



# FREDDY'S FOOTNOTES



A Newsletter from Onalaska High School

December 2024



## Highlights

### Important Dates

Band Concert.....	Dec. 2
Sleigh Ride Concert.....	Dec. 13
Winter Choral Concert.....	Dec. 16
Holiday Break .....	Dec. 23 – Jan. 1

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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 38<sup>th</sup> 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

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
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



## 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, 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.



## Final Exams Scheduled for January 15 – 17

Soon after your holiday break will be 1<sup>st</sup> Semester Finals. This year they 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

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

### Thursday, January 16

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

### Friday, January 17

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



## Holiday School Schedule

Please make note of the holiday schedule beginning December 23 through January 1, school resumes on Thursday, January 2. January includes an early dismissal day on January 17<sup>th</sup> and no school on January 20<sup>th</sup> for Staff Development.



# 2025

The staff at Onalaska High School would like to wish everyone a healthy and prosperous New Year!





# GIVE THANKS

## Giving Thanks for Onalaska School Staff

Are you looking for a way to honor those in the Onalaska School District who had a positive impact on your child's life during the upcoming holiday season? The Onalaska Education Foundation (OEF) would like you to join us in recognizing these individuals for all they have done.

Giving Thanks for Onalaska School Staff is a tribute program that allows community members to recognize the amazing people in Onalaska schools – public and private. By making a donation to the Onalaska Education Foundation, you can celebrate our excellent teachers, paraprofessionals, custodians, bus drivers, administrators, coaches, school nurses, school counselors, school food service staff, or any school staff you wish to honor. The Foundation provides funds for innovative educational programs or creative projects that will help inspire both teachers and students to achieve educational excellence.

With each donation, the honored school staff member will receive a certificate of thanks. If you wish, the certificate will include your name and a personal message. You may also remain anonymous. We will notify the person honored of your gift to the foundation without disclosing the amount.

All tax-deductible donations, large or small, are welcomed and appreciated. With your support, we can continue to make a difference!

You may nominate someone using the link below or visiting the Onalaska Education Foundation website ([onalaskaeducation.org](https://onalaskaeducation.org)). Look under "Events." Then click on "Giving Thanks for Onalaska School Staff."

The program closes December 13, 2024.

### [Nomination Form](#)

Thank you,  
Onalaska Education Foundation, Inc.



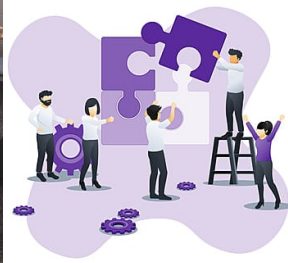
Visit the Onalaska Education Foundation website ([Onalaskaeducation.org](https://onalaskaeducation.org)), under "Events," find "Giving Thanks for Onalaska School Staff." Use the link to the Google Form on the page to recognize the school staff member of your choice.



## 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.







# December 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:*

**Zachary Hamman**

### Nominees:

Ali Abidi  
Esmay Baldwin  
Wylder Burch  
Josephine Duckworth  
Grosch Cali  
Duncan Grover  
Andrew Madison-Storey  
Soukjai Xiong

## Sophomore Class

### *Student of the Month:*

**Leo Pedersen**

### Nominees:

Benusa Tsion  
McKenna Butenhoff  
Colin Camp  
Moirra Dowd  
Latrell McBride  
Elle Pierre  
Olivia Pray  
Curry Yang

## Junior Class

### *Student of the Month:*

**Elizabeth Matz**

### Nominees:

Julianna Ball  
Julia Denker  
Kaarina Dunn  
Elijah Fernandes  
Isabelle Her  
Elyse Keister  
Atlas Schwaab  
Sophia Shilts  
Cherry Vang

## Senior Class

### *Student of the Month:*

**Mallory Meighan**

### Nominees:

Andrew Hatcher  
Eddie Hughes  
Alexa Larson  
Selphie Lee  
Scarlett Seidel  
Brian Weng



**Zachary Hamman**  
Freshman



**Leo Pedersen**  
Sophomore



**Elizabeth Matz**  
Junior



**Mallory Meighan**  
Senior



# Freddy Extra Effort Award ...

## December



**Calix Vang**  
Freshman



**Nicklaus Vue**  
Sophomore



**Maurice Holeyfield**  
Junior



**Brian Weng**  
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

DECEMBER 2024 • DÉCEMBRE 2024 • DICIEMBRE 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:** Some programs are able to teach people world language in a matter of days or weeks, so there is no reason why language learning should take a long time.

