



FREDDY'S FOOTNOTES



A Newsletter from Onalaska High School

February 2025

Highlights

Important Dates

NHS Blood Drive Feb. 11
Scholarship Applications Due..... Feb. 19
Winter Dance..... Feb. 22

In This Issue

Winter Dance.....	1
Important Dates	2
Last Call to Order Yearbooks.....	3
Show Choir Classic	4
Tech Tales	4
Blood Drive	5
ONAbility.....	6
Engage Program	7
Student of the Month	8
Freddy Extra Effort Award.....	9
World Language	10
Onalaska Food Pantry.....	11 – 12
Ruby's Food Pantry	13
Student Services Update.....	14 – 20
ACT Dates.....	14
Important Dates	15
Peace of Mind Counseling.....	15
ACT Updates.....	16
ACT Prep Course	16
College Application Tips.....	16
OHS Job Board.....	17
Senior Scholarships	17
UGetConnected	17
Schedule Campus Visits	18
Wester Career Coach Meetings	18
Early College Credit.....	18
Youth Apprenticeship.....	18
Accepting Donations	19
Eligible for Free/Reduced?	19
OHS Assessments.....	19
Upcoming Opportunities	20
Activities	21 – 23
Booster Club Information.....	21
Athletic User Fees	22
GoFan	23
Calendar of Events	24
More than an Athlete.....	25
State Dance Team.....	26
All Stars Tailgate Party.....	27
School Nutrition Menu	28



Onalaska High School

WINTER DANCE

A Night Amongst the Stars

Saturday, February 22
8:00 - 10:00 p.m.
Field House

Dress Code: Starry Night Big City Gala
Tickets are \$6 on the GoFan app using

Important Dates

WTC Career Coach at OHS.....	Tuesday, February 11
NHS Blood Drive.....	Tuesday, February 11 --- 9:00 AM – 2:00 PM
Senior Scholarship/FAFSA Completion Workshop during Resource.....	February 12 – 13
Professional Development Day – No School.....	Monday, February 17
OHS General Scholarship Applications Due.....	Wednesday, February 19 by 3:00 PM
Winter Dance	Saturday, February 22 --- 8:00 – 10:00 PM
Prom.....	Saturday, May 3



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>

Last Call to Order a Yearbook

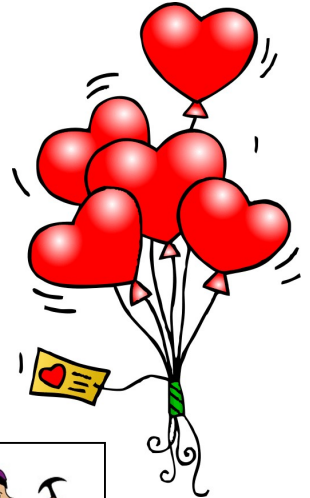
Those students who have not yet purchased a yearbook can still order one online until **Friday, February 21**. Production is based on orders and cannot be reprinted. So order if you want to be guaranteed a yearbook.

To order a 2024-2025 yearbook go to:

https://www.jostens.com/apps/store/productBrowse/1116523/Onalaska-High-School/2020-Yearbook/2019092704553168787/CATALOG_SHOP/.

This site is very user friendly, but if you have trouble with your online order the Jostens customer service number is 1-877-767-5217, and they are extremely helpful and knowledgeable.

Yearbooks are \$67.00 and can be purchased with 3 payments.



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.

Show Choir Classic 2025



The 38th Annual Show Choir Classic was a great success. Exhibition performances from the High School Show Choirs and Concert Choir, along with the Middle School Show Choirs, were phenomenal.

Congratulations also to the Onalaska Hilltopper and Express show choirs for their amazing performances at their recent competitions. Hilltoppers are three for three, earning Grand Champion honors for the third time in a row!



Tech Tales

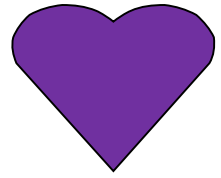
by Aditi Muduganti

Thanks to a grant through the LaCrosse Youth Climate Action Fund, Aditi Muduganti was able to write, illustrate and publish her own children's book.

