



FREDDY'S FOOTNOTES



A Newsletter from Onalaska High School

January 2025

Highlights

Important Dates

Show Choir Classic	Jan. 10-11
First Semester Final Exams	Jan. 15-17
Early Dismissal.....	Jan. 17
No School.....	Jan. 20

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SHOW CHOIR Classic

ONALASKA HIGH SCHOOL
FIELDHOUSE

JAN 10 MIDDLE SCHOOL SHOW CHOIR
COMPETITION
Friday
PLUS CONCERT CHOIR COMPETITION
AT FIRST LUTHERAN ON MAIN STREET

ADMISSION
\$10 FRIDAY EVENING

JAN 11 HIGH SCHOOL SHOW CHOIR
COMPETITION
Saturday
ADMISSION
\$15 DAY ONLY
\$10 EVENING ONLY
\$20 DAY/EVENING
\$25 WEEKEND PASS



The 38th annual Onalaska Show Choir Classic will be held on Friday, January 10 and Saturday, January 11.

Concert Choirs will compete as well on Friday, January 10 at First Lutheran Church on Main Street in Onalaska.

The Onalaska High School show choirs along with the middle school show choir will also perform. It is a weekend not to be missed!

Important Dates

Show Choir Classic.....	Friday, January 10 and Saturday, January 11
First Semester Finals.....	January 15 – 17
Early Dismissal	Friday, January 17 – 11:50 AM
Professional Development Day – No School.....	Monday, January 20
Winter Dance	Saturday, February 15 --- 8:00 – 10:00 PM
Professional Development Day – No School.....	Monday, February 17



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>



Onalaska High junior Ellie Dahl organized a fundraiser she titled "The Free Lunches Project" to help pay down the district's school lunch deficit. Through t-shirt sales, she was able to raise and donate \$900!



Congratulations School Resource Officer Tyler Blair for receiving the 2024 "Top Cop" Award, given by the LaCrosse County District Attorney's Office, recognizing officers that go above and beyond in their work.

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 15th Ave N, Onalaska
608-317-0275

vickyshanley@outlook.com

If you are the parent of a child with special needs, please contact Vicky if you have any questions about the special education process.

Final Exams Scheduled for January 15 – 17

First Semester Finals are scheduled for January 15 – 17, 2025. They conclude on Friday, January 17 at 11:50 AM with *Early Dismissal* unless you have a test to make up in the afternoon.

Students will **not** be required to attend their study/commons hour during final exams. The commons area will be made available and supervised for study time.

The normal bus schedule will not change except for Friday, January 17, at 11:50 AM. Lunch will NOT be served on January 17.

In case of inclement weather, the final exam schedule would be bumped ahead one day.

We encourage students to plan ahead and begin their studying.

Wednesday, January 15

1st Hour – 8:15 – 9:45
3rd Hour – 10:30 – 12:00
Lunch – 12:00 – 1:00
5th Hour – 1:00 – 2:30

