

### A Newsletter from Onalaska High School

# Highlights

#### **Important Dates**

Parent Teacher Conferences ......Oct. 16 – 17 Early Dismissal.....October 17 No School....October 18

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https://onalaskahighschool.onalaskaschools.com/families/parent-

October 2024

teacher-conferences

Onalaska High School invites you

# PARENT-TEACHER CONFERENCE

WEDNESDAY, OCTOBER 16 3:30-8:00 PM

THURSDAY, OCTOBER 17 12:30-8:00 PM

Conferences will be held this fall either in-person OR virtually over Google Meet.

### PICKATIME

OHS uses pickAtime for scheduling 15-minute conferences with any of your child's teachers. When you schedule, you will be asked to choose in-person or virtual conferences.

> 608-783-4571 OHS Student Services

# Important Dates

Early College Credit and Start College Now applications	due Tuesday, October 1
Senior Class Photo	
Senior Cap and Gown Meeting/Measurements	Wednesday, October 2 Orders due by October 31
WTC Career Coach at OHS	Tuesday, October 8
Junior PSAT (during school)	Tuesday, October 15
College Goal Event at OHS	
Unity Day - wear orange for kindness, acceptance and	
Parent Teacher Conferences	
	Thursday, October 17 12:30 PM - 8:00 PM
Junior STAR Conference Kick-Off Meeting	
Early Dismissal	
No School	Friday, October 18
Band Fall Review Concert	Monday, October 21 – 7:30 PM
Junior/Senior ASVAB (during school)	Tuesday, October 22
Senior Cap/Gown Online Orders Due	
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)	
Fall Play – " <u>Our Town</u> "	November 22 & 23 7:30 PM

# Changes in Student Information

If you have any changes throughout the year in your child's information, please contact our Pupil Services office at 783-4610.

- This information would include:
  - address/phone number
  - parent/guardian information
  - emergency contacts
  - health issues
  - email address

### FAMILY SCHOOL LIAISON

In recognition of the importance in supporting the **whole** child (e.g. students' physical and mental health, their social and emotional learning along with their academic growth), the School District of Onalaska has a Family School Liaison position. My name is Carrie Werkheiser and as the Family School Liaison for the School District of Onalaska, my role is to collaborate with families in effort to support overall student success. Services may include collaboration, consultation, home visits, and/or information and referral to community resources and agencies. If you are interested in learning more about community resources to assist with student or family needs (e.g., food, housing, healthcare, human services, clothing, etc.), feel free to contact me.

Carrie Werkheiser, Family School Liaison, School District of Onalaska, 608-779-1959.

### A note to families from Kerry Johnson, Director of School Nutrition.

Please reference our <u>School Nutrition policy</u> 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





Nancy Gansen Speech and Language Pathologist



Kacie Gross Science



Carrie Herrmann Paraprofessional



Stephanie Ivey ML Teacher



Rebecca Konyn Interpreter



Ashley Lounsbrough English



Tamara Moore Paraprofessional



Carrie Thompson Band



Bennie Wilsey Paraprofessional



Angie Zellmer Paraprofessional

We would like to welcome all of our new staff to OHS. We are sure they will be bringing lots of fresh ideas and some good changes to our school.

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# **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. This year we have switch to VERKADA school safety system. This system 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. This self-service kiosk is easy to use with a



required driver's license. After approval, office staff will be able to print a badge that 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.

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

School District of Onalaska, WI Page 237 2nd Ave S, Onalaska, Wisconsin 54650

# 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 <u>permitted 10 parent choice days per school year</u>. 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 <u>all or part of five or more days in a school semester</u>" (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.

# FREDDY'S FOOTNOTES 7 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	After 10 Unexcused	Each Successive Unexcused Tardy for
Tardies/Semester	Tardies/Semester	Rest of Semester
Truancy Warning Letter	Issue <b>Truancy Warning Letter</b> – if <b>First Truancy Notice</b> (by personal contact, email, or phone call then by 1st class mail) <b>Parent/Guardian Meeting</b>	Each successive unexcused tardy equals a truant period. See Table A for school and law enforcement action.



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 <u>**not**</u> 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 15<sup>th</sup> 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.