**REALITY:** There is a great difference between the conversational phrases taught by short-term language programs and the high-level academic fluency needed to succeed in school, college, and the high skills job market. The conversational phrases taught by short-term language programs limits what the speaker is able to do to basic situation.

### New Members Inducted In The French & Spanish National Honor Societies

Onalaska High School World Language Program has two language national honor societies students can join: "La Société Honoraire de Français" (French National Honor Society) and "La Sociedad Honoraria Hispánica-Capítulo Alhambra" (Spanish National Honor Society). Both are nationally recognized honor societies that promote the advancement of each society's language. The aim of these organizations is to promote high standards in scholarship, create enthusiasm for an understanding of French and Spanish civilization, and promote international friendship.

The induction ceremony for new members was held on Monday, October 21<sup>st</sup> after school in the Hilltopper Room. The ceremony was followed by cake and laughter.





# 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**

**Distribution Dates  
for the remainder of  
this school year**

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



**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.





# 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](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>

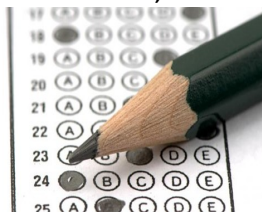


# ACT®



## 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
<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>
December 6	Counselors in classrooms discussing upcoming sophomore course registration
December 10	WTC Career Coach at OHS
December 13	Counselors collect upcoming sophomore course registration sheets
December 23-January 1	No School - Holiday Break
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](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 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:

- 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
Seniors	* UW System Early Math & English Placement Practice Tests	November 13-14

# 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.

## **Sophomore Wisconsin Leadership Seminar**

June 13-15, 2025

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.

## **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 (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.





# Upcoming Opportunities

## 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.



VITERBO UNIVERSITY

## VITERBO TUITION PROMISE

### What is it?

Program for low-to-moderate income Wisconsin households that covers remaining tuition after grants and scholarships

### Eligibility Requirements

- Be a Wisconsin resident
- File a Free Application for Federal Student Aid (FAFSA) and qualify for need-based Federal Pell Grant
- Live in on-campus housing
- Enroll as a traditional, full-time, first-time, first-year student
- Must be attempting a first bachelor's degree

Learn more at

[www.viterbo.edu/promise](http://www.viterbo.edu/promise)

## SCHOLARSHIPS

**Merit** - \$10,000 to \$20,000/year

**Alumni** - \$1,000/year

**Academic Programs** (not all) - \$2,000/year

**Athletic** - Varies. Awarded via coach

**Additional Scholarships** - Varies. *Students are considered for these scholarships if they apply to Viterbo before January 15.*

**Scholarship Competitions** - Separate applications

- **Nutrition Science Scholarship** - Nutrition Science major specific. Application deadline **Jan. 12, 2025.**
- **Nightingale Nursing Scholarship** - Nursing major specific. Application deadline is **Jan. 12, 2025.**
- **Health Science Scholarship** - Science or pre-health major specific. Application deadline is **Jan. 15, 2025.**



VITERBO UNIVERSITY

## 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. However, 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, 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 are 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 to 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](http://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](#)

