



# FREDDY'S FOOTNOTES



A Newsletter from Onalaska High School

November 2024

## Highlights

### Important Dates

NHS Induction.....	Nov. 4
Academic Awards Ceremony .....	Nov. 4
Fall Festival.....	Nov. 7 – 8
Fall Play "Our Town".....	Nov. 22 – 23
Orchestra Concert.....	Nov. 25

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## Onalaska High School Drama Department presents



**OUR TOWN**  
by Thornton Wilder

Onalaska High School  
Performing Arts Center

07:30 PM

November 22 & 23, 2024

TICKETS - ADULTS: \$9.00 - STUDENTS/SENIOR CITIZENS: \$7.00

The 2024 Fall Play at OHS is 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.

## Important Dates

No School --- Professional Development .....	Friday, November 1
National Honor Society Induction .....	November 4 --- 6:00 PM
Academic Awards Night.....	November 4 --- 6:30 PM
Fall Festival.....	Thursday, November 7 and Friday, November 8 --- 7:00 PM in the PAC
WTC Career Coach at OHS.....	Tuesday, November 12
UW System practice placement tests (resource).....	November 13 – 14
Fall Play – “Our Town” .....	November 22 & 23 --- 7:30 PM
Orchestra Concert .....	November 25 --- 7:30 PM
Holiday Break – No School .....	November 27 – 29
Winter Band Concert .....	December 2 --- 7:30 PM
Sleigh Ride Concert .....	December 13 --- 7:30 PM
Winter Choral Concert.....	December 16 --- 7:30 PM
Holiday Break – No School .....	Monday, December 23 – Wednesday, January 1

## Changes in Student Information

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

This information would include:

- address/phone number
- parent/guardian information
- emergency contacts
- health issues
- email address

## FAMILY SCHOOL LIAISON

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

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

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

Please reference our [School Nutrition policy](#) for information on our program including unpaid meal balances. If you believe, you may qualify for free or reduced meals, please contact the school nutrition office at 608-783-6251 to receive an application.

To those that regularly dine with us, thank you for your patronage. For others, we welcome the opportunity to serve you "the best meal deal in town."

Nutrition Policy: <https://go.boarddocs.com/wi/ona/Board.nsf/goto?open&id=CLWMPN5BB5A5>



## 2024 Sleigh Ride Concert

Onalaska High School  
Hilltopper and Express Show Choirs

When: Friday, December 13, 2024; 7:30 PM

Where: Claude C. Deck Performing Arts Center  
Onalaska High School

Admission: Adults \$6.00  
Seniors & Students \$5.00  
Maximum family rate \$20.00  
General Admission Seating

Parents, students, family and the community are invited to experience this wonderful holiday tradition featuring several solos and ensembles in addition to the competition shows.

## Mark your Calendar for Special Holiday Events

Monday, November 25  
Orchestra Concert  
7:30 PM --- OHS Performing Arts Center

Monday, December 2  
Winter Band Concert,  
7:30 PM --- OHS Performing Arts Center

Monday, December 16  
Vocal Music Winter Concert, 7:30 PM ---  
OHS Performing Arts Center. Includes:  
Men's Choir, Women's Choir, Select Women's  
Choir, Concert Choir



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



## 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 15<sup>th</sup> Ave N, Onalaska  
608-317-0275

[vickyshanley@outlook.com](mailto: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.

# Academic Honors Recognition Ceremony



4

**Congratulations to those students who earned a 3.5 grade point average during the 2023-2024 school year. These students were honored at our seventeenth annual Academic Honors Recognition Ceremony held on Monday, November 4.**