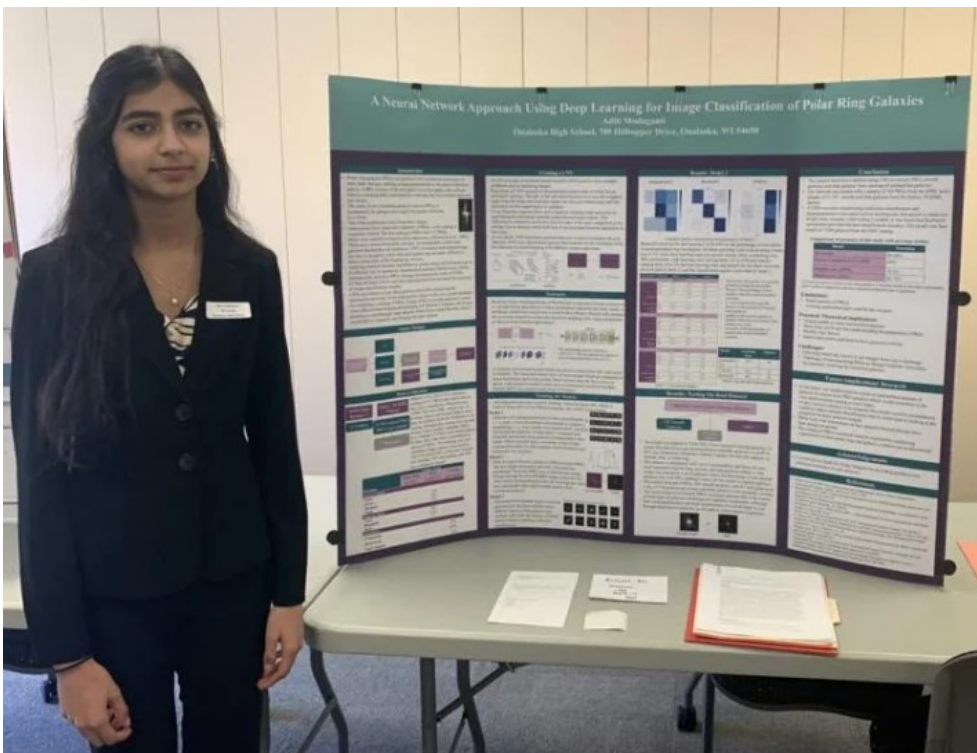
Thursday, January 16

2nd Hour – 8:15 – 9:45
4th Hour – 10:30 – 12:00
Lunch – 12:00 – 1:00
6th Hour – 1:00 – 2:30

Friday, January 17

7th Hour – 8:15 – 9:45
8th Hour – 10:20 – 11:50
Make up exams – 1:00 – 2:30

2025 National STEM Champion



On Wednesday, December 18, Aditi Muduganti learned that she was named a 2025 National STEM Champion and will receive an all-expenses-paid five-day trip to Washington D.C. next March.

Aditi, 11th grader, submitted a project called 'A Neural Network Approach Using Deep Learning for Image Classification of Polar-Ring Galaxies.'

EXPLR created this festival to celebrate innovators and solution seekers, with the potential to change the world.

Join us for
**FLANNEL
& FROST**

2025 "TASTE" EVENT

CASINO GAMES * FOOD * SILENT AUCTION

**FEATURING BIG BOAR BBQ, BURRACHOS, CORKY'S PIZZA,
CROSSROADS BAR & GRILL AND ICE CREAM PARLOR, FAZOLIS,
HY-VEE BAKERY, OUTBACK STEAKHOUSE, SCOOTER'S COFFEE,
SWING BRIDGE PUB**

JANUARY 18, 2025 * 6:00 - 10:00 PM

LA CRESCENT AREA EVENT CENTER



**ONALASKA
EDUCATION
FOUNDATION, INC.**

Tickets available for \$35 online: bit.ly/Taste2025

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.





January 2025 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:

Cecilia Olson

Nominees:

Wylder Burch
Josephine Duckworth
Claire Fortun
Clayton Gerig
Greta Kleven
Olin Larson
Katelynn McKane

Sophomore Class

Student of the Month:

Ying Kong Xiong

Nominees:

Tsion Benusa
Mason Biesinger
Carter Flasch
Alexis Foellmi
Cailyn Holter
Kajai Lee
Alexa Popowich
Daizy Vang

Junior Class

Student of the Month:

Rickie Tillotson

Nominees:

Cassidy Foster
Kai Gallant
Kylie Gilhausen
Graysen Guzzo
Ivy Helselth
Aleena Moua
Gabriel Shugrue

Senior Class

Student of the Month:

Vishnu Prakash

Nominees:

Selphie Lee
Anders Lester
Claire Roby
Sonja Schoenecker
Nolan Sullivan
Phyllipe Vang
Elizabeth Woyczik



Cecilia Olson
Freshman

Ying Kong Xiong
Sophomore

Rickie Tillotson
Junior

Vishnu Prakash
Senior

Freddy Extra Effort Award ...

