

# LIGHTNING LINK



APPLETON NORTH HIGH SCHOOL

VOLUME 12  
SUMMER 2024



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On **July 13th, from 10:00 AM to 12:00 PM**, we will be hosting a workshop focused on "Social Media & Teens Mental Health." (printable flyer attached)

This event aims to provide parents and caregivers with the knowledge and tools necessary to support their teens in navigating the complex world of social media. Topics covered will include:

- Recognizing signs of risky online behaviors
- Promoting healthy self-image and preventing social media comparisons
- Setting healthy boundaries and rules for social media use
- Supporting teens' mental health and well-being
- Effective communication strategies for discussing online safety

Given the increasing prevalence of social media in the lives of young people, we believe this workshop will be incredibly beneficial for those who attend. We would greatly appreciate it if you could share this event with your staff and the parents of your students, should you feel it would be valuable to them.

### Event Details:

Date: July 13th

Time: 10:00 AM - 12:00 PM

Location: Appleton, WI

For more information and to register for the event, please visit <https://www.eventbrite.com/e/social-media-teen-mental-health-free-seminar-tickets-928787367017?aff=oddtcreator>

Click Here

For more details

**Social Media AND TEEN'S MENTAL HEALTH**  
Mental health concerns regarding your teen's & social media

**FREE event**

Information is for parents/guardians curious and concerned about the mental health impact of social media on their teens.

Learn more about social media and teens, as well as best practices to help your teens manage their mental health while engaging on social media.

**JULY 13, 2024**  
10:00am - 12 pm

Registration required:  
to register, email [jax@jaxandersonlpc.com](mailto:jax@jaxandersonlpc.com)

Hosted by:  
The Church of the Open Door  
**FIRST CONGREGATIONAL UNITED CHURCH OF CHRIST**  
724 E. South River Street, Appleton, WI 54915

Psychologist  
Psychologist

# Thank you!

# 2024



## THANK YOU

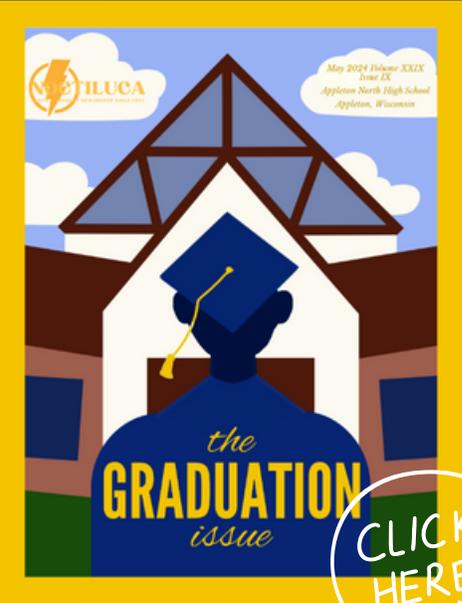
to the following families, businesses, and community members who contributed to the success of the Class of 2024 Post-Graduation Party!

