



FREDDY'S FOOTNOTES



A Newsletter from Onalaska High School

August 2024

Highlights

Important Dates

OHS 2024-25 Registration.....	August 20
Freshman Parent Night	August 20
Freshman Link Orientation.....	August 28
New/Transfer Student Orientation.....	August 28
1 st Day of School	September 3

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2024 - 2025

OHS FALL REGISTRATION

T U E S D A Y , A U G U S T 2 0

8:30 AM – 7:00 PM

PowerSchool Back-to-School Student Update

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.

If you have not yet received instructions via email from the School District office, please contact the office for instructions and/or a paper copy if you do not have internet access.

This process was opened starting Monday, August 5. See page 4 for generic instructions. If you are still not able to figure out this process, please call the main office (608-783-4561) for assistance.

FALL SPORTS STARTING DATES

TUESDAY, AUGUST 6

- FOOTBALL

TUESDAY, AUGUST 13

- GIRLS TENNIS
- GIRLS SWIMMING

MONDAY, AUGUST 12

- GIRLS GOLF

MONDAY, AUGUST 19

- BOYS SOCCER
- CROSS COUNTRY
- GIRLS VOLLEYBALL

Important Dates

Parent/Athlete Preseason Sports Meeting Video	posted on Athletic Webpage
2024-25 Registration.....	Tuesday, August 20 --- 8:30 AM – 7:00 PM
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	Monday, September 9
Homecoming Week	September 9 – 14
Picture Re-take Day	Monday, September 16
Senior Student & Parent Night/Financial Aid Overview.....	Monday, September 16 --- 6:15 PM in the PAC
Practice ACT for All Freshman-Juniors	Tuesday, September 24
Senior Pictures/ Baby Ads Due.....	Thursday, September 26
Early College Credit and Start College Now applications due.....	Tuesday, October 1
WTC Career Coach at OHS.....	Tuesday, October 8
Junior PSAT (during school)	Tuesday, October 15
College Goal Event at OHS	Wednesday, October 16 --- 6:00 – 8:00 PM
Parent Teacher Conferences	Wednesday, October 16 --- 3:30 PM – 8:00 PM
.....	Thursday, October 17 --- 12:30 PM – 8:00 PM
Junior STAR Conference Kick-Off Meeting.....	Thursday, October 17 --- 6:30 PM in the PAC
Early Dismissal	Thursday, October 17 --- 11:50 AM
No School.....	Friday, October 18
Junior/Senior ASVAB (during school).....	Tuesday, October 22
No School --- Professional Development	Friday, November 1
National Honor Society Induction	November 4 --- 6:00 PM
Academic Awards Night.....	November 4 --- 6:30 PM
WTC Career Coach at OHS.....	Tuesday, November 12
UW System practice placement tests (resource).....	November 13 – 14

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.

Back to School Checklist

What do I need for High School Registration? – Your registration checklist

- ☐ POWERSCHOOL BACK-TO-SCHOOL UPDATE & PERMISSION WAIVER --- This online process through your students' PowerSchool Parent Portal account should be updated prior to registration. Instructions mailed and emailed by the School District Office. Look for "Returning Student Enrollment" bottom left column. Step-by-step outline on page 4.
- ☐ GENERAL FEE – This **\$6.00 fee** is for all OHS students and should be paid online or at registration.
- ☐ STUDENT SCHEDULE – On Tuesday, August 20, student schedules will be handed out at registration. Come to school at your scheduled time for your ID picture, pay fees if you have not already done so online, pick up class schedule and student ID card.
- ☐ "340" REQUEST GOOGLE FORM -- **Juniors & Seniors – To be filled out after schedule is received.**
The Wisconsin Act 340 allows juniors and seniors to apply each semester for a one-hour release from school during their study hall or commons period. Students must have permission from their parents to participate and must be approved by administration based on grades, attendance, behavior concerns and teacher recommendations. All Junior/Senior parents will receive a 340 **google form** in their **email** or can be found on our website at: https://docs.google.com/forms/d/e/1FAIpQLSe1yc3q5cPMUMJi6pSbVqI-QWPajrN5C11T29UoicUdJh_cNw/viewform. Please complete this form if you wish to give permission for your child to have a 340.
- ☐ EMPIRE PHOTOGRAPHY--- Schedule a time to come in on **Tuesday, August 20** for student ID picture at www.empirephotos.com/onalaskahigh2024. Multiple time slots are available every 15 minutes. You will be able to see your child's photo **BEFORE** you purchase. When signing up for a time slot, the software will request parent contact information to be used to send your child's proof for optional viewing/ordering. All students **must** have a **picture taken for ID** purposes even if they are not purchasing pictures. Seniors: Be aware that your ID picture will be used for news awards. See page 15.
- ☐ YEARBOOK INFORMATION PAMPHLET --- Do you want to purchase a 2024–2025 yearbook? All correspondences go directly through Jostens. **THE SCHOOL WILL NOT COLLECT ORDERS AND WE WILL NOT TAKE JOSTENS PAYMENTS FOR YEARBOOKS.** Follow the instructions to order provided on the Jostens pamphlet in our registration mailing. Order **online** or **call** the toll-free number (1-877-767-5217). See page 16-18 for more information.
- ☐ SENIOR PARKING PERMIT GOOGLE FORM --- **All** seniors will have the opportunity to purchase a permit at any time during the school year. If you do not need it right away, you can wait to purchase at a later date. Permits can be picked up in the main office any time prior to the start of school, 7:00 AM – 3:00 PM. <https://forms.gle/NVZ9kkqpKbP8RZky7>
The cost is \$40.00 and can be paid online at: <https://www.onalaskaschools.com/departments/finance-business-services/payments>
- ☐ JUNIOR PARKING PERMIT APPLICATION GOOGLE FORM – Juniors interested in the opportunity to possibly purchase a limited number of Junior parking permits, should complete this form to be registered for a lottery drawing. Please submit by the first day of school. <https://forms.gle/k2ce5NKZxjw7yJ5v6>.

PowerSchool Back-to-School Update

Step-by-Step: Completing Online Registration

To access the online registration form, you will login to the Parent Portal.

<https://ona.powerschool.com/public/home.html>

Scroll to the bottom of the page and click Returning Student Enrollment near the bottom left.

A new window will open and you are brought to the InfoSnap returning student enrollment portal. The first time you login, they will ask you to check an agreement box. After that, you enter your student's date of birth and click Continue.

Student name, DOB, address, phone and contact 1 & 2 names are pre-populated from PowerSchool. Parent/guardian address and phone as well as medical information will need to be entered by the person completing the form. All mandatory fields are marked "required". You will not be able to submit the form until all required fields are completed.

For parents with more than one student, after completing the first form, you will return to the parent portal - <https://ona.powerschool.com> - click the next student's name and then click Returning Student Enrollment again.

After entering the next child's date of birth, they'll have the option to import relevant information from the first form to save time or start from scratch.

OHS Fees Due at Registration

A. REQUIRED FEE FROM EVERYONE

General Fees.....\$6.00

B. OPTIONAL

Chromebook Insurance\$25.00

This fee covers the cost of repairs or replacement of school issued Chromebook.

C. OPTIONAL

Lunch Account..... Amount of your choice

This can be made out for any amount with which you would like to start your child's account. The money will be available to your child with their four-digit account code to be used for the regular lunch or a la carte.

Regular lunch line is \$3.45 per day; an extra Entrée is \$2.65; an extra Milk \$.55. Breakfast is \$2.40 per day.

If you want to purchase the **optional** "24-25 Sports Pass", that can once again be purchased through our GOFAN ticket system. For more information on GOFAN see page 28.

Online
Payment



Online payment is preferred

SchoolPay® >

The district is encouraging everyone to use our online system in lieu of sending cash or checks to the school. If you need assistance with [SchoolPay](#), please review the directions on page 6 or contact Amanda in our accounting department. You can reach her at 608-781-8706 or gamam@onalaskaschools.com.

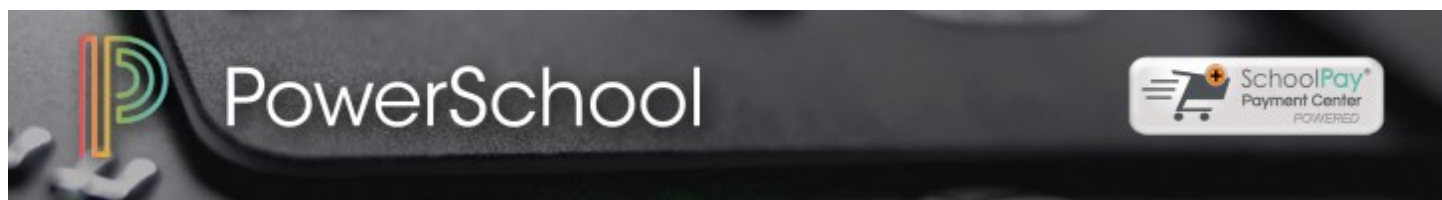
All school fees can be paid through our online payment system, SchoolPay. There are no convenience fees this year regardless of your payment type. You can log into SchoolPay through PowerSchool or directly on their website: www.schoolpay.com

During the registration process, the General Fee of \$6.00 and Band and/or Choir fees are the only fees that will show as owed in PowerSchool for your child. *All other fees, such as Athletic User Fees, Chromebook Insurance, Senior Parking and Senior Baby Ad, are optional fees that you would be able to view in the School Pay program only.

Some students will eventually see class fees in PowerSchool, which are not due until after September 9. Since some students may decide to drop a fee course prior to the drop class deadline of Monday, September 9, those payments are not assessed until after that date.




Lunch money can be paid online through the [MyPaymentsPlus](#) system <https://www.mypaymentsplus.com/welcome> (See page 26-27 for more details). Both online payment systems are accessible from the school district website at: <https://www.onalaskaschools.com/departments/finance-business-services/payments>.



There are Two Easy Ways to Make Online Payments

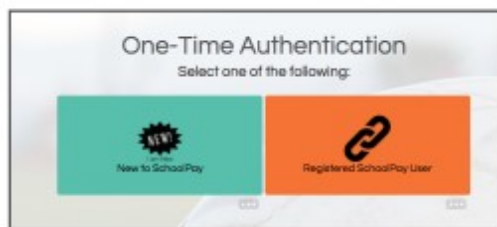
Pay Via Your PowerSchool Account

- 1 Log in to your Parent PowerSchool Account
- 2 Click on the arrow at the top right of your screen to locate your applications 



Select *SchoolPay* from the slideout menu.

- 4 The first time you access SchoolPay through PowerSchool, you will be asked if you're brand new or have an existing account.