January



Vanessa Davis
Freshman



Matthew Law
Sophomore



Emilee Klich
Junior



Shaye Duescher
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 DÉPARTEMENT DES LANGUES ÉTRANGÈRES • DEPARTAMENTO DE IDIOMAS DEL MUNDO

JANUARY 2025 • JANVIER 2025 • ENERO 2025

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

mumval@onalaskaschools.com



Mrs. Victoria Carter

carvi@onalaskaschools.com



Mr. Andy Beckstrom

becan@onalaskaschools.com



Mrs. Jennifer Garves

garje@onalaskaschools.com



FACT CHECK



MYTH: Why should I learn another language when everyone (in the world) already speaks English?

REALITY: According to multiple sources, less than 10-15% of the world population speaks English as a first language. In the future, most people will speak more than one language. Monolingual English speakers will find it difficult to fully participate in a multilingual society. Furthermore, students with proficiency in a language other than English are more marketable and earn a higher wage in the workforce.

A Look at College Admission Requirements

As scheduling approaches, a common question asked by parents is, “Are world languages required for admission to colleges or universities?” The answer is, for the vast majority of them, no.....BUT...! It is important to stress that even though most colleges and universities do not require high school world language study for admission, most of them use high school world language study as a criterion for selecting students for admission OR require a specific level of language proficiency for graduation. For example, looking at the UW-La Crosse website for perspective students, it states, “Students who apply to UW-La Crosse do not need to complete foreign language courses in high school. However, students with study foreign language in high school are more competitive for admission.” With that said, the next question parents ask is, “How many years of world languages should my child take?” Although most believe that only two years is needed, according to the UW-La Crosse website, it states, “The average student admitted to UW-La Crosse completes three or more years of foreign language in high school.” And this is just UW-La Crosse. State schools like UW-Madison and UW-Eau Claire recommend four or more years of a world language study for admittance.

You may be wondering what world languages can do for your child once they are in college? Interestingly enough, according to the UW-La Crosse website, it states, “It should be noted that some degree programs at UW-La Crosse have a language graduation requirement before a bachelor's degree will be granted.” Thus, students who do long-term study of a world language in high school may fulfill the university's world language graduation requirement by placing into an upper-level class, completing that requirement faster, and earning retroactive credits for classes skipped.

In next month's newsletter, we'll explain what retroactive credits are, how to obtain them, and how they can save your child a semester's tuition in free credits.

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** throughout the school year at:

Onalaska Middle School, Door C
Enter the north parking lot on 8th Ave. N.

from 3:15- 5:15 PM

**We have
moved to OMS**

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
for the remainder of
this school year**

- December 2
- January 6
- February 3
- March 3
- April 7
- May 5
- June 2



Onalaska Schools Food Pantry is moving to Onalaska Middle School beginning December 2, 2024.

The Onalaska Schools Food pantry welcomes families with children in any Onalaska school (public, private, or home school) who need supplemental food staples.

Distributions will be held on the **first *school* Monday of each month** beginning in December and throughout the rest of the school year at OMS Door C on 8th Ave. N.

from 3:15-5:15

Enter the smaller parking lot by Door C and drive along the curb toward the X, where food pantry staff will check you in and provide you with groceries that you can load into your car.





Onalaska High School Student Services

700 Wilson Street
Onalaska, WI 54650
Phone: 608.783.4571
Fax: 608.783.2604

Office Hours:

Week Days: 7:00 am - 3:30 pm

Reach the Student Service Administrative
Assistants at: Melissa de Boer – Ext. 5034
Jennifer Morrison – Ext. 5029

Your High School Student Services Staff

Garrett Silker - Ext. 5032

silga@onalaskaschools.com

Serves students with last names beginning with A – Hr

Chrissy DeLong - Ext. 5030

delch@onalaskaschools.com

Serves students with last names beginning with Hs – Ra

John Horman - Ext. 5031

horjo@onalaskaschools.com

Serves students with last names beginning with Rb– Z

Administrative Assistants

Melissa de Boer– debme@onalaskaschools.com

Jennifer Morrison – morje2@onalaskaschools.com

CHECK OUT OUR WEBSITE...