# FREDDY'S FOOTNOTES I Homecoming





# FREDDY'S FOOTNOTES **I** Homecoming

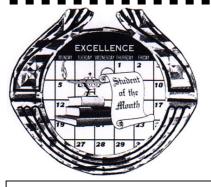


# Onalaska High School Drama Department presents



This year's Fall Play will be the Thornton Wilder's classic, "Our Town." Published in 1938, this play is one of the most popular and most-produced shows of the American theatre. It tells the story of life, love, and death in the small New England town of Grover's Corners, New Hampshire, at the start of the 20th century. Using lots of pantomime and a minimalistic set, it was (and still is) revolutionary in its story-telling style.

The large cast and crew is already in rehearsal for performances on November 22 and 23 at 7:30 pm in the Claude C. Deck Performing Arts Center. Tickets for adults are \$9, and tickets for students and senior citizens are \$7.



Every month students who meet specific criteria are nominated by departments and voted on by the entire staff.

The STUDENT OF THE MONTH honor goes to the student in each grade level who receives the most votes. The STUDENT OF THE MONTH receives a plaque, certificate, and publicity in the local newspaper.

Criteria for nomination includes: long term academic effort and achievement: a high degree of life skills – respect, responsibility, teamwork, integrity, and initiative – demonstrated on a regular basis; and involvement in co-curricular activities.

# October 2024 Students of the Month

Freshmen Class Student of the Month: Benjamin Zivney <u>Nominees:</u> Claire Fortun Cali Grosch Kathryn Hanson Pyper Hanson Eli Nelson Avery Wopat

<u>Junior Class</u> Student of the Month: Vitaliano Figueroa

Nominees: Mia Gallant Jayda Kinney Aiden Knopp Makena McGarry Vincent Moscatello Brett Schauer

#### <u>Sophomore Class</u> *Student of the Month:* Sasha Butler

#### Nominees:

Grayson Andel Adaryn Belanger Aleesha Jackson Zoe Moeller Derrel Ombogo Leo Pedersen Angie Xie

<u>Senior Class</u> *Student of the Month:* Lucien Vue

Nominees: Ava Ballmer Eddie Hughes Selphie Lee Kylene McNeese Kipa Moore Sebastian Spies Jaela Thao Lai Chia Vang



Benjamin Zivney Freshman



Sasha Butler Sophomore



Vitaliano Figueroa Junior



Lucien Vue Senior

# **FREDDY'S FOOTNOTES** 12 IN Extra Effort Awar FR October



**Joey Duckworth** Freshman



Leo Randall **Sophomore** 





**Kylene McNeese** Senior

**David Chiquito** Junior

This award is given to a student who works above and beyond what is expected while displaying positive leadership and school spirit.

Four winners per month from each grade are chosen by the academic departments. The award is sponsored by the staff and is dedicated to promoting student success and school pride.

The FREDDY EXTRA EFFORT AWARD winners will receive a certificate, a gift from the staff and recognition in the Community Life.



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### **Onalaska High School World Language Department**



LE DÉPARTEMENT DES LANGUES ÉTRANGÈRES • DEPARTAMENTO DE IDIOMAS DEL MUN SEPTEMBER 2024 • SEPTEMBRE 2024 • SEPTIEMBRE 2024

#### WORLD LANGUAGE TEAM



Mr. Brian Wopat wopbr@onalaskaschools.com Mr. Devin Pettys petde@onalaskaschools.com Mrs. Rebecca Chaouki chare@onalaskaschools.com Mrs. Valerie Mumm-Jansen mumva@onalaskaschools.com Mrs. Victoria Carter carvi@onalaskaschools.com Mr. Andy Beckstrom becan@onalaskaschools.com Mrs. Jennifer Garves garje@onalaskaschools.com



MYTH: Students only need two years of a language to be fluent.

**REALITY:** According to the Foreign Institute of the Department of State, it takes 575 to 600 hours of class to be proficient in French or Spanish. If a student takes 47 minute classes every day during an academic year, that is a total of 141 hours of instruction. Two years of language study would only be 282 hours of instruction. Account for half days and special schedules, a student will have less than half the necessary instruction.

