



FREDDY'S FOOTNOTES



A Newsletter from Onalaska High School

June 2024

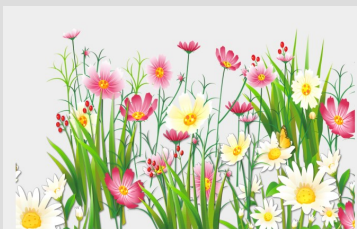
Highlights

Important Dates

Summer School June 3 - July 12
OHS ACT June 8
Booster Club Golf Outing June 24
Summer Musical July 19 & 20
2024-25 Registration August 20

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Class of 2024 Top 5%



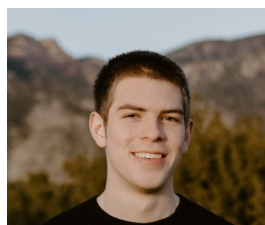
Nolan Adams
Son of Chris Adams
and
Emily Adams



Samuel Bossman
Son of Scott Bossman
and
Donna Bossman



Zoe Brorson
Daughter of Adam Brorson
and
Christina Arostegui



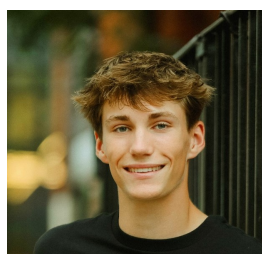
Matias Dahl
Son of Richard Dahl
and
Karen Cowden Dahl



Zachary Dahlke
Son of Mark
and
Sarah Dahlke



Caleb Fejfar
Son of Jeremy
and
Tammy Fejfar



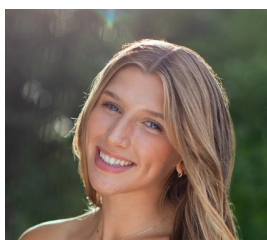
Carter Gilhausen
Son of Ryan
and
Dawn Gilhausen



Benjamin Hsieh
Son of Ching-Yin Hsu



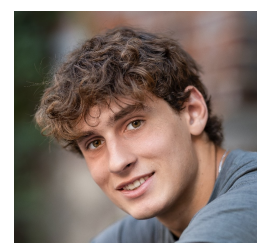
Alyssa Neilson
Daughter of Rob Neilson
and
Piraon Sutthiwan



Lillian Novak
Daughter of Jeremy
and
Courtney Novak



Kateley Schlicht
Daughter of Raymond Schlicht
and
Dana Schlicht



Adam Skifton
Son of Russ
and
Jennifer Skifton

Important Dates

Summer School.....	June 3 – July 12
ACT Test at OHS.....	Saturday, June 8
Booster Club 2024 Golf Outing.....	Monday, June 24 --- Registration from 10:30 am-Noon, 12:00 shotgun start
Catherine Berg Summer Musical <i>Once Upon a Mattress</i>	July 19 and July 20 --- 7:30 PM in the PAC
2024-25 Registration.....	Tuesday, August 20
9 th Grade Parent Information Night	Tuesday, August 20 --- 6:30 PM in the PAC
Freshman Orientation Link Day	Wednesday, August 28 --- 8:30 AM in the PAC
Transfer (New) Student Orientation	Wednesday, August 28 --- 12:00 PM – 2:00 PM --- Hilltopper Room
Junior Parking Ballots Due	September 3 --- (Lottery Drawing will take place the first week of school)
1 st day of school	Tuesday, September 3, 2024 --- 7:45 AM
Last day to drop a class.....	Wednesday, September 11
Homecoming Week	September 9 – 14
Senior Pictures/ Baby Ads Due.....	Friday, September 27
Parent Teacher Conferences	Wednesday, October 16 --- 3:30 PM – 8:00 PM
.....	Thursday, October 17 --- 12:30 PM – 8:00 PM

2024 -2025

Student Fall Registration

Tuesday, August 20

Tuesday, August 20 from
8:30 AM to 7:00 PM.

The first day of classes is
Tuesday, September 3.

Fall Sports starting dates:

Tuesday, August 6

Football

Monday, August 12

Girls Golf

Tuesday, August 13

Girls Tennis

Girls Swimming

Monday, August 19

Boys Soccer

Cross Country

Girls Volleyball

Mandatory

Parent/Athlete/

Coach

Preseason

Meeting for ALL

Fall Sports prior to
the start of the
season. Watch for
an email with
more details in
July.

PowerSchool Back-to-School Student Update for 2024-25

The School District of Onalaska is once again doing an online student data validation system update through PowerSchool. Powered by InfoSnap, this secure system allows the district to verify all student demographic, emergency and medical information for your child prior to the start of the new school year. The system will also allow you to electronically sign the annual permission forms for school district policies.

This process will be open starting in July. Watch for an email with details from our District Office.



Graduating Class of 2024



Nolan Adams***NHS
 Kenji Jo Ammerman
 Evan James Anderson***
 Gabriella Nicole Anderson***NHS
 Keagan Mae Anderson***NHS
 Siri Ann Anderson***NHS
 Ezequiel Jerome Arias
 Jenna Marie Bakkestuen
 Lauren Grace Bakkestuen***NHS
 Georgia Christine Banasik
 Kasey Aaron Barth***NHS
 Evan Gaberiel Behrend-Alvarenga
 Gavin Drake Belanger***NHS
 Alana Jewel Bell
 Jaelyn Kimberly Benson***NHS
 Kyla Joan Betz***NHS
 Nolan Douglas Bey
 Miah Alexandria Boczkowski
 Chase Andrew Bollom
 Samuel Alan Bossman***NHS
 Dylan Alexander Braunschweig
 Sarah MingWan Brewer***NHS
 Parker Henry Brooks
 Zoe Marie Brorson***
 Cora Elise Brown***NHS
 Lianna May Bruha
 Thomas Charles Bryant
 Damian Mackenzie Buckle
 Olivia Kay Burchell*
 Braden John Burke
 Blake Victor Burnstad***NHS
 Margherita Bursi
 Richard Alexander Cayasso
 Ashlynn Jean Chapman***NHS
 Jayda Debra Cheever
 Justin Dale Douglas Christen***NHS
 Christian John Christianson
 Grace Viola Clark
 Mary-Catherine Leslie Clatworthy***NHS
 Riana Barbara Cole
 Alanna Nicole Crebo
 Madisyn Cora Crowe
 Matías Jayden Dahl***NHS
 Zachary Mark Dahlke***NHS
 Carilyn Grace Daily