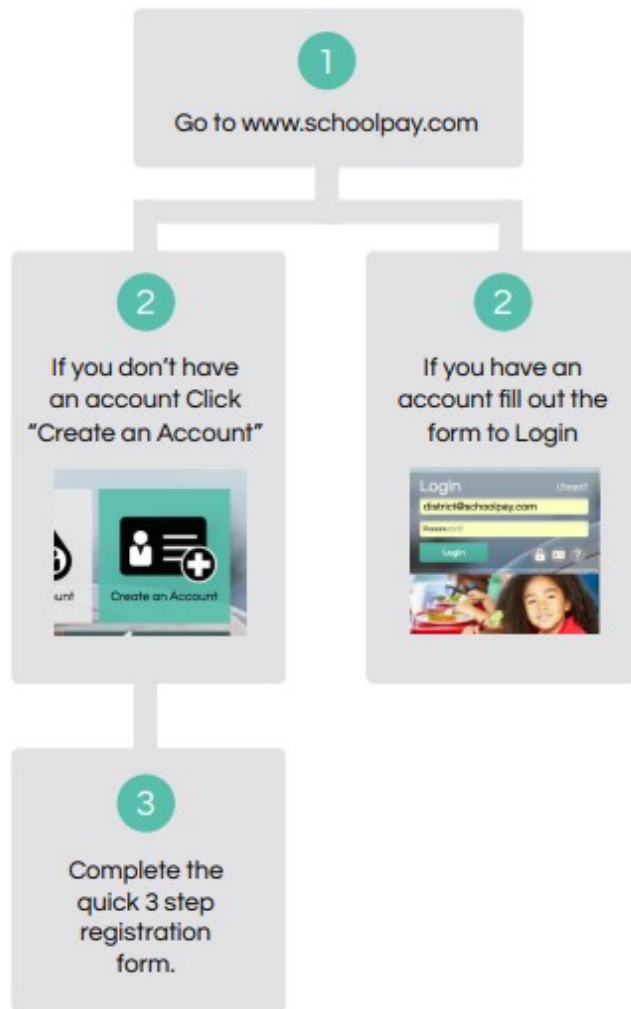
New to SchoolPay:

You will be taken directly into your SchoolPay account.

Registered SchoolPay User:

1. Enter email address and password
2. You will be taken directly into your SchoolPay account.

Create an Account or Login to SchoolPay





FRESHMAN UPDATE

Dear Freshmen and Parents:

Welcome to the class of 2028! Soon you will be walking through the doors at 700 Wilson Street to begin a journey that will offer opportunities of a lifetime. With so many questions or concerns associated with the changes taking place in your life, we want you to know our plans for this upcoming school year.

Jump Start to High School

Wednesday, August 28
8:30 AM – 11:00 AM

The purpose of this Link 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.

BACK to SCHOOL REGISTRATION

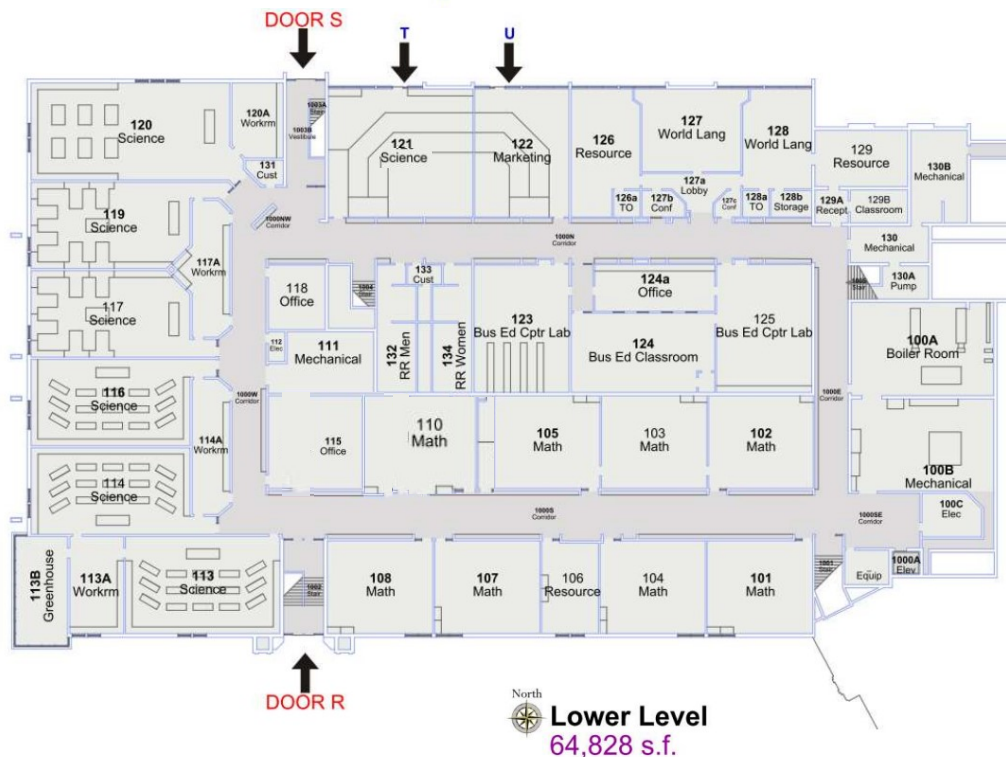
We are holding our school registration on Tuesday, August 20 from 8:30 AM to 7:00 PM. Students will pay fees, get their schedules with locker and locker combination, and have a picture ID taken. Students are able to check out their lockers and walk around to familiarize themselves with the building. The designated Freshman/Parent Orientation meeting is not until 6:30 PM, but registration fees can be collected anytime during the 8:30 AM to 7:00 PM time frame. If for some reason you are unable to be at registration on August 20, you can come to the high school office any time after that date to pay fees and receive your schedule with locker assignment. The only thing you would not be able to do after the 20th is have the picture ID taken. Picture re-takes will be Monday, September 16, 7:45-10:00 AM and the ID picture will have to be taken at that time.

Back to School Registration
Tuesday, August 20, 2024
Open 8:30 AM to 7:00 PM
OHS Commons

Freshman & Parent
Orientation Meeting
Tuesday, August 20, 2024
6:30 PM
OHS Performing Arts Center

School Starts --- Tuesday, September 3 --- 7:45 AM
Picture Retakes --- Monday, September 16

8



About Supplies....

Freshman parents often ask what school supplies are needed. Please find a list below for students in the core-subject areas.

English – folder, post it notes (2x2 or 3x3), and a highlighter

Math – folder, notebook or a binder with loose leaf paper as well as a calculator - the math department recommends a TI-30XIIS or similar model. If the student plans to eventually take Pre-Calculus, AP Calculus or AP Stats, a TI 83 or TI 84 is useful to provide access to a graphing calculator outside of class time. Some families choose to purchase the graphing calculator now while others wait until the more advanced coursework. NOTE - the more expensive graphing calculator is not needed for Algebra, Geometry, or Algebra II.

Social Studies and Science – folder, notebook, or a binder with loose leaf paper.

PE – The school does not issue uniforms for PE. Students will need to bring shorts, t-shirt and gym shoes from home.

Principles of Leadership – A 1-inch binder.

Students should also have an assortment of pens, pencils and dry-erase markers (2-3 - these are often used for individual white board learning activities). Some students have found it useful to purchase two 3-subject notebooks and use one notebook for morning classes and the other notebook for afternoon classes.

SCHEDULE CHANGES

We have worked diligently to develop a schedule that meets the needs of ALL our students. We have utilized our student information system scheduling program and tried to resolve students schedule conflicts as much as possible. We have made every effort to control class sizes; however, it is important to know that many classes are at or even over capacity.

Schedule corrections will be limited to only necessary situations. With new students moving into the district, we need classes for them to be placed in. Therefore, we cannot make changes to accommodate 340s, having a class with friends, having a certain teacher, having classes certain times of the day, or simply preferring a different course.

Onalaska High School will continue to offer a quality education and are excited to welcome students to the 2024 - 2025 school year.

Building Entrance during the school day

All doors will be locked from 7:45 AM – 2:50 PM, and access to the building is limited to the main office entrance with the use of a buzzer system. Once permitted access into the building, visitors will enter through the main office, which is located at Entrance “A” off Wilson Street. If you are continuing into the building further than the main office, you will need to swipe your driver’s license for an approved printed visitor hall pass, using our Raptor Technologies visitor management system (see page 11 for more information).

Visitor parking spots are provided in the circle drive on Wilson Street, but space is limited. Please note that parking across the street **is** allowed for parents since the posted signs there read “No Student Parking.”

Checking In and Out of School

Checking in and out of school for any reason must be through the main office. Students must have parent or guardian permission to leave school. This would be by either a note or phone call. When a note is brought to the office, a pass will be given with the time the student needs to leave. If a phone call is received, students are responsible to pick up a pass in the office prior to class starting. The office will NOT send a pass for an appointment that the child already knows about. Being responsible and taking care of his/her own schedule makes for less disruptions in class. If for some reason your child does not know about the appointment, the office will contact the class if necessary. Trying to keep classroom disruptions to a minimal helps make the learning process more successful.

Checking in to school is very simple. Students should always check into the office when they arrive. If the student is excused by either a note or phone call, an excused pass will be given. If the student arrives with no note or phone call, the student will report to class and be marked unverified until excused by parent/guardian. This absence, of course, can still be excused by a parent at a later time.

Proper Procedure: Check In and Out of school through the MAIN OFFICE!

Dropping Something Off at School

We all have experienced the absent-minded day that may result with something needing to be dropped off at school for a student. The office is more than willing to hold whatever item is needed for pick up. Please be sure to have your child’s name listed somewhere on the item to insure that materials go to the proper person. Students will be expected to pick these items up between classes and will NOT be sent a note unless they do not know something is being dropped off for them. Again, this makes for fewer interruptions to the classroom.



In 2021, the School District of Onalaska started using an Online Visitor Management System called Raptor Technologies. This school safety system replaced our old pen and paper system and now allows visitors to check in safely just by swiping their driver's license. A picture ID sticker will print for the visitor and can be easily seen by all building staff and students.



We will be screening every visitor, including contractors, parents/guardians and volunteers. After an initial registration, visitors can then check in via self-service kiosk and will be able to easily scan as they exit and check out of the building.

The print badge will include the visitor's photo, name, date, time of entry, school building name and the visitor's destination within the school.

This system will generate an accurate, reliable district-wide and school-level report with complete sign-in/sign-out history on a daily basis, allowing us quick access to who is in the building in the event of an emergency.

Attendance 101

The Basics So All Children Can Be Successful

Wisconsin public schools abide by the same attendance laws (118.15). We know that attending school regularly is directly linked to academic and job success. In the event of an absence, the following is a breakdown of the three major categories and the codes we use in PowerSchool to distinguish them:

PARENT EXCUSED—this is when a parent/guardian calls or writes a note to excuse a student from school. Parents are permitted 10 parent choice days per school year. We determine the 10 days by counting the hours missed (i.e. Missing periods 1 and 2 does not count as an entire day). If a parent is getting close to using all 10 parent-excuse days, we will send a warning letter. Once all 10 parent days are exhausted, absences will be unexcused. Below is a list of the most common attendance codes when a parent excuses his/her child from class:

ILL=a parent feels his/her child is too ill to attend or stay in school

APT=student went to medical appointment, including dentist/orthodontist appointments.

PER=for personal reasons a student is not in attendance (e.g. running late, out of town, visiting someone in the hospital)

VAC=vacation

FNL=a parent excuses his/her child for a funeral

COL=college visit (juniors and seniors are granted one college visit per year that the school excuses and does not count toward parent-excuse time)

MEDICAL—this is when a student has visited a medical provider. Once written documentation of the visit is provided, the PER code is changed to one of the following and does not apply toward the 10 parent-choice days:

MED=student is ill and a physician indicates the day or range of days that he/she should stay home

MED=student went to an appointment and medical documentation was provided to the main office with the day and time of the appointment.