### A Summer With Our Sister City – Epinal, France

This summer, Onalaska High School French students had a chance to host students from our sister city of Epinal, France. Seventeen students from the area welcomed seventeen students from the Epinal region over two weeks. Beyond living the American lifestyle and speaking english, students were invited to participate in a number of regional activities. This included: touring Midwest Family Broadcasting, WKBT Studios, attend a La Crosse Loggers game, tour of Trane, tour of Kwik Trip production facilities, and a ride on the La Crosse Queen. At the end of the trip, students attended a picnic at Myrick Park that was hosted by the La Crosse – Epinal Sister City committee members. As the bus pulled away on Friday, many tears were shed among both American and French students. It's a huge testament to the bonds that are developed between the students.

The La Crosse – Epinal Sister City echange has been taking place every summer for over thirty years. In 2025, students from Onalaska High School will have a chance to travel to Epinal, France for two weeks. The trip includes a three day trip to Paris before heading home.

If your child is interested in participating in the exchange, more information will be given to students during their French classes in September.



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#### WORLD LANGUAGE TEAM



Mr. Brian Wopat wopbr@onalaskaschools.com Mr. Devin Pettys petde@onalaskaschools.com Mrs. Rebecca Chaouki chare@onalaskaschools.com Mrs. Valerie Mumm-Jansen mumva@onalaskaschools.com Mrs. Victoria Carter carvi@onalaskaschools.com Mr. Andy Beckstrom becan@onalaskaschools.com Mrs. Jennifer Garves garje@onalaskaschools.com



MYTH: Language learning is unnecessary with modern translation technologies.

**REALITY:** According to Erin Meyer, the English spoken in the US is the lowest context language in the world, meaning it requires minimal cultural context to understand. In other parts of the world, communication is not as simple. Language instruction introduces us the nuances to of cultures, allowing us to build productive personal and professional relationships with people from unfamiliar cultures.



#### Onalaska High School



The Global Seal of Biliteracy is an award that certifies an individual is proficient in two or more languages. This can be awarded for students who can speak proficiently in English and a partner language. Available in multiple award levels, the Global Seal of Biliteracy certifies language skills through testing. Validation for English is through the student's ACT English exam. The partner language is validated through the AAPPL exam. The AAPPL exam is a national

A Global Seal of Biliteracy can be used:

- for advanced language placement in college
- to distinguish awardees on applications for scholarships, internships, and study abroad opportunities
- to earn transferable World Language college credit to enhance job opportunities
- to provide employers with a credential documenting language skill for hiring or receiving extra pay for knowing more than one language.

To achieve proficiency, students are encouraged to start their language study as soon as possible and stick with it throughout high school. Students can apply for the seal once they've received their ACT exam scores. The next step will be to take the partner exam in April of their junior or senior year.

For more information or if you have any questions, please contact Monsieur Wopat, Seal of Biliteracy Coordinator, at wopbr@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









Student Services

UPDA

Onalaska High School Student Services 700 Wilson Street

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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** <u>silga@onalaskaschools.com</u> 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 horio@onalaskaschools.com

Serves students with last names beginning with Rb-Z

#### **Administrative Assistants**

Melissa de Boer- <u>debme@onalaskaschools.com</u> Jennifer Morrison - <u>morje2@onalaskaschools.com</u>

## <u>CHECK OUT OUR WEBSJTE...</u>

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





Statewide Junior ACT Day for 2025

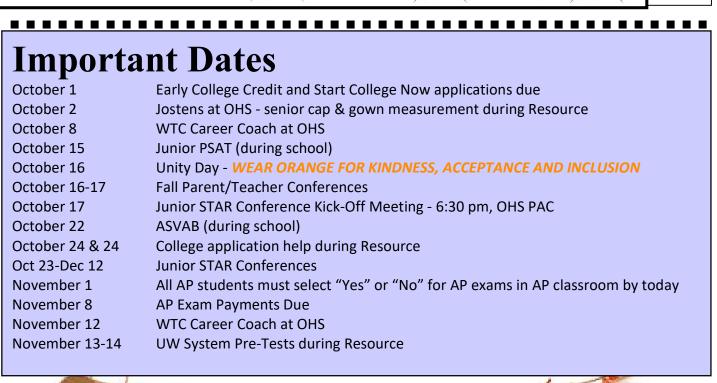
All OHS Juniors test on March 11, 2025 next year!