Krishna Ailiani	Elijah Fernandes	Zachary Lemon	Alexa Popowich	Rickie Tillotson
Azadrea Allen	Vitaliano Figueroa	Delilah Lenox	Gowri Prakash	Lukas Todd
Fayth Allen	Lucas Fillbach	Zoey Lichty	Vishnu Prakash	Maximus Todd
Adam Amundson	Carter Flasch	Michael Lien	Olivia Pray	Ethan Topolski
Grayson Andel	Kaydence Flaten	Zoie Loeffelholz	Isabella Pray	Stevanna Towle
Julio Aparicio	Ava Fletty	Jack Loos	Wyatt Pugh	Daniel Tran
Kate Arsenault	Jack Foglia	Syona Lor	Amanuel Putz	Anthony Urbanek
Matthew Arsenault	Kaylee Fry	Adeline Lorenz	Nicholas Putz	Elizabeth Vallazza
Eden Ascencio-Urtiz	Kai Gallant	Donovan Lucksted	Snigdha Rajamanuri	Ella Vallazza
Kennedy Backman	Mia Gallant	Jackson Ludden	Katherine Ramsay	Harrison VanDerHorst
Katelyn Bakkestuen	Riley Gansen	Elliott Luecke	Leo Randall	Ellexis VanRavenstein
William Bakkestuen	Jenna Gansen	Jessica Mahlum	Jayden Randall	Talan VanRiper
Ella Ballmer	Jakob George	Westley Mahr	Brenya Riley	Daizy Vang
Jagger Banasik	Lila Gerbig	Gabriel Maldonado Garcia	Zara Rizvi	Cherry Vang
Carter Beeler	Kylie Gilhausen	Isabella Malecek	Alan Rodriguez	John Vang
Adaryn Belanger	Lewis Go	Porter Mallady	Alea Runde	Pa Vang
Kaylee Bennie	John Gobel	Natalie Marso	McKenzie Runde	Phengsu Vang
Tsion Benusa	Leonardo Gonzalez-Yang	Gwen Marso	Alara Running	Maggie Vannieuwenhoven
Elise Berry	Isabela Gutierrez	Lexy Marx	Emily Runyan	Xavier Vidana Becker
Mason Biesinger	Maya Hartman	Elizabeth Matz	Lillian Ryan	Jonas Vinson
Leia Bigalke	Lydia Hartman	Isabel Mavrantonis	Gianna Sanchez	Olivia Vogler
Evan Bingham	Andrew Hatcher	Lauren Mavrantonis	Abigail Schaller	Francesca Vriens
DeMarion Blackdeer	Alexander Hauser	Sophia Mayberry	Brett Schauer	Ryan Vriens
Emma Borden	Jade Hauser	Taliya Mayne	Sonja Schoenecker	Lacy Vue
Emily Brewer	Emma Hayes	Eva McClung	Lyla Schultz	Nkauj Vue
Gia Brorson	Autumn Heiman	Makena McGarry	Anna Schwaab	Ethan Vue
Ty Burchell	Dayton Heintz	Kylene McNeese	Peyton Shanley	Alex Vue
Khloe Burnstad	Jacob Hellman	Mallory Meighan	Wendi Shilts	Daniel Waldstein
Xavier Busta	Ivy Helseth	L Mellon	Sophia Shilts	Finley Walters
McKenna Butenhoff	Mayla Her	Sawyer Meyer	Gabriel Shugrue	Tatum Walters
Sasha Butler	Isabelle Her	Levan Miller	Luke Siegel	Macy Welch
Bodie Callaway	Alaina Hill	Rece Miller	Lucas Simpson	Brian Weng
Colin Camp	Brooke Hintz	Zoe Moeller	Gavin Skinner	Olivia Wenger
Carson Campbell	Addison Hoff	Becka Mohr	Lucy Slaughter	John Werwinski
Kendall Carlson	Cailyn Holter	Tristan Molling	Docel Snodgrass	Madelyn West
Asha Champion	Noah Hougom	Makayla Moss	Paul Soderberg	Arlo White
Brendan Chenault	Aidan Hughes	Lydia Moxness	Gavin Sommerfield	Kaomi Widger
Noah Chenault	Eddie Hughes	Aditi Muduganti	Pierce Sommerfield	Brooklyn Williams
Avery Clark	Tyson Hughes	Diego Neira	Ella Stacey	Drew Wilson
Caroline Clark	Zachary Imgrund	Lilly Netwal	Broden Steiner	Madelyn Wilson
Ainsley Cowan	Kamdyn Irwin	Timothy Newman	Kaeson Stettler	Elizabeth Witck
Raelyn Cowley	Natalie Jacobson	Madilynn Nicholson	Hailey Stoecker	Chasen Witt
Isabella Cromheecke	Kalyn Jorgensen	Hanna O'Rourke	Jack Stoen	Pairis Wolf
Madalynn Dahl	Bryce Kegebein	Michael Odegaard	Clayton Stouvenel	Angie Xie
Ellie Dahl	Gavin Kind	Addison Olesevich	Alexis Stupi	Avalice Xiong
Aayush Daithankar	Mara Klein	Payton Oliver	Samuel Sulentic	Kevin Xiong
Amara Dayton	Colton Klein	Henry Olson	Alexis Sulentic	Pengxue Xiong
Julia Denker	Briauna Knapp	Katherine Olson	Eliana Sullivan	Maddix Xiong
Lauren Denker	Sophia Knight	Qitarra Olson	Nolan Sullivan	Curry Yang
Moir Dowd	Aiden Knopp	Derrel Ombo	Lillian Sveen	Mason Yang
Alexandra Drazkowski	Megan Komperud	Jackson Palmer	Sabina Swanson	Mya Yang
Kaimayah Ducharme	Olivia Konrardy-Buchal	Diya Patel	Abaigeal Sytsma	Nou Yang
Shaye Duescher	Giffin Krall	Soham Patel	Benjamin Tempelis	Gao Yang
Kaarina Dunn	Sydney Kranig	Miti Patel	Natalie Tevis	Abigail Younis
Grady Dunnum	Olivia Kunkel	Yash Patel	Arjun Thao	Benjamin Zimmer
Trenton Dus	Sophia Larkin	Leo Pedersen	Noah Thao	Connor Zywicki
Lillie Engholdt	Alton Larson	Olivia Peterson	Shawn Thao	
Sienna Engholdt	Alexa Larson	Lauren Pica	Leah Thies	
Marissa Erdman	Brianna Lawver	Esme Pinter	Kaysie Thorson	
Connor Fejfar	Delilah Lee	Madeline Polodna	Calilyn Thrower	



## 2024 National Honor Society Inductees

On Monday, November 4, 2024 in the Onalaska High School PAC, the following students were inducted into the Onalaska High School Chapter of the National Honor Society. Congratulations! We are very proud of your accomplishments, and look forward to your continued involvement within our school and community.