- Steve & Amy Henselin
- Grupa Family
- Daryl & Chakla Davis
- Steve & Cathy Pfister
- Laura Nettekoven
- Shelly & Brian Cantrell
- Modder Family
- Keesling Family
- Dr. & Mrs. Jeremy Luedtke
- Kristy Palleria
- Eleonora Daireaux & Fabio Quatrini
- Angela Perronne
- Caravella Family
- Jim & Beth Podlasek
- Paustian Family
- Josh & Erin Chudacoff
- Rick Wedel
- Baer Family
- Vicki & Jerome Ramus
- Cantrell Family
- Richling Family
- Dennis & Becky Bergin
- Teresa Irurzo
- Rachel Lawrence
- Leiva Family
- Matthew Schultz
- Dorothy Stephenson
- Brian Picard
- Jennifer Torbenson
- Laurie Frisch
- Kristin & Daniel Killian
- Kelly Truettner
- Annie Levknecht
- Koffie Family
- Ted & Barb Carew
- Kelli Arndt
- John & Carol Stanislawski
- Mark & Brenda Jenike
- Marzullo Family
- Andy & Laura Lake
- Sarah & David Brinkman
- Susan Krahn
- Hasz Family
- Judy & Mike Van Handel
- William Merritt & Family
- Pope Family
- Reddy Family
- Steffanie Salm
- Jodi Gaskill
- Maria Schultz
- Apple Creek Orthodontics
- Badger Sports Park
- Blue Moon Emporium
- Bona Fide Juicery
- Buffalo Wild Wings
- Chick-Fil-A
- Culver's
- Dunkin' Donuts
- Baskin Robbins
- Festival Foods
- Freddy's
- Green Bay Packers
- Green Bay Rockers
- Harbor Freight Tools
- Hoffman Planning, Design & Construction
- HuHot Mongolian Grill
- Kwik Trip
- Mark's East Side
- Mary's Family Restaurant
- Mt. Olympus
- Orangetheory Fitness
- Parker John's BBQ
- PDQ Car Wash
- Performance Machine & Manufacturing
- Pete's Garage
- P.F. Chang's
- Pick 'n Save
- Polished Nail Lounge
- Rennes Health & Rehab Center
- Scheels
- Texas Roadhouse
- The StoneYard
- Vandelay Industries
- Van Vreede's
- Wisconsin Timber Rattlers



# The Graduation Issue

May Noctiluca 2024



## Caps off to our Lightning Senior Class of 2024!

The Noctiluca's Graduation Issue showcases senior sticky-notes, sage advice, and send-offs for retiring teachers. Plus, test your knowledge with our Commencement Interactives, and see the seniors' plans for next year.

**The Noctiluca is for students, by students.** Follow our Instagram [@northnoct](#), visit [northnoct.com](#) for photo galleries, web-exclusive articles, and past issues, and find our partner video broadcast series, Spark Shorts, on Instagram [@anhsspark](#).

## YEAR END LOCKER CLEAN OUT

LOCKER CLEAN OUT BY WEDNESDAY 6/5

\*\*\*\*\*Any items left after Wednesday will be cleaned out and locks will be cut off\*\*\*\*\*

## UPDATES from Health Services



HEALTH SERVICES \* P.O. Box 2019, Appleton, WI 54911 \* 920-852-5344

On May 20th, 2024 the Wisconsin Department of Health Services (DHS 144.01) announced updates to [immunizations needed for children in child care centers and schools](#) for the 2024-2025 school year.

Changes include:

- Adding meningococcal ([MenACWY-containing](#)) vaccine to the requirements for students entering 7th grade, and a booster dose for eligible students entering 12th grade. If you are uncertain that your student has met these requirements, please contact your medical provider.
- For any newly enrolled students who are claiming exemption, a parent report of chickenpox disease is no longer acceptable for the varicella (chickenpox) vaccine requirement. Children must have a diagnosis of chickenpox from a qualified health care provider (M.D., D.O., N.P., or P.A.) to be exempt from this requirement, however existing exemption options still apply.
- Updating the definitions of "substantial outbreak" for both child care centers and schools by revising to align with CDC definitions and to add chickenpox and meningococcal disease to the definitions.

If you do not wish to have your child immunized, you are required to sign a new waiver. The waiver option is located on the bottom half of the immunization form. These forms are available from the district website ([aasd.k12.wi.us](#)), [from the DHS website](#), or from the school office.

Once your student has received these vaccinations, please forward these records to your student's school office so they may update your student's information.

# COUNSELING OFFICE UPDATE



The mission of the North Counseling Department is to provide academic, career, personal, and social guidance to help students transition successfully throughout high school and into life as young adults.

For the 24-25 school year, students will be assigned to a counseling team member via last name. Each counselor will handle new student registration, schedule change requests and other guidance tasks for North students.

You can check out the new counselor-to-student assignments [HERE](#).

2024-25 Counseling assignments by student’s Last Name.