HOF/HEA=student went to our school health office and the nurse/health aide has determined that the student needs to lie down in the health office or go home (you will receive a call from the health office if your child is too ill to stay at school)

UNEXCUSED—this is when a student has been absent and the period(s)/day(s) have not been excused in any way. If this occurs, you will receive an automated call the day of the unverified absence.

UNV=unverified (unverified absences will change to either a parent or medical excused code or TRU if the absence cannot be cleared)

TRU=truant; absences that cannot be excused in any way because of skipping or no parent-excused days remain

“A student is considered truant if he/she is absent without an acceptable excuse for all or part of one or more days during which school is held. A student qualifies to be habitually truant when he/she is absent without an acceptable excuse for all or part of five or more days in a school semester” (Wisconsin State Statute 118.16). If students exceed the number of truant absences allowed by the state, truancy tickets will be referred to the school resource officer.

NOTE: Open Enrollment may be denied due to habitual unexcused/truant absences and/or tardiness.

We want to work together to ensure accurate and consistent school attendance, and we will communicate with you and your child when attendance—excused or unexcused—is concerning. You also have daily access to attendance through PowerSchool. If you have any questions, feel free to contact Charlie Ihle, OHS Associate Principal, at 608.783.4561 x5003.

Definition of Tardy and Determination of Absence

Attendance at the high school is taken by class period. At the high school level, a tardy is defined as missing any part of the beginning of a class period. If a student is tardy more than 15 minutes, he/she is considered absent. If a student accumulates more than 5 tardy notations in his/her attendance record during the semester, the school attendance officer or a designee will attempt to meet with the student. After 10 tardy notations a parent meeting (or attempt to hold a meeting) that involves the student's parent or guardian will be requested. Tardiness during the remainder of the semester that also involves an unexcused lack of the student's physical presence at school will be considered an instance of truancy under these procedures, but prior to such a meeting (or attempted meeting) such tardiness will not be considered truancy (Board Policy 3331).

High School - Tardies Contributing to Truancy

Before and during school tardies can contribute to truancy at the high school level.

After 5 Unexcused Tardies/Semester	After 10 Unexcused Tardies/Semester	Each Successive Unexcused Tardy for Rest of Semester
Truancy Warning Letter	Issue Truancy Warning Letter – if First Truancy Notice (by personal contact, email, or phone call then by 1st class mail) Parent/Guardian Meeting	Each successive unexcused tardy equals a truant period. See Table A for school and law enforcement action.



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.

Daily Time Schedules

Regular Schedule – Monday/Tuesday/Friday

1st hour 7:45 - 8:30

2nd hour 8:34 – 9:19

3rd hour 9:23 – 10:10

4th hour 10:14 – 10:59

Lunch A – 11:02–11:32

5th – 11:03 – 11:48

5th – 11:03 – 11:48

5th Hour – 11:36 – 12:21

Lunch B – 11:51 – 12:21

6th – 11:52 – 12:37

6th Hour – 12:25 – 1:10

6th Hour – 12:25 – 1:10

Lunch C – 12:40 – 1:10

7th hour 1:14 – 2:00

8th hour 2:04 - 2:50

Extended Learning Schedule – Wednesday/Thursday

1 / 2 7:45 – 9:09

Resource 9:13 – 9:56

3 / 4 10:00 – 11:24

5 / 6 **Lunch A** 11:24 – 11:54 Class 11:28 – 12:02

Class 11:28 – 12:52

Class 11:58 – 1:22

Lunch B 12:02 – 12:32

Lunch C 12:52 – 1:22

Class 12:36 – 1:22

7 / 8 1:26 – 2:50

- On Wednesday students will attend periods 1 – Resource – 3 – 5 – 7
- On Thursday students will attend periods 2 – Resource – 4 – 6 – 8

IT'S TIME FOR

SCHOOL PHOTO DAY

ES MOMENTO DEL DÍA DE LA FOTO ESCOLAR

Onalaska High School

August 20, 2024

8:30 am – 7:00 pm

Picture ID's are required for everyone



SIGN UP FOR A PHOTO SESSION

REGÍSTRESE PARA UNA SESIÓN DE FOTOGRAFÍA

Please sign your child(ren) up to have their school photo taken.

Por favor registre a su(s) hijo/a para que le tomen una foto escolar.

SIGN-UP: www.empirephotos.com/onalaskahigh2024



ATTEND PHOTO DAY

ASISTIR AL DÍA DE LA FOTO

There is no need to bring anything to picture day except your smile! :) The photo taken will be used for the yearbook as well as your child's ID card (if your school requires student IDs).

¡No es necesario que traigas nada al día de tu fotografía excepto tu sonrisa! :) La foto se utilizará para el anuario escolar y también para la tarjeta de identificación de su hijo/a (si su escuela requiere identificación de estudiante).



ACCESS YOUR CHILD'S GALLERY

ACCEDA A LA GALERÍA DE SU HIJO/A

After picture day, expect an email from Empire Photography with a link to your child's secure online gallery. If you don't receive it within 5-10 business days, check your spam folder first, then contact Empire Photography. For further assistance, fill out this form: www.empirephotos.com/proofrequest

Después del día de la fotografía, espere un correo electrónico de Empire Photography con un enlace a la galería asegurada en línea de su hijo/a. Si no lo recibe dentro de 5 a 10 días hábiles, primero revise su carpeta de correo no deseado. Si no lo recibió comuníquese con Empire Photography. Para obtener más ayuda, complete este formulario: www.empirephotos.com/proofrequest



COMPLETE YOUR ORDER ONLINE

COMPLETE SU ORDEN EN LÍNEA

Order your photo prints and products online, and they'll be mailed to the provided address. Simple as that!

Solicite sus fotos impresas y productos en línea y se enviarán por correo a la dirección provista. ¡Es así de fácil!



QUESTIONS? PREGUNTAS?

E: customerservice@empirephotos.com

P: 1.800.747.2941

H: M-F 8:30 AM - 5 PM

**Picture Retake Day -
September 16**

No Order Forms necessary.
Purchase only if you choose to **after** you receive the picture proof.

Everyone is required to get a picture **Student ID** taken.

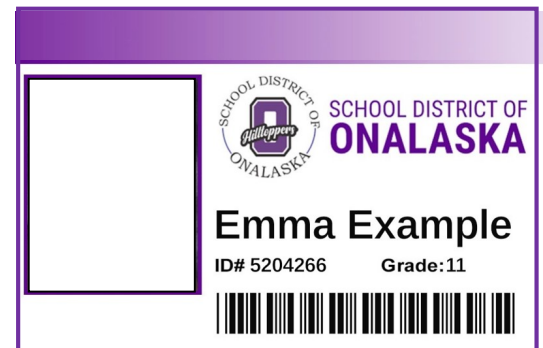
Please be sure to get your picture taken on Tuesday, August 20 or picture retake day Monday, September 16, even if you are not purchasing pictures.

There is **no cost** for a Picture ID card.

Sign up for your picture time slot at:

www.empirephotos.com/onalaskahigh2024

Thank YOU!



Yearbook Information

A yearbook information sheet was mailed out with the Back-to-School mailing for the 2024–2025 school year. Be sure to read carefully and follow the correct procedures.

Order Information Pamphlet (Sent in the back to school mailing)

This pamphlet gives you ordering options and details. Just remember,

THE SCHOOL WILL NOT COLLECT ACTUAL ORDERS AND WE WILL NOT TAKE JOSTENS PAYMENTS FOR YEARBOOKS.

Order [online](#) or call the toll-free number (1-877-767-5217) to order.



**ORDER YOUR 2024-25
YEARBOOK**
REMEMBER THE YEAR FOREVER.



AKSALANO YEARBOOK

View the JOSTENS yearbook information pamphlet mailed with the back-to-school registration letter. Follow the easy instructions, to purchase your full color 2024-25 AKSALANO yearbook. The book will be approximately 144 pages with a 32-page spring supplement.

Ordering a yearbook is completely through Jostens itself. **THE SCHOOL WILL NOT COLLECT ORDERS AND WE WILL NOT TAKE JOSTENS PAYMENTS FOR YEARBOOKS.**

Order **online** at jostensyearbooks.com or **call** the toll-free number at (1-877-767-5217).

If you need to set up a **payment plan** for the yearbook, Jostens has a 3 easy payment plan. Just call the toll-free number (1-877-767-5217) or order **online** at jostensyearbooks.com. Be sure you are selecting Onalaska, Wisconsin. We have had people accidentally order for Onalaska, Washington. ☺

Order by September 20, 2024, to get the best yearbook sale price of **\$65.00** and up to four free icons with a purchase of one line of personalization.

Don't let your student miss out on a year's worth of memories. Remember it forever with a yearbook.

**LIMITED-TIME
OFFER**
OFERTA POR TIEMPO
LIMITADO

**GET FOUR FREE ICONS
WHEN YOU PERSONALIZE YOUR COVER**
4 ICONOS GRATIS CUANDO PERSONALICES TU ANUARIO

Purchase name personalization for your yearbook, then choose up to four free icons.
Nombre de compra personalización para su anuario, luego elija hasta cuatro iconos gratis.

MEMORIES LAST FOREVER IN THE YEARBOOK

**LOS RECUERDOS DURAN
PARA SIEMPRE EN
EL ANUARIO**



WAYS TO ORDER FORMAS DE PEDIR

ONLINE
EN LÍNEA



JOSTENS.COM/BACKTOSCHOOL

SCAN
ESCANEAR



CALL
LLAMAR



1-877-767-5217

2024-2025 ONALASKA HIGH SCHOOL YEARBOOK!

NOW \$65.00

Order by 09/20/2024

JOSTENS PAYMENT PLAN

Spread out the cost of your yearbook with three interest-free payments.

Minimum purchase requirements and eligibility restrictions apply.

PLAND DE PAGOS JOSTENS

*Divide el costo de tu anuario en tres pagos libres de intereses.
Requerimientos de compra mínima y elegibilidad aplican.*



YEARBOOK	\$65.00
SIGNATURE PACKAGE <i>Includes: Yearbook, Enhanced Personalization, Autograph Pens, Autograph Section</i>	\$83.20
ENHANCED PERSONALIZATION	\$8.50
ICONS	FREE!
AUTOGRAPH SECTION	\$5.00
PHOTO POCKETS	\$5.00
DONATE A YEARBOOK	\$65.00
CLEAR PROTECTIVE COVER	\$5.00

Taxes, service fees, and shipping fees will be added, if applicable.

Se agregarán impuestos, tarifas de servicio y tarifas de envío, si corresponde.

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 Thursday, September 26, 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 26.

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 - photos.jostens.com 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 Thursday, September 26. Late submissions cannot be accepted. September 26 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



ONALASKA HIGH SCHOOL NEEDS YOUR SENIOR PORTRAIT

Sharing photos with the yearbook staff has never been easier.