### **Upcoming ACT Dates and Deadlines**

Test Date	Register By	Late Registration (Additional Fee)	
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 <u>Juniors</u> required –		
	Free - No regis	stration required	
April 5, 2025	February 28	March 16	
June 14, 2025 at	May 9	June 6	
OHS			
July 12, 2025	June 6	June 20	

Student Services





# 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

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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-parentfamily-caregiver-resources



### **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.

#### **ACT Prep Course Options**

Preparing for the ACT can increase test scores to gain entry into the college of your choice and receive scholarships. There are several options that are available each year which can help students prepare for this test.

1. All Juniors took a FREE practice ACT test on September 24. This retired ACT test was administered, timed and will be scored identically to an actual ACT. ACT will score this test, and provide students with sub scores, a composite score and most importantly an itemized list of correct answers compared to the student answers. Students can log into their Act Online Prep account at https://onlineprep.act.org/login to view their results, review their answers, identify content they need more review, use online tutorials, and take additional practice tests.

2. Onalaska High School will offer a 6-hour ACT Workshop on January 20, 2025 with Schoolhouse Educational Services. This program will emphasize specific test-taking strategies for each of the five ACT subjects, and costs approximately \$60 per student plus an optional \$20 workbook.

3. UW-L's Continuing Education office offers an ACT prep course costing \$199. Students will learn testtaking strategies, receive instruction in each of the four testing areas, and take a retired pre- and post-ACT test. Writing strategies to assist you in the essay part of the ACT test will also be provided. Visit https://www.uwlax.edu/gel/ypc/act-test-prep-online/ for more information.

### 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.

Student Services

# 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! <a href="https://onalaskahighschool.onalaskaschools.com/student-services/job-board">https://onalaskahighschool.onalaskaschools.com/student-services/job-board</a>

#### Parents & Employers:

Please submit employment opportunities for high schools to the Student Services Office for posting both online and on a bulletin board near our office. You can reach us at 608-783-4571 or by email at debme@onalaskaschools.com.

### WORK PERMITS ARE DONE ON-LINE ONLY

Remember that students **under age 16** need a work permit. Work permits are completed by the parent online, and can be done 24 hours a day, 7 days a week. Payment is made directly to the department through the application, using credit or debit card, or by ACH direct withdrawal. Go to <u>https://dwd.wisconsin.gov/er/laborstandards/workpermit/</u> for instructions and more information.

# **SCHOLARSHIPS for SENIORS**

Check out our on-line scholarship database, which is updated often: <u>https://onalaskahighschool.onalaskaschools.com/student-services/college-information/scholarships</u> 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!** - Many opportunities to participate in community service as a family, with friends, or by yourself. This organization matches volunteers with organizations in need. Visit <a href="https://www.ugetconnected.org/">https://www.ugetconnected.org/</a> and check it out!

www.ugetconnected.org



### Senior UW System Practice Placement Tests November 13-14 – during Resource

Many seniors planning to attend 4-year universities will be required to take a placement test this coming spring. These tests will be used to determine which level of coursework they can take during their first year of college. Depending on their scores, some students may pass into advanced courses while others may be required to take remedial coursework to build their skills. To give seniors an opportunity to see how they may score on this test, we are offering the University of Wisconsin system Early **Math and English** Placement Tools. This test is free, taken online, and provides immediate results. **Interested seniors should sign up in Student Services.** 

#### Seniors, It's Time to Apply to College!

Seniors are encouraged to begin applying to colleges and universities. Students should 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. 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.

5. Counselors will complete requested information, and all application materials will be mailed out in a timely manner.

#### **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.

# Student Services 21

#### Juniors & Seniors- 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.

### Armed Services Aptitude Battery (ASVAB)

The ASVAB is a military entrance exam as well as a career exploration tool available for free for all students. OHS will be hosting the exam on October 22 and again on March 4. After the exam students will gain access to a career exploration portal that can help align them with careers in both military and civilian life. If students are interested they can sign up in student services.

### WHY UNITY DAY?

Unity Day, started by PACER's National Bullying Prevention Center as the signature event of National Bullying Prevention Month continues to grow every year as a tangible representation of the universal message that our society wants to promote kindness, acceptance and inclusion to prevent bullying. Plan to support the event by participating in the simple call to action—wear and share the color orange.

Why unity? For years, bullying was justified with expressions such as, "Bullying is a natural part of childhood," "Bullying makes kids tougher," or "Bullying is a rite of passage." The goal of Unity Day is to bring together youth, parents, educators, businesses, and community members across the nation to emphasize the message that bullying is not acceptable, and that all students deserve to be safe in school, online, and in the community.