Krishna Ailiani  
Ruby Baum  
Azul Bautista-Lopez  
Carter Beeler  
Elise Berry  
Kennedy Busta  
Kyara Cayasso  
Caroline Clark  
Raelyn Cowley  
Isabella Cromheecke  
Ellie Dahl  
Kaarina Dunn  
Jackson Egan  
Elijah Fernandes  
Ava Fletty  
Mia Gallant  
Kai Gallant  
Zander Garbrecht  
Vayda Garvin  
Lila Gerbig  
Kylie Gilhausen  
Easton Glebke  
Lewis Go  
Graysen Guzzo  
Isabelle Her  
Madilyn Hoogeveen  
Natalie Jacobson  
Carter Johnson  
Morgan Jones  
Elyse Keister  
Colton Klein  
Sophia Knight  
Aiden Knopp  
Ian Kowal



Sydney Kranig  
Olivia Kunkel  
Sophia Larkin  
Delilah Lee  
Donovan Lucksted  
Jessica Mahlum  
Isabella Malecek  
Porter Mallady  
Elizabeth Matz  
Isabel Mavrantonis  
Lauren Mavrantonis  
Makena McGarry  
Tristan Molling  
Aditi Muduganti  
Diya Patel  
Soham Patel  
Olivia Peterson  
Snigdha Rajamanuri  
Zara Rizvi  
Addison Sanwick  
Brett Schauer  
Luke Siegel  
Pierce Sommerfield  
Alexis Stupi  
Rickie Tillotson  
Maximus Todd  
Stevanna Towle  
Elizabeth Vallazza  
Harrison Van Der Horst  
Olivia Vogler  
Macy Welch  
Olivia Wenger  
Nou Qu Yang  
Abigail Younis

# Global Scholars Project



Three Onalaska High School students collected over 5,000 items for Operation Christmas Child. A project led by **Gowri Prakash, Lillie Engholdt, and Sienna Engholdt** for their Global Scholars Program.

They created a plan, organized drop-off locations with business throughout the Coulee Region and built over 150 shoeboxes that will be shipped across the globe, just in time for Christmas.







# November 2024 Students of the Month

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

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

## Freshmen Class

### *Student of the Month:*

**Cassandra Limberg**

### Nominees:

Esmay Baldwin  
McKenzie Bauer  
Kasey Kees  
Kayla Ketelhut  
Hayden Oyen  
Kiaya Peters  
Lyla Waldenberger  
Hudson Winchel  
Cayenne Zinnecker

## Junior Class

### *Student of the Month:*

**Brett Schauer**

### Nominees:

Aislyn Fischer  
Elyse Keister  
Emilee Klich  
Benny Thomas  
Malik Thompson  
Cherry Vang  
Miren Zulueta Gondra

## Sophomore Class

### *Student of the Month:*

**Nkauj Hli Vue**

### Nominees:

Maria Dowd  
Sienna Engholdt  
Carter Flasch  
Henry Olson  
Palmer Jackson  
Dereck Vang  
Alexis Xiong

## Senior Class

### *Student of the Month:*

**Ella Stevens**

### Nominees:

Danica Alderman  
Kennedy Busta  
Lydia Hartman  
Gabriel Maldonado Garcia  
Eliana Mascotti  
Vishnu Prakash  
Olivia Vang  
Evan Xiong



**Cassandra Limberg**  
Freshman



**Nkauj Hli Vue**  
Sophomore



**Brett Schauer**  
Junior



**Ella Stevens**  
Senior

# Freddy Extra Effort Award ...

## November



**Greta Kleven**  
Freshman



**Ella Ballmer**  
Sophomore



**Adam Amundson**  
Junior



**Rece Miller**  
Senior

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

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

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







## School District of Onalaska World Language Department



LE DEPARTEMENT DES LANGUES ÉTRANGÈRES • DEPARTAMENTO DE IDIOMAS DEL MUNDO

NOVEMBER 2024 • NOVEMBRE 2024 • NOVIEMBRE 2024

### WORLD LANGUAGE TEAM



**Mr. Brian Wopat**

wopbr@onalaskaschools.com



**Mr. Devin Pettys**

petde@onalaskaschools.com



**Mrs. Rebecca Chaouki**

chare@onalaskaschools.com



**Mrs. Valerie Mumm-Jansen**

mumva@onalaskaschools.com



**Mrs. Victoria Carter**

carvi@onalaskaschools.com



**Mr. Andy Beckstrom**

becan@onalaskaschools.com



**Mrs. Jennifer Garves**

garje@onalaskaschools.com



### FACT CHECK



**MYTH:** All the languages in the world are of equal difficulty.

**REALITY:** Although many languages are very similar, each one has a different level of difficulty. Depending on what your native tongue is, a language can be hard for some, while at the same time be easy for others. A person who has grown up speaking Spanish all his or her life will find it easy to learn a language like Italian. Some languages are more difficult than others. It is important to start early and be committed to sticking with it long-term.