 PHOTO SUBMISSION DEADLINE
9/26/2024

1

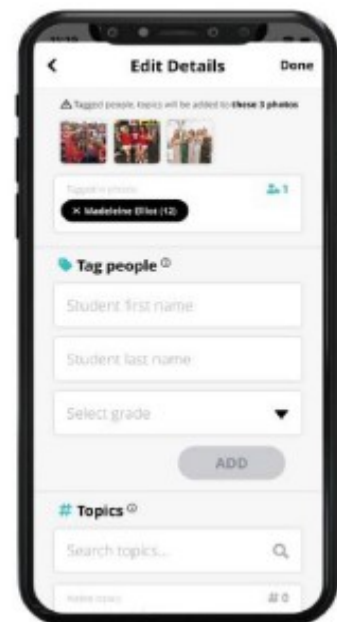
Open your phone's
camera and scan this code.



Or visit

photos.jostens.com

- All content is reviewed by yearbook staff. Anything inappropriate will be deleted.
- Don't use photos with filters, logos or hand gestures.
- Don't use screenshots - they are low resolution and not print quality.
- Don't use watermarked photos - get them from the source.



HOW TO UPLOAD YOUR SENIOR PHOTO

1. Tap **Ok, Let's Go** on the pop-up, or tap any photo thumbnail on the review screen.
2. Use the previous and next arrows, or tap thumbnails at the top to view a portrait's details.
3. To tag someone, enter their first name, last name and select their grade, then tap **Add**. Follow the onscreen instructions to confirm their information.
 - **Note:** Portrait photos must be tagged with a person to be submitted. And only one person can be associated with each portrait photo.
4. When you're done, tap the **X** or **Done**.

TIPS:

- If you selected **Student** when providing your contact information, your name will already appear in the **Tagged** in photo area.
- To remove a name tag, tap the **X** next to it in the **Tagged** in photo area.

Don't forget to buy your yearbook today at jostensyearbooks.com

Student Parking

The City of Onalaska has instituted a parking ordinance that calls for no student parking during school hours on 8th Avenue South, 9th Avenue South, Green Bay Street, Johnson Drive, and Wilson Street.

Students failing to comply with the ordinance will be assessed a \$20.00 fine from the Onalaska Police Department. Students without permits are strongly urged to park on Oak Forest Drive to avoid being subject to any fines.

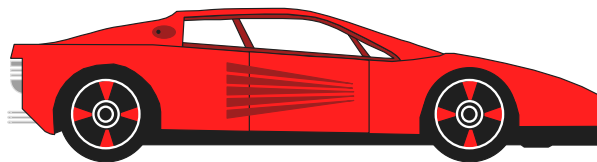
As a means to ensure traffic safety in and around the High School, the Onalaska Police Department will also be strictly enforcing parking violations on streets located in the High School area. This includes the State Park Trail parking lot, where fines are \$150-\$200.

Senior Parking Permits will be sold to All interested Seniors.

Drivers should be made aware of the following restrictions:

Parking is prohibited:

- * within 4 feet of the entrance to an alley or a private road or driveway;
- * within 10 feet of a fire hydrant, unless a greater distance is indicated by an official traffic sign;
- * closer than 15 feet to the near limits of a crosswalk.
- * upon any portion of a highway where and at the time when parking is prohibited, limited or restricted by official traffic signs.



Senior parking permits will be available for ALL seniors wanting a parking permit any time prior to the start of school in the main office at a cost of \$40.00. [Senior Parking google Form](#) required with car information.

Juniors may fill out a parking application [online google form](#) before school starts for a lottery chance at getting a Junior parking permit. The drawing process will begin after we determine senior spots. Please have your completed request filled out by the first day of school to be considered for the lottery. No payment will be accepted until after the drawing.

Please Note:

Onalaska School district reserves the right to deny parking privileges for disciplinary matters related to parking permit violations.

Student parking permits are subject to non-refundable suspension or revocation because of attendance and/or behavior.

Permits are non-transferable. Students may not give or sell their permits to other students. If this occurs, it will result in a parking citation and a loss of the parking privileges.

OHS PARKING LOT

PERMIT PARKING ONLY!

If you will be switching cars with your parents for the day, please be sure to transfer the tag to the car you are using to avoid getting a ticket. The Onalaska Police Department will issue tickets to all cars



The parking area along the football field is based on senior parking permits sold.

Seniors may park here when no other spaces are available in the senior lot.

Juniors who are allowed to park here will be told personally by the Associate Principal.

Those parked here without permission will be ticketed.

Senior Parking is located at the back of the building and a section directly behind the staff parking on the East side of the Fieldhouse. See the designated red area above.

Junior Parking is located at the back of the parking lot (end of the football field) attached to Rowe Park.

See the designated area circled. Use only the Parking Lot, DO NOT park in Rowe Park.

NOTE: Students vehicles on school grounds are subject to search by school officials when there is a suspicion of alcohol, drugs, weapons, stolen materials,

August 2024						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September 2024						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 2024						
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November 2024						
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2024						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January 2025						
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Calendar Key

- No School
- Early Dismissal
- First & Last Day of School
- Parent Teacher Conferences
- End of Quarter

2024-2025 School Calendar School District of Onalaska

www.onalaskaschools.com



Start and End

Sept 3	First Day of School Gr K-12
Sept 4	First Day of School 4K
June 5	Last Day of School 4K
June 6	Last Day of School

No School

Aug 20-22	New Teacher Orientation
Aug 26-29	Staff Development
Sept 2	Labor Day
Oct 16-17	Conferences - 4K no school
Oct 18	No School
Nov 1	Professional Development
Nov 27-29	Thanksgiving Break
Dec 23-Jan 1	Winter Break
Jan 20	Professional Development
Feb 17	Professional Development
Mar 12-13	Conferences - 4K no school
Mar 14	No School
Apr 17-21	Spring Break
May 2	Professional Development
May 26	Memorial Day

Early Dismissal (No 4K)

Oct 17	Early Dismissal
Jan 17	Early Dismissal
Mar 13	Early Dismissal
June 6	Early Dismissal

Family Conferences

Oct 16-17	All schools
Mar 12-13	All schools
*Times will vary per school and will be communicated to families	

End of Semester/Quarter

Nov 1	End of 1st Quarter
Jan 17	End of 1st Semester/2nd Quarter
Mar 28	End of 3rd Quarter
June 6	End of 2nd Semester/4th Quarter

February 2025						
S	M	T	W	T	F	S
						1
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16	17	18	19	20	21	22
23	24	25	26	27	28	

March 2025						
S	M	T	W	T	F	S
						1
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23	24	25	26	27	28	29
30	31					

April 2025						
S	M	T	W	T	F	S
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26	27	28	29	30		

May 2025						
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June 2025						
S	M	T	W	T	F	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July 2025						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Early Dismissal Times

HS 11:50 MS 11:55
IP 12:20 NH 12:20
EB 12:25/12:35

BOARD OF EDUCATION MEETINGS

Regular Board of Education meetings are generally held on the second and fourth Mondays of each month at 6:00 p.m. at the District Office, 237 2nd Ave S, as follows:

August 12, 2024
August 26, 2024
September 9, 2024
September 23, 2024
October 14, 2024
October 28, 2024
November 11, 2024
November 25, 2024
December 9, 2024
January 13, 2025

January 27, 2025
February 10, 2025
February 24, 2025
March 10, 2025
March 24, 2025
April 14, 2025
April 28, 2025

Student Accident Insurance

The School District of Onalaska does not provide any type of health or accident insurance for injuries incurred by your child.

As a service to students and families, our district is making available a yearly student accident insurance plan at a nominal cost. The district offers this program because of trends in rising family health and dental insurance costs, increased deductibles, co-payments, or lack of health or dental insurance coverage.

If you have other insurance, benefits from this policy can be applied to your deductible or co-pays.

An on-line application must be completed. The direct link for Onalaska is <https://www.1stagency.com/wisconsin/onalaskaschdist/?SchoolId=288>

All questions regarding this coverage should be directed to First Agency, Inc. at (269) 381-6630, or toll free at (800) 243-6298. Further information can be obtained at <http://www.1stagency.com/>

Local Florists Told Not to Send LATEX Balloon Bouquets to OHS

Onalaska High School cannot accept arrangements delivered which contain any latex balloons. Some students at OHS have latex allergies and exposure to the balloons could cause serious or potentially life-threatening allergic reactions. Florists were asked to substitute mylar balloons or provide arrangements without balloons. If you have questions, please contact OHS or the school district nurses at 783-4610.

Asbestos Notification

In compliance with the U.S. Environmental Protection Agency (EPA) and the Asbestos Hazard Emergency Response Act (AHERA), this is notice that the School District of Onalaska has an Asbestos Management Plan at the school district office. The plan is available for inspection by the public, parents, and district employees. The district performs six-month periodic surveillance of asbestos in June and December and full re-inspections every three years. For more information, please contact the district office.



School District of Onalaska

237 2nd Avenue South, Onalaska WI 54650
608.781.9700 www.onalaskaschools.com



July 22, 2024

Dear School District of Onalaska Family:

We will continue to require pre-registration for all school busing to establish eligibility for ridership in 2024-25.

1. **All children riding School District of Onalaska buses are required to have a Bus Agreement on file every year.** This form is on the District website (go to onalaskaschools.com and click on the small school bus icon at the top of the screen). This Agreement is required to qualify for ridership, and must be updated if there are changes to your child's transportation needs throughout the school year. This Agreement will begin the process of determining eligibility for busing. Once you fill out the Bus Agreement you'll get an email back confirming the submission. *Please contact the Transportation office if you cannot complete the Bus Agreement online.*
2. **Eligibility.** All forms will be reviewed for ridership eligibility; you will be notified before the start of school if your child is eligible to ride, with route numbers and times. **Please review the eligibility guidelines for Open Enrolled, and Boundary Waived students, and students living less than two miles from their school as this is the criteria we use for bus ridership.** This information can be found on the Transportation page of the District website.
3. **Deadline.** The deadline for Bus Agreements is **July 30, 2024**. Any Agreements received after August 1, 2024 will delay routing. We cannot guarantee route notifications *before school* for parents who do not register by August 10. The exceptions to this are pending additional enrollments and address changes.
4. **Bus Badges.** All students are required to "swipe" onto the bus for every ride. If your child(ren) have their bus badges from last year please use them.
 - a. Students are to use their Badge throughout their time in the District; by not printing the school name the Badge can be used as your child(ren) moves from school to school - including summer school.
 - b. High School students can use their Student ID cards instead of a new Bus Badge. The barcode used on the bus is the same as the barcode on their ID
 - c. **Students with Smart Phones** can access their Bus Badge (barcode) on their phones after installing Here Comes the Bus and registering within the app.
 - d. **We will mail all badges to families at each students' primary residence submitted on the Bus Agreement.** This will be the fastest and most reliable way to make sure that parents are getting the Badge(s) and can review Bus rules along with expectations of Badge use before the school year begins. A lanyard will not be mailed. The Elementary and Middle School offices will have lanyards available if you need one.
5. **Bus Stop Optimization.** Our goal is to provide safe and efficient travel to and from school. We continue to evaluate the best stops along all routes; please note there may be adjustments to the stops that we used in the past. We cannot change bus stops to accommodate students' extra curricular schedules. Our goal is to make the most efficient use of right-hand bus stops, and provide door-to-door stops for Special Ed and Pre-K students. But stops are allowed within District boundaries with very few exceptions.