Why the color orange? Unity Day is celebrated in October, and orange is a color commonly identified with the month and the autumn season. It is also a color that is associated with safety and visibility. It is a color described as warm and inviting, and its vibrancy makes an impactful statement.

**Why just a day?** The event provides a catalyst for everyone to come together with a visual statement that our actions matter not only on one day, but every day.

One young student shared that he wished Unity Day could be every day. When asked why he replied: "So that every day everyone would be nicer to me and to each other."

For more information: Visit the National Bullying Prevention Center website at https://www.pacer.org/bullying/



#### **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	* Required Pre ACT	April 1
Sophomores	<ul><li>* Required Pre ACT</li><li>* Required Forward Exam (Social Studies)</li></ul>	April 1 April 9-10
Juniors	<ul><li>* PSAT (Pre SAT, Optional, Fee Required)</li><li>* Required State-wide ACT</li></ul>	October 15 March 11
Seniors	<ul> <li>* PSAT (Pre SAT, Optional, Fee Required)</li> <li>* UW System Early Math &amp; English Placement Practice Tests</li> </ul>	October 15 November 13-14



**Federal Financial Aid Virtual Bootcamp**, Wednesday, October 23 Register at <u>https://forms.office.com/g/ZJmVBarb60</u> 3:00 pm - Ways to Pay for College

# Exploring Northwestern Event, Sunday, October 13, 2024 from 10:00 am - 2:00 pm REGISTER HERE

Families will hear from a panel of current first-generation college students who will talk candidly about their Northwestern experience, answer students' questions about how they navigated the admissions process, and share how they adjusted to campus and student life. Families will also receive an overview of our admission and financial aid process, attend an essay writing workshop, enjoy lunch on campus, and can go on a campus tour.

**Wisconsin American Legion Oratorical Contest**, Students in grades 9-12 eligible to participate <u>https://wilegion.org/oratorical</u>

The students start out by contacting their local Wisconsin American Legion Post. The Post will hold a contest – usually in December or January, the winner at the Post contest moves on to a County contest, usually in December or January. The winner of the County contest moves on to the District contest usually in January or February.

The winner of the District Contest moves on to the Regional contest scheduled on March 29, 2025 at Ripon College. The winners at the Regional level move on to the Finals contest the same day and the overall winner will go to the National Contest in Hillsdale, Michigan in May to compete for \$25,000 in scholarship. The winner of the Wisconsin contest receives a \$3000 scholarship.

**Viterbo University Nutrition Science Scholarship**, Applications due October 14, 2024 <u>https://www.viterbo.edu/nutritionscholarship</u>





### DISCOVER YOUR FUTURE

A unique career exploring program available to high school students. The program is based on hands-on activities and interacting with professionals within the field.



Student Services

UPDATE

Law Enforcement Exploring includes hands-on activities such as Search & Seizure, Traffic Stops, K9 Policing, ride-alongs and much more hosted by the La Crosse Police Department.

Fire and Emergency Medical Services Exploring includes hands-on activities such as Search & Rescue, Fire Attack, first-aid training, and plenty more hosted by different area Fire & EMS departments.



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Discover new career paths in Engineering and Technology from professionals at eleven local companies. Explore with hands-on activities in a variety of engineering disciplines such as Environmental, Chemical, Geotechnical, Civil and many others.

Explore becoming a Pilot with hands-on activities such as Air Traffic Communication, Pre-Flight Inspection, Airplane Control Surfaces, and more.



For more info go to: https://www.gatewayexploring.org



### **CIEE Looking for Host Families for International Students**

CIEC

Study abroad and intercultural exchange organization, CIEE, is currently looking for volunteer host families for several high school exchange students coming to Western Wisconsin for the 24-25 school year. Their students will attend the high school

closest to their host family, and can take school transportation or carpool. Students speak very good English and have their own medical insurance and spending money to cover personal expenses. A host simply puts another plate on the table and welcomes the student as one of their own!

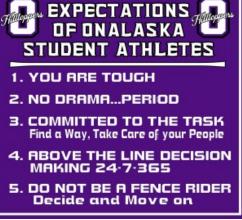
Volunteer host families come in all shapes and sizes; retired, single parents, couples with or without children of any age, etc. Interested parties can visit <u>www.ciee.org/host</u> for more information or start a host family application at <u>ciee.org/hostapply</u>.