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



ACT[®]

Statewide Junior ACT Day for 2025

All OHS Juniors test on
March 11, 2025



Upcoming ACT Dates and Deadlines

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

Important Dates

January 2	Counselors in classrooms discussing upcoming senior course registration
January 10	Counselors collect upcoming senior course registration sheets
January 14	WTC Career Coach at OHS
January 15-17	Finals Week
January 20	ACT Prep at OHS - Register in Student Services
January 24	Counselors in classrooms discussing upcoming junior course registration
January 27	Last day to drop a S2 class
January 28	College Goal Event OHS LMC 6-8 pm
January 31	Counselors collect upcoming junior course registration sheets



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. 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.

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

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, 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.

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 January 14.

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:

- gently used or new clothing such as leggings, sweatshirts, and t-shirts
- prepackaged healthy snacks

If you have any of these items you'd like to donate, you can drop them off at OHS and 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

Upcoming Opportunities

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.

Wisconsin American Legion Law Enforcement Career Academy (WALLECA), June 23-27, 2025 at Wisconsin State Patrol Training Academy at Fort McCoy

Application is open until March 31 at this link: <https://wilegion.org/walleca>

WALLECA is a 5-day camp that offers physical fitness training, classroom instruction and hands-on experiences.

Badger Precollege Summer Program, Registration opens January 13, 2025

[Link for more information](#)

Pre-college program for ages 7-18 - courses from advanced learning programs and STEM classes to music clinics and college readiness conferences.

Stanford Summer Humanities Institute, application open until February 3, 2025

[Link for more information](#)

Rising high school juniors and seniors are invited to experience Stanford University's renowned excellence in the humanities and social sciences. In an immersive, three-week residential program, students engage deeply with complex texts and ideas, develop college-level writing skills, and learn to articulate nuanced arguments in both written and spoken expression.

Prom Dress Resale and Runway Event, February 17, 2025 at The Salon Professional Academy

Model hair and makeup: 3:00-4:30 pm, Resale and Runway Show: 5:00-7:00 pm

Text 608.790.8772 with your name and "RUNWAY" in order to reserve a spot to model for the event.

Latinx Visit Day, Saturday, April 12, 2025 at University of Wisconsin-La Crosse

This day is designed to give students and their families a chance to learn about the opportunities and services at UWL as well as to empower parents by giving them knowledge of the entire U.S. educational system and what they need to know to prepare students for future college and university careers.

Engineering, Computer Science & Applied Mathematics Career Exploration Day, Saturday, January 18, 2025 at Viterbo University

www.viterbo.edu/visit

Any student enrolling at Viterbo in Fall 2025 who attends the Exploration Day will receive a \$500 scholarship!



EXPECTATIONS OF ONALASKA STUDENT ATHLETES

1. YOU ARE TOUGH
2. NO DRAMA...PERIOD
3. COMMITTED TO THE TASK
Find a Way, Take Care of your People
4. ABOVE THE LINE DECISION
MAKING 24-7-365
5. DO NOT BE A FENCE RIDER
Decide and Move on



Onalaska Hilltopper Athletic Booster Club
Page · Community · onaboosters · 782 like this

“Like” the Onalaska Booster Club Facebook page to get events and other information.
Follow Mr. Thiry @OnaActivities on Twitter for updates and results for Hilltopper Athletics.
Please subscribe to the Onalaska Booster Club YouTube Page for Home Event Streaming.