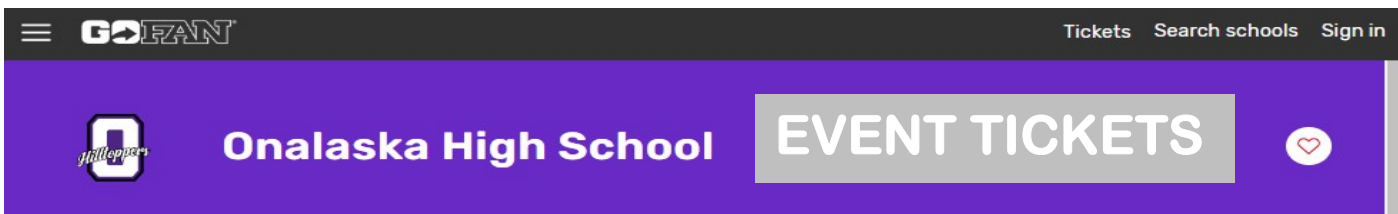
Adults - \$6.00

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





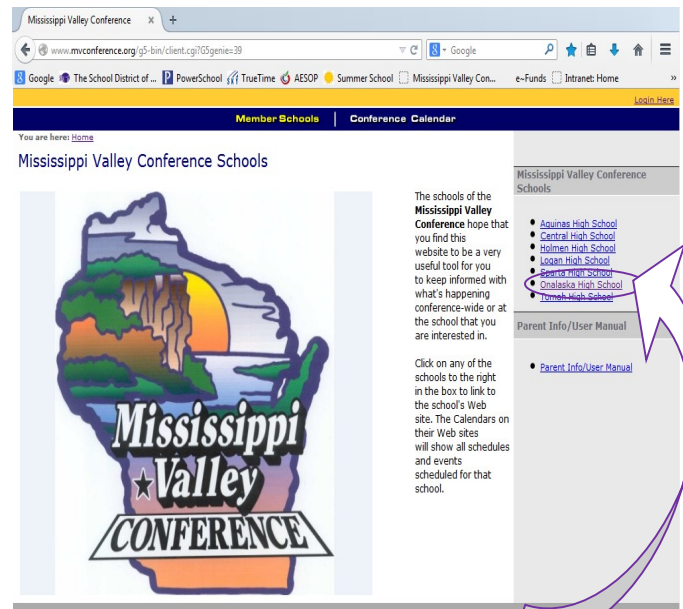
## Calendar of Events

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

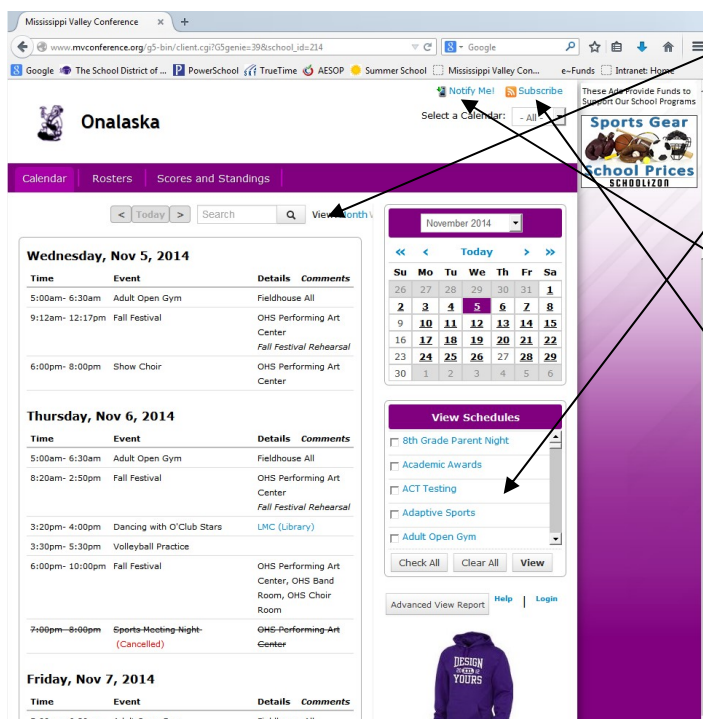
<http://www.mvconference.org/g5-bin/client.cgi?G5genie=39>

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 SchoolToday at: [support@schooltoday.com](mailto: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.



## ***2024-25 Mississippi Valley Conference Fall Academic All-Conference players***

**These terrific athletes are also terrific students. MVC honors these athletes for their athletic ability and academic performance during the fall sports season. To qualify, a student must earn a Varsity Athletic Letter and obtain a 3.5 GPA.**

### **ASL**

Liam Caulkins  
Michael DeMaira  
Matthew Masey  
Ying Kong Xiong  
Paul Yang

### **Cross Country**

Adaryn Belanger  
Lewis Go  
Maya Hartman  
Matthew Jackson  
Chloe Koshollek  
Porter Mallady  
Eva McClung  
Sadie Peterson  
Amanuel Putz  
Francesca Vriens  
Arlo White

### **Golf**

Olivia Konrardy-Buchal  
Sydney Kranig  
Becka Mohr  
Finley Schams  
Natalie Tevis  
Rickie Tillotson