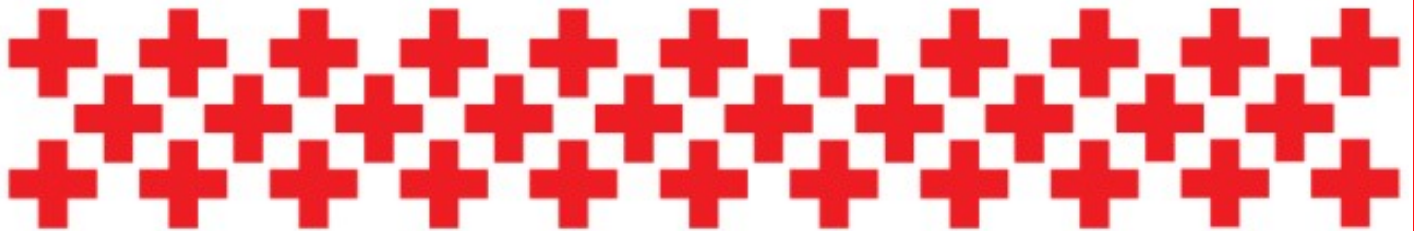
Her story called "Tech Tales," was her way of teaching children the importance of sustainability. She wanted kids to know that they could play an important part in helping the environment.

Such an amazing accomplishment.
Congratulations Aditi!

American Red Cross



Give blood. Help save lives.



Blood Drive
Onalaska High School

South Gym
700 Hilltopper Pl

Tuesday, February 11, 2025
9:00 a.m. to 2:00 p.m.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: hilltopper to schedule an appointment.



Scan to be directed to
RapidPass®

Create a flurry of hope! Come give blood Jan. 27 to Feb. 28 for a \$15 e gift card rcblood.org/flurry

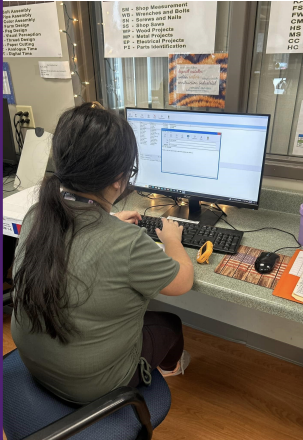


Scan to schedule
an appointment.

ONAbility

School District of Onalaska Beyond 18 Transition Program

The mission of **ONAbility** is to transition students beyond 18 with varying abilities from high school into adult employment and independent living. As of this month, **ALL** ONAbility students are currently employed and enjoying their internships.



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. Upcoming Engage dates for 2nd semester are: February 5 and 20, March 5 and 27, April 9 and 24, and May 7 and 22.





February 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:

Ellie Archer

Nominees:

Claire Fortun
Cali Grosch
Kayla Ketelhut
Pyper Moen
Cecilia Olson
Chase Palmer
Saidie Peterson

Junior Class

Student of the Month:

Asha Champion

Nominees:

Ainsley Cowan
Jakob George
Briauna Knapp
Docel Snodgrass
Phengsu Vang
Macy Welch
Brooklynn Williams

Sophomore Class

Student of the Month:

Anahla Rose

Nominees:

Khloe Burnstad
Brendan Chenault
Kayden Crowe
Sakhi Patel
Elle Pierre
Kaia Unseth
Angie Xie

Senior Class

Student of the Month:

Madelyn West

Nominees:

Selphie Lee
Yash Patel
Landon Stewart
Shouana Xiong
David Yang



Ellie Archer
Freshman



Anahla Rose
Sophomore



Asha Champion
Junior



Madelyn West
Senior

Freddy Extra Effort Award ...

February



Alexa Schauer
Freshman



Gage Rademaker
Sophomore



Maximus Todd
Junior



Kaomi Widger
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

FEBRUARY 2025 • FÉVRIER 2025 • FEBRERO 2025

WORLD LANGUAGE TEAM



Mr. Brian Wopat

wopbr@onalaskaschools.com



Mr. Devin Pettys

petde@onalaskaschools.com



Mrs. Rebecca Chaouki

chare@onalaskaschools.com



Mrs. Christy DeRuyter

derch@onalaskaschools.com



Mrs. Victoria Carter

carvi@onalaskaschools.com



Mr. Andy Beckstrom

becan@onalaskaschools.com



Mrs. Jennifer Garves

garje@onalaskaschools.com



FACT CHECK



MYTH: You can't learn two languages at the same time. If you do, you'll end up getting confused, messed up, and horribly fail.