Check Out The Onalaska Booster club website -

[Onalaska - Team Home Onalaska Hilltoppers Sports](#)

Check it out - onalaskahilltoppers.net

*Sport schedules - continuously updated

*Link to join the Booster Club

*Link to become a sponsor

*Link to sign up your athlete for the upcoming season

Click the link to sign up now to get text updates for schedules & upcoming events:

<https://alerts.getvnn.com/>

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

Students registering for athletics

must have a **current physical examination**

on file in the athletic office **before the student is authorized to participate in practice/tryouts.** If your

students' physical is outdated and you are struggling to make an appointment with your regular physician other options include:

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

OR **Neighborhood Family Clinics** -

La Crosse - 1526 Rose Street - 608-781-9880 or

Onalaska - N5560 CTH ZM - 608-779-5323

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

Cross Country
Swimming
Tennis
Track & Field

\$100.00 – (\$15.00)

Dance
Golf
Gymnastics

\$75.00 – (\$11.25)

Baseball
Basketball
Football
Lacrosse
Ski & Snowboard
Soccer
Softball
Volleyball
Wrestling

\$200.00 – (\$30.00)

Winter Guard

\$250.00 – (\$37.50)

Hockey



*Students whose families submit the proper federal forms and qualify for free or reduced lunch under existing federal guidelines will have the option to have athletic fees waived/reduced.

*Families with students in multiple athletic programs will be responsible for a maximum family fee of \$350.00 per year.

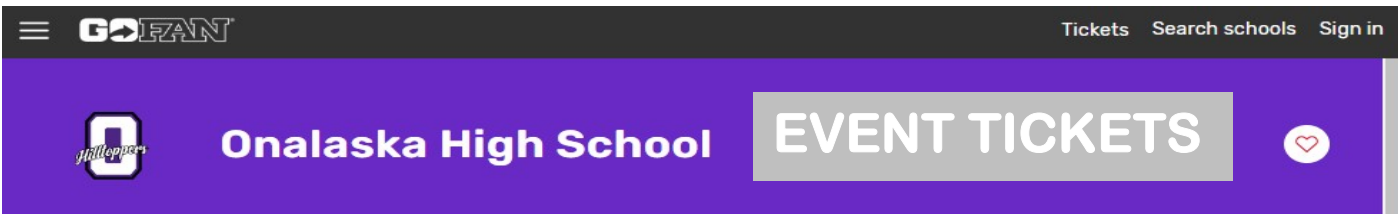
*Participation fees are to be paid prior to the first competition.

*Refunds of athletic user fees will be considered if a student/athlete voluntarily terminates or is terminated from an athletic activity prior to the third competition in that sport.

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

Admission Charges for Athletic Events: [Purchased through GoFan](#)**Adults - \$6.00****Students (K-12) - \$4.00****Senior Citizens (62 or Older) - FREE****School Year Sport Passes – Adults \$70.00 / Students (K-12) \$30.00**

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



GoFan cashless ticket system.

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

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

☐ Activity Sports Passes purchased through GoFan.

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

Both Resident/Non-Resident - **FREE**

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

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

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

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



GoFan: Buy Tickets to Events (4+)