Jordan Dammann
 Ean Makhi Davidheiser*
 Joshua Frank Diderrich
 Amelia Rose Doud*
 William Leland Draskowski
 Job Michael Dummer
 Lillian Grace Ekern***NHS
 Owen Mark Endrizzi
 Max Thomas Erdmann***
 Carsen Lee Fankhauser
 Caleb Alexander Feifar**
 Savaahn Willis Fielding*
 Sidney Jeanne Fillbach***NHS
 Shelby Juana Grace Fillner
 Zachary David Fink
 Salli Lorrayne Flynn
 Teana Gayle Foster
 A'nareeyaë Nasir Gallegos
 Collin Michael Galstad
 Verdayne William Garvin
 Isabella Maria Gerlach
 Carter Ryan Gilhausen***
 Miona-Mae Ann'E Gillespie
 Lucas Te Go***NHS
 Anjali Nina Gonzalez-Yang***NHS
 Emma Jane Grandt
 Devon G. Green
 Emily Hamilton***
 Payton Lee Hamilton
 Ashley Marie Harnwell
 Gwentyth Catherine Harter
 Jacob Bihn Havlik**
 Lillie Jean Helseth
 Carly Ann Hess***NHS
 Eve Ryan Hollowitch
 Gracie Patricia Honorato
 Peyton P. Horman
 Samantha Rae Hosch
 Lydia Michelle Houge
 Noah Nikolaos Marvis Hronis**
 Benjamin Bill Hsieh***NHS
 Elsa Louise Huber
 Landen Shawn Hubert**
 Jackson Thomas Hughes***NHS
 Alanna Rose Hurlburt***NHS

Devan Marie Hutson
 Nicholas James Jacobson
 Isaac Jonathan Jara
 Arianah Nevaeh Jester
 Augustus River Jiorle
 Kendyl Barbara Johansen***
 Sophia Marie Johns*
 Claire Marie Johnson***
 Carson Christopher Jones
 Hope Ashley Kanieski
 Halie Joy Kapelke**NHS
 Bridget Irene Kearns***
 Ing Ketniem
 Arman Fredric Kiani***NHS
 Alexander Gerald Kirchoff
 Ida Dobel Kloppenborg
 Shane Russell Kohlmeier
 Kaden John Kokaisel
 Viktorie Koppova
 Seth Alexander Kowalski*
 Brady Alexander Kuhn**
 Samantha Kate Laidlaw*
 Elias Michael Landers
 Jenna Suzanne Law*NHS
 Xavier Thomas Lawrence***
 Devin Edward Lee
 Hayden Alan Lee
 Elijah Zion Le Febre
 Domenic John Lien
 Keona Isabella Lincoln
 Kimora Angel Livingston
 Akio Cheng Gong Lor
 Josie Marie Lucksted*
 Johnathon Raymond Ludington
 Kinsey Ellen Luebker***
 Claire Shelby Ann Lukasek***NHS
 Noah Lennon Mack
 Jackson Terrence Mahlum*
 Addison Lu Mallady***NHS
 Aidenn Marie Markos***NHS
 Chloe Autumn Marks-Brewer
 Vilma Estefany Martinez Juarez
 Zeidy Vanessa Martinez Juarez
 Riley Marx
 Jadyne June Mathison



Graduating Class of 2024



Juliene Elizabeth McDonald*
 Madeline Josephine McKelley***NHS
 Michael Shawn McMahon
 Roman J. Melbo
 Landon Robert Mellon
 Brodie Thomas Mickschl
 Payton Leigh Mickschl***NHS
 Aiden Mayes Miller***NHS
 Alexis Rae Miller
 Olivia Ann Miller
 Mya Lee Mitchell
 Sophia Mary Monti
 Ana Lynn Moses***NHS
 Beau Henry Mycajah Moss-White
 Mason Thomas Moua
 Morgan Kabnag Moua*
 Jacob Robert Mydy
 Zsombor Nagy
 Alyssa Sutthiwan Neilson***NHS
 Sophia Marie Nguyen
 Erica Nichols
 Savannah Florence Nicolai
 Summer Fern Nicolai
 Campbell Elizabeth Nitti***NHS
 Lillian Joan Novak***NHS
 Margaret Hope Nygaard
 Cullen Patrick O'Rourke***
 Jada Lynn Odegard***NHS
 Lindsay Leann Odom
 Emerald May Olson***NHS
 Connor Noah Onsrud
 Andrew Michael Ooten
 Dalaney Marie Opelt
 Demontay Mack Pashall
 Prashika Paudel***NHS
 Amelia Jennifer Payne
 Claire Catherine Pedretti**
 Miles Grady Peters
 Gabriel William Phetteplace-Faas**
 Caden Benedict Pierzina***
 Owen Duane Pinter**
 Breckyn Remis***NHS

Jenna Lee Richgels***NHS
 Justin Richgels***
 Aiden Todd Riley
 Devin Ronald Roberge
 Leora Danielle Robinson***NHS
 Emma Maye Rudie
 Michael O. Rutz
 Nicholas Lee Sagen
 Sylvie Karina Schams*NHS
 Analise Marie Scheerer
 Kateley Raye Schlicht***NHS
 Jason Michael Schultz
 Nolan Gerald Schultz
 Summer Joy Schultz
 Zana Amurri Taylor Scott
 Ryver Gayle Severson
 Clarissa Marie Shaw
 James Calnin Siegel*NHS
 Cooper Armon Simmons
 Isaac Arthur Simpson***
 Dawson Lee Sjolander
 Anna Marie Skemp***NHS
 Isaac Timothy Skemp**NHS
 Adam Walker Skifton***NHS
 Mara Mae Smith*
 Zeva Jean Smith
 Nathan Scott Snodgrass
 Landon Thomas Soland***NHS
 Rubie Mae Stetzer
 Brock Nicolas Sullivan**NHS
 Drew Thomas Symons
 Aiden Sytsma
 Sofia Tak***NHS
 James Earl Taylor
 Tshajmeej Thao
 Tyson Thao
 Amaya Helen Thesing***NHS
 Ripley Elizabeth Thomas
 Kaylene Kanya Thor
 Owen James Treanor
 James Andrew Vanderloop***
 Justin Paul VanDyken**NHS