### **Football**

Carter Beeler  
Bodie Callaway  
Brendan Chenault  
Cameron Cornett  
Nolan Culpitt  
Jackson Egan  
Vitaliano Figueroa  
Lucas Fillbach  
Carson Fink  
John Gobel  
Tyson Hughes  
Aiden Knopp  
Ian Kowal  
Mallory Meighan  
Tristan Molling  
Grant Palmer  
Jackson Palmer  
Nicholas Putz  
Luke Siegel  
Pierce Sommerfield  
Kaeson Stettler  
Jack Stoen  
Maximus Todd  
Ethan Topolski  
Yingkong Vang  
Phengsu Vang  
Carson Zinnecker

### **Soccer**

William Bakkestuen  
Aayush Daithankar  
Gabriel Faure  
Elijah Fernandes  
Carter Flasch  
Riley Gansen  
Benjamin Hauser  
Alexander Hauser  
Zachary Imgrund  
Colton Klein  
Alton Larson  
Donovan Lucksted  
Vishnu Prakash  
Nolan Sullivan  
Vincent Thao  
Jonas Vinson  
Ryan Vriens  
Ethan Vue  
Benjamin Zimmer  
Connor Zywicki

### **Swim**

Sofia Gerlach  
Elin Gilles  
McKenzie Runde  
Jillian Wise  
Elizabeth Witcik

### **Tennis**

Anna Barth  
Tsion Benusa  
Caroline Clark  
Isabella Cromheecke  
Juliana Dunn  
Kaarina Dunn  
Claire Fortun  
Shashi Getachew  
Julia Hauser  
Mara Klein  
Zoie Loeffelholz  
Jessica Mahlum  
Levan Miller  
Hanna O'Rourke  
Abaigeal Sytsma

### **Volleyball**

McKenzie Bauer  
Kendall Carlson  
Raelyn Cowley  
Jenna Gansen  
Emma Hayes  
Kayla Ketelhut  
Zoe Koonce-O'Kane  
Isabella Malecek  
Natalie Marso  
Gwen Marso  
Eliana Mascotti  
Makena McGarry  
Finley Walters  
Madelyn Wilson







# Intramural Volleyball Champs



Congratulations to the intramural volleyball champions, Alex Greg, Phengsu Vang, Noah Thao, Paladin Vang, Kayce Buarapha, and Daniel Tran.

The OHS Intramural program is designed for those students who are not involved in a current season WIAA sport.

Fun, sportsmanship, and teamwork will be the emphasis as you compete for the championship intramural t-shirt bragging rights.

Students can now sign up through our new Engage program on a rotating basis. On days with intramural sports, the activity will continue after school until complete and can only be students not currently in a sport.

We will also have days that will be an open gym style Engage program where anyone is welcome to participate, as it will be similar to a PE class.

Get involved and sign up today!