For Update Activities Information Go to: http://www/ohs/activities.html











### 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 -

<u>Onalaska - Team Home Onalaska</u> <u>Hilltoppers Sports</u>

Check it out - <u>onalaskahilltoppers.net</u> \*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: <u>https://alerts.getvnn.com/</u>

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



For Update Activities Information Go to: <u>http://www/ohs/activities.html</u>



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# **ONALASKA HIGH SCHOOL ATHLETIC USER FEES**

### <u> \$45.00 - (\$6.75)</u>

Cross Country Swimming Tennis Track & Field

### <u> \$75.00 - (\$11.25)</u>

Baseball Basketball Football Lacrosse Ski & Snowboard Soccer Softball Volleyball Wrestling

### \$100.00 - (\$15.00)

Dance Golf Gymnastics

<u>\$200.00 – (\$30.00)</u> Winter Guard



<u>\$250.00 – (\$37.50)</u> 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.

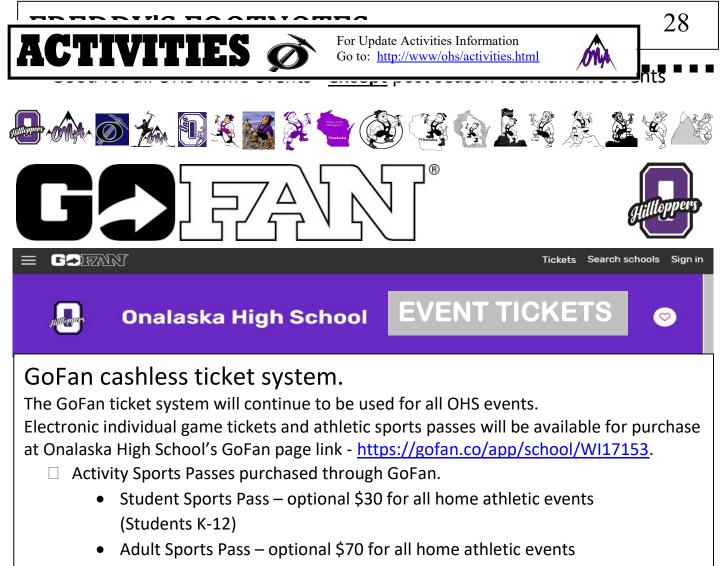
\*All school owned athletic equipment <u>MUST</u> be returned before any refunds will be considered. All school owned athletic equipment must be returned at the end of the season or cost of equipment will be added to the student's school account.

### Admission Charges for Athletic Events: Purchased through GoFan

<u>Adults - \$6.00</u> Students (K-12) - \$4.00

Senior Citizens (62 or Older) - FREE

School Year Sport Passes – Adults \$70.00 / Students (K-12) \$30.00



 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 <u>GoFan</u> app and create an account <u>https://gofan.co/app/school/WI17153</u>



ACTIVITIES Ø

For Update Activities Information Go to: <u>http://www/ohs/activities.html</u>



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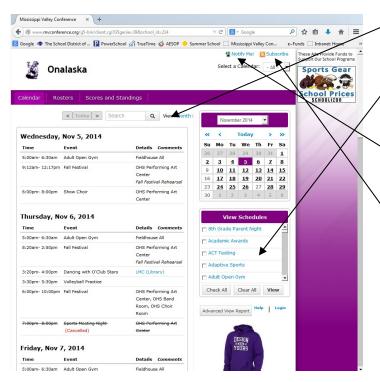
# **Calendar of Events**

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

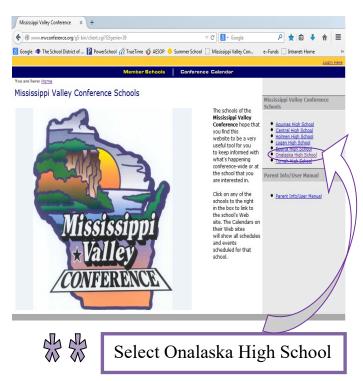
http://www.mvconference.org/g5bin/client.cgi?G5genie=39

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.