Kaylen Vang
 Kenji C. Vang
 Saiszim Vang***
 Varina Nag Tshia Vang
 Sadie Rue Vannieuwenhoven***
 Bryanna Mae Vigil
 Avah Marie Vodde
 Lena Vue
 Vechy Vue
 Gavin Joseph Wackershauser
 Kirsten Marie Waldner
 Marlee Lyn Walleen***NHS
 Ellie Ruth Marie Walls***NHS
 Joseph Andrew Walters***NHS
 Gus Patrick Weiner
 Libertee Judith Wentz-Weigel
 Nicholas John White*
 Camila Williams-Herrera
 Phoenix W. Williams
 Caden Anthony Willms
 Abigail Autumn Cona Xiong***NHS
 Fabien M. Xiong
 Senxai Darian Xiong
 Sheng Yeng Xiong
 Yenhua Alexander Xiong
 Eddisen Lykung Yang
 Gao Yer Yang
 Isaac Yang**
 Madison GaoNou Yang*
 Marquis Christian Young
 Celeste Biayang Zielke
 Isabella Rose Zimmer*
 Bode Glenn Zumach

Academic Honors

Honors – *
 High Honors – **
 Highest Honors – ***
 National Honor Society – NHS

2024 Senior Speakers



Nolan Adams



Benjamin Hsieh



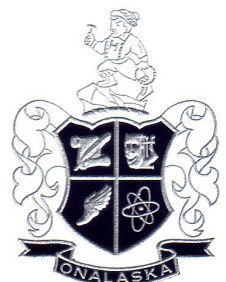
Halie Kapelke



Rubie Stetzer



The Onalaska High School staff would like to wish you success in your future life choices. Our role as educators has led us to this parting moment, and one we reluctantly face every year. We have done our best to prepare you for your life beyond high school. Our best to each of you as you follow your dreams.



2024 Onalaska High School Scholarship Recipients

William E. Johnson

Zach Fink
Akio Lor
Olivia Burchell

John and Linda Lyche Family Scholarship

Kenji Ammerman
Ean Davidheiser

Kellie Miller Kim Memorial Scholarship

Jaelyn Benson

Kaitlin Elizabeth Mahr Memorial Scholarship

Mary Catherine Clatworthy

Samuel W. Mahr Scholarship

Sylvie Schams

Clayton and Vivian Veum Memorial Scholarship

Nolan Schultz

Florence Hyatt Memorial Scholarship

Bode Zumach

Whitebeck Scholarship

Addison Mallady
Savannah Nicolai

Achieve Excellence Scholarship

Ben Hsieh
Adam Skifton
Kyla Betz
Madeline McKelley

Excellence at Large

Matias Dahl
Prashika Paudel
Abigail Xiong
Nolan Adams

Onalaska Employees Education Association

James Siegel
Sarah Brewer

Marian Mieden Education Scholarship

Lindsey Odom

Tim Gullikson Memorial Scholarship

Summer Nicolai
Zoe Brorson

Mary Aiken Memorial Scholarship

Jenna Richgels
Noah Hronis

Onalaska American Legion Scholarship

Jada Odegard
Caiden Pierzina

Onalaska Lions Club

Justin VanDyken

La Crosse Kiwanis Community Award

James Vanderloop

George and Ruth Myer Scholarship

Zavier Lawrence
Carter Gillhausen

La Crosse Festivals Gemutlichkeit Foundation

Richard (Alex) Cayasso

John and Ruth Sherman

Ana Moses

Kent Grimsled

Leora Robinson

Valerie Burman Art Plus Scholarship

Cora Brown
Lillie Helseth

Abellera Family Scholarship

Claire Johnson

Brock Family Scholarship

Amaya Thesing

Gerald and Marcella (Meyer) Horman

Ashlynn Chapman
Nic White

Kelly Schuster Memorial Scholarship

Drew Symons

Onalaska Interact

Prashika Paudel
Gabbie Anderson
Mary Catherine Clatworthy
Madeline McKelley
Sofia Tak
Zach Dahlke

Youth in Music Scholarship

Angeli Gonzales-Yang

Altra

Zach Dahlke

Marine Credit Union

Zach Dahlke

OHS Band Boosters

Julie McDonald
Leora Robinson
Nick Sagen
Kendyl Johansen
Cora Brown

OHS PSG

Julie McDonald
Leora Robinson

First Lutheran Foundation Mabel Anderson

Kyla Betz
Sam Bossman
Zach Dahlke
Claire Johnson
Julie McDonald
Jada Odegaard

JA Titan

Devin Roberge

7 Rivers Credit Unions

Lucas Go
Will Drazkowski
Cullen O'Rourke

Live Your Dash Scholarship

Jenna Law

Health Science Academy

Emerald Olson
Kasey Barth

American Red Cross

Jenna Law

Raven Memorial Scholarship

Abigail Xiong

LEA

Isaac Skemp
Zavier Lawrence

La Crosse Jaycees

Zach Dahlke

Athletic Scholarships

University of South Dakota
Evan Anderson
Augustana
Adam Skifton
University of Minnesota-Mankato
Sam Bossman
St. Thomas University
Blake Burnstad

University Scholarships

Viterbo University

Seth Kowalski
Breckyn Remis
Rubie Stetzer
Nick Sagen
Amelia Payne
Mara Smith
Lena Vue

Winona State University

Jaelynn Benson

Concordia-Wisconsin

Michael McMahon

Macalester

Carly Hess

University of Miami
Madeline McKelly

Northwestern College
Haile Kapelke

Milwaukee School of Engineering
Jackson Hughes

UW- Eau Claire
Emerald Olson

Luther College
Juliene McDonald

Creighton
Alexander Cayasso

Iowa State
Nick Jacobson

Rose Hulman Institute of Technology
Marlee Walleen

Winona State
Zavier Lawrence

Vern Dale Scholarships

Addison Mallady
Gabbi Anderson

University of Minnesota Duluth
Elias Landers
Cullen O'Rourke
Will Drazkowski

Zoe Brorson
Alyssa Neilson
Lily Novak
Adam Skifton
Kateley Schlicht
Jaelyn Benson

University of Wisconsin Madison
Prashika Paudel
Abigail Xiong

Jaelyn Benson
Sofia Tak
Matias Dahl
Sam Bossman
Carly Hess

University of South Dakota
Evan Anderson

Carly Hess
Caleb Fejfar
Abigail Xiong
Kyla Betz

Augustana University-South Dakota
Adam Skifton

Kyla Betz
Carter Gillhausen
Emerald Olson
Zach Dahlke
Madaline McKelley
Blake Burnstad
Nolan Adams
Ben Hseih
Sarah Brewer