Please visit the District's Transportation website periodically for updates, bus rules and procedures, and the Bus Agreement. If you have any concerns or questions please call myself or Shelli Kult at 783-5489.

Sincerely,
Dan Dahlquist
Director Facilities & Transportation



School District of Onalaska

School Nutrition Department

707 8th Avenue North

Onalaska, WI 54650

608-783-6251

INDIVIDUAL STUDENT ACCOUNTS –

Your payments are deposited into individual student accounts, and this account is used for breakfast, lunch and a la carte purchases.

LUNCH PRICES 2024-2025 BREAKFAST PRICES

ELEMENTARY SCHOOLS	\$3.25	ELEMENTARY SCHOOL	\$2.05
MIDDLE SCHOOL	\$3.30	MIDDLE SCHOOL	\$2.25
HIGH SCHOOL	\$3.45	HIGH SCHOOL	\$2.40
ADULTS / GUESTS	\$4.85*	ADULTS/GUESTS	\$3.30*
REDUCED	.40¢	REDUCED	.30¢
Single carton of milk	\$0.55	Second entrée ONLY	\$2.65

*If a student purchases more than one lunch/breakfast per day, the second lunch/breakfast is at the adult rate because no government subsidy applies.

IMPORTANT:

Our online program only allows one category for your child's lunch account. **All accounts will consist of ONLY a Cafeteria account.** Within the online payment system, you will be able to set parameters for a la carte use, if you want limited access. **Be aware that without set parameters, your child will have full access to purchase as they choose.** Go to mypaymentsplus.com to set ala carte spending limits

PAYING INTO INDIVIDUAL STUDENT ACCOUNTS –

- **ONLINE** – the online payment system **MyPaymentsPlus.com (No Charge to Families)** that allows payments from your checking account or credit card. You will need your students ID# (issued at registration). Please visit the School Nutrition website or call School Nutrition office at 608-783-6251 for more information.
- **CHECK OR CASH** – Please write your student's ID# on your check, or write it on a slip of paper to send with your cash. You may send the money to any school, and it will be applied to the account you specify.

CHARGES TO INDIVIDUAL STUDENT ACCOUNTS-

After your student goes through the food service line and either fills a tray or takes a carton of milk to have with a sack lunch, the student gives his/her name to the cashier and punches his/her 4-digit meal code number into the keypad at the checkout station. The student's name and picture will flash onto a computer screen. After the cashier verifies that the correct student is being served, the system deducts the correct charge from the student's account. *(Cashiers assist students with their meal code numbers until the students learn them. The system preserves confidentiality of those eligible for free and reduced priced meals.)* Cash or four-digit lunch number may also be used for a la carte purchases at the middle and high schools.

Link to School Nutrition Website: <https://www.onalaskaschools.com/departments/school-nutrition>

Parents are expected to maintain accounts in a positive status.

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>

USDA Nondiscrimination Statement Update

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410;

2. fax: (202) 690-7442; or

3. email: program.intake@usda.gov.

This institution is an equal opportunity provider.



DRESS CODE

August 2024

To Parents and/or Guardians of Onalaska High School Students:

We hope this summer has provided a chance for your family to spend time together and participate in the many activities in the Coulee Region. However, the 2024-2025 school year is quickly approaching. In light of the new school year, we want to take this opportunity to share our dress code to allow ample time for families to prepare prior to back-to-school shopping.

Our dress code includes specific language to better articulate our expectations for student dress. Students are expected to dress appropriately for school and the code detailed below relates to health, safety, cleanliness, and/or decency. We recognize that some fashions are appropriate for social settings but are not appropriate for a learning environment.

The Onalaska High School Dress Code is listed below and will be in your student handbook. If you have any questions, please let me know.

Sincerely,

Charlie Ihle
Associate Principal

The Onalaska High School Dress Code as it appears in the 2024 - 2025 student handbook

STUDENT DRESS EXPECTATIONS:

These guidelines are intended to define appropriate student attire and that align to school place readiness.

Clothing items that are considered unacceptable to wear to school include, but are not limited to, the following:

- Clothing that does not provide adequate coverage, including garments that expose undergarments, buttocks and/or chest area.
- Apparel that makes written or graphic reference to the following topics is strictly prohibited: alcohol, drugs, tobacco, violence, weapons, nudity, profanity, discrimination, vulgarity or gangs. This includes phrases of dual meaning.
- Shoes must be worn at all times in the building and on school grounds.

Onalaska High School Administration will use discretion to make decisions regarding the appropriateness of each student's dress and possible consequences for violation of the above policy. Repeated violations of dress code rules will result in disciplinary actions.

Students may be required to change into appropriate clothing. If students do not have extra clothing to wear, the school will offer a change of clothes, in order to avoid being sent home. With staff, student, and/or family support regarding the use of good sense for appropriate attire for school, all attempts to resolve issues will be made to avoid missing learning opportunities.

Onalaska High School Teaching Staff For 2024-2025 School Year

Art

Melissa Benzing
Sam Servais

Business/Marketing

Bridgett Hubbard
Jonathan Jansky
Travis Johnson
Christopher Sullivan

English

John Froh
Karen Hellman
Jonathan Idárraga
Celine Lamont
Ashley Lounsborough
Cassie Michaels
John Reimler
Megan Ulrich

Family & Consumer Education

Susan Brewer

Student Services

Christine DeLong
John Horman
Rikki Kazda
Garrett Silker

World Language

Andrew Beckstrom
Victoria Carter
Valerie Mumm-Jensen
Devin Pettys
Brian Wopat

LMC

Keli Shapiro

Math

Melissa Anderson
Aaron Arneson
Thomas Cowley
Jesse Fredrick
Erin Lucas
Jay Pica
Sarah Stetter
Eric Wojta

Music

Robbie Coe
Linda Lebakken
Richard Moses
Jennifer Saner
Carrie Thompson

Resource

Dean Bloch
Shelby Buchanan
Krissa Byom
Robby Carson
Mesa Heit
Stephanie Ivey
David Kazda
Brittany LaMere
Sarah Ormes
Erin Siegel
Dawn Weaver
Christa Weber
Saeng Yang

PE/Health

Lyle Blum
Trevor Kramolis
Erin Needham
Jena Oeltjen
Tom Yashinsky

O.A.S.I.S. Coordinator

Darwin Greschner

Science

Isaac Castellano
Daniel Eng
Tony Ferries
Kacie Gross
Sara Hernandez
Zoe Simon
Megan Sprague

Social Studies

Marjorie Anderson
Adam Archer
Andrew Beckstrom
Darwin Greschner
Elizabeth Nicolai
Luke Sauerman
Darin Shepardson
Zak Wallenfang

Technology Education

Ben Heiser
Joseph Shilts

Military Recruiters Access to Student Directory Data

Districts receiving federal education funds are required to notify parents of secondary school students

1. that a secondary school student or the parent of the student may request that the student's name, address and telephone listing not be released to military recruiters or institutions of higher education without prior written parental consent; and
2. that the district must comply with such request.

School districts receiving federal education funds are required to provide, on request made by military recruiters or an institution of higher education, access to secondary school students' names, addresses and telephone listings unless access to such information has been restricted by the secondary school student or the student's parents as outlined above. Federal guidelines issued to implement this requirement state that if a school district does not designate student names, addresses and/or telephone listings as directory data it must still provide all three items to military recruiters and institutions of higher education upon request.

Staff Voice Mail Extensions and E-mail Addresses

Teacher	Voice Mail	E-mail		Teacher	Voice Mail	E-mail
Anderson, Marjorie	5326	andma	To call a specific teacher dial 779-5760 and then the voice mail extension given.	LaMere, Brittany	5126	lambr
Anderson, Melissa	5104	andme		Lounsborough, Ashley	5308	louas
Archer, Adam	5321	arcad	To e-mail, type the teachers five letter e-mail and @onalaska schools. com	Lamont, Celine	5306	lamce
Arneson, Aaron	5107	arnaa		Lebakken, Linda	4213	lebli
Beckstrom, Andrew	5615	becan		Lucas, Erin	5102	lucer
Benzing, Melissa	5354	benme		Michaels, Cassie	5309	micca
Bloch, Dean	5515	blode		Moses, Richard	5350	mosri
Blum, Lyle	5227	bluly		Mumm-Jensen, Valerie	5305	mumva
Brewer, Susan	5339	bresu		Needham, Erin	5206	neeer
Buchanan, Shelby	5335	bucsh		Nicolai, Elizabeth	5320	nicel
Byom, Krissa	5428	byokr		Shapiro, Keli	5315	sha
Carson, Robby	5118	carcu		Oeltjen, Jena	5206	oelje
Carter, Victoria	5310	carvi		Ormes, Sarah	5338	ormsa
Castellano, Isaac	5116	casis		Pettys, Devin	5128	petde
Coe, Robbie	5351	coero		Pica, Jay	5110	picja
Cowley, Thomas	5103	cowth		Reimler, John	5313	reijo
DeLong, Chrissy	5030	delch		Saner, Jennifer	5449	sanje
Eng, Daniel	5117	engda		Sauerman, Luke	5322	saulu
Ferries, Tony	5120	ferda2		Servais, Sam	5353	sersa
Fredrick, Jesse	5101	freje		Shepardson, Darin	5324	sheda
Froh, John	5311	frojo		Shilts, Joseph	5340	shijo
Gansen, Nancy	5318	ganna		Siegel, Erin	5336	sieer
Greschner, Darwin	5314	greda		Silker, Garrett	5032	silga
Gross, Kacie	5121	groka2		Simon, Zoe	5119	simzo
Heiser, Ben	5443	heibe		Sprague, Megan	5113	sprme
Heit, Mesa	5229	heime		Stetter, Sarah	5108	stesa2
Hellman, Karen	5307	helka		Sullivan, Christopher	5125	sulch
Hernandez, Sara	5114	hersa		Thompson, Carrie	5349	thoca
Horman, John	5031	horjo		Ulrich, Megan	5303	ulrme
Hubbard, Bridgett	5122	hubbr		Wallenfang, Zak	5323	walza
Idárraga, Jonathan	5312	idajo		Weaver, Dawn	5129	weada
Ivey, Stephanie	5307	ivest		Weber, Christa	5635	webch
Jansky, Jonathan	5123	janjo		Wojta, Eric	5104	wojer
Johnson, Travis	5124	johtr		Wopat, Brian	5127	wopbr
Kazda, David	5535	kazda		Yang, Saeng	5106	yansa
Kazda, Rikki	5035	kazri		Yashinsky, Tom	5325	yasth
Kramolis, Trevor	5327	kratr				

FCC Emergency Broadband Benefit Announced

The Emergency Broadband Benefit will provide a discount of up to \$50 per month towards broadband service for **eligible households** and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price. The Emergency Broadband Benefit is limited to one monthly service discount and one device discount per household.

For more information please see FCC webpage at <https://www.fcc.gov/broadbandbenefit>

Video Cameras in School

Board Policy 4164 – Electronic Surveillance of Public Areas of School Buildings

Surveillance cameras are installed on school property, and video surveillance shall be used to promote the order, safety, and security of students, staff, visitors, and property.