## ONALASKA HIGH SCHOOL MENU DECEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Line 1) Orange Chicken over Brown Rice Line 2) Meatball Sub /Mozzarella on a WG Hoagie Line 3) Same as Line 1 All lines: Stir Fry Veggies, Garden Bar</p> <p>Breakfast: Mini Bagels with Cream Cheese, fruit, juice, milk</p>	<p>3</p> <p>Line 1) Pork Carnitas on a WG Soft Shell Line 2) Pizza Variety Line 3) Chicken Fajitas on a WG Soft Shell All Lines: Roasted Peppers and Onions, Carrot Coins, Garden Bar</p> <p>Breakfast: French Toast, 2 sausage links, fruit, juice, milk</p>	<p>4</p> <p>Line 1) WG Popcorn Chicken: Bowl with and Mashed Potatoes/Gravy Line 2) 2 WG Uncrustable PB&amp;J /WG Sun Chips Line 3) Same as Line 1 All Lines: Whole Kernel Corn and Garden Bar</p> <p>Breakfast: Uncrustable PB &amp; J, Yogurt , fruit, juice, milk</p>	<p>5</p> <p>Line 1) Chicken Patty on a WG Bun Line 2) Crispy Fish sandwich with Cheese / WG Bun Line 3) WG Mini corn dogs All lines: Oven Fries and Garden Bar</p> <p>Breakfast: Breakfast Pizza, fruit, juice, milk</p>	<p>6</p> <p>Line 1) WG Spaghetti and Plain Sauce with Cheese Line 2) WG French Bread with Soup Line 3) Chicken Ranch Wrap / WG Shell All lines: Green Beans and Garden Bar</p> <p>Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk</p>
<p>9</p> <p>Line 1) Walking tacos with WG Chips Line 2) Bratwurst Line 3) Spicy chicken patty on WG Bun All lines: Baked beans and Garden Bar</p> <p>Breakfast: WG Cheese Quesadilla &amp; Salsa, fruit, juice, milk</p>	<p>10</p> <p>Line 1) California Cheeseburger on a WG Bun (lettuce, onion, tomato on salad bar) Line 2) Turkey/Gravy on a WG Biscuit Line 3) Crispy Fish with cheese on a WG Bun All lines: Green Peas, Garden Bar</p> <p>Breakfast: WG Cracker, Cheese Omelet, Tri-Tater, fruit, juice, milk</p>	<p>11</p> <p>Line 1) WG Chicken and Waffles Line 2) Cheese omelet/ sausage/ Muffin Line 3) WG Chicken and Waffles All Lines: Tater Tots and Garden Bar</p> <p>Breakfast: Uncrustable PB &amp; J, Yogurt Cup, fruit, juice, milk</p>	<p>12</p> <p>Line 1) WG Mini Corn Dogs Line 2) WG Chicken Nuggets Line 3) 2 WG Uncrustable PB&amp;J All Lines: WG Mac &amp; Cheese, and Garden Bar</p> <p>Breakfast: Breakfast Pizza, fruit, juice, milk</p>	<p>13</p> <p>Line 1) Meatball Sub on a WG Hoagie Line 2) Chicken Alfredo / WG Garlic Knot Breadstick Line 3) Chicken Patty on a WG Bun All Lines: Broccoli Spears and Garden Bar</p> <p>Breakfast Sandwich on a WG Biscuit, fruit, juice, milk</p>
<p>16</p> <p>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</p> <p>Breakfast: Sausage, WG Muffin, Tater Tots, fruit, juice, milk</p>	<p>17</p> <p><u><b>Farm to School Harvest of the Month</b></u> Line 1) WG Chicken Strips Line 2) Meatballs with Gravy Line 3) WG Chicken Strips All lines: Mashed potatoes/ WG Dinner Roll, <u><b>Homemade Chocolate Beet Cake</b></u> /Garden Bar Breakfast: WG Cheese Quesadilla &amp; Salsa, fruit, juice, milk</p>	<p>18</p> <p>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</p> <p>Breakfast: Breakfast Pizza, fruit, juice, milk</p>	<p>19</p> <p>Line 1: Pork Carnitas on a WG Soft Shell Line 2: Pizza Variety Line 3: Chicken Fajitas on a WG Soft Shell All Lines: Roasted Peppers and Onions, Carrot Coins, Garden Bar Breakfast: WG Mini Bagels / Cream Cheese, fruit, juice, milk</p>	<p>20</p> <p>Line 1) WG Chicken and Waffles Line 2) California Cheeseburger on a WG Bun Line 3) WG Chicken and Waffles All Lines: Tater Tots and Garden Bar Breakfast: Sausage, WG Muffin, Tater Tots, fruit, juice, milk</p>
<p>23</p> <p><b>No School</b></p>	<p>24</p> <p><b>No School</b></p>	<p>25</p> <p><b>No School</b></p>	<p>26</p> <p><b>No School</b></p>	<p>27</p> <p><b>No School</b></p>
<p>30</p> <p><b>No School</b></p>	<p>31</p> <p><b>No School</b></p>		<p>Menu is subject to change without notice</p>	<p><u>USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER</u>  Fresh Garden Bar and milk choices available daily</p>

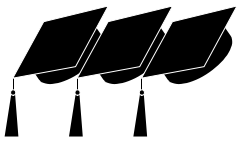
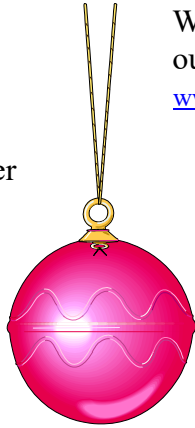
Allergy Notice: Menu items may contain tree nuts, peanuts/nut products, wheat, fish, eggs, soy, and various legumes. Students with allergies should contact the School Nurse or School Nutrition Director prior to eating any foods served in the cafeteria



Onalaska High School  
700 Wilson Street  
Onalaska, WI 54650

An Equal Opportunity Employer

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



## 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)

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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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