University of Dubuque
Sidney Fillbach



Class of 2024 Senior Awards

Seal of Biliteracy

- Richard Cayasso
- Lydia Hartman
- Alyssa Neilson
- Isabelle Gerlach
- Leora Robinson

French National Honor Society

- Richard Cayasso
- Tyson Thao
- Claire Lukasek
- Emily Hamilton
- Lucas Go

Global Scholars

- Anjali Gonzalez-Yang
- Emily Hamilton
- Zachary Dahlke

Youth Apprenticeship

- Sophia Nguyen
- Devan Hutson
- Shane Kohlmeier
- Kimora Livingston

OTEA Teacher Academy

- Keona Lincoln
- Mya Mitchell
- Jaelyn Benson
- Lillie Helseth
- Gracie Honorato
- Lydia Houge
- Halie Kapelke
- Nick Sagen
- Libertee Wentz

Onalaska Fire Academy

- Phoenix Williams
- Jady Mathison
- Jenna Law
- Zach Fink

Auto Academy

- Chase Bollom
- Parker Brooks
- Ean Davidheiser
- Shane Kohlmeier
- Devin Lee
- Fabien Xiong

Health Science Academy

- Kasey Barth
- Kendyl Johansen
- Emerald Olson

Adobe Certified Professional

- Peyton Horman

Customer Service Representative

- Claire Lukasek
- Kirsten Waldner
- Isaac Yang

Microsoft Office Specialist

- Addison Mallady

Certified Nursing Assistant

- Xavier Lawrence
- Olivia Miller
- Analise Scheerer
- Abby Xiong
- Aidenn Markos
- Emerald Olson
- Tyson Thao
- Samantha Laidlaw
- Zana Scott
- Gao Yer Yang

Youth Apprenticeship

- Sophia Nguyen
- Devan Hutson
- Shane Kohlmeier
- Kimora Livingston
- Keona Lincoln
- Alana Bell
- Devin Lee
- Domenic Lien
- Chloe Marks-Brewer
- Lily Novak
- Marquis Young
- Gus Jiorle
- Roman Melbo
- Dalaney Opelt
- Chase Bollom
- Jacob Mydy

Mentorship

- Flynn Daily
- Isaac Yang
- Dylan Braunschweig
- Amelia Doud
- Devin Roberge
- Joseph Walters
- Bode Zumach

National School Marching Award

- Leora Robinson

John Philip Sousa Award

- Julie McDonald
- Savannah Nicolai

Louis Armstrong Jazz Award

- Leora Robinson

Group Dynamic Youth Servant Leadership Award

- Alanna Hurlburt
- Nolan Schultz

Excellence in Service-National Honor Society

- Matias Dahl
- Zach Dahlke
- Ben Hsieh
- Aidenn Markos
- Madeline McKelley
- Abigail Xiong
- Mary-Catherine Clatworthy

Peer Tutor

- Keona Lincoln
- Analise Scheerer

Mark LeFebre Award

- Sidney Fillbach

Diversity Advocate Award

- Ripley Thomas

Link Crew Leader of the Year

- Claire Johnson

AAA Award

- Gabbi Anderson
- Siri Anderson
- Lauren Bakkestuen
- Sam Bossman
- Sarah Brewer
- Zoe Brorson
- Mary-Catherine Clatworthy
- Matias Dahl
- Anjali Gonzalez-Yang
- Ben Hsieh
- Kendyl Johansen
- Halie Kapelke
- Claire Lukasek
- Aiden Miller
- Prashika Paudel
- Leora Robinson
- Kateley Schlicht
- Saiszim Vang
- Sadie Vannieuwenhoven
- Nic White

Spanish National Honor Society

- Alanna Hurlburt
- Jenna Law
- Maddie McKelley
- Emerald Olson
- Kateley Schlicht
- Sofia Tak
- Anjali Gonzalez-Yang
- Mary-Catherine Clatworthy
- Cora Brown
- Zoe Brorson

Autodesk Inventor Certification

- Ben Hsieh

Excellence in Social Sciences

- Prashika Paudel

Excellence in English

- Prashika Paudel

Excellence in Business and Marketing Education

- Isaac Yang
- Adam Skifton

Excellence in Math

- Matias Dahl
- Benjamin Hsieh

Class of 2024 Senior Awards

Outstanding Student in Physical Education & Health

- Blake Burnstad
- Anna Skemp
- James Vanderloop
- Justin VanDyken
- Gus Jiorle

Excellence in Technology and Engineering

- Chase Bollom

Excellence in Drama

- Jaelyn Benson

Excellence in Forensics

- Carly Hess
- Ashlynn Chapman

Excellence in Orchestra

- Benjamin Hsieh
- Matias Dahl

Excellence in Art

- Prashika Paudel
- Lillie Helseth
- Georgia Banasik
- Sylvie Schams

Excellence in Sight Singing Award

- Nolan Adams
- Jaelyn Benson
- Cora Brown
- Abigail Xiong
- Bri Kearns
- Mary-Catherine Clatworthy
- Sophia Johns
- Madeline McKelley
- Carly Hess

The Director's Award

- Nicholas Sagen
- Akio Lor
- Saiszim Vang
- Isabella Gerlach
- Saddle Vannieuwenhoven

Outstanding Senior Award

- Rubie Stetzer

National Choral Award

- Julie McDonald

Family Consumer Education Department Award

- Breckyn Remis

Excellence in Science

- Matias Dahl
- Prashika Paudel
- Benjamin Hsieh



Oh the places you'll go,
Today is your day!
Your mountain is waiting,
So ...get on your way!

--Dr. Seuss



Freshmen Update

Welcome Class of 2028!

Freshmen Registration:

Tuesday, August 20, 2024

Open 8:30 AM – 7:00 PM

Takes approximately 1/2 hour.

Student may come alone or with a parent to pay fees, get your locker and lock combination, have ID Photo taken, meet the principal/associate principal, and see your friends.

OHS Commons

Freshmen & Parent

Orientation Meeting:

Tuesday, August 20

6:30 PM

OHS Performing Arts Center

School Starts September 3 7:45 AM

Your Freshmen's 1st Day of High School Starts Here...

