Musical will be Once Upon a Mattress by Mary Rodgers and Marshall Barer. Students who will be in grades 9-12 at the start of the 2024-25 school year can audition at OHS in room 313 during the week of May 6-10. Auditions will start at 3:00 each day, but interested students need only attend one day of try-outs. Students do not need to prepare a reading or monologue, but they should be prepared to sing about 30 seconds worth of music. Those with questions should contact John Reimler at Onalaska High School. Public performances of the show are scheduled for July 19 and 20, 2024, in the Claude C. Deck Performing Arts Center



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.



Jostens®

Seven OHS students were recently recognized at the Viterbo University Volunteer Recognition Ceremony due to their community service involvement.



Justin VanDyken, Zachary Dahlke, Isabela Gutierrez, Madeline McKelley, Ana Moses, Prashika Paudel, and Adeline Lorenz (not pictured)

Justin VanDyken was one of the speakers for the event.



Dancing with the O'Club Stars

Congratulations to the winners of the 2024 “Dancing with the O’Club Stars” contest held on April 12.



Isabella Gerlach –
Female Athlete
Partnered with
Show Choir
member
Nic White.



Ben Hsieh –
Male Athlete
Partnered
with
Dance Team
member
Leah Thies.



Emcees for the program were: Amaya Thesing, Anna Skemp and Sam Bossman. Our Mystery Dancer Monsour Wopat could definitely dance with the best of them. The People’s Choice Award went to Adam Skifton and Kyla Betz.



Finals scheduled for last week of school for freshmen, sophomores, and juniors

ALL FINAL EXAMS WILL BE GIVEN DURING THE FINAL EXAM PERIODS!

Finals will take place during each of your class periods. Some form of structured evaluation is expected to be given to students during the examination period. The nature and design of the course or curriculum should dictate the method of final examination.

- The first final exam will begin on Monday, May 20 at 8:15 AM.
- All students will remain in classes for the entire final exam period.
- Students will **not** be required to attend commons or study hall during final exams times.
- The commons will be made available and supervised for study during finals for those wanting to stay at school during free periods.
- During break times between exams, students will be allowed to access the commons, study quietly in the classrooms, or leave the building. There will be no loitering in the halls or bathrooms.
- The bus schedule will remain the same, except for Wednesday, May 22 with an early dismissal at 11:50 AM.
- Lunch will be served Monday and Tuesday with a menu of choice by the kitchen staff.
- Exams will always be given on the days scheduled. Make up exams will be held the afternoon of Wednesday, May 22 from 1:00 PM – 2:30 PM.

Monday, May 20, 2024

- 1st Hour – 8:15 – 9:45
- 3rd Hour – 10:30 – 12:00
- Lunch 12:00 – 1:00
- 5th Hour – 1:00 – 2:30

Tuesday, May 21, 2024

- 2nd Hour – 8:15 – 9:45
- 4th Hour – 10:30 – 12:00
- Lunch 12:00 – 1:00
- 6th Hour – 1:00 – 2:30

Wednesday, May 22, 2024

- 7th Hour – 8:15 – 9:45
- 8th Hour – 10:20 – 11:50
- Make-up Exams – 1:00 – 2:30

Last Day of School



The last day of school is
Wednesday, May 22.

Attention Class of 2025 - make your senior picture appointments now!

A reminder from the yearbook staff and area photographers:

La Crosse/Onalaska area photography studios request that you make your appointment NOW to get your picture taken this summer. Dates are already being filled for photographs.

The Yearbook's deadline for submission of senior graduation photos is Friday, September 27, and area photographers need the time to process your print selections (takes approximately four to six weeks). This is also the deadline for yearbook Baby Ads (see how to submit an ad below).



Class of 2025 Senior Baby Ad Plan ahead – Be prepared

The yearbook staff will be inviting you to place a Student Recognition Ad (better known as “[Baby Ad](#)”) in the 2024-25 Aksalano yearbook in August. Submit a favorite infant or toddler photo of your senior son or daughter, and include a personal message of love, support and encouragement. Plan ahead, as we will be accepting ads August thru the deadline of September 27.

The message should be no longer than 40 words, and the cost will be \$40.00. Payments can be made starting in August online at <https://onalaskahighschool.onalaskaschools.com/families/yearbook>.

Photos can be sent through the Jostens image share site (images.jostens.com – ID ONjif1-hGFdexh0pkWA3W3Q)), or emailed to Travis Johnson at johtr@onalaskaschools.com (jpeg format, 300 dpi).