When cameras are used, signs will be posted stating “NOTICE: This facility employs video surveillance equipment for security purposes. This equipment may or may not be monitored at any time.” Cameras are authorized for use in the following areas where public, students, and staff have no reasonable expectation of privacy such as entrances, hallways, commons, gymnasiums, parking lots, athletic fields, and the exterior of buildings. Under no circumstances will video cameras be used in any area where the public, students, or staff have a reasonable expectation of privacy, including restrooms, locker rooms, and health rooms.

Only individuals authorized by the superintendent or building administrator may view surveillance recordings. Should surveillance recordings become part of a student disciplinary action, they become part of that student's record and shall be dealt with in a manner consistent with the district's student records policy and procedures. The District reserves the right to provide copies of recordings to law enforcement agencies as deemed appropriate by the district administrator and in compliance with appropriate federal and state laws.

Video Cameras on School Buses

Board Policy 4327 – Use of Video/Audio Recording Systems on School Buses

The School District of Onalaska approves the use of video/audio recording systems on the school buses to enhance safety and provide a record of student behavior.

Parents will be notified once a year via the student handbook and the school newsletter or the school's newspaper that video/audio recording systems are being used on the buses. A sign will be placed in front of each bus stating that video cameras are used on that bus.

The transportation director, transportation contractor's bus manager, and the district's administrators shall be authorized to view the record for the purpose of documenting a problem. Administrators from the private schools whose students ride the District's routes are also authorized to view the record if students from a private school are involved in a problem. Disciplinary action may be taken with students or drivers based on a video/audio documentation.

The records shall not be available for viewing by the public in general, employees in general, media, or other individuals. The principals, district administrator or transportation director may authorize parents or other individuals, such as school counselor, school psychologist, nurse, teacher or social worker, to view segments of a specific record if viewing the record is beneficial to their role in assisting the student.

A log shall be kept of the dates and names of all individuals viewing the record. These recordings are not public record and do not need to be saved or archived. If the transportation director or administrators decide that a recorded segment may involve the violation of a law, the appropriate legal authorities may view the segment.



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.

ONALASKA SCHOOLS FOOD PANTRY 2024 - 25



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



We will be moving our location to Onalaska Middle School sometime during the school year.

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 9
- October 7
- November 4
- December 2
- January 6
- February 3
- March 3
- April 7
- May 5
- June 2





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

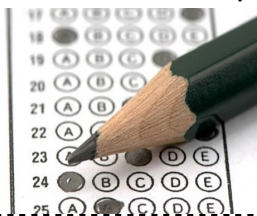
CHECK OUT OUR WEBSITE...

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



Statewide Junior ACT Day for 2025

All OHS Juniors test on
March 11, 2025 next year!



Upcoming ACT Dates and Deadlines

Test Date	Register By	Late Registration (Additional Fee)
September 14, 2024	August 9	August 25
October 26, 2024	September 20	October 7
December 14, 2024	November 8	November 22
February 8, 2025	January 3	January 20
March 11, 2025	All Juniors required – Free - No registration required	
April 5, 2025	February 28	March 16
June 14, 2025 at OHS	May 9	June 6
July 12, 2025	June 6	June 20

Important Dates

August 20	OHS Registration 8:30 am - 7:00 pm
August 20	Freshman Parent Night 6:30 pm, OHS PAC
August 28	New Student (8:00-11:00 am) and Transfer Student (12:00-2:00 pm) Orientation
September 3	First Day of School
September 9	Last Day to Drop a Class
September 9-13	Homecoming Week
September 16	Senior Student & Parent Night/Financial Aid Overview 6:15 pm, OHS PAC
September 24	Fresh, Sophomore and Junior Practice ACT
October 1	Early College Credit and Start College Now applications due
October 8	WTC Career Coach at OHS
October 15	Junior PSAT (during school)
October 16-17	Fall Parent/Teacher Conferences
October 16	College Goal Event at OHS 6:00-8:00 pm
October 17	Junior STAR Conference Kick-Off Meeting - 6:30 pm, OHS PAC
October 22	ASVAB (during school)
Oct 23-Dec 12	Junior STAR Conferences
November 12	WTC Career Coach at OHS
November 13-14	UW System Pre-Tests during Resource

Mental Health Counseling Services for Students



Peace of Mind Counseling LLC

Hello Hilltoppers! My name is Caitlyn Snyder and I am a licensed therapist that is contracted through Peace of Mind Counseling. We are partnering with the

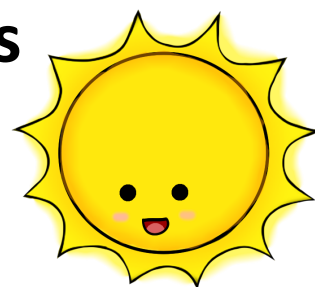
School District of Onalaska to provide full-time mental health and/or substance abuse counseling services at OHS. I am available to any students who may need some additional support. If you are interested in counseling services, reach out to your school counselor to discuss the referral process.

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.



Mr. Garrett Silker

Thursday, August 1
Wednesday, August 7
Wednesday, August 21
Friday, August 30

Mrs. Chrissy DeLong

Monday, August 12
Thursday, August 15
Wednesday, August 21
Thursday, August 22

Mr. John Horman

Monday, August 5
Tuesday, August 13
Wednesday, August 14
Friday, August 23

ACT Updates

The University of Wisconsin System has suspended the ACT requirement for all UW colleges and universities **through the 2026-2027 academic year**. Many other colleges have also waived the ACT requirement. 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.

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.

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://onalaskahighschool.onalaskaschools.com/student-services/job-board>

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.

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!



UGETCONNECTED

UNITED IN *Service*

UNIVERSITY of WISCONSIN
LA CROSSE

VITERBO
UNIVERSITY

Western
Technical College

United
Way



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.usetconnected.org/> and check it out!

www.usetconnected.org

Freshmen Student/Parent Meeting (Class of 2028)

Tuesday, August 20, 2024 at 6:30 pm

OHS Performing Arts Center (PAC)

Freshmen students and parents are invited to attend an information night to prepare for entering high school. Administrators, Counselors and LINK Leaders will explain the student daily schedules and answer any questions you have. Junior and Senior LINK Leaders will offer advice for incoming freshmen, and lead building tours.

Registration at OHS will also be on Tuesday, August 20 from 8:30 am-7:00 pm in the OHS Commons. At Registration, students can pick up their schedules, pay school fees, and have their school pictures/IDs taken. Freshmen students and parents planning to attend the parent night on August 20th are asked to arrive between 5:30 and 6:00 pm to be sure to have enough time to complete the registration process and attend the program.



New/Transfer & International Student Orientation

Wednesday, August 28

12:00-2:00 PM

OHS Hilltopper Room

Non-Freshman – Transfer Students

Students who are transferring to Onalaska High School (including International Students) are encouraged to attend an orientation to OHS in the Hilltopper Room on August 28. Students will learn about how to read their schedules, understand procedures, and get a tour of the building to learn where their classes are.

Freshmen transfer students are encouraged to attend the Freshman LINK Crew orientation from 8:00 – 11:00 AM on August 28 in the OHS Fieldhouse. We look forward to meeting our newest additions to OHS!

Student Services Accepting Donations for Students

The OHS Student Services office maintains a supply of items for students who need them throughout the school day. At this time, we are in need of the following items:

- feminine hygiene products such as pads and tampons
- reusable water bottles, new or used but clean
- gently used or new clothing such as leggings, shorts, and t-shirts
- school supplies such as notebooks and folders

If you have any of these items you'd like to donate, you can drop them off at OHS and just let them know your donation is for the Student Services Office. Thank you!

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.

2024-2025 Assessments at OHS

The following is a schedule of assessments that will be given to each grade level at no cost to the student and families.

Freshmen	* Practice ACT * Required Pre ACT	September 24 April 1
Sophomores	* Practice ACT * Required Pre ACT * Required Forward Exam (Social Studies)	September 24 April 1 April 9-10
Juniors	* Practice ACT * PSAT (Pre SAT, Optional, Fee Required) * Required State-wide ACT	September 24 October 15 March 11
Seniors	* PSAT (Pre SAT, Optional, Fee Required) * UW System Early Math & English Placement Practice Tests	October 15 November 13-14

Seniors, Class of 2025 - It's Time to Schedule Campus Visits:

Many colleges are now offering virtual visits as well as in-person visits. Go to your college's website for more information. 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 Junior STAR Conference materials for more helpful tour 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.

Prepare to Apply to College Soon!

Seniors are encouraged to begin preparing to apply to colleges and universities, as they will be opening their admissions process soon. Students should begin to gather materials such as lists of activities, involvements, community service and recognitions, and letters of recommendation (if necessary) to make completing applications easier. It should be simple to find the application to your college on their website.

Regardless of the kind of school students plan on attending, it is very important to apply early. Technical college programs, especially, fill quickly on a first come first serve basis. Our goal is for ALL seniors going on to postsecondary education to have applications turned in and processed by Thanksgiving!

Application Process:

Once a student has completed their application, he or she should:

1. Request a transcript in person in OHS Student Services or fill out [this form](#).
2. Include letters of recommendation, **IF necessary**. (Most schools do **NOT** require letters of recommendation.)
3. Include check for application fee unless paid online (no cash please).
4. **IF required**, bring completed application or counselor sheet from application to Student Services.
5. Applications completed using online programs like the Common Application or Send Edu will request a High School counselor's email address. Transcripts for these applications are sent directly to colleges using these programs and do not require students to make transcript requests in person.
6. Counselors will complete requested information, and all application materials will be mailed out in a timely manner.

Student & Parent Senior Year Planning Night

Monday, September 16 – OHS PAC

6:15 PM Session 1 - Post-Secondary Planning

7:15 PM Session 2 - Paying for College

Student Services will host a **2-part senior student & parent night** on 2 different important topics for the senior year.

The first session will discuss post-secondary planning including: options for after high school, the college selection and application process. This session will include specific information on how to effectively complete college applications and request transcripts and additional materials required for admission.

The second session will focus on paying for college. Presenters will include our Senior Class Advisor, Bridget Hubbard, and a financial aid expert. This session will briefly cover the OHS scholarship process, followed by a longer presentation on the Federal Financial Aid process (FAFSA). The FAFSA will be available to students and families starting on October 1, 2024.

It is not required for students to complete the FAFSA in October. Some families may choose to begin the federal financial aid process early, to assist in the college decision making process. Most financial aid offices will continue to recommend completing the FAFSA process in January to maximize students' chances at federal financial aid for college. Contact your college of interest for their FAFSA priority deadline. Both students and parents are welcome to attend **one or both of these sessions!**

On September 10 and October 14, counselors will meet with all seniors in social studies classes to discuss this content as well.



Opportunities for Juniors (Class of 2026)

All OHS Juniors

Tuesday, September 24, 2024

Morning – Practice ACT

Afternoon – Local college tours FREE!

Morning:

All juniors will take a FREE practice ACT test. This retired ACT test will be administered, timed and 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. Results will be shared with students in October.

Afternoon:

All juniors will be attending a campus tour. Juniors will have the opportunity to tour a technical college (Western Technical College), a 4-year public university (UW-La Crosse), or a 4-year private university (Viterbo University). Although students may not plan to attend these specific post-secondary institutions, they will receive helpful information on the process and various aspects of post-secondary education.