The Staff and Students of
Onalaska High School
Invite the class of 2028
to our Twentieth Annual
Jump Start to High School
LINK

Freshmen Orientation

8:30 AM – 11:00 AM

August 28, 2024

The purpose of this orientation is to make the transition from middle school to high school a positive one. Seniors and juniors will serve as leaders to the freshmen. Large and small group activities are designed to address students' needs and concerns in an enjoyable manner. Wear comfortable clothes and don't bring all your stuff...travel light. If you have any questions, please call Link Crew Coordinator: Megan Sprague Ext. 5314 or email at sprme@onalaskaschools.com.

Plan to be engaged during the full time! OHS Students and staff have designed activities for the freshmen that will promptly start and end according to the schedule. Be sure to eat a good breakfast to get you through the morning.

Onalaska High School
Student Services
700 Wilson Street
Onalaska WI 54650

Congratulations RETIREES!



Dave Horman
25 Years



Nancy Zadow
18 Years



Jeri Metz
25 Years



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>



Summer Ona Venture



The summer school Ona Venture class had a great time learning how to play pickleball. Thanks to the Blue Zone Pickleball for their hospitality.

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



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.

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," the classic comedy with music by Mary Rodgers, lyrics by Marshall Barer, and book by Jay Thompson and Dean Fuller. The play takes an irreverent look at the "Princess and the Pea" tale, and features such songs as "In a Little While," "Shy," and "Very Soft Shoes."

OHS students who wish to participate in the show's ensemble can still join by contacting John Reimler at Onalaska High School.

Performances will be July 19 and 20 in the Claude C. Deck Performing Arts Center, starting at 7:30 pm. Ticket prices will be \$10 for adults and \$8 for senior citizens and those under 18.



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





National Honor Society 2024 - 25



This fall a Faculty Committee will discuss NHS eligibility for juniors and seniors. Students interested in applying for NHS may use the following criteria to enhance their summer experiences, putting them in a better position for acceptance into NHS in the fall. *In addition, obtaining adult signatures verifying your hours of service work and leadership opportunities will save you time in the future.*

The NHS adviser will mail letters home in the late summer for juniors/seniors who qualify academically. Students who wish to apply will then receive an application to complete and submit.

The Faculty Committee will evaluate the following areas:

1. **Scholarship** – 3.5 cumulative GPA
 - ☐ No classes weighted more than others
2. **Leadership** – Must have TWO documented leadership experiences.
 - ☐ Demonstrates initiative in promoting school activities
 - ☐ Exercises positive influence on peers in upholding school ideals
 - ☐ Demonstrates academic initiative
 - ☐ Holds school offices or positions of responsibility
 - ☐ Demonstrates reliability and dependability
 - ☐ Leader in the classroom, at work, in other school or community activities
3. **Service** – Must have 20 documented hours of service while in high school. Better defined as actions undertaken by student which are done with or on behalf of others without any direct financial or material compensation
 - ☐ Volunteers and provides dependable and well-organized assistance
 - ☐ Works well with others
 - ☐ Cheerfully and enthusiastically provides service to others
 - ☐ Assists teachers, students, visitors

Please email me with any questions. Devin Pettys, NHS Adviser, petde@onalaskaschools.com.

2024

SUMMER FOOD SUMMER FUN!



Healthy meals for kids and teens. **FREE!**

No need to sign up or apply—just show up and enjoy!



Location and Time(s) of Meals:

Northern Hills Elementary--2024

910 East Avenue North

9-9:30 am Snack/ 11:30-12:30 pm Lunch

from June 3rd to August 2nd (no meals on July 4th & 5th)

Contact:

Onalaska School Nutrition Department

707 8th Ave. N Onalaska, WI 54650

608-783-6251

More Info:

wisummerfood.org or call 211

Text: 'food' to 304-304 for meals near you.



SCAN ME

This institution is an equal opportunity provider.

Summer Food Service Program
Wisconsin Department of Public Instruction



Onalaska High School World Language Department



LE DÉPARTEMENT DES LANGUES ÉTRANGÈRES • DEPARTAMENTO DE IDIOMAS DEL MUNDO

JUNE 2024 • JUIN 2024 • JUNIO 2024

WORLD LANGUAGE



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 only need to take two years of a world language.

REALITY: There is a false belief that one needs a world language to graduate from high school. Equally false, there is a belief that universities require two years for admission. The truth is, there isn't any requirement for high school graduation. However, universities use world language as criteria for selection. The more you have, the more likely you are to gain admittance to the university of your choice.

French Pronunciation Competition 2024 Le Concours Oral Français 2024

The French Pronunciation Contest (Le Concours Oral Français) was held virtually this year due. Onalaska High School had 33 students join over 300 students from schools across Wisconsin to compete in the annual speaking contest. Students sign up to perform in one of six speaking categories. Each category has a corresponding level based on the number of years the student has been studying French. Students are judged by three French-speaking judges and given a rating of either A, B, C or D rating. Students who earn an A rating received a gold medal. Students who earn B rating received a silver medal. We are proud of the 25 students who earned gold medals, 7 students who earn silver medals, and 1 student who earned bronze.

Félicitations





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

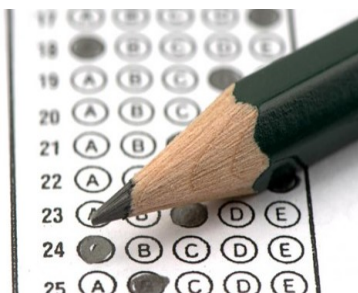
Jennifer Morrison – morje2@onalaskaschools.com

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

June 3-July 12	Summer School at OHS
August 20	OHS Registration 8:30 am - 7:00 pm
August 20	Freshman Parent Night 6:30 pm, OHS PAC
August 28	LINK Crew Freshman Orientation 8:30-11:00 am
August 28	New & Transfer Student Orientation 12:00-2:00 pm, Hilltopper Room
September 3	First Day of School – 7:45 am
September 12	Last Day to drop a class

SCHOLARSHIPS for SENIORS

Check out our on-line scholarship database, which is updated often:

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

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.

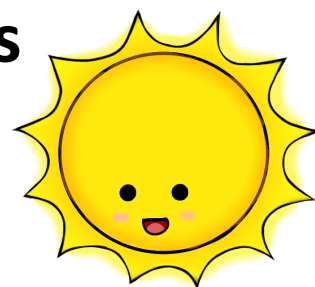
I am contracted through Peace of Mind Counseling to provide full-time mental health and/or substance abuse counseling services at OHS. I am available to any students who may need some additional support. If you are interested in counseling services, reach out to your school counselor to discuss the referral process.