## How Your Child Can Save \$4000 by taking Dual Credit French 4

The World Language Department is excited about the addition of Dual Credit French 4 to our offerings. Since our French curriculum aligns with that of UW-Green Bay's French program, we are able to offer students in French 4 high school credit and college credit at the same time. Here is how it works.

At the start of the school year, all students in French 4 have the option to either take French 4 for just one (1) high school credit or high school credit AND three (3) college credits. The college credits align with French 202, a fourth semester French course at UW-Green Bay. If students select dual credit, they enter into agreement with UW-Green Bay for French 202 and pay the course tuition of \$315. A typical credit costs \$328 but we are offered a reduction of \$105 per credit. If at the end of the school year, the student has earned an A or A/B combination, they will be awarded 3 credits **PLUS 11 retro-active credits!**

### That's right – a total of 14 college credits for \$330!

Students who earn a B or B/C in the course will still be able to earn a total of 8 college credits. Credits earned will appear that summer on the student's UW-Green Bay college transcript. Those credits can transfer to other institutions of higher learning. We use the side, transferology.com to verify which universities across the country accept transfer credits from the UW system.

Currently there are 29 students enrolled in Dual Credit. If each student earns an A or A/B, they will earn **406 college credits** with a potential savings of **\$92,000**. Those credits can be applied towards university graduation requirements!

# 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](mailto:silga@onalaskaschools.com)

*Serves students with last names beginning with A – Hr*

**Chrissy DeLong - Ext. 5030**

[delch@onalaskaschools.com](mailto:delch@onalaskaschools.com)

*Serves students with last names beginning with Hs – Ra*

**John Horman - Ext. 5031**

[horjo@onalaskaschools.com](mailto:horjo@onalaskaschools.com)

*Serves students with last names beginning with Rb– Z*

### Administrative Assistants

Melissa de Boer– [debme@onalaskaschools.com](mailto:debme@onalaskaschools.com)

Jennifer Morrison – [morje2@onalaskaschools.com](mailto:morje2@onalaskaschools.com)

## **CHECK OUT OUR WEBSITE...**

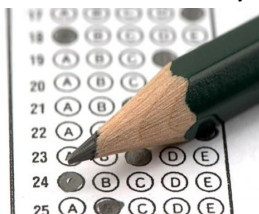
<https://onalaskahighschool.onalaskaschools.com/student-services>



# ACT<sup>®</sup>

## 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)
December 14, 2024	November 8	November 22
February 8, 2025	January 3	January 20
<b>March 11, 2025</b>	<b>All Juniors required – Free - No registration required</b>	
April 5, 2025	February 28	March 16
<b>June 14, 2025 at OHS</b>	May 9	June 6
July 12, 2025	June 6	June 20

## Important Dates

Now - Dec 12	Junior STAR Conferences, schedule your conference with <a href="#">pickAtime</a>
November 1	All AP students must select "Yes" or "No" for AP exams in AP classroom by today
November 1	No School
November 4	Academic Awards Ceremony - you will receive a mailed invitation if you qualify to attend this event
November 8	AP Exam Payments Due
November 12	WTC Career Coach at OHS
November 13-14	UW System Pre-Tests during Resource
November 27-29	No School - Thanksgiving Break
December 6	Counselors in classrooms discussing freshman course registration (upcoming sophomores)
December 10	WTC Career Coach at OHS
December 13	Counselors collect freshman course registration sheets (upcoming sophomores)
December 23-January 1	No School - Holiday Break

## Engage

New at OHS this year is a class period called **Engage**. Students have the opportunity to sign up for a wide variety of clubs or activities throughout the year hosted by OHS staff. Engage will occur 2 times a month and students can select different Engage activities each time or stick with what they have previously done. We hope that Engage will help strengthen our community at OHS and help students and staff find common connections outside of the classroom.

## 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>



## 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 test-taking strategies, receive instruction in each of the four testing areas, and take a retired pre-and post-ACT test. Writing strategies to assist you in the essay part of the ACT test will also be provided. Visit <https://www.uwlax.edu/gel/ypc/act-test-prep-online/> for more information.

## College Application Tips & Help from UW Help!

The University of Wisconsin System has developed a webpage for prospective applicants to use to prepare for their college applications. UW Ready:

<https://uwhelp.wisconsin.edu/admissionguidelines/uw-ready/> will assist applicants and their parents with the college application process. The application is at [apply.wisconsin.edu](https://apply.wisconsin.edu). Each admission office has its own priority dates or deadlines.

## 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 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](mailto:debme@onalaskaschools.com).