REALITY: Who on Earth says you can't learn many languages simultaneously? Citizens from bilingual countries or families have proven this wrong. If you can learn Physics while learning Biology or History while learning Geography, then you can learn French while learning Spanish. It is a mental workout that strengthens the brain. The real answer is yes, oui, si.

A Look at University Retro Active Credits

Last month, we looked at world language admission requirements at colleges and universities. This month, we will look at retroactive credits. Retroactive credits are free credits students may earn by taking an upper-level course and earning a grade of B or better. The student earns retro-active credits for all the lower classes skipped. For example, a common layout for university world language classes is: 101, 102, 201, 202, and 303. If a student is placed into a 201 course and earns a B, that student could receive retroactive credits for 101 and 102. With each class worth 3 to 4 credits, the student would have earned a total of 9 to 12 credits. The best part, the student only has to pay for the credits from the class s/he took. This way, the student earned 6-8 free credits!

The process of placement testing at the university level is simple. Once admitted to a University of Wisconsin system school, students take an entrance exam in math, English, and world language. From this exam, the university decides which world language class is a best fit. Students may opt out to take a lower-level class than which is being recommended by the university, but University of Wisconsin has a history of successfully placing students in the proper world language course.

The economic benefit of long-term world language study can amount to one semester of free tuition. For example, according to the UW-La Crosse website, one semester of tuition for a Wisconsin resident is \$4,658. If an average student takes fifteen credits per semester, the breakdown cost per credit is \$310 dollars. Now take into account a student placed into the highest level of world language study (301). After a semester of study at level 301 and earning a B or higher grade, the student would earn 12 to 16 retroactive credits for the classes skipped. The math is simple, 12 credits at \$310 each equal \$3,720 dollars and 16 credits equals \$4960 dollars of free credits.

There is no guarantee for placing in the highest level of a world language course in college which is why we recommend students study the same world language for four years at Onalaska High School to

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**

- February 3
- March 3
- April 7
- May 5
- June 2

NEW!!!

Could your family benefit from the additional dietary staples but lack dependable transportation?

Parents/Guardians may request **home delivery**.

Deliveries will be made during pantry hours or between 9:00-11:00am the day after distribution.

To request a food delivery, contact Jo Ann Wickizer

(wickjo24@gmail.com) or

Carrie Werkheiser

(werca@onalaskaschools.com) any time before the distribution date.

Onalaska Schools Food Pantry

Has moved to Onalaska Middle School

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, WI

3RD WEDNESDAY EACH MONTH

4:30 - 6:00 PM

**JOURNEY LUTHERAN CHURCH
2703 SAND LAKE RD.
ONALASKA, WI**



2025 DATES

JANUARY 15	APRIL 23*	JULY 16	OCTOBER 15
FEBRUARY 19	MAY 21	AUGUST 20	NOVEMBER 19
MARCH 20*	JUNE 18	SEPTEMBER 17	DECEMBER 17

*DATE CHANGES

\$25 Cash Donation

EVERYONE IS WELCOME TO ATTEND!

**You Will Receive an Abundance
of Grocery Items**

**NO Income or Residency
Requirements**

**Need Additional
Information?**

Call (651) 674-0009

www.rubyspantry.org

f RUBY'S PANTRY

f RUBY'S PANTRY - ONALASKA, WI



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...

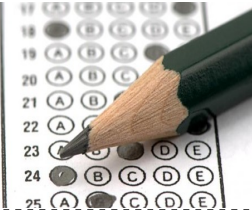
<https://onalaskahighschool.onalaskaschools.com/student-services>



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)
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

February 3	8th Grade Parent Night - 6:30 pm in the OHS PAC
February 3-4	Counselors at OMS for 8th Grade Course Registration
February 6	8th Graders at OHS for Electives Day
February 10	8th Grade Course Selection Sheets Collected
February 11	WTC Career Coach at OHS
February 12-13	Senior Scholarship/FAFSA Completion Workshop during Resource
February 19	Senior Scholarship Application Due 3:00 pm



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. 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!