Mental Health Resources:

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

Summer Counselor Hours

While the Student Service Office is open weekdays during the summer, counselor staff will be available on a limited basis during the summer months. Counselors will be in their office and available for appointments on the dates below. Students and parents can see any of our counselors for help during the summer. Counselors will be in the office for Registration on August 20, but not taking appointments that day.



<u>Mr. Garrett Silker</u> Tuesday, July 23 Thursday, August 1 Wednesday, August 7 Wednesday, August 21 Friday, August 30	<u>Mrs. Chrissy DeLong</u> Tuesday, July 9 Monday, August 12 Thursday, August 15 Wednesday, August 21 Thursday, August 22	<u>Mr. John Horman</u> Wednesday, July 17 Monday, August 5 Tuesday, August 13 Wednesday, August 14 Friday, August 23
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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!

Register to Retake the ACT

Students interested in retaking the ACT, please register at [ACT.org](https://act.org).

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

- Students go to [myACT.org](https://myact.org) to log into their account, register and pay for the ACT test
- Plan to register at least a month in advance of the test date to avoid late fees!
- Decide if you want to take the writing test. Most schools do NOT require the writing test.
- 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.

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.
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.

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.

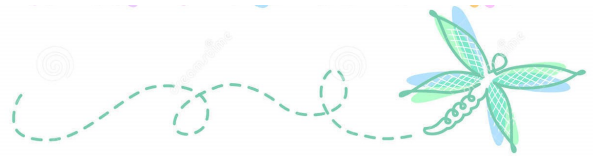
It's Financial Aid Time!

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/>.

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.



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 full-time, 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.

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.

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.



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

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.

HOBY 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'd 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.

STEM Summer Camps at South Dakota Mines, Summer 2024

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

Variety of camps available through June and July 2024.

Carnegie Mellon's Pre-College Programs - beginning in June 2024

<https://www.cmu.edu/pre-college/>

World-class instruction on a beautiful university campus – help your students prepare for the college experience while exploring educational and career options. Application opens on December 1st, and can be found at this link: <https://apply-precollege.studentaffairs.cmu.edu/apply/>

Upcoming Opportunities

National Student Leadership Conferences

NSLC seeks current 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.

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 Overcome Loneliness

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



Summer can be a fun time, surrounded by friends and family, but it can also be a time of transition and loneliness, when the daily routine of school no longer exists. Depending on the circumstances that caused feelings of loneliness, here are some tips that might help:

Give It Time

Loneliness stemming from grief or loss can abate over time with support from loved ones, new routines, new relationships, etc. Adjusting to the new normal can take time, and it's important to be patient with yourself and your healing. Loneliness from physical or emotional distance and life changes may be alleviated in similar ways: being patient, reaching out to a support system, and making new connections.

Reach Out

Try working on your communication and reaching out to people you trust for more contact. This could include making regular contact with family members, either virtually or over the phone, as well as checking in on friends and acquaintances to ask them about their lives, recent changes, etc. You might also try planning more structured outings with your friends, like lunches or outdoor activities, Zoom game nights, walks or hikes in local parks and green spaces or ask coworkers or classmates to spend time together outside of work/class.

How to Overcome Loneliness . . .

Branch Out

If we're in a rut, loneliness can sometimes be alleviated by trying something new. A new hobby will not only introduce you to a new community of people with similar interests, but will add new stimulation to your routine and improve your overall feelings of self-efficacy and positive self-image. This could also include using social media, dating apps, and other forums to connect with people digitally or volunteering for a cause that's important to you. Giving back is often its own best reward in terms of making us feel good.

Invest in Your Alone Time (Practice Self-Care)

Are you meeting your basic care needs of food, water, rest, and hygiene? While obvious, these are often overlooked as reasons we don't feel like ourselves. Some other things you can do include:

- Make your living space comfortable, functioning, and nurturing
- Reorganize your closet space or any other cluttered spaces
- Create ways to make your space more enjoyable and comfortable (new pillows, rugs or other small splashes of color or accessories)
- Decrease social media use if you feel yourself using it for self-comparison, self-hatred, or if you notice yourself feeling reliant on or "addicted" to your screen
- Take yourself on outings, "dates," or take advantage of your alone time to cultivate special interests and do things you enjoy

Put Yourself First (Romantic Loneliness)

Sometimes the pressure to be in a romantic relationship from family, friends, media, social expectations, etc. can cause us to be lonely. But by putting ourselves first, and "dating" ourselves, we can often appreciate how nice it is to be uncommitted for the time being. Don't underestimate the enjoyment that can come from taking yourself out to eat or to a movie — the people watching alone can be quite engaging!

Re-Categorize a Relationship

Sometimes loneliness can be a result of feeling cut off from one person, or a group of people. This can be due to mismatched expectations or availability. If you find that you've tried to create the relationship you want but seem to be met with no real change, you may need to change your expectations, or "re-categorize" the relationship. For instance, if you have a school friend that you studied with often during the school year, but things have tapered off since the semester or school year ended, instead of expecting the same quality of friendship as before, and repeatedly being upset or disappointed, accept the change in the friendship (which might be temporary).

See a Therapist

Of course, therapists, counselors, and support groups can help give you resources to cope with loneliness, improve your social connections and communication, and give you a safe space for your feelings of loneliness and other emotions. Therapy doesn't have to be a last resort and there's nothing wrong with seeking help as soon as you feel down. The important thing is to do what you need to do to feel better.



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



Important Fall Sports Dates:

Starting Dates:

Football: August 6, 2024

Girls Golf: August 12, 2024

Girls Swimming: August 13, 2024

Boys & Girls Cross Country: August 19, 2024

Girls Tennis: August 13, 2024

Boys Soccer: August 19, 2024

Volleyball: August 19, 2024

A Mandatory Parent/Athlete/Coach Preseason Meeting will be prior to the start of fall sports. Watch for an email with more details in July.

All Athletic Registration is online!

All necessary forms for Athletic Registration are online. You will need to know your student's ID number to register. Please wait to register for fall sports until after July 22.

The only paper form that can be handed in to the Athletic Office is the physical form. This completed form can also be uploaded to your online registration page. If your student athlete's last physical was before April 1, 2023, they will need a new physical exam this year to be eligible to participate in a sport.