## WORK PERMITS ARE DONE ON-LINE ONLY

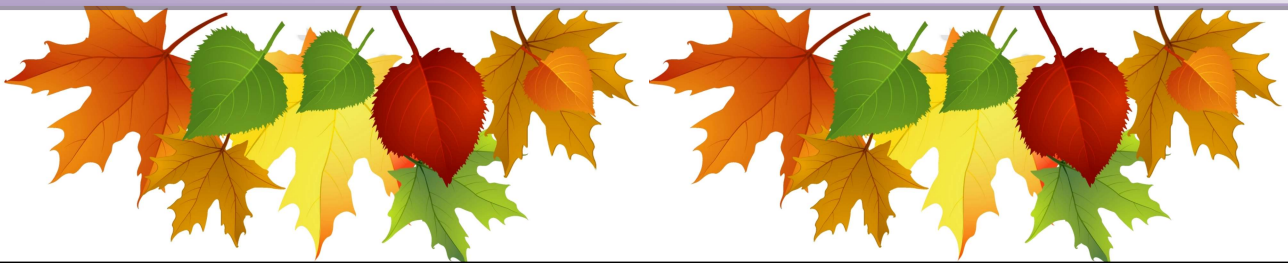
Remember that students **under age 16** need a work permit. Work permits are completed by the parent online, and can be done 24 hours a day, 7 days a week. Payment is made directly to the department through the application, using credit or debit card, or by ACH direct withdrawal. Go to <https://dwd.wisconsin.gov/er/laborstandards/workpermit/>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

**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.

**Seniors & Juniors - Western Career Coach Meetings**

Our Western Technical College Career Coach will be available once a month in the Student Services Office, to meet with students about WTC options, application process, requirements, and more. Students who are interested in signing up to meet with our rep should stop and see Mrs. Morrison in Student Services, or talk to their counselor. The WTC rep will be at OHS on November 12, December 10, and January 14.

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

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

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



### 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	* Required Pre ACT	April 1
	* Required Forward Exam (Social Studies)	April 9-10
Juniors	* Required State-wide ACT	March 11
Seniors	* UW System Early Math & English Placement Practice Tests	November 13-14

# Upcoming Opportunities

## Launch of the New Data Analytics Major at Viterbo University

November 14, 2024 from 9:00-11:00 am

Brophy Center of the Viterbo University Campus

Join us to learn more about the program, meet faculty, meet community data professionals, and explore how this major can open doors to exciting career opportunities. Light refreshments will be provided.

Please register for the event by November 12 at <https://rb.gy/tn0d1z>.

## Wisconsin American Legion Oratorical Contest, Students in grades 9-12 eligible to participate

<https://wilegion.org/oratorical>

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.

## Sophomore Wisconsin Leadership Seminar

June 2025 (Exact dates TBA)

Carroll University, Waukesha, WI

This high-energy weekend consists of team building, motivational speakers, community service, a college fair, panels of key leaders from industry, and endless leadership development opportunities.

Onalaska High School can nominate one **sophomore (to be 2025-26 junior)** to attend this conference for FREE. Interested students can visit <http://wils.us/> or see their counselor for more information. Students interested in being nominated should let their counselor know by December 6, 2024.



# Upcoming Opportunities

## **Sophomore Leadership Conference with Wisconsin HOBY (Hugh O'Brian Youth Leadership Foundation)**

June 20-22, 2025

Edgewood College, Madison WI

Cost: Approximately \$350

Wisconsin HOBY holds a three-day leadership conference for high school **sophomores** to be (juniors in 2025-26). Over 100 sophomores from across the state participate in the seminar each year. It incorporates fun, innovative leadership activities that help prepare students to become effective, ethical leaders in their home, schools, workplace and community. This is also a great way for students to get to know others, network, and boost applications and/or resumes.

Contact your school counselor soon if you are interested in attending the HOBY Seminar as a limited number of sophomores can attend, and the deadline for your counselor to register students is December 6, 2024.

## **Badger Boys & Badger Girls State**

Badger Boys State: June 8-14, 2025 at UW-Eau Claire, <https://badgerboysstate.org/>

Badger Girls State: June 15-20, 2025 at UW-Oshkosh, <https://www.amlegionauxwi.org/oldalabgs>

Who is Eligible: Juniors – Class of 2026

The American Legion of Wisconsin offers a program designed to simulate state and local government. Participants can run for offices ranging from local city council member to state legislator all the way to state governor. Students who chose not to run often get involved by helping with campaigns. The weeklong camp also includes many other fun activities such as time for discussions, athletics, a daily newspaper and musical performance.

With the generosity of the Onalaska American Legion and American Legion Auxiliary, OHS can send 2 girls and 2 boys to this event FREE of charge. Interviews of Badger Girl and Badger Boy candidates will be in January. Let Mrs. Anderson (OHS Social Studies teacher) or your school counselor know if you are interested by December 20, 2024.



## Self-Care for the Holidays

By Jennifer Comppen, JED Foundation



The holiday season is billed as a festive and joyful time of year to celebrate and be with family and friends. But for many, it can be overwhelming and even lead to feelings of loneliness, anxiety, or depression—sometimes referred to as the “holiday blues.”

The holiday blues are common, and although different from mental illness, should be taken seriously. There are many reasons why people might experience stress and sadness between Thanksgiving and New Year’s Day, including a lack of sleep and downtime, unrealistic expectations, financial stress, isolation and grief, and anxiety about the new year ahead. Fortunately, there are ways you can address these concerns and ensure that you are taking care of yourself during the holiday season.