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.

UGETCONNECTED

UNITED IN *Service*

UNIVERSITY of WISCONSIN
LA CROSSE



VITERBO
UNIVERSITY

Western
Technical College



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 & 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 February 11 and March 11.

Still Time to Apply for College

Seniors are encouraged to complete and submit their applications to colleges and universities as soon as possible. Many colleges and universities will be closing their admissions process in the coming months. Technical college programs, especially, fill quickly on a first come first serve basis. Seniors considering applying to college for the fall of 2025, but who still need help with the process, should stop in to see their counselor today!

Early College Credit, Start College Now, and Youth Apprenticeship Programs

Applications due Friday, February 28, 2025

ECCP and SCN Programs

Students at OHS have several unique opportunities they can take advantage of typically during their junior or senior years. The Early College Credit Program (ECCP) for private and public 4-year colleges and Start College Now (SCN) for technical colleges offer students an opportunity to take college courses at Western, Viterbo or UW-L at no cost to them or their families. A student must have exhausted all course offerings in a content area at OHS and meet the college's admissions criteria in order to be approved for these programs. Application forms can be found on the OHS Website and on the grade level google classroom pages. Students should contact their School Counselor for more information and be sure to turn in an application before February 28, 2025. **NO LATE APPLICATIONS CAN BE ACCEPTED!**

Youth Apprenticeship

Students who participate in a Youth Apprenticeship are able to learn essential skills under the supervision of a skilled mentor while earning high school credit. Juniors and Seniors who have part-time jobs in areas including food service, banking, automotive, construction, computer science, agriculture, nursing assistant or other related careers who are interested in earning high school credit for their employment should see Mrs. DeLong in Student Services for more information about the Youth Apprenticeship program! Applications are due to Student Services by February 28, 2025.



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 and currently in-style prom dresses
- gently used or new clothing such as leggings, sweatshirts, sweatpants, and t-shirts
- prepackaged healthy snacks
- feminine hygiene products (tampons and pads)

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 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.

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.



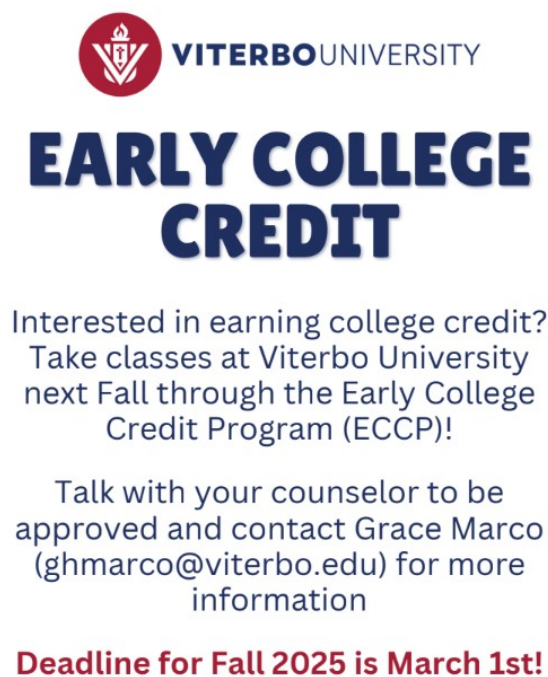
VITERBO UNIVERSITY

ACCEPTED STUDENT DAYS

Feb. 28 or Apr. 4

- Jump-start your future friendships!
- Hear from current students
- Learn about clubs & orgs
- Experience a mock class
- Learn about internships, study abroad, research, & MORE!

Register at www.viterbo.edu/visit



VITERBO UNIVERSITY

EARLY COLLEGE CREDIT

Interested in earning college credit? Take classes at Viterbo University next Fall through the Early College Credit Program (ECCP)!

Talk with your counselor to be approved and contact Grace Marco (ghmarco@viterbo.edu) for more information

Deadline for Fall 2025 is March 1st!