To access the online registration page, go to our school website at <https://onalaskahighschool.onalaskaschools.com/activitiesathletics/registration> .

Participation Fees will be available the end of July to pay through School Pay at <https://www.onalaskaschools.com/departments/finance-business-services/payments> .

Fees need to be paid prior to the first competition.

Thank you

OHS Activity/Athletic Office



2023-24 Mississippi Valley Conference/Other Spring Academic All-Conference players

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

ASL Whiffle Ball

Nolan Bey
Dawson Sjolander
Paul Yang

Baseball

Carter Gilhausen
Kaden Kokaisel
Seth Kowalski
Brady Kuhn
Zavier Lawrence
Donovan Lucksted
Caden Pierzina
Pierce Sommerfield
Owen Treanor
Joseph Walters

Boys Tennis

Matthew Arsenault
Richard Cayasso
Aayush Daithankar
Jack Foglia
Lewis Go
Lucas Go
Benjamin Hsieh
Porter Mallady
Vishnu Prakash
Gavin Sommerfield

Girls Soccer

Sarah Brewer
Khloe Burnstad
Isabella Cromheecke
Alexandra Drazkowski
Lydia Hartman
Jessica Mahlum
Mallory Meighan
Katherine Ramsay
Anna Skemp
Natalie Tevis
Amaya Thesing
Maggie Vannieuwenhoven
Francesca Vriens
Tatum Walters
Mya Yang

Softball

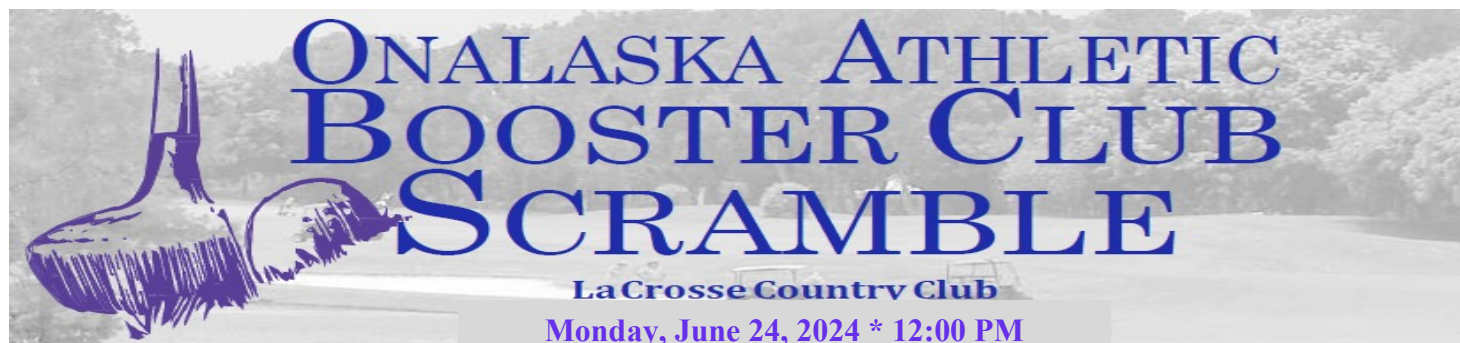
Caroline Clark
Sidney Fillbach
Jenna Gansen
Kylie Gilhausen
Sophia Larkin
Alexa Larson
Jenna Law
Zoey Lichty
Qitarra Olson
Emerald Olson
Lauren Pica
Jenna Richgels
Marlee Walleen
Finley Walters
Isabella Zimmer

Boys Golf

Grayson Anandel
Evan Anderson
Adam Skifton
John Werwinski
Chasen Witt

Track & Field

Kasey Barth
Blake Burnstad
Kendall Carlson
Brendan Chenault
Mary-Catherine Clatworthy
Matias Dahl
Lauren Denker
Grady Dunnum
Max Erdmann
Isabela Gutierrez
Zachary Imgrund
Mara Klein
Isabella Malecek
Addison Mallady
Makena McGarry
Sawyer Meyer
Alyssa Neilson
Olivia Peterson
Amanuel Putz
Nicholas Putz
Kateley Schlicht
James Siegel
Kaeson Stettler
Alexis Stupi
Rickie Tillotson
Justin VanDyken
Arlo White
Madelyn Wilson



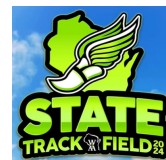
On Monday, June 24th, the Booster Club will be holding its annual golf outing which is one of the biggest fundraisers of the year. The golf outing helps raise money for athletes of all sports at Onalaska High School. For more information, check out the booster club website at: <https://app.eventcaddy.com/events/onalaska-athletic-booster-club-golf-scramble-2024>