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



- 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

		scribe to ONLY today's activities. If you want full schedules for any activity, click into those schedi α on the right side of the calendar, then Subscribe.
CALENDARS		
6	OUTLOOK	Click the icon to add your selected schedules to your Outlook Calendar Note: Some versions of Internet Explorer have limits.
1	ICAL	Click the icon to add your selected schedules to any iCal device (Mac, iPhone, iPad, etc)
Google	GOOGLE	Click the icon for instructions and the link to paste into any Google Calendar
RSS READERS		
5	RSS	Click the icon to add your selected schedules to your RSS Reader
Google	GOOGLE	Click the icon to add your selected schedules to your Google Reader
2 SAHOO!	YAHOO	Click the icon to add your selected schedules to your Yahoo Reader



### 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

ACTIVITIES Ø

- 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**

	It's easy to join!
Name:	Click HERE or go to
Address:	onalaskahilltoppers.net to sign up online and pay via PayPal
City, State, Zip:	
Email:	Mail form and check (payable to OHABC): Onalaska Hilltopper Athletic Booster Club
Cell phone:	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!







#### ONALASKA HIGH SCHOOL MENU OCTOBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Fresh Garden Bar and milk choices available daily	1 Line 1) BBQ Pulled Pork on a WG Bun Line 2) WG Pizza Choices Line 3) Kickin Chicken Sandwich on a WG Bun All lines: Peas, Cole Slaw , Garden Bar Breakfast: WG Cheese Quesadilla with Salsa, fruit, juice, milk	2 Line 1) WG French Toast Sticks / Sausage Line 2) Line 2) Deli Sub Sandwich , on a WG Hoagie Line 3) Chicken Fajita on a WG Shell All lines: Whole Kernel Corn, Garden Bar Breakfast: Breakfast: WG Mini Bagels with Cream Cheese, fruit, juice, milk	3 Line 1) WG Chicken Strips Line 2) Meatballs/ Gravy Line 3) WG Chicken Strips All lines: WG Dinner Roll, Mashed Potatoes & Gravy, Garden Bar Breakfast: WG Chicken Breakfast slider with cheese, WG Biscuit, fruit, juice, milk	4 Line 1) W/G Orange Chicken /Brown Rice Line 2) WG Grilled Cheese Sandwich/ Soup Line 3) same as line 1 All lines: Stir Fry Veggies, Garden Bar Breakfast: WG Muffin/ Cheese Stick, fruit, juice, milk
7 Line 1) WG Pasta Bowl/ WG Breadstick Line 2) WG Mini Corn Dogs Line 3) same as line 1 All lines: Green Beans, Garden Bar Breakfast: WG Breakfast Pizza, fruit, juice, milk	8 Line 1) Cheeseburger on a WG Bun Line 2) WG Pizza Variety Line 3) WG Crunchy Fish Sandwich with Cheese on a WG Bun All lines: Green Peas, WG Mac-N- Cheese Garden Bar Breakfast: WG Uncrustable PB & J, Cheese stick, fruit, juice, milk	9 Line 1) Meatball Sub with Mozzarella on a WG Hoagie Line 2) WG Uncrustable with WG Sun Chips Line 3) WG Pizza Variety All lines: Oven Fries, Garden Bar Breekfast: WG Muffin, 2 sausage links, fruit, juice, milk	10 Great Apple Crunch Day Line 1) WG Chicken and Waffles Line 2) Cheeseburger or Mushroom Swiss Burger on a WG Bun Line 3) WG Spicy Chicken Sandwich/WG Bun LocallyGrownAppleSlices//, Oven Fries Breakfast: Ultimate Breakfast Round, Strawberry Go-gurt, fruit, juice, milk	11 Line 1) BBQ Pulled Pork on a WG Bun Line 2) WG Spaghetti/ cheese/ Garlic Knot Line 3) Pizza Variety All lines: Carrot Coins, Garden Bar Breakfast: WG Mini Bagels with Cream Cheese, fruit, juice, milk