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](#)

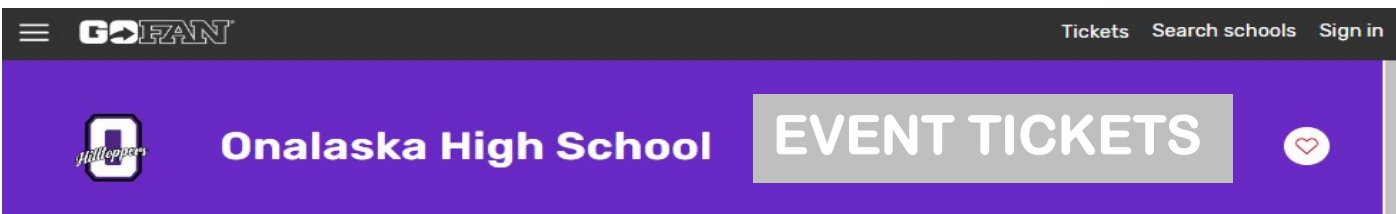
Adults - \$6.00

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



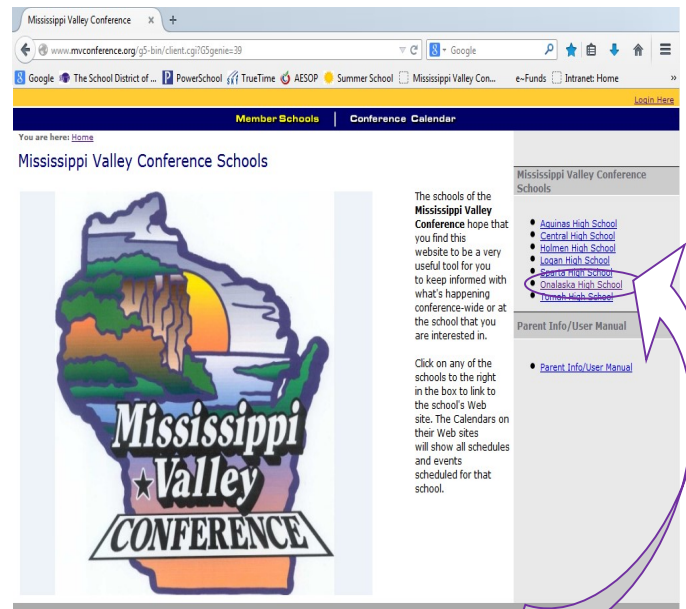
Calendar of Events

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

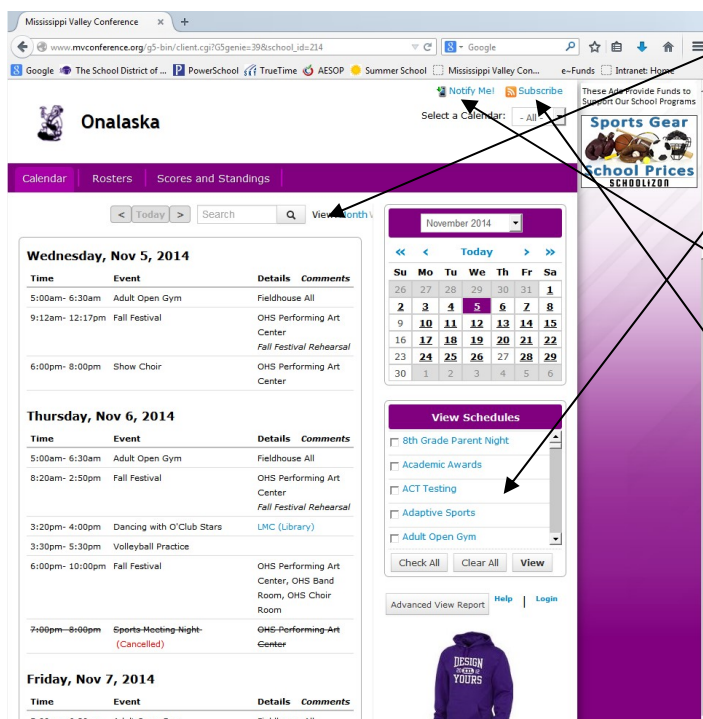
<http://www.mvconference.org/g5-bin/client.cgi?G5genie=39>

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.