Congratulations Spring 23-24 More Than An Athlete Students

Evan Anderson	Michael DeMaira	Colton Klein	Qitarra Olson	Gavin Sommerfield
Keagan Anderson	Lauren Denker	Sophia Knight	Emerald Olson	Kaeson Stettler
Luke Archer	Alexandra Draskowski	Kaden Kokaisel	Henry Olson	Alexis Stupi
Matthew Arsenault	Grady Dunnum	Olivia Konrardy-Buchal	Trent Oyen	Eliana Sullivan
Kate Arsenault	Jackson Egan	Zoe Koonce-O'Kane	Jackson Palmer	Nolan Sullivan
Ella Ballmer	Max Erdmann	Viktorie Koppova	Soham Patel	Madison Sullivan
Jagger Banasik	Grace Fabian	Chloe Koshollek	Yash Patel	Lillian Sveen
Kasey Barth	Lucas Fillbach	Seth Kowalski	Isabelle Patton	Sabina Swanson
Rylee Beahm	Sidney Fillbach	Brady Kuhn	Olivia Peterson	Benjamin Tempelis
Carter Beeler	Zachary Fink	Olivia Kunkel	Lauren Pica	Natalie Tevis
Adaryn Belanger	Jack Foglia	Sophia Larkin	Isabella Pierce	Amaya Thesing
Kaylee Bennie	Riley Gansen	Alexa Larson	Elle Pierre	Hailee Thiel
Tyler Bente	Jenna Gansen	Jenna Law	Caden Pierzina	Rickie Tillotson
Nolan Bey	Vayda Garvin	Zavier Lawrence	Vishnu Prakash	Ethan Topolski
Emma Borden	Jakob George	Zoey Lichty	Isabella Pray	Owen Treanor
Sarah Brewer	Carter Gilhausen	Donovan Lucksted	Amanuel Putz	Harrison Van Der Horst
Khloe Burnstad	Kylie Gilhausen	Josie Lucksted	Nicholas Putz	James Vanderloop
Blake Burnstad	Easton Glebke	Jackson Ludden	Katherine Ramsay	Justin VanDyken
Margherita Bursi	Lewis Go	Kendall Luebker	Jenna Richgels	Pa Nyia Vang
Xavier Busta	Lucas Go	Elliott Luecke	Zara Rizvi	Phengsu Vang
Kennedy Busta	John Gobel	Claire Lukasek	McKenzie Runde	Maggie Vannieuwenhoven
Marco Camarillo	Holden Grover	Jessica Mahlum	Alea Runde	Francesca Vriens
Carson Campbell	Isabela Gutierrez	Isabella Malecek	Alara Running	Marlee Walleen
Kendall Carlson	Graysen Guzzo	Porter Mallady	Lillian Ryan	Joseph Walters
Richard Cayasso	Maya Hartman	Addison Mallady	Gianna Sanchez	Tatum Walters
Kyara Cayasso	Lydia Hartman	Sophia Mayberry	Brett Schauer	Finley Walters
Noah Chenault	Emma Hayes	Taliya Mayne	Kateley Schlicht	Brian Weng
Brendan Chenault	Brooke Hintz	Makena McGarry	Kayden Schultz	John Werwinski
Avery Clark	Addison Hoff	Mallory Meighan	Lyla Schultz	Nicholas White
Caroline Clark	Benjamin Hsieh	Sawyer Meyer	Luke Siegel	Arlo White
Mary-Catherine	Landen Hubert	Brodie Mickschl	James Siegel	Madelyn Wilson
Clatworthy	Aidan Hughes	Aiden Miller	Dawson Sjolander	Elizabeth Witcik
Raelyn Cowley	Zachary Imgrund	Tristan Molling	Anna Skemp	Chasen Witt
Isabella Cromheecke	Nicholas Jacobson	Makayla Moss	Adam Skifton	Pairis Wolf
Ellie Dahl	Kendyl Johansen	Alyssa Neilson	Jack Smith	Paul Yang
Madalynn Dahl	Arman Kiani	Timothy Newman	Paul Soderberg	Mya Yang
Matias Dahl	Gavin Kind	Madilynn Nicholson	Landon Soland	Isabella Zimmer
Aayush Daithankar	Mara Klein	Summer Nicolai	Pierce Sommerfield	



Boys State Track 2nd Place Team Finish



Boys 1600m Division 1

State Champ – Manny Putz – 4:12.03
4th Place – Blake Burnstad – 4:13.33



Boys 800m Division 1

3rd Place – Blake Burnstad



Boys 3200m Division 1

State Champ – Manny Putz – 9:08.75



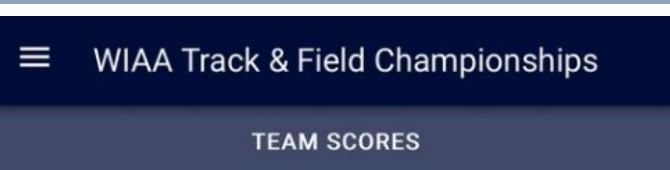
Boys Triple Jump Division 1

6th Place – Max Erdmann



Boys 4X800 Division 1

State Champs – Kasey Barth, Manny Putz, Drew Symons, Blake Burnstad – 7:47.49



D1B

17 of 18 Events

		Total	4x1	4x2	4x4	4x8	100m	200m	400	800m
1	Arrowhead	55	10	10		0	3	0	5	2
2	Onalaska	44	0	0		10	0	0	0	6



Girls State Track 4th Place Team Finish



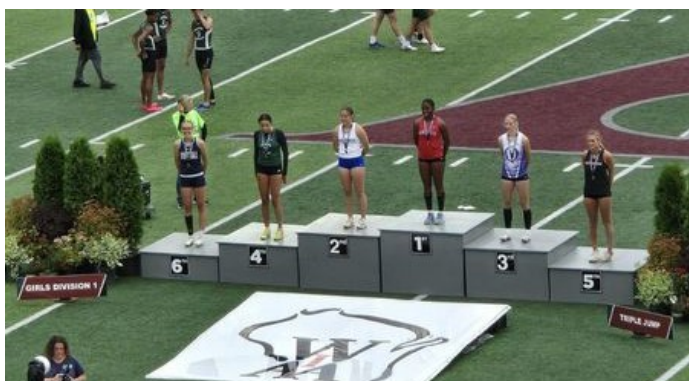
Girls 4X400 Division 1

5th Place – Jenna Richgels, Makena McGarry, Eva Dryer, Isabella Malecek



Girls 4X100 Division 1

4th Place – Ella Stevens, Jenna Richgels, Eliana Mascotti, Makena McGarry



Girls Triple Jump Division 1

3rd Place – Jenna Richgels



Girls High Jump Division 1

4th Place – Kendall Carlson
5th Place – Isabella Malecek



Girls Long Jump Division 1

5th Place – Makena McGarry

WIAA Track & Field Championships									
-	West Bend	0	TEAM SCORES	0	0	0	0	0	0
-	West	0		0	0	0	0	0	0

D1G

18 of 18 Events

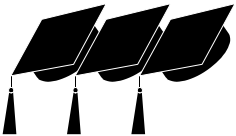
		Total	4x1	4x2	4x4	4x8	100m	200m	400	800m
1	Arrowhead	67	8	10	8	3	0	8	6	0
2	Homestead	57	0	4	5	10	0	0	0	0
3	Verona Area	31	0	0	10	6	5	0	10	0
4	Wisconsin Lutheran	29	0	0	0	0	6	5	0	0
4	Onalaska	29	5	0	4	0	1	0	0	0

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 photo submission deadline for the OHS Yearbook Friday, September 27, 2024
Submit close up shot showing predominantly head and shoulders, wallet size only
Senior baby ad submission deadline for the OHS Yearbook..... Friday, September 27, 2024
Cap and Gown measurements taken and packets sent homeearly November
Graduation orders taken for announcements, etc.early November
Graduation Date Saturday, May 24, 2025 --- 1:00 PM

CONTACT

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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

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Charlie Ihle Assoc. Principal
ihlch@onalaskaschools.com

Jason Thiry Activities Dir.
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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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