FREDDY'S FOOTNOTES

A Newsletter from Onalaska High School — April 2025

Highlights

Important Dates

Sophomore Forward Testing ..... April 9 – 10
Spring Break ..... April 17 – 21
Prom ..... May 3
AP Exams ..... May 5 – 16

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FREE FAMILY PROGRAM

SCREEN TIME: ITS IMPACT AND HOW TO MANAGE IT

Monday, April 7
6:30 - 7:30 PM

Onalaska High School
Performing Arts Center



Ryan McKelley, PhD



Tesia Marshik, PhD

What to expect:
UW-La Crosse Professors of Psychology and district parents Ryan McKelley and Tesia Marshik will discuss the significance of screen time relative to students' mental, physical and social development and provide suggestions for setting healthy boundaries and supporting children in the digital age.

RSVP HERE

Important Dates

Sophomore Forward Exam (during World History class) ..... April 9 – 10
Easter Break ..... April 17 – April 21
Prom ..... Saturday, May 3
AP Testing ..... May 5 – 16
Seniors last day of classes, Senior Awards, Senior Walk ..... Tuesday, May 20
Graduation Practice ..... Wednesday, May 21 at 9:00 AM in the Field House
Senior Scholarship Awards ..... Wednesday, May 21 – 7:00 PM in the PAC
Graduation ..... Saturday, May 24 --- 1:00 PM in the Field House
Last Day of School ..... June 6
Summer School ..... June 16 – July 11
2025-26 Registration ..... Tuesday, August 12 --- 8:30AM – 7:00 PM

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

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).

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.

2025 SUMMER SCHOOL

If your child is interested in taking summer school courses, the online registration process will begin soon. Watch for a Bright Arrow email message.

Be sure to register early since some classes do reach their capacity before the deadline and **ALL** courses are based on a first-come first-served basis.

Also, please keep in mind when registering for summer courses that there are strict attendance guidelines. For all **credit courses**, students are allowed to miss only two classes, and if they miss a third time, they are removed from the class. Please read the summer school booklet to find out what the specific attendance requirements are for each course.

Summer School

Summer School begins June 11 and will end July 9

There will be no classes on July 3 & 4.

Onalaska Summer School Registration



Who: Students entering grades 9–12

How: Online

When: Bright Arrow message soon.

Contact: Jennifer Morrison, Summer School Secretary at morje2@onalaskaschools.com or 608-783-4571 x5029
Charlie Ihle, Summer School Coordinator at ihlch@onalaskaschools.com or 608-783-4561 x5003

Limited supply of Yearbooks

Dear Parents,



We have a limited number of surplus yearbooks for this school year 2025. Please do not call the school to verify a yearbook order. Instead, please call Jostens at 1-877-767-5217 for assistance.
Surplus copies may be purchased by calling 1-877-767-5217 or online by clicking this link: (http://jostensyearbooks.com?ref=A09377900). Yearbook orders are now available on a first come first serve basis.

Jostens

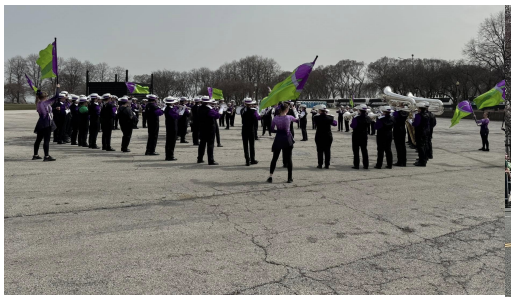
Once sold out, the online offer will automatically turn off and there will be no yearbooks left. We cannot guarantee extra copies for sale at distribution in MAY 2025. Thanks for your attention to this important detail.

Band Chicago Trip



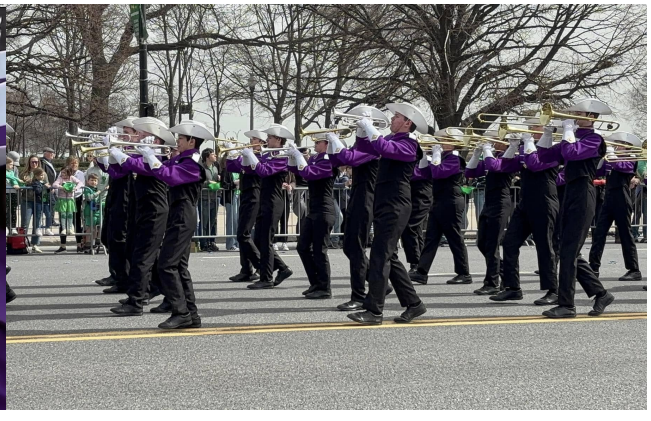












Dancing with the O'Club Stars

Congratulations to the winners of the 2025 "Dancing with the O'Club Stars" contest held on March 25.