CONGRATULATIONS WINTER 24 – 25 MORE THAN AN ATHLETE STUDENTS



**MORE THAN
AN ATHLETE
HILLTOPPERS**



Freshman

Lyla Alameida
Liam Caulkins
Matthew Masey
Kalicia McNeese
Wylder Burch
Bradyn DeLong
Ethan Endrizzi
Benjamin Hauser
Cooper Hegge
Tyler Kowal
Olin Larson
Colten Schroeder
Cade Sommerfield
John Tracey
Gabriel Whited
Carter Fay
Elliot Glebke
Clayton Heiman
Noah Witcik
Ethan Tillema
Ella Fejfar
Cecilia Olson
Anna Pierzina
McKenna Alderman
McKenzie Bauer
Avery Cowley
Juliana Dunn
Cali Grosch
Madison Heit
Kayla Ketelhut
Elodie Most
Sadie Peterson
Amelia Spencer

Megan Ramsay

Claire Fortun
Elin Gilles
Allison Komperud
Maggie Li

Sophomore

Brendan Chenault
Lucas Fillbach
Henry Olson
Derrel Ombogo
Grayson Andel
Jackson Treanor
Samuel Sulentic
Lukas Todd
Melayeh Azene
Katelyn Bakkestuen
Ella Ballmer
Cailyn Holter
Zoe Moeller
Emily Runyan
Abigail Schaller
Mara Klein
Natalie Marso
Lauren Pica
Isabella Pierce
Finley Walters
Fayth Allen
Kendall Carlson
Maya Hartman
Matthew Jackson
Ryan Nummerdor-
Robles
Drew Wilson

Junior

Norah Seberg
Ian Kowal
Tristan Molling
Jackson Egan
Carter Johnson
Autumn Heiman
Colton Klein
Carter Beeler
Grady Dunnum
Dayton Heintz
Soham Patel
Maximus Todd
Danielle Schmit
Kaelin Tomashek
Raelyn Cowley
Alexis Stupi
Rickie Tillotson
Kyara Cayasso
Olivia Peterson
Addison Sanwick
Hannah Sime
Thomas Curtin
Kaarina Dunn

Senior

Rylee Beahm
Michael DeMaira
Paul Yang
Noah Chenault
Tyson Hughes
Jack Smith
Pierce Sommerfield
Sawyer Meyer
Jackson Tillman
Matthew Tillman
Mason Richardson
Jack Stoen
Megan Komperud
Jenna Gansen
Maggie
Vannieuwenhoven
Tatum Walters
Gianna Sanchez
Alexa Larson
Bethany Dearman
Eva Dryer
Zoie Loeffelholz
Abaigeal Sytsma
Matthew Arsenault
William Bakkestuen
Bodie Callaway
Lydia Hartman
Eliana Mascotti



State Dance Team



Onalaska Dance Team takes 3rd Place in D3 Team Pom and 4th Place in D2 Team Jazz.



Congratulations also to Megan Komperud and Leah Thies for qualifying and competing in individuals at state. Megan made the individual All State Team.

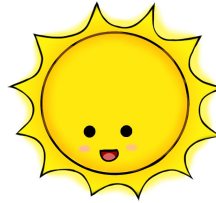




9th Annual Coulee Region All Stars Tailgate Party

Hilltopper football players and coaches host this wonderful community event and invite community members with special needs and their families to enjoy food and play tailgate games.