14 <u>National School Lunch</u> <u>Week</u> Line 1) WG Orange Chicken / Brown Rice Line 2) WG Chicken Panini Line 3) Same as line 1 All lines: Stir Fry Veggies, Garden Bar Breakfast: Uncrustable PB&J, fruit, juice, milk	15 <u>National School Lunch</u> <u>Week</u> Line 1) WG Chicken Strips Line 2) Meatballs with Gravy Line 3) WG Chicken Strips All lines: Mashed potatoes/ WG Dinner Roll, Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk	16 <u>National School Lunch</u> <u>Week</u> Line 1) WG French Toast Sticks/ Sausage Line 2) Deli Sandwich on a WG Hoagie Line 3) Chicken Fajita with WG Tortila All lines: Baked Beans, Garden Bar Breakfast:Breakfast Pizza, fruit, juice, milk	17 Early Dismissal Day Breakfast only at OHS No Lunch Breakfast: WG Muffin, Strawberry Go-gurt, fruit, juice, milk	18 No School
21 Line 1) WG Grilled Cheese Sandwich/ Tomato Soup Line 2) Brakwurst on a WG Bun Line 3) WG Pizza Variety All lines: Wedge Fries, Garden Bar Breakfast: WG Breakfast Pizza, fruit, juice, milk	22 Line 1) California Cheeseburgar on a WG Bun (lettuce, onion, tomato on salad bar) Line 2) Turkey/Gravy on a WG Biscuit Line 3) Cheese omelet/ sausage,/ Muffin All lines: Roasted Broccoli, Garden Bar Breakfast: WG Breakfast Sandwich on a WG Biscuit, fruit, juice, milk	23 Line 1) BBQ Pulled Pork on a WG Bun Line 2) WG Pizza Choices Line 3) Kickin Chicken Sandwich on a WG Bun All lines: Peas, Cole Slaw, Garden Bar Breakfast: WG Muffin, Strawberry Go-gurt , fruit, juice, milk	24 Line 1) WG Chicken Strips Line 2) Meathalls with Gravy Line 3) WG Chicken Strips All lines: Mashed potatoes/ WG Dinner Roll, Garden Bar Breakfast: WG Cheese Quesadilla with Salsa, fruit, juice, milk	25 Line 1) Meatball Sub with Mozzarella on a WG Hoagje Line 2) WG Mini Com Dogs Line 3) WG Crunchy Fish Sandwich with Cheese on a WG Bun All lines: Green Peas, WG Mac-N- Cheese Garden Bar Breakfast: WG Chicken Breakfast slider with cheese, on a WG Biscuit, fruit, juice, milk
28 Line 1) WG Orange Chicken over Brown Rice Line 2) WG Grilled Cheese Sandwich/ Scup Line 3) WG Orange Chicken over Brown Rice All lines: Stir Fry Veggies, Garden Bar Breakfast: Breakfast Sandwich on a WG Biscult, fruit, juice, milk	29 Line 1) BBQ Pulled Pork on a WG Bun Line 2) WG Spagheti/ cheese/ Garlic Knot Line 3) Pizza Variety Ail lines: Carrot Coins, Garden Bar Breakfast: Breakfast Pizza, fruit, juice, milk	30 Line 1) Meatball Sub with Mozzarella on a WG Hoagie Line 2) WG Uncrustable with WG Sun Chips Line 3) WG Pizza Variety All lines: Oven Fries, Garden Bar Breakfast: WG Cheese Quesadilla with Salsa, fruit, juice, milk	31 Line 1) WG Chicken and Waffles Line 2) Cheeseburger or Mushroom Swiss Burger on a WG Bun Line 3) WG Spicy Chicken Sandwich/WG Bun All Lines: Bakad Beans, Garden Bar Breakfast: Ultimate Breakfast Round, Strawberry Go-gurt, fruit, juice, milk	

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

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Onalaska High School 700 Wilson Street Onalaska, WI 54650

An Equal Opportunity Employer

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





# **Important dates for Seniors**

Senior photo submission deadline for the OHS Yearbook	Friday, September 27, 2024
Submit close up shot showing predominantly head and shoulders, wallet	size only
Senior baby ad submission deadline for the OHS Yearbook	Friday, September 27, 2024
Cap and Gown measurements taken and packets sent home	Wednesday, October 2
Graduation orders due with no late payment	
Graduation Date	Saturday, May 24, 2025 1:00 PM

### CONTACT

08-783-4561
08-783-4571
508-783-0102
08-783-2604
08-779-5760
M – 2:50 PM

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Laura Lee Fugina Activities fugla@onalaskaschools.com

Web: www.onalaskaschools.com



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

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