Isabella Gutierrez – Female Athlete Partnered with Show Choir member Ryan Vriens.



Nick Putz – Male Athlete Partnered with Dance Team member Leah Thies.



People's Choice Award Manny Putz and Megan Komperud





Emcees for the program were: Colin Camp and Maggie Vannieuwenhoven

Our Mystery Dancer - Sarah Stetter and her daughter.





Prom Ticket Sales will be through GoFan. Access Code (student ID) is needed to purchase a ticket.

Guests from another school or grades 9 & 10 will require a guest access code from Mr. Thiry, Athletic Director, with the acceptance of a guest dance form.

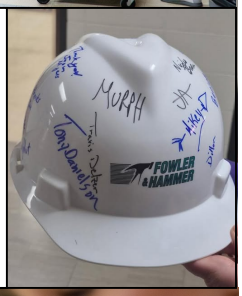
Principles of Leadership - OHS Construction Workers

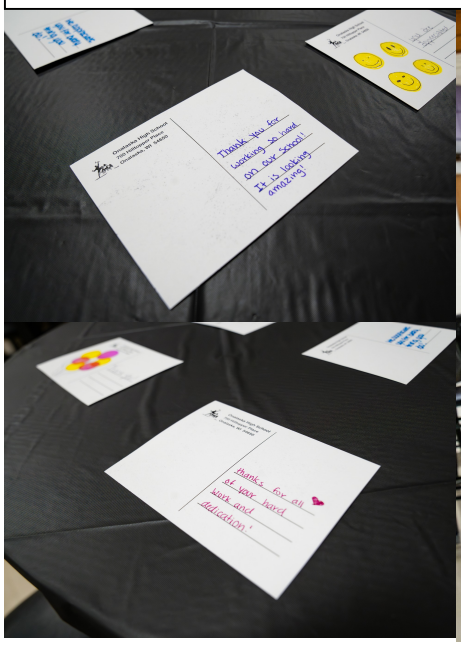




The Principles of Leadership class organized an appreciation breakfast for the construction workers helping to renovate our school on Friday, April 4.

A big thank you to all the construction workers making a huge difference at OHS and a shout out to these students for putting together this wonderful breakfast. Kindness goes a long way…We appreciate all of you!









Congratulations to Ali Abidi for winning the 2024 Congressional App Challenge Award in Wisconsin's Third District.

Child Development Class







Child Development class visits Children's Tree House and Kwik Trip Learning Center as part of the Assistant Child Care Teacher (ACCT) Certificate Program.

The program is a great first step for students wanting to work in childcare and offers them the ability to attain the skills needed as well as the certification while still in school.





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. Encourage your student to sign up for Engage and try new activities each time. Upcoming Engage dates for 2nd semester are: April 9 and 24, and May 7 and 22.

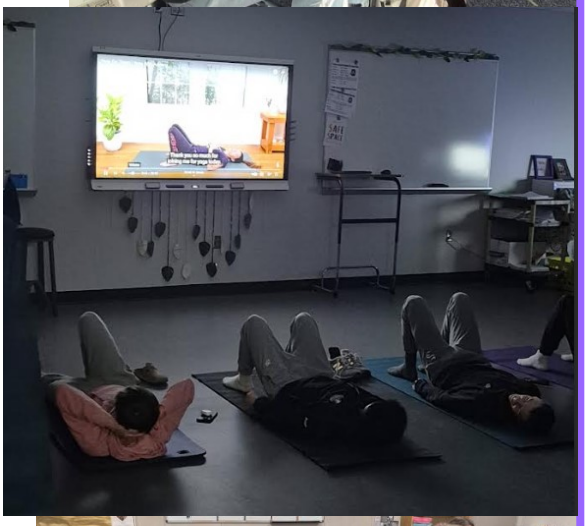




















April 2025 Students of the Month

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:
Mason Zimmer
Nominees:
Angelina Bollom
Sofiya Cromheecke
Josephine Duckworth
Claire Fortun
Katelynn McKane
Sadie Peterson
Addalynn Williams