### Get Enough Sleep, Schedule Downtime, and Nourish Yourself

A hectic holiday schedule, with frequent travel or many social obligations to fulfill, can lead to exhaustion and a lack of sleep, which increases stress. There can also be pressure to wrap things up at school or work during this time. Some people turn to unhealthy coping strategies, such as disordered eating or using substances, to handle these feelings, often making them worse.

It is always important to prioritize your emotional health and well-being. Remember to take time for self-care and ensure that you are getting enough sleep, exercise, and nutritious foods. It’s okay to take a break from—or say no to—social gatherings, make time for hobbies you enjoy, and connect with what is most important to you about the holidays.

It is okay to trust yourself and set and stick to boundaries that make sense for you.

### Take a Break From Social Media and Set Realistic Expectations

Holidays are often seen as a cheerful time, which creates pressure for things to be “perfect” and leads to disappointment if they’re not. It’s especially easy to compare ourselves to others during this time as we scroll through social media and think other people’s lives and families are perfect. We might assume everyone around us is happy, and we’re the odd one out.

Being too connected to our phones, computers, and devices can put our brains on overload. Set boundaries for yourself to look at your phone less, and avoid screens before bedtime, so it’s easier to fall asleep.

### Slow Down and Breathe

It’s easy to get sucked into multitasking when you have a lot of things to cross off your to-do list. Whether you’re sipping your favorite hot beverage or folding laundry, try shifting your attention to just what you’re doing at the moment. Getting grounded in where you are at any given time can help you feel less overwhelmed.

When we experience stress, we also sometimes hold our breath, meaning less oxygen gets to the brain. When you take the time to focus on your breathing, it sends a signal to your nervous system that everything is ok and that helps calm down any stress we’re feeling. [Check out breathing exercises you can use anytime.](#)



**Self-Care for the Holidays**

By Jennifer Comppen, JED Foundation

**Call a Loved One and Connect**

If you're not able to spend time with loved ones for whatever reason—or you are spending time with your family, but wish you could be with your chosen family, remember that you can always connect with people over the phone. That can help you feel less alone if you're not close to your family or if spending time with them often leads to conflict.

Whether you are feeling isolated, stressed, or any other difficult emotion, keeping it bottled in only makes it worse. Being able to vent to a trusted friend or family member can help you calm down and get perspective. Instead of texting, connect by phone — hearing a familiar voice can be calming and comforting.

**Acknowledge Your Grief**

For people grieving the loss of a loved one, it can sometimes feel like the rest of the world has forgotten and moved on from something that was very painful for you. If it's your first holiday without them, these feelings can be incredibly strong.

If you are grieving this time of year, realize that the holidays may look different going forward. You may feel a variety of emotions—upset that your loved one is gone, guilty over a lack of “holiday cheer,” a desire to continue old traditions or let them go. There is no right or wrong way to grieve or celebrate, and your grief matters whether you feel sad or find joy during this time.

**Move Your Body**

Movement gets the blood flowing and brings your attention to the present moment (instead of worrying about the past or future). It doesn't have to be a long run, but it should be something you enjoy, even if it's just dancing to your favorite playlist in your room.

**Meditate**

Taking the time to sit down and simply follow your breath can bring you into the moment and help you feel connected. Here are easy steps you can follow to meditate:

- Sit or lie down comfortably.
- Gently close your eyes.
- Don't try and control your breath; just let your breath flow naturally.
- Focus your attention on the breath, observing the inhalation and exhalation. If your mind wanders, simply bring it back to the breath.
- Spend 5 minutes with this practice.

*Check out this gallery of [guided meditations](#) for an easy introduction to the practice.*

Feelings of isolation, depression, and anxiety may come and go with the holiday season, but if you notice they intensify or persist after the holidays end, please reach out to a trusted adult or mental health professional for support.

***If you need help right now:***

- Text HOME to 741-741 for a free, confidential conversation with a trained counselor any time of day.
- Text or call 988 or use the chat function at [988lifeline.org](https://988lifeline.org).
- If this is a medical emergency or there is immediate danger of harm, call 911 and explain that you need support for a mental health crisis.



**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](http://onalaskahilltoppers.net)
- \*Sport schedules - continuously updated
  - \*Link to join the Booster Club
  - \*Link to become a sponsor
  - \*Link to sign up your athlete for the upcoming season

Click the link to sign up now to get text updates for schedules & upcoming events:  
<https://alerts.getvnn.com/>

Looking forward to a great school year supporting our student athletes!

## Students registering for athletics

must have a **current physical examination** on file in the athletic office **before the student is authorized to participate in practice/tryouts**. If your students' physical is outdated and you are struggling to make an appointment with your regular physician other options include:

**Bronston Chiropractic** - 1202 CTH PH Suite 100 - Onalaska 608-781-2225

OR **Neighborhood Family Clinics** -

La Crosse - 1526 Rose Street - 608-781-9880 or  
Onalaska - N5560 CTH ZM - 608-779-5323

**ONALASKA HIGH SCHOOL ATHLETIC USER FEES****\$45.00 – (\$6.75)**

Cross Country  
Swimming  
Tennis  
Track & Field

**\$100.00 – (\$15.00)**

Dance  
Golf  
Gymnastics

**\$75.00 – (\$11.25)**

Baseball  
Basketball  
Football  
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.