The campus visit is a crucial part of the post-secondary decision process. It is a time to ask questions, and obtain an overall perspective of the college's atmosphere. Visiting colleges will provide a better understanding of which college is the right choice. Students should be prepared to ask questions about:

- Academic expectations
- Popular academic programs
- Technology on campus
- Cost of attendance
- Financial Aid
- Scholarship opportunities
- Housing or dorm arrangements
- Campus food
- Extracurricular activities
- Sports
- Clubs/student organizations
- College social life



Now is the time for juniors to begin to narrow down post-secondary options and opportunities. A campus tour is a great way to motivate students in considering options that will ultimately guide the direction of their careers. The campus tour will provide a start in considering their post-secondary options! Permission slips for this event will be sent electronically to junior parents early in September. Assignments to colleges will be made first come first served – based on completed permission slips.

Early College Credit & Start College Now

Applications due Tuesday, October 1st

Applications due Tuesday, October 1st

Students at OHS have several unique opportunities they can take advantage of typically during their junior or senior years. The Early College Credit Program (ECCP) for private and public 4 year colleges and Start College Now (SCN) for technical college offers students an opportunity to take college courses at Western, Viterbo or UW-L at no cost to them or their families. A student must have exhausted all course offerings in a content area and meet the college's admissions criteria in order to be approved for these programs. Students should contact OHS Student Services for more information and be sure to turn in an application no later than October 1st. **NO LATE APPLICATIONS CAN BE ACCEPTED!**

PSAT

Tuesday, October 15

8:00 AM

Cost = \$18.00

The PSAT (Pre-SAT) will be offered on October 15 at Onalaska High School. Juniors with very high PSAT scores may qualify for the National Merit Scholarship (for all students) and National Achievement (for Black American students) competitions. Students may also wish to take the PSAT as a way to assess their college readiness and practice for future college admissions tests. We encourage students with strong standardized test-taking skills, or those who are looking to prepare for future tests, to take advantage of this opportunity. Interested students should sign up in the Student Services Office. Space is limited, and filled on a first-come, first-served basis.



Tips for Talking to Your Teen about Mental Health

Heading back to school can be a stressful time for students. Keeping the lines of communication open and knowing how and when to talk to your teen about mental health can be key to making this a smooth transition. Here are 10 tips for talking to your teen about mental health, from The Jed Foundation website, by Katie Hurley, LCSW.

1. Be Genuine

Teens know when their parents are uncomfortable or anxious. If you aren't sure how to start, worry about how your teen will react, or are just plain new at this, own it. Say something like, "This is hard for me to talk about and I'm not sure how to start, but I want us to be able to talk about all the things, even the ones that feel difficult to say out loud."

Once you get the conversation started, be direct and simple: "I know this is a hard time for all of us, and I want to make sure I can support you in anything you need help with. Can we talk about how things are going for you?"

2. Connect Over Something Your Teen Enjoys

Contrary to popular belief, the car is not always the best place to talk to teens. Your teen may look forward to the car as a place to decompress and listen to music after a long day.

Engaging in an activity while talking is a good way to break the tension though. Walking together can be effective because you're not face to face and the physical exercise reduces stress. If a walk doesn't work, you can talk while playing cards or video games, baking or cooking, or any other activity your teen enjoys.

3. Get Comfortable With Silence

It takes time to process information or questions about mental health, particularly if it isn't something your family discusses often. Give your teen time to think. Interrupting a silence because you're uncomfortable may actually prevent your teen from sharing their thoughts. Give them a few minutes and then follow up to acknowledge how difficult it is to talk. Say, "I know this is hard to talk about. The more we talk about it, the easier it will get."

4. Share Observations and Ask Open-Ended Questions

Just asking your teen if they're OK won't get you far, because they can easily answer with a quick, "Yes," or, "I'm fine," and return to whatever they were doing. If you've noticed changes in your teen that worry you, be direct about it. Try something like, "I noticed you're doing/not doing [*behavior*] lately, and I wonder if that's related to stress, anxiety, depression, or something else?" That way you communicate that you are connected, paying attention, and ready to help. It also requires more than a one-word answer from your teen, which helps launch a real conversation.

5. Take Your Teen Seriously

You may not relate to the struggle your teen is having, but it matters to them if they are sharing it with you. So do your best to listen and really consider what they are saying. When teens mention self-harm or suicide, it can be really scary to hear. You may feel the urge to downplay those concerns out of your own fear. Resist it. The good news is that your teen is sharing these thoughts with you, which means they are open to help and you can help them find it.

Tips for Talking to Your Teen about Mental Health continued...

6. Use a Simple Rating Scale

It can be difficult for teens to put words to feelings when they feel overwhelmed, but starting with a simple check-in can help. Try asking for a number: “On a scale of one to 10, with 10 indicating that your mental health is really good and one indicating that you’re struggling to even get out of bed and to school each day, where would you rate your overall mental health right now?”

That opens the door to talking about how your teen feels each day. If they rate themselves between eight and 10, talk about what that feels like and what strategies help them stay in that zone. If they rate themselves between five and seven, say, “It sounds like some days are better than others and you’re having some struggles right now. I can understand that. Do you need support or solutions right now?” If they rate themselves a three or four, chances are they need some help. Acknowledge how difficult it must be by saying, “That sounds hard. It must feel like a challenge to get through the school day at times. Let’s think about some supports that may help you.”

If your teen rates themselves at a one or two, seek a licensed mental health professional.

If you are concerned your teen or young adult is considering suicide, it’s helpful to just ask them directly. It won’t put the idea in their head, but it may make them feel some relief that you see how much they are hurting.

7. Offer Other Support Systems and Share Crisis Resources

Not all teens feel comfortable discussing their mental health with their parents. That doesn’t mean they’re not close to you or don’t trust you; it just means they need someone else to talk to.

Offer a school counselor or therapist, other trusted family members, local or online youth support groups.

- At [TeenLine](#), teens can get support from trained peer counselors at by texting TEEN to 839-863 every day from 6 p.m. to 9 p.m. Pacific Time (9 p.m. to midnight Eastern).
- [The Trevor Project](#) supports LGBTQ youth. Text START to 678-678 or call 866-488-7386 or [chat with them directly from their site](#).
- [Trans LifeLine](#) offers 24-7 support for the trans community when you call 877-565-8860.

If you are worried your teen is in crisis, provide them with phone numbers where they can reach trained support staff for a confidential conversation.

- Text HOME to 741-741.
- Call or text the Suicide and Crisis Lifeline at 988 or use the chat function at [988lifeline.org](#) to talk with a trained counselor at any time.

You can also reach out to these resources for support on how to help your teen.



Tips for Talking to Your Teen about Mental Health continued...

8. Don't Push

Your teen may insist they're fine even when you see signs that they aren't. Resist the urge to prove you know they're struggling, since that will make them more likely to insist nothing is wrong. It's better to keep checking in and stay curious. If your teen has a difficult day, give them time to relax first and follow up by saying, "It seems like today was hard. I'm here if you need to vent. I won't offer solutions, unless you want me to. I can just listen."

9. Work to Stay Open and Calm

It is not always easy to hear things your teen is struggling with, especially if they touch on areas that worry you. This is an emotionally tough time for teens, so they may not always share what's going on with them in a calm, constructive way. Sometimes teens act out to get our attention, and it can be really hard not to react in anger.

We know teens open up when they feel connected, respected, and supported, so do what you can to stay calm and nonreactive during the conversation. Some deep breaths can help. If you still feel agitated or worried, it's OK to let them know you need a minute to calm down because this is emotional for you too. That's great emotional modeling for them. You're demonstrating that you can take space to regroup when you feel overwhelmed by emotions.

10. Keep the Conversation Going

Don't worry about having all the answers right away. Talking about mental health is an opportunity to learn together. The important thing to remember is that each conversation builds on the previous one. Once you get into the habit of talking about mental health with your teen, it will become a much easier conversation to return to as needed.

And remember to talk about the good times they are having and connect with them around the things they like to do. They will be more likely to share when things are hard if you've shown interest when things are going well.

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.



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



Sports Physical Card?

Physical Examinations – Athletes and dance team members may not practice for or participate in interscholastic athletics until the school has registration on file attesting to:

- Completion of online registration and parent acknowledgement.
- Current physical examination by a licensed physician or Advanced Practice Prescriber (APNP).

-Examinations performed after April 1 of the current year are good for the following two school years. A physical form signed by the physician is required for eligibility.

Example – A student who received a physical examination on April 1, 2023, and turned in a physical form signed by the attending physician or APNP, would be covered for the 2023-2024 school year. That same physical would cover the 2024-2025 school year also.

-Examinations performed before April 1 of the current year are good for the remainder of that school year and the following school year.

Example – A student who received a physical examination on March 31, 2023 and turned in a physical form signed by the attending physician or APNP, would be covered for the remainder of the 2022-2023 school year. That same physical would cover the 2023-2024 school year.

- Acknowledgment that the SCHOOL DISTRICT OF ONALASKA DOES NOT PROVIDE ACCIDENT, MEDICAL, OR DENTAL INSURANCE FOR STUDENT ATHLETES.



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

School Di



School District of Onalaska, WI

Page

✓ Liked

237 2nd Ave S, Onalaska, Wisconsin 54650

Important Fall Sports Dates



Mandatory Parent/Athlete Meetings:

[Parent/Athlete Meeting Video](#) can be viewed online on the main activity page.

Individual sports coach meeting schedules can be found by clicking "OHS Fall Sports" and selecting the desired sport page.

Starting Dates:

Football: August 6, 2024

Girls Golf: August 12, 2024

Girls Swimming: August 13, 2024

Girls Tennis: August 13, 2024

Boys and Girls Cross Country: August 19, 2024

Boys Soccer: August 19, 2024

Volleyball: August 19, 2024





<https://onalaskahighschool.onalaskaschools.com/activitiesathletics/registration>



**ONALASKA
HIGH SCHOOL**

Activities & Athletics Home

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.

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, 2022, 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 are now available 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*



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
Lacrosse
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.

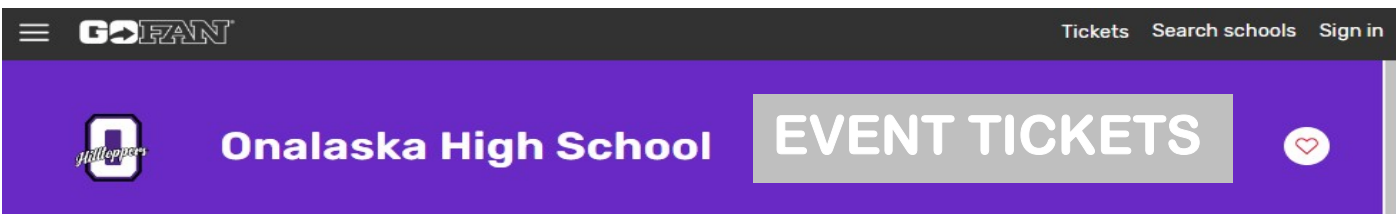
*Participation fees are to be paid prior to the first competition.