For Fans to Buy Tickets

Huddle Inc

Designed for iPad

★★★★★ 2.9 • 800 Ratings

Free

Install



This app is available for your device



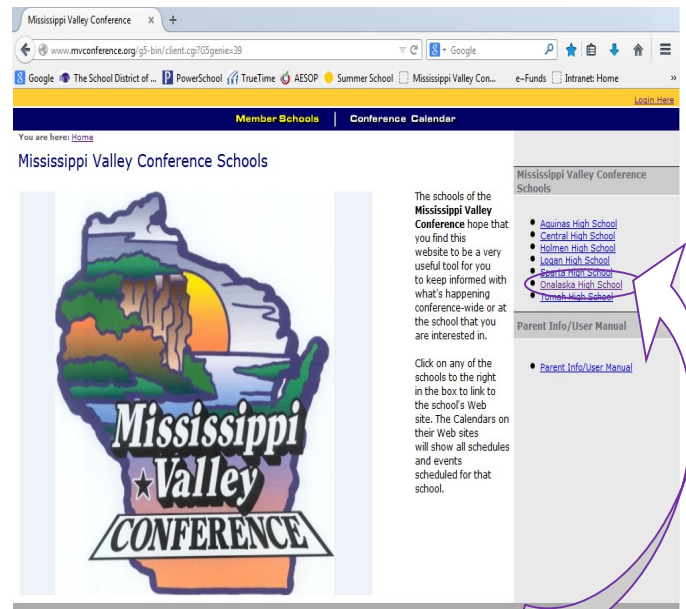
Calendar of Events

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

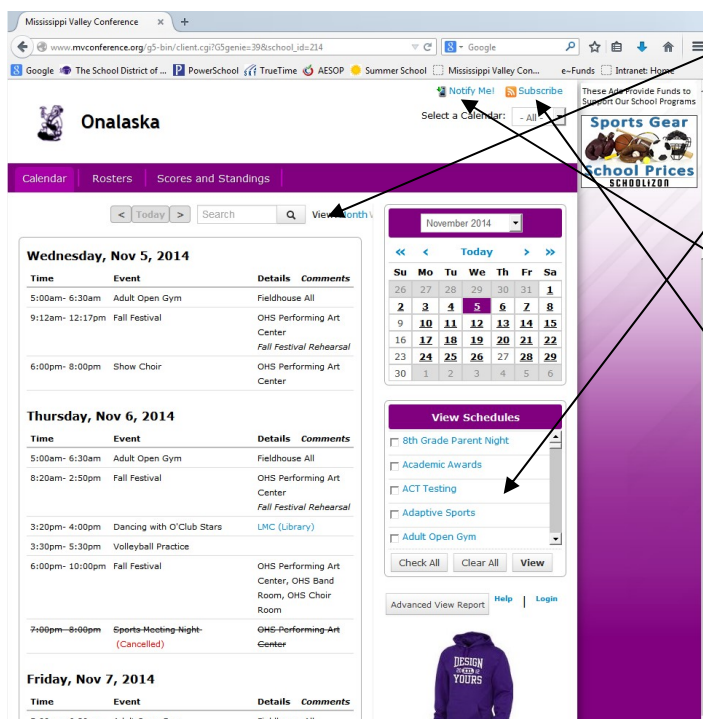
<http://www.mvconference.org/g5-bin/client.cgi?G5genie=39>

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

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



Select Onalaska High School



View the calendar by day, week, or month.