In order for us to meet our deadline with Jostens, we must receive your photo, message and payment no later than Friday, September 27. Late submissions cannot be accepted. September 27 is also the day senior portrait photos must be submitted to the yearbook staff.

Any questions should be directed to Travis Johnson, Onalaska High School Yearbook Advisor, at johtr@onalaskaschools.com.

Thank you,
The Aksalano Yearbook Staff





May 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 <https://assets.restaurants.applebees.com/images/applebees-storefront2.jpg> newspaper.

Criteria for nomination includes: long-term academic effort and achievement: a high degree of life skills – respect, responsibility, teamwork, integrity, and initiative

Freshmen Class

Student of the Month:

Zoe Moeller

Nominees:

Mason Biesinger
Marco Camarillo
Ophelia Moua
Timothy Newman
Drew Wilson

Sophomore Class

Student of the Month:

Soham Patel

Nominees:

Asha Champion
Julia Denker
Makena McGarry
Norah Seberg
Elizabeth Vallazza
Phengsu Vang

Junior Class

Student of the Month:

Pierce Sommerfield

Nominees:

Diego Neira
Prakash Vishnu
Madelyn West
Elizabeth Woyczik

Senior Class

Student of the Month:

Blake Burnstad

Nominees:

Chase Bollom
Carly Hess
Claire Lukasek
Emerald Olson
Senxai Xiong
Sheng Yeng Xiong



Zoe Moeller
Freshman



Soham Patel
Sophomore



Pierce Sommerfield
Junior



Blake Burnstad
Senior

Freddy Extra Effort Award ...

May



Kaydence Flaten
Freshman



Nou Qu Yang
Sophomore



Chloe Langer
Junior



Ellie Walls
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.





Onalaska High School World Language Department



LE DEPARTEMENT DES LANGUES ÉTRANGÈRES • DEPARTAMENTO DE IDIOMAS DEL MUNDO

MAY 2024 • MAI 2024 • MAYO 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: You should learn a language till you are proficient and only then move on.

REALITY: It's just a Western fetish to try learning languages till proficiency. And really, why would you do that? As long as you can communicate and understand while talking to another person, all is good. One doesn't need to be perfect when learning a new language because it's not possible to be perfect. Everyone ends up making mistakes, and these mistakes are what help us learn.

French Students Take on France

During Spring break, twenty-three French students traveled to France with Monsieur Wopat and Monsieur Pettys to spend a week touring the D-Day beaches, a couple of castles, and finally the city of lights, Paris. The trip began with a stop in Chartres, a city near Paris known for its large Cathedral. Then the group headed to Normandy, where they spent the next three days touring multiple D-Day beaches, the American Cemetery, the walled city of Saint-Malo, and finally touring the Mont Saint Michel. Their return towards Paris took them through the Loire Valley where they toured Leonardo Da Vinci's house, a castle in Amboise, and Chenonceau, a castle over the Loire River. Finally, the group spent the last three days in Paris. They took a bike tour of Paris, visited the Eiffel Tower, Louvre, Arc de Triomphe, and Montmartre. Despite some chilly mornings and a few rain showers, the students had a great time, tried new foods, and walked away with a renewed sense of traveling abroad. The next France trip will be June 2026.



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






GIVE THANKS

Would you like to recognize a

Teacher
Administrator
Administrative Assistant
Paraprofessional
Educational Assistant

Bus Driver
Custodian
Coach
Food Service Staff
School Staff



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



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

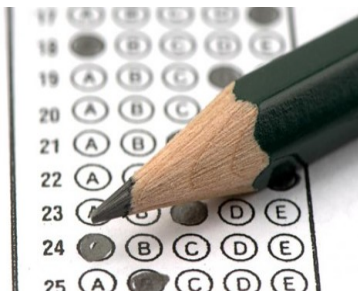
Jennifer Morrison – morje2@onalaskaschools.com

CHECK OUT OUR WEBSITE...