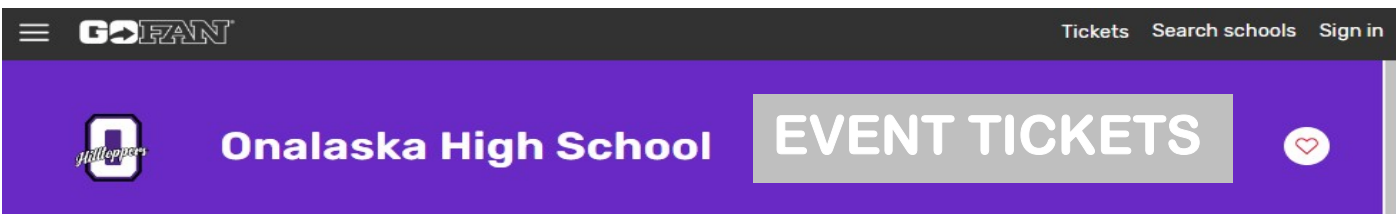
\*Participation fees are to be paid prior to the first competition.

\*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





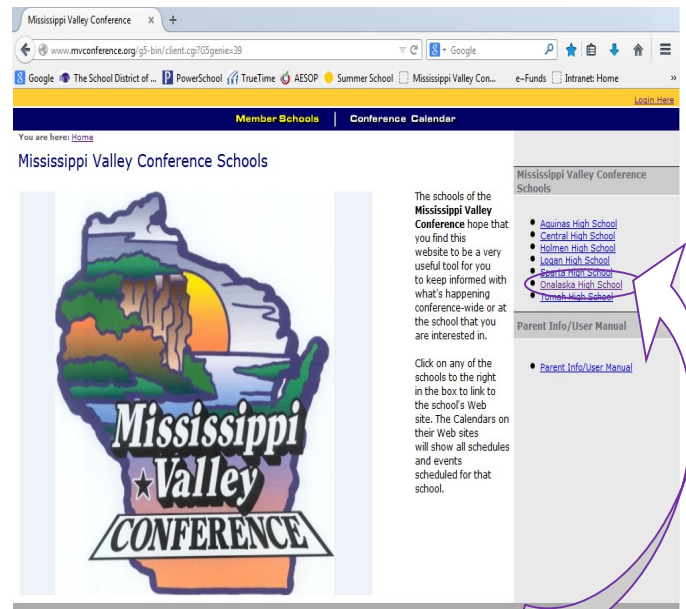
## Calendar of Events

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

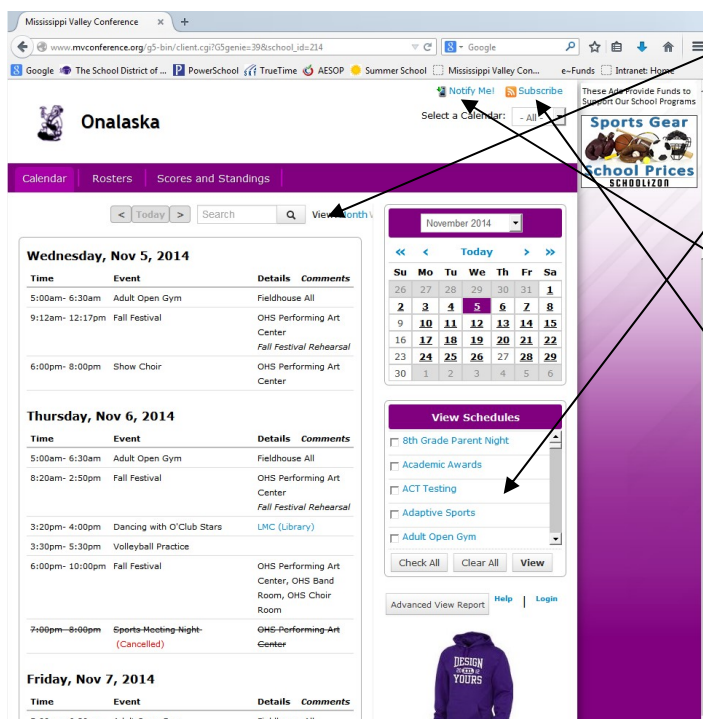
<http://www.mvconference.org/g5-bin/client.cgi?G5genie=39>

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 [support@thischooltoday.com](mailto:support@thischooltoday.com) for a simple license agreement.

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

#### CALENDARS



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



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



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

#### RSS READERS



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



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



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

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



# State Cross Country



DIV. 1 BOYS

**State Cross Country**

Wisconsin Rapids



THE D1 STATE CHAMP FOR THE THIRD YEAR  
IN A ROW...OUR VERY OWN MANNY PUTZ 🏆



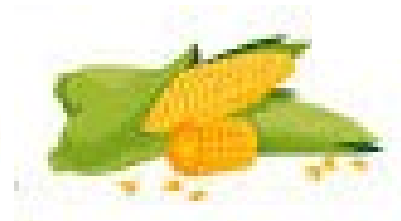
**Manny Putz**

D1 Individual Champion, 15:07.5



Manny Putz earned the individual medalist honors for the **THIRD** year in a row – He completed the 5-kilometer course in 15:07.5.  
Congratulations Manny, you represented the Onalaska jersey with Hilltopper Pride!