- Mrs. Wolfer.....A to E
- Mrs. Krueger.....F to K
- Mr. Bednar.....L to Q
- Mr. Waldvogel.....R and T to Z
- Ms. Zimmerman.....S



**8/22/24**  
8:00 AM - 3:00 PM  
Official School Picture Day

**8/28/24**  
5:30-7:30 PM  
Back-to-School

**9/3/24**  
First Day of School

**10/17/24**  
7:30 AM to 11:30 AM  
Retake Picture Day ONLY

**01/13/25**  
5:30 PM - 8:00 PM  
Explore Night



June 10 – 28 (no classes on June 19)  
Semester 1: 7:45 a.m. – 11:15 a.m.  
Semester 2: 11:45 a.m. – 3:15 p.m.

Offerings will be in-person.  
Additional opportunities may be available.

Families and students should reach out to the student's counselor for questions or additional information.

2024-25 WISCONSIN  
**STUDENT ACCIDENT  
 INSURANCE PROGRAM**  
 Multi-Benefit Protection



# STUDENT ACCIDENT INSURANCE 2024-25 School Year

Appleton Area School District will continue to work with **First Agency, Inc.** to provide parents/guardians with an opportunity to purchase Student Accident Insurance for the 2024-2025 school year.

First Agency's 2024-25 brochure/enrollment form will be available on-line AFTER July 1, 2024 at [www.1stAgency.com](http://www.1stAgency.com). Parents/guardians can print the PDF and enroll through the mail with a check/money order OR enroll online with a credit card.

Please click **HERE** for the brochure outlining the coverage benefits and rates for your information.

## Participating In A Sports? Book your appointment TODAY!

Dates: Time: 5:30-8:00 pm

- July 15
- July 17
- July 23
- July 25

Location:  
 ThedaCare Orthopedic, Spine & Pain Center

Limited spots available. Registration is required. Sign up at [thedacare.org/LAT](http://thedacare.org/LAT) or scan the barcode below.



Don't forget to bring your WIAA sports physical [form!](#)

Any questions?

Email: [sportsmedicine@thedacare.org](mailto:sportsmedicine@thedacare.org)

### WIAA Sports Physical Form

## Free Sports Physicals



IN PARTNERSHIP WITH **MOSAIC**  
 FAMILY HEALTH

ThedaCare Orthopedic Care is proud to offer free sports physicals to our partner schools.

- Dates  
 Monday, July 15  
 Wednesday, July 17  
 Tuesday, July 23  
 Thursday, July 25

Time  
 5:30 p.m. - 8:00 p.m.

Location  
 ThedaCare Medical Center-  
 Orthopedic, Spine and Pain  
 2400 E. Capitol Drive  
 Appleton, WI 54911

Registration required  
 Limited spots available. Sign up at [thedacare.org/LAT](http://thedacare.org/LAT) or scan this code:



Don't forget to bring your WIAA sports physical [form!](#)  
 Any questions?  
 Email: [sportsmedicine@thedacare.org](mailto:sportsmedicine@thedacare.org)



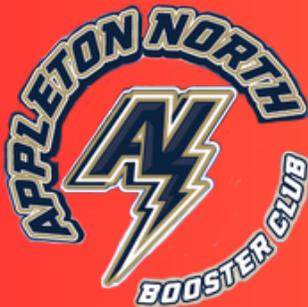
Note: A sports physical does not replace a Child Well Visit in your medical home. A sports physical performed as part of a Child Well Visit is a more comprehensive assessment of a child's readiness to participate in sport. ThedaCare Orthopedic Care encourages families to establish and maintain relationships with your primary care providers to ensure optimal health maintenance, vaccinations and preventative screenings.

If your child needs to catch up on immunizations, ThedaCare pharmacists will be available. Charges may apply. Any questions call 920.454.3200.