<https://onalaskahighschool.onalaskaschools.com/student-services>



ACT[®]



Upcoming ACT Dates and Deadlines

Test Date	Register By	Late Registration (Additional Fee)
June 8, 2024	May 8	May 31
July 13, 2024	June 7	July 5
Sept. 14, 2024	August 9	August 25
October 26, 2024	September 20	October 7
December 14, 2024	November 8	November 22

Important Dates

May 6-17	AP Exams at OHS
May 10	Seniors Last Day - Senior Awards & Senior Walk
May 15	Graduation Practice 9:00 am in the Fieldhouse
May 15	Senior Scholarship Night - you will receive an invitation to this event if you are being recognized
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
June 3-July 12	Summer School at OHS - Sign up here: https://forms.gle/acgg1k2LzACPEAyg6

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 need 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 –

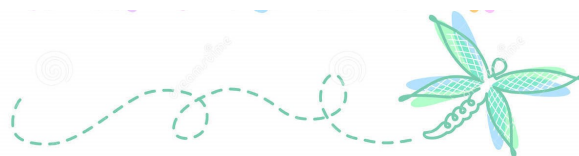
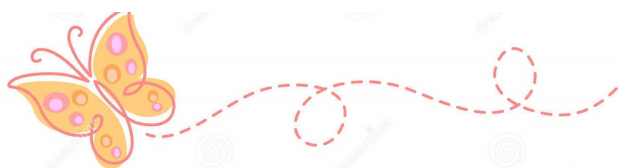
It's Time to Schedule Campus Visits:

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, May 14, 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.



UGETCONNECTED
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.uggetconnected.org/> and check it out!

www.uggetconnected.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!

NEW ACT Updates

The University of Wisconsin System has suspended the ACT requirement for all UW colleges and universities **for the class of 2026**. Many other colleges have also waived the ACT requirement. UW colleges and universities have not announced admission requirements for ACT beyond the class of 2026. 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. Every Junior at OHS will also participate in a FREE two-day ACT prep program this February.
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.

OHS Student Services Looking for Donations

Thanks to generous donations from staff and community members, we have been able to provide feminine hygiene products all year long, for free, in our women's restrooms at school. We have recently run out of tampons, and would happily accept donations. This service has been of tremendous support to our students. Thank you for your consideration.

AP Exam Schedule - May 2024

Subject	Date	Time
AP US Government & Politics	Monday, May 6, 2024	7:45 am
AP Chemistry	Monday, May 6, 2024	12:00 noon
AP Microeconomics	Tuesday, May 7, 2024	7:45 am
AP Statistics	Tuesday, May 7, 2024	11:30 noon
AP English Literature & Composition	Wednesday, May 8, 2024	7:45 am
AP Psychology	Thursday, May 9, 2024	12:00 noon
AP Macroeconomics	Friday, May 10, 2024	11:20 noon
AP Studio Art: 2D or Drawing	Friday, May 10, 2024	Due 3:00 pm
AP Calculus AB/BC	Monday, May 13, 2024	7:45 am
AP English Language & Composition	Tuesday, May 14, 2024	7:45 am
AP World History	Wednesday, May 15, 2024	7:45 am
AP Spanish Language	Thursday, May 16, 2024	7:45 am
AP Biology	Thursday, May 16, 2024	12:00 noon
AP Physics 1 (Algebra-based)	Friday, May 17, 2024	7:45 am
AP Physics 2 (Algebra-based)	Friday, May 17, 2024	12:00 noon



FOCUS ON:

The End of the School Year

Upcoming Opportunities

Minnesota Private Colleges Week, June 24-28, 2024

<https://www.mnprivatecolleges.org/news-events/events/minnesota-private-colleges-week>

Visit website for details about visiting your choice of Minnesota's 18 private colleges.

World Affairs Seminar 2024 - June 22-28, 2024 at Carroll University, Waukesha, WI

<https://worldaffairsseminar.org/was2024/>

Democracy and Governance: Evolving Global Perspectives

Program is open to students between the ages of 15-18 years, who are high school sophomores, juniors or seniors in good academic standing. Students should be interested in global issues and building a strong portfolio for college and future careers.

HOBV Youth Leadership, June 21-23, 2024

<https://hoby.org/programs/state-leadership-seminars/seminar-schedule/>

Youth Leadership Seminar at Edgewood College in Madison, WI for upcoming juniors. Please see your counselor if you would like to be nominated.

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.



Upcoming Opportunities

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/>

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.

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/

How to Help Your Teen Develop Empathy and Compassion

From The Jed Foundation website, <https://jedfoundation.org/>

The best thing about empathy and compassion is they are skills that can be taught, practiced, and improved over time.

Your teen will pick up on things they see at home and carry them into their own life. You can model empathy, compassion, and kindness in big and small ways.