## ONALASKA HIGH SCHOOL MENU NOVEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Fresh Garden Bar and milk choices available daily	<u>USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER</u> Menu is subject to change without notice			No School
Line 1) WG Orange Chicken / Brown Rice Line 2) WG Grilled Cheese Sandwich/ Soup Line 3) WG Orange Chicken /Brown Rice All lines: Stir Fry Veggies, Garden Bar  Breakfast: WG Uncrustable PB&J Sandwich, fruit, juice, milk	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: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk	Line 1) WG French Toast Sticks / Sausage 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: WG Mini Bagels with Cream Cheese, fruit, juice, milk	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: Cheese Quesadilla with Salsa, fruit, juice, milk	Line 1) WG Chicken and Waffles Line 2) Cheeseburger or Mushroom Swiss Burger on a WG Bun Line 3) WG Chicken and Waffles All Lines: Baked Beans, Garden Bar  Breakfast: Breakfast Pizza, fruit, juice, milk
Line 1) California Cheeseburger / 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: Uncrustable PB&J sandwich, fruit, juice, milk	Line 1) WG Orange Chicken over Brown Rice Line 2) WG Grilled Cheese Sandwich/ Soup Line 3) WG Orange Chicken over Brown Rice All lines: Stir Fry Veggies, Garden Bar Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk	Line 1) Soft shell tacos on WG shell Line 2) Spicy chicken sandwich on WG Bun Line 3) WG Grilled Cheese / Soup All Lines: Whole Kernel Corn and Garden bar Breakfast: Breakfast Pizza, fruit, juice, milk	Line 1) Meatball Sub with Mozzarella on a WG Hoagie Line 2) WG Uncrustable with WG Sun Chips Line 3) Chicken Alfredo/ WG Rotini/ Garlic Knot All lines: Oven Fries, Garden Bar Breakfast: WG Cheese Bosco Stick, fruit, juice, milk	Line 1) WG Chicken Patty on a WG Bun Line 2) WG Spaghetti/ cheese/ Garlic Knot Line 3) Pizza Variety All lines: Carrot Coins, Garden Bar Breakfast: Cheese Quesadilla with Oven Fries, fruit, juice, milk
Line 1) WG Grilled Cheese Sandwich/ Tomato Soup Line 2) Bratwurst on a WG Bun Line 3) WG Chicken Patty on a Bun All lines: Wedge Fries, Garden Bar Breakfast: French Toast and Sausage, fruit, juice, milk	Line 1) Meatball Sub with Mozzarella on a WG Hoagie Line 2) WG Mini Corn Dogs Line 3) WG Crunchy Fish Sandwich with Cheese on a WG Bun All lines: Carrot Coins, WG Mac-N- Cheese Garden Bar Breakfast: Colby Cheese Omelet, Tri-Tater fruit, juice, milk	Line 1) WG French Toast Sticks / Sausage 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: Mini Bagels, fruit, juice, milk	<b>Harvest of the Month</b> <b>Cole Slaw locally grown Crasins</b> 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: Breakfast Pizza, fruit, juice, milk	Line 1) WG Chicken Strips Line 2) Meatballs with Gravy Line 3) WG Chicken Strips All lines: Mashed potatoes/ WG Dinner Roll, Garden Bar Breakfast: WG Chicken Breakfast Slider on a WG Biscuit, fruit, juice, milk
Line 1) BBQ Pulled Pork on a WG Bun Line 2) WG Spaghetti/ cheese/ Garlic Knot Line 3) WG French Bread Pizza/ Soup All lines: Carrot Coins, Garden Bar Breakfast: Breakfast Pizza, fruit, juice, milk	Line 1) WG Chicken and Waffles Line 2) Cheeseburger or Mushroom Swiss Burger on a WG Bun Line 3) WG Chicken and Waffles All Lines: Baked Beans, Garden Bar Breakfast: Uncrustable PB&J Sandwich, fruit, juice, milk	No School	No School	No School

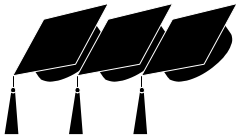
Allergy Notice: Menu items may contain tree nuts, peanuts/nut products, wheat, fish, eggs, soy and various legumes. Students with allergies should contact the School Nurse or School Nutrition Director prior to eating any foods served in the cafeteria

Onalaska High School  
700 Wilson Street  
Onalaska, WI 54650

Welcome to OHS! Check  
out our website at:  
[www.onalaskaschools.com](http://www.onalaskaschools.com)



An Equal Opportunity Employer



## Important dates for Seniors

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](mailto:schja2@onalaskaschools.com)

Charlie Ihle Assoc. Principal  
[ihlch@onalaskaschools.com](mailto:ihlch@onalaskaschools.com)

Jason Thiry Activities Dir.  
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Laura Lee Fugina Activities  
[fugla@onalaskaschools.com](mailto:fugla@onalaskaschools.com)

Web: [www.onalaskaschools.com](http://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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