# NASSA

Weight Room Schedule						<b>Starts:</b> Monday, June 10th  <b>Ends:</b> Friday, July 20th  <b>No Weight Room</b> June 19th, July 3rd-5th  <b>No NASSA:</b> June 19th, July 3rd & 4th
	Monday	Tuesday	Wednesday	Thursday	Friday	
10-12th Boys NAVY	6:50-8:15	6:50-8:15	10:40-1:00	8:20-9:35	-----	
10-12th Boys GOLD	-----	11:00-12:15	9:20-10:35	-----	9:20-10:35	
10-12th Girls	8:20-9:35	8:20-9:35	-----	7:00-8:15	-----	
9th Boys	9:40-10:55	9:40-10:40	-----	9:40-10:55	-----	
9th Girls	-----	11:00-12:15	8:00-9:15	-----	10:45-12:00	
Middle School	11:00-12:00	-----	-----	11:00-12:00	-----	
NASSA Schedule						
	Monday	Tuesday	Wednesday	Thursday		
9-12th Boys	8:30-9:30	-----	-----	7:00-8:00	-----	
9-12th Girls	7:10-8:10	-----	-----	8:30-9:30	-----	
Middle School	-----	8:15-9:15	8:15-9:15	-----	-----	
Aerobic & Endurance Workout Schedule						
7th-12th Grade Boys & Girls						
	Monday	Tuesday	Wednesday	Thursday		
Aerobic Workouts/ Guided Runs	7:30-8:30	7:30-8:30	7:30-8:30	7:30-8:30	-----	
<b>Weight Room-</b> If you are in weight room first, warm ups will be in the small gym						
<b>NASSA-</b> If you are doing NASSA first, meet outside by the turf field						
<b>Aerobic &amp; Endurance Workouts/Guided Runs -</b> Meet outside near the concession stand						





# APPLETON NORTH BOOSTER CLUB

## WHAT IS THE BOOSTER CLUB?

The Appleton North Sports Booster Club exists to support and advance the athletic program and related activities of Appleton North High School, thereby increasing the skill levels of student-athletes and cultivating clean, wholesome school spirit, promoting good sportsmanship, and developing high ideals of character. The club supports projects to improve facilities and equipment to provide an adequate athletic program for the school.

## HOW DOES THE BOOSTER CLUB RAISE MONEY?

- Donations
- Fundraising Activities
  - The Annual Summer Golf Outing
  - Concession Sales

We have 10 active Board member volunteers with several opportunities for you to be involved! The opportunity for YOU to volunteer, and serve on our Board, is vital to the future of our sons and daughters' athletic experiences at Appleton North High School. We need YOU! Our athletes thank you!!!

Contact via email: [anhsboosterclubpresident@gmail.com](mailto:anhsboosterclubpresident@gmail.com) and through social media pages.

[Join the Booster Club Now](#)

[Learn More About Volunteering](#)

[Concessions Volunteer Opportunities](#)

## JUNE 2024 NEWSLETTER - [Check out our social media accounts for more information](#)

### President's Note

Summer is here! The graduation parties have started and the finishing touches are being put on vacation plans. Whether you plan to camp out in your backyard or travel around the world this summer, make sure you take time to enjoy these few months between school years.

I want to thank every single person who had a hand in helping with the Booster Club this year. Every volunteer hour and every membership dollar helped elevate our athletic teams. I heard so many stories this school year about triumphs and defeats, personal bests and competitions our athletes would like to forget. But that's what sports is all about. All the experiences, good and bad, help mold our student-athletes into the people they will become. I'm proud to be part of an organization that wants nothing more than to ensure all students have the opportunity to participate in athletics for years to come.

Jesse R. Funk  
President, Appleton North Booster Club  
920-257-7099 (Mobile)  
[anhsboosterclubpresident@gmail.com](mailto:anhsboosterclubpresident@gmail.com)

### New Social Media Handles

We have synchronized all of our social media handles for Facebook, X (formerly Twitter) and Instagram to:

**anhsboosterclub**

If you are already following us, the new handle is still connected, and if not - why not follow us now?!



Facebook - <https://www.facebook.com/anhsboosterclub/>



X - <https://x.com/anhsboosterclub>



Instagram - <https://www.instagram.com/anhsboosterclub>