ONALASKA HIGH SCHOOL MENU FEBRUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Line 1: WG Popcorn Chicken/WG Dinner Roll Line 2: Meatball Sub/ Mozzarella / WG Hoagie Line 3: Brat with Potato Pierogies All Lines: Carrot Coins, Apple Slices, Garden Bar Breakfast: Mini Bagels with Cream Cheese, fruit, juice, milk</p>	<p>Line 1: Orange Chicken Brown Rice Line 2: 2- WG Uncrustable PB&J and Sun Chips Line 3: Orange Chicken with WG Ramen Noodles All Lines: Broccoli Spears, Blueberries/Pears, Garden Bar Breakfast: French Toast, 2 sausage links, fruit, juice, milk</p>	<p>Line 1: WG Pizza Variety Line 2: BBQ Pulled Pork Sundae/Fritos Line 3: Chicken fajitas /Grilled Peppers /WG Shell All Lines: Baked Beans, Cole Slaw, Mixed Fruit Cup, Garden Bar Breakfast: Uncrustable PB & J, Yogurt, fruit, juice, milk</p>	<p>Line 1: Chicken Ranch Wrap Line 2: California Cheeseburger / WG Bun Line 3: BBQ Pulled Pork Sandwich/ WG Bun All Lines: Tater Tots, Mandarin Oranges, Garden Bar Breakfast: Breakfast Pizza, fruit, juice, milk</p>	<p>Line 1: WG Pasta Bowl with Chicken or Meatballs/ Garlic Knot Line 2: Spicy Chicken Sandwich/ WG Bun Line 3: Same as Line 1 All Lines: Orange Slices, Slushy Cup, Garden Bar Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk</p>
<p>Line 1: WG Spaghetti / Plain sauce /Cheese/ Garlic Knot Line 2: Chicken Panini on a Ciabatta Bun Line 3: WG Soft Shell Taco All Lines: Broccoli, Blueberries/ Garden bar Breakfast: WG Cheese Quesadilla & Salsa, fruit, juice, milk</p>	<p>Line 1: WG Chicken and Waffles Line 2: California Cheeseburger or Mushroom/ Swiss on a WG Bun Line 3: Same as Line 1 All Lines: Applesauce, Carrot Coins, Garden Bar Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk</p>	<p>Line 1: WG Chicken Strips Line 2: Meatballs/Gravy WG Chicken Strips All Lines: Mashed Potatoes and Gravy, WG Dinner Roll, Green Beans, Slushy Cup, Garden Bar Breakfast: Breakfast Pizza, fruit, juice, milk</p>	<p>Line 1: BBQ Pulled Pork / WG Bun Line 2: Crispy Fish Sandwich / WG Bun Line 3: WG Chicken Strips/ Dinner Roll All Lines: Mac-N - Cheese, Cole Slaw, Mixed Fruit Cup, Garden Bar Breakfast: Uncrustable PB & J, Yogurt Cup, fruit, juice, milk</p>	<p>Line 1: WG Cheese Ravioli/ Marinara Line 2: Dill Chicken Filet/ WG Bun Line 3: Pizza Variety All Lines: Whole Kernel Corn, Apple Slices, Garden Bar Breakfast: WG Chicken Breakfast Biscuit with Honey, fruit, juice, milk</p>
<p>No School</p>	<p><u>Farm to School Harvest of the Month</u> <u>WI Farm to School Chili Day</u> Line 1: Bakalar Hot Dog on a WG Bun Line 2: WG Grilled Cheese Sandwich Line 3: Spicy Chicken Patty on a WG Bun All Lines: <u>WI Farm to School Chili</u>, Blueberries and Pears, Garden Bar Breakfast: WG Cheese Quesadilla & Salsa, Tater Tots fruit, juice, milk</p>	<p>Line 1: Chicken Dumplings with Stir Fry Veggies Line 2: Uncrustable PB&J/s/Sun Chips Line 3: Dill Chicken Filet on a WG Bun All Lines: Banana, Sweet Potato Fries, Garden Bar Breakfast: Breakfast Pizza, fruit, juice, milk</p>	<p>Line 1: Pizza Variety Line 2: Walking Taco with Tostitos chips Line 3: Chicken Patty on a WG Bun All Lines: Whole Kernel Corn, Mixed Fruit Cup, Garden Bar Breakfast: WG Mini Bagels / Cream Cheese, fruit, juice, milk</p>	<p>Line 1: French Toast and Sausage Line 2: Spaghetti with Garlic Knot Line 3: BBQ Pulled Pork Sundae/ Fritos All Lines: Tater Tots, Garden Bar Breakfast: Sausage, WG Muffin, Tater Tots, fruit, juice, milk</p>
<p>Line 1: Orange Chicken with WG Ramen Line 2: Teriyaki Meatball with WG Ramen Line 3: Orange Chicken with Brown Rice All Lines: Steamed Broccoli, Garden Bar Breakfast: French Toast, 2 sausage links, fruit, juice, milk</p>	<p>Line 1: Chicken and Waffles Line 2: Cheeseburger on a WG Bun Line 3: Chicken and Waffles All Lines: Orange Slices/ Blueberries, Green Beans, Garden Bar Breakfast: WG Cheese Quesadilla & Salsa, Tater Tots, fruit, juice, milk</p>	<p>Line 1: WG Pizza Variety Line 2: Chicken Ranch Wrap Line 3: Meatball sub on a WG Hoagie All Lines: Slushy Cup, Carrot Coins, Garden Bar Breakfast: Breakfast Pizza, fruit, juice, milk</p>	<p>Line 1: Line 1: WG Pasta Bowl with Chicken or Meatballs/ Garlic Knot Line 2: Spicy Chicken Sandwich/ WG Bun Line 3: Same as Line 1 All Lines: Mixed Fruit Cup, Green Peas, Garden Bar Breakfast: Uncrustable PB & J, Yogurt, fruit, juice, milk</p>	<p>Line 1: Crispy Fish Sandwich with Cheese Line 2: WG Grilled Cheese and Soup Line 3: Dill Chicken Filet on a WG Bun All Lines: Oven Fries, Apple Slices, Garden Bar Breakfast: WG Chicken Breakfast Biscuit with Honey, fruit, juice, milk</p>
<p><u>USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER</u></p>			<p>Menu is subject to change without notice</p>	<p>Fresh Garden Bar and milk choices available</p>