You can:

- Model the act of giving the benefit of the doubt and assuming others have good intentions.
- Ask how you can support your teen during a tough week instead of just asking how they are doing.
- Share times when you have supported friends going through something and ask how they support their friends

Conversation Starters

- “What’s something you admire about a friend?”
- “What do your friends tell you they appreciate about you?”
- “Has someone done something to help you that you now do to help others?”

Small Moments

- Acknowledge when your teen shows kindness.
- Ask your teen if someone did something nice for them, or if they did something nice for someone else this week.
- Put a short, supportive note in their lunch, on their mirror, or on their pillow.
- Send random texts of kindness.

Acts of Kindness

- Ask your teen to think about a cause they care about and look for local volunteer opportunities your family can do to support it.
- Enlist your family in putting together care packages for people who are unhoused to keep in the car and hand out.
- Encourage your teen to bring a treat for a friend on an exam day or write a supportive note for their sibling before a sporting event or performance.

VISIT VITERBO THIS SUMMER

CURRENT JUNIORS!

- Sign up for a visit at www.viterbo.edu/visit
- Our free application will open on July 1st for the class of 2025
- Submit the application and your high school transcript to complete your file!
- ACT/SAT Optional
- Common App available on August 1st, 2024!



Caps off to the class
of 2024!

Best Wishes,
Viterbo University





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 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 sporting events - **except** post-season tournament events



Calendar of Events

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

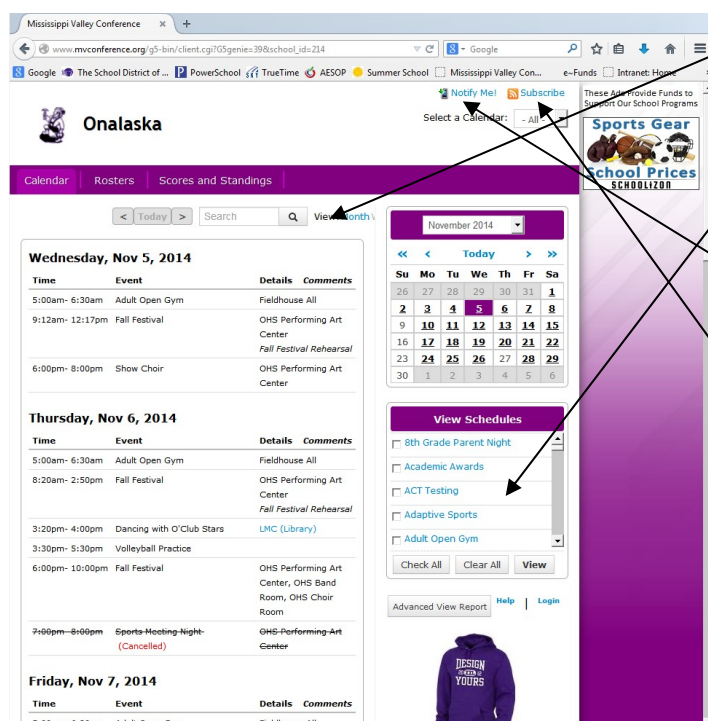
<http://www.mvconference.org/g5-bin/client.cgi?G5genie=39>

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

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



Select Onalaska High School



View the calendar by day, week, or month.