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

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

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

SUBSCRIBE TO ALL OF TODAY'S EVENTS

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

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

CALENDARS



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



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



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

RSS READERS



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



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



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

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



ONALASKA HIGH SCHOOL MENU JANUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Menu is subject to change without notice	Fresh Garden Bar and milk choices available daily <u>USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER</u>		Line 1: Potato Pierogis and Bratwurst Line 2: Soft Shell Pork Carnitas/Peppers Line 3: Pizza Variety All Lines: Carrot Coins/ Garden Bar Breakfast: French Toast, 2 sausage links, fruit, juice, milk	Line 1: Orange Chicken/ Ramen Noodles Line 2: Chicken Panini on a Ciabatta Line 3: Same as line 1 All Lines: Stir Fry Veggies, Garden Bar Breakfast: Breakfast Pizza, fruit, juice, milk
Line 1: Walking Taco Line 2: WG Cheese Ravioli / Marinara Line 3: Chicken Patty on a WG Bun All Lines: Green Beans, Garden Bar Breakfast: WG Chicken Breakfast Biscuit with Honey, 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: WG Muffin, Cheese Omelet, fruit, juice, milk	Line 1) WG Orange Chicken / Ramen Noodles Line 2) Teriyaki Meatballs / Ramen Noodles Line 3) WG Orange Chicken /Brown Rice All lines: Stir Fry Veggies, Garden Bar Breakfast: Uncrustable PB & J, Yogurt Cup, fruit, juice, milk	Line 1) Meatball Sub/ Mozzarella WG Hoagie Line 2) WG Uncrustable /WG Sun Chips Line 3) Chicken Alfredo/ WG Rotini/ Garlic Knot All lines: Oven Fries, 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 Sandwich on a WG Biscuit, fruit, juice, milk
Line 1) WG Grilled Cheese Sandwich/ Tomato Soup Line 2) WG Cheese Ravioli / Marinara Line 3) WG Chicken Patty on a Bun All lines: Wedge Fries, Garden Bar Breakfast: WG French Toast, Sausage, 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: WG Cheese Quesadilla & Salsa, Tater Tots, fruit, juice, milk	Line 1) WG Corn Dog Line 2) WG Chicken Nuggets Line 3) 2 WG Uncrustable PB&J All Lines: WG Mac & Cheese and Garden Bar Breakfast: Breakfast Pizza, 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 Chicken Breakfast Biscuit with Honey, fruit, juice, milk	Early Dismissal Day No Lunch at OHS Breakfast: WG Muffin, Cheese Omelet, fruit, juice, milk
No School	Line 1: Pork Carnitas on a Soft Shell Line 2: WG Chicken Patty on a WG Bun Line 3: Chicken Fajitas/ Peppers/ Onions All Lines: Tater Tots, Garden Bar Breakfast Pizza, fruit, juice, milk	Line 1) WG French Toast Sticks / Sausage Line 2) Deli Sub Sandwich, on a WG Hoagie Line 3) WG Cheese Ravioli / Marinara All lines: Whole Kernel Corn, Garden Bar Breakfast: WG Cheese Quesadilla & Salsa, Tater Tots, fruit, juice, milk	<u>Farm to School Harvest of the Month</u> Line 1) WG Orange Chicken / Ramen Noodles Line 2) Teriyaki Meatballs / Ramen Noodles Line 3) WG Orange Chicken /Brown Rice All lines: <u>Locally Grown Carrots</u> , Garden Bar Breakfast: Uncrustable PB & J, Yogurt, 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: WG Chicken Breakfast Biscuit with Honey, fruit, juice, milk
Line 1: Walking Taco Line 2: Mexican Rice Bowl Line 3: Chicken Patty on a WG Bun All Lines: Green Beans, Garden Bar Breakfast: French Toast, 2 sausage links, fruit, juice, milk	Line 1) Meatball Sub/ Mozzarella WG Hoagie Line 2) WG Uncrustable /WG Sun Chips Line 3) Chicken Alfredo/ WG Rotini/ Garlic Knot All lines: Oven Fries, Garden Bar Breakfast: WG Cheese Quesadilla & Salsa, Tater Tots, 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 Sandwich on a WG Biscuit, 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: Uncrustable PB & J, Yogurt Cup, fruit, juice, milk	Line 1) WG Orange Chicken / Ramen Noodles Line 2) Teriyaki Meatballs / Ramen Noodles Line 3) WG Orange Chicken /Brown Rice All lines: Stir Fry Veggies, Garden Bar Breakfast: Breakfast Pizza, fruit, juice, milk

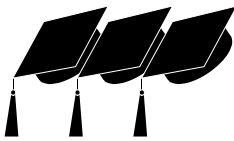
Allergy Notice: Menu items may contain tree nuts, peanuts/nut products, wheat, fish, eggs, soy, and various legumes. Students with allergies should contact the School Nurse or School Nutrition Director prior to eating any foods served in the cafeteria

Onalaska High School
700 Wilson Street
Onalaska, WI 54650

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



An Equal Opportunity Employer



Important dates for Seniors

Graduation Date Saturday, May 24, 2025 --- 1:00 PM

CONTACT

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Student Services fax# 608-783-2604
School voice mail 608-779-5760
School Hours: 7:45 AM – 2:50 PM

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

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