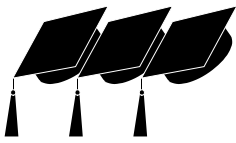
Allergy Notice: Menu items may contain tree nuts, peanuts/nut products, wheat, fish, eggs, soy, and various legumes. Students with allergies should contact the School Nurse or School Nutrition Director prior to eating any foods served in the cafeteria

Onalaska High School
700 Wilson Street
Onalaska, WI 54650

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



An Equal Opportunity Employer



Important dates for Seniors

Senior Assembly	Tuesday, May 20 --- 9:00 AM in the Field House
Senior Walk	Tuesday, May 20 --- 2:20 PM
Last Day of School for Seniors	Tuesday, May 20
Graduation Practice	Wednesday, May 21 --- 9:00 AM in the Field House
Senior Scholarship Awards	Wednesday, May 21, 2025
Graduation Date	Saturday, May 24, 2025 --- 1:00 PM

CONTACT

School phone # 608-783-4561
Student Services # 608-783-4571
School fax # 608-783-0102
Student Services fax# 608-783-2604
School voice mail 608-779-5760
School Hours: 7:45 AM – 2:50 PM

Jared Schaffner Principal
schja2@onalaskaschools.com

Charlie Ihle Assoc. Principal
ihlch@onalaskaschools.com

Jason Thiry Activities Dir.
thija@onalaskaschools.com

LeAnn Dirks Admin. Assistant
dirle@onalaskaschools.com

Kim Weber Attendance
ohsoffice@onalaskaschools.com

Laura Lee Fugina Activities
fugla@onalaskaschools.com

Web: www.onalaskaschools.com



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

IN THIS ISSUE

Winter Dance	1
Important Dates	2
Last Call to Order Yearbooks	3
Show Choir Classic	4
Tech Tales	4
Blood Drive	5
ONAbility	6
Engage Program	7
Student of the Month	8
Freddy Extra Effort Award	9
World Language	10
Onalaska Food Pantry	11 – 12
Ruby's Food Pantry	13
Student Services Update	14 – 20
ACT Dates	14
Peace of Mind Counseling	15
ACT Prep Course Options	16
College Application Tips	16
OHS Job Board	17
Senior Scholarships	17
Western Career Coach Meeting	18
Student Services Accepting Donations	19
Eligible for Free/Reduced?	19
OHS Assessments	19
Upcoming Opportunities	20
Activities	21 – 23
More Than an Athlete	25
State Dance Team	26
All Stars Tailgate Party	27
School Nutrition Menu	28