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

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

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

SUBSCRIBE TO ALL OF TODAY'S EVENTS

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

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

CALENDARS



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



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



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

RSS READERS



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



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



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

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



Onalaska High School Menu May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School		1 Line 1) WG Garlic Cheese Bread/Tomato Soup Line 2) Kielbasa/ WG Potato Pierogis, WG Dinner Roll Line 3) WG Chicken Patty on a G Bun All Lines Baked Beans, Garden Bar Breakfast: Breakfast Pizza, fruit, juice, milk	2 Line 1) BBQ Rib Patty on a WG Hoagie Line 2) WG Spaghetti/ cheese/ Garlic Knot Line 3) Pizza Variety All lines: Carrot Coins, Garden Bar Breakfast: French Toast, 2 sausage links, fruit, juice, milk	3 Line 1) California Cheeseburger on a WG Bun (lettuce, onion, tomato on salad bar) Line 2) Turkey/Gravy on a WG Biscuit Line 3) Cheese omelet/ sausage, WG Muffin All lines: Roasted Broccoli, Garden Bar Breakfast: WG Cheese Quesadilla/Salsa, fruit, juice, milk
6 Line 1) WG Chicken and Waffles Line 2) Deli Sub on a WG Hoagie Bun Line 3) Mushroom Swiss Burger All Lines: Sweet Potato Bake, Garden Bar Breakfast: Breakfast Pizza, fruit, juice, milk	7 Line 1) BBQ Rib Patty on a WG Hoagie Line 2) Kielbasa/ WG Potato Pierogis Line 3) WG Popcorn Chicken Bowl, WG Dinner Roll All Lines: Corn, Mashed Potatoes & Gravy, Breakfast: WG Muffin / Yogurt Cup, fruit, juice, milk	8 Line 1) Shrimp Skewers / Rice Pilaf Line 2) Chicken Fajita / WG Soft Shell Line 3) WG Pizza Variety All lines: Roasted Fajita Veggies, Garden Bar Breakfast: WG Cheese Quesadilla/ Salsa, fruit, juice, milk	9 Line 1) Chicken Alfredo and WG Pasta Line 2) Deli Sub on a WG Hoagie Line 3) WG Chicken Patty on a WG Bun All Lines: Baked Beans, Garden Bar Breakfast: WG Uncrustable PB&J Sandwich fruit, juice, milk	10 Line 1) WG General Tso's or Orange Chicken over Brown Rice Line 2) 2 WG Uncrustable PB&J's / WG Sun Chips Line 3) WG Chicken Ranch Wrap on a WG Soft Shell All Lines: Stir Fry Veggies, Garden Bar Breakfast: WG Chicken Breakfast Slider on a WG Biscuit, fruit, juice, milk
13 Line 1) Pizza Variety Line 2) WG Chicken Strips Line 3) BBQ Rib Patty on a WG Hoagie All lines: WG Mac-N-Cheese, Baked Beans, Garden Bar Breakfast: WG Muffin / Strawberry Go-Gurt, fruit, juice, milk	14 Line 1) Mushroom Swiss Burger on a WG Bun Line 2) WG Chicken Nuggets/ WG Cracker Line 3) Cheese omelet, sausage, and WG Muffin All lines: Tater Tots, Garden Bar Breakfast: WG Breakfast Pizza fruit, juice, milk	15 Line 1) WG French Toast/ Sausage Line 2) Deli Sub on a WG Hoagie Bun Line 3) Crispy Fish Sandwich with Cheese on a WG Hoagie All lines: Sweet Potato Fries, Garden Bar Breakfast: Uncrustable PB & J, fruit, juice, milk	16 Line 1) Walking Taco with WG Chips Line 2) California Cheeseburger on a WG Bun (lettuce, onion, tomato on salad bar) Line 3) WG Garlic Cheese Bread All lines: Roasted Broccoli/Cauliflower, Garden Bar Breakfast Sandwich on a WG Biscuit, fruit, juice, milk	17 Line 1) WG Grilled Cheese Sandwich/ Tomato Soup Line 2) Bratwurst on a WG Bun/ WG Potato Pierogis Line 3) WG Pizza Variety All lines: Wedge Fries, Garden Bar Breakfast: Mini Bagels with Cream Cheese, fruit, juice, milk
20 Line 1) WG General Tso's or Orange Chicken over Brown Rice Line 2) 2 WG Uncrustable PB&J's / WG Sun Chips Line 3) WG Chicken Ranch Wrap on a WG Soft Shell All Lines: Stir Fry Veggies, Garden Bar Breakfast: WG Cheese Quesadilla/Salsa, fruit, juice, milk fruit, juice, milk	21 Line 1) WG Garlic Cheese Bread/ Soup Line 2) Spaghetti with Cheese, WG Garlic Knot Line 3) WG Chicken Patty on a WG Bun All lines: Oven Fries, Garden Bar Breakfast: Mini Bagels with Cream Cheese, fruit, juice, milk	22 Last Day of School Early Dismissal No lunch served at OHS Breakfast: WG Breakfast Pizza, fruit, juice, milk		The menu is subject to change without notice. THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

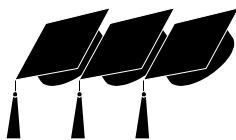
Allergy Notice: Menu items may contain tree nuts, peanuts/nut products, wheat, fish, eggs, soy and various legumes. Students with allergies should contact the School Nurse or School Nutrition Director prior to eating any food served in the cafeteria.

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 # 608-783-4571
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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