*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) - \$4.00****Senior Citizens (62 or Older) - FREE****School Year Sport Passes – Adults \$70.00 / Students (K-12) \$30.00**

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



GoFan cashless ticket system.

The GoFan ticket system will continue to be used for all OHS events.

Electronic individual game tickets and athletic sports passes will be available for purchase at Onalaska High School's GoFan page link - <https://gofan.co/app/school/WI17153>.

☐ Activity Sports Passes purchased through GoFan.

- Student Sports Pass – optional \$30 for all home athletic events (Students K-12)
- Adult Sports Pass – optional \$70 for all home athletic events
- NO PASS NEEDED - Senior Citizen – (62 or older) - **FREE**
Both Resident/Non-Resident - **FREE**

Partnering together, the MVC Conference has decided to admit ALL Senior Citizens to Coulee Region sporting events for free starting this fall.

(ALL MVC Conference Schools ONLY, Resident or Non-Resident)

With proof of age (62 or older) No need for a ticket or pass, just a driver's license with proof of age for admittance.

- Download the [GoFan](https://gofan.co/app/school/WI17153) app and create an account
<https://gofan.co/app/school/WI17153>



GoFan: Buy Tickets to Events (4+)

For Fans to Buy Tickets

Huddle Inc

Designed for iPad

★★★★★ 2.9 • 800 Ratings

Free

Install



This app is available for your device



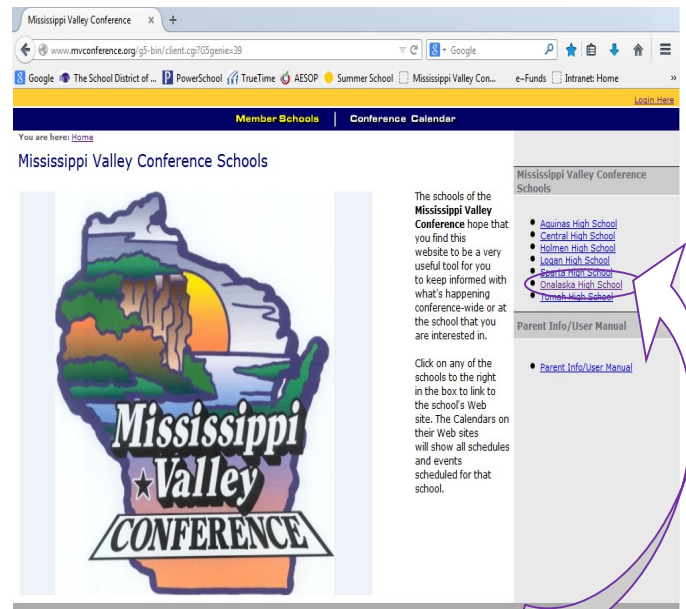
Calendar of Events

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

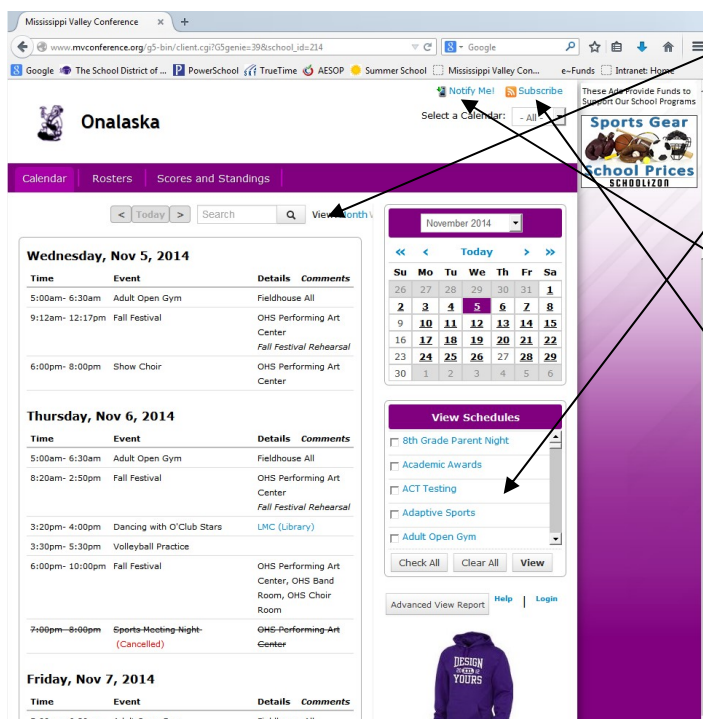
<http://www.mvconference.org/g5-bin/client.cgi?G5genie=39>

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

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



Select Onalaska High School



View the calendar by day, week, or month.

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

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

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

SUBSCRIBE TO ALL OF TODAY'S EVENTS

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

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

CALENDARS



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



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



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

RSS READERS



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



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

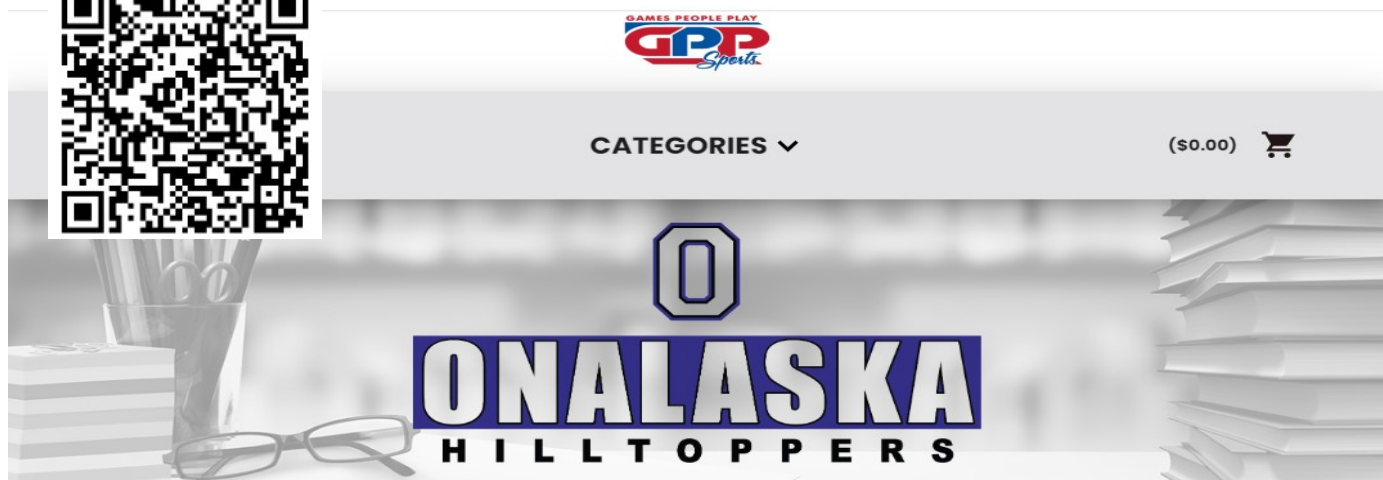


YAHOO Click the icon to add your selected schedules to your Yahoo Reader

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



Booster Club Online Store



Ordering Closes on 8/11/2024 at 11:59pm

All items are created specifically for your organization and are not stock items. Therefore, all sales are final and not eligible for return or exchange.

All orders are scheduled to be completed 3 to 4 weeks from order deadline. Back ordered items and modified order deadlines may cause changes to scheduled delivery date.

[VIEW ALL](#)

[MENS/UNISEX](#)

[LADIES](#)

[YOUTH](#)

[ACCESSORIES](#)

Purchased Separately - Homecoming T-shirts



Deadline – August 11, 2024



Size ~ 10.5" x 8.75"
Garment Color: White
Ink Color: Purple & Black
Location: Full Front

DISCLAIMER Product and ink colors displayed may vary from the actual colors due to differences in monitor calibration. Scale and placement of design relative to product are just approximations. By approving the design you acknowledge the spelling, content and layout are accurate. Any requested changes after approval will result in extra charges to cover time and materials. Your order will not be printed without approval. Replying to this email is the best way to approve your design. Your order may be delayed if approval is not received in a timely manner.



Onalaska Hilltoppers Athletic Booster Club 2024-2025 Membership Form

The purpose of the Booster Club is to promote and support Onalaska School District's interscholastic athletics and athletic programs and to foster school and community spirit and sportsmanship consistent with the educational philosophy of the school and the community it serves.

Please consider supporting our student-athletes in one of the following ways.

☐ **Ultimate Fan Club Level- \$200**

- **OHABC Membership** - includes voting rights at Annual Meeting to elect OHABC officers
- **Two Activity passes for 2024-2025** for all regular season games
- **Ultimate Ona Swag Includes:**
 - Hilltopper Yard Sign
 - Heavy Blend Stadium Blanket
 - Clear Crossbody Bag



☐ **Family Fan Club Level- \$50**

- **OHABC Membership** - includes voting rights at Annual Meeting to elect OHABC officers
- **Hilltopper Yard Sign**

Registration Form

Name: _____

Address: _____

City, State, Zip: _____

Email: _____

Cell phone: _____

It's easy to join!

Click [HERE](http://onalaskahilltoppers.net) or go to onalaskahilltoppers.net to sign up online and pay via PayPal

Mail form and check (payable to OHABC):
Onalaska Hilltopper Athletic Booster Club
700 Hilltopper Drive
Onalaska, WI 54650



Questions about your membership?
Contact Diane Pica at (608) 446-3084 or
email the fundraising committee at athleticboosters@onalaskaschools.com



Join us as we work together for the benefit of our student-athletes
in the 2024-2025 academic year!



SCHOOL DISTRICT OF
ONALASKA

Volunteer Background Check Information

VOLUNTEER BACKGROUND CHECK SYSTEM

The School District of Onalaska parent and community volunteer background checks are completed through an online system called BIB. BIB (Background Investigation Bureau) is a comprehensive online system that will provide thorough background checks on all volunteers. Please allow up to two weeks for a volunteer background check to be complete.

How does it work?

A volunteer will go to the BIB Secure Volunteer website and input their individual information. A direct link is provided on the School District of Onalaska website - <https://securevolunteer.com/SCHOOL-DISTRICT-OF-ONALASKA-VOL/home>.

The volunteer will receive an email from BIB stating they have passed the background check to volunteer. All volunteers need to coordinate with the building administration on volunteer opportunities.

The BIB background check is valid for 3 years. The BIB system will notify the volunteer via email when it is time for a recheck.

***If you are currently on the approved volunteer list and within your three year approved time, your background check is still valid and you do not have to complete the BIB check until your 3 years has passed. After the expiration of the 3 years, you will switch to the BIB background check. You may verify with your school secretary if you are a current approved volunteer.*

Please contact your building principal if you have any questions.

SecureVolunteer
Powered by BIB

We need volunteers just like you!

I want to volunteer!

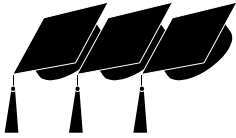
Follow this link to our Secure Volunteer site to initiate your background screen, which is required for all volunteers.

Onalaska High School
700 Wilson Street
Onalaska, WI 54650

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



An Equal Opportunity Employer



Important dates for Seniors

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

Laura Lee Fugina Activities
fugla@onalaskaschools.com

Web: www.onalaskaschools.com



**School Starts
September 3
7:45 AM**



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

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