Sophomore Class
Student of the Month:
Elizabeth Witcik
Nominees:
Katelyn Bakkestuen
Tsion Benusa
Kajai Lee
Delilah Lenox
Sakhi Patel
Daizy Vang

Junior Class
Student of the Month:
Maddisyn Manix
Nominees:
Cassidy Foster
Holden Grover
David Irvin
Delilah Lee
Maddisyn Manix
Alexis Stupi
Sabina Swanson

Senior Class
Student of the Month:
Gwen Marso
Nominees:
Kendall Bornitz
Ava Fletty
Alexander Gamble
Selphie Lee
Lauren Limberg
Shawn McKane
Lyla Schultz



Mason Zimmer
Freshman



Elizabeth Witcik
Sophomore



Maddisyn Manix
Junior



Gwen Marso
Senior

Freddy Extra Effort Award ...

April



Sadie Peterson
Freshman



McCarty Martinez-De La Paz
Sophomore



Malik Thompson
Junior



Alex Gamble
Senior

This award is given to a student who works 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

APRIL 2025 • AVRIL 2025 • ABRIL 2025

WORLD LANGUAGE TEAM

Mr. Brian Wopat
wopbr@onalaskaschools.com

Mr. Devin Pettys
petde@onalaskaschools.com

Mrs. Rebecca Chaouki
chare@onalaskaschools.com

Mrs. Valerie Mumm-Jansen
mumva@onalaskaschools.com

Mrs. Victoria Carter
carvi@onalaskaschools.com

Mr. Andy Beckstrom
becan@onalaskaschools.com

Mrs. Jennifer Garves
garje@onalaskaschools.com

FACT CHECK

MYTH: Learning a language is the same as when I learned it in high school.

REALITY: New methods of teaching a language have changed the way educators approach language acquisition and proficiency. What used to work for memorized sentences no longer applies in a world where two-way spontaneous communication is stressed. Additionally, technology has changed our relationship with language acquisition by students more easily accessing authentic materials from the target culture on their own personal device.

French & Spanish Clubs

The Onalaska High School World Language Department provides students two after school opportunities to expand their knowledge of French/Spanish culture and language. The French Club and Spanish Club are open to any student at Onalaska High School and meets twice a month. Each club has student leaders who plan and facilitate the club meetings. Every year, the clubs put together a club t-shirt, participate in fundraisers to support club activities, and do many combined activities. This year, the clubs came together to walk in the homecoming parade. They will also sponsor "Treatsgiving," an after-school activity where students bring a traditional or family dessert to share with others. Additionally, they host French versus Spanish students soccer tournament in the spring. Currently French holds the trophy. In winter, the groups work together to host a warming center drive where students bring in hand warmers, gloves, hats and/or socks. Not only do the clubs focus on students using their language skills outside of the classroom, but students also have a chance to give back to their community. Any student interested in joining the French and/or Spanish Clubs are encouraged to see their world language teacher.

ONALASKA HIGH SCHOOL
World Language Department

La Société Honoraire de Français
French Club / French National Honor Society

La Sociedad Honoraria Hispánica
Spanish Club / Spanish National Honor Society

2025-2026 Full-Time Open Enrollment Regular Application Period for Wisconsin Public Schools

INFORMATION FOR PARENTS

YOU MAY APPLY FOR OPEN ENROLLMENT FROM FEBRUARY 3 – APRIL 30, 2025.

What is Public School Open Enrollment?
Wisconsin's public school open enrollment program allows parents to apply for their children to attend a school district other than the one in which they live. Applications may be submitted to up to three nonresident school districts if the pupil wishes to attend a brick and mortar school. There are no limitations to the number of open enrollment applications that can be submitted to a virtual charter school.

How and when may parents apply?
The open enrollment regular application period for the 2025-26 school year is from February 3-April 30, 2025. The application period closes at 4:00pm on April 30, 2025. Late applications will not be accepted for any reason.

Parents may apply online at https://dpi.wi.gov/oe.

Can I apply to a virtual charter school under open enrollment?
A pupil may only open enroll to an online/virtual school if: (1) the school has been created as a virtual charter school that meets the requirements of the charter school law [Wis. Stats. 118.40 (8)] or (2) the pupil is required to physically attend school on a regular basis in a school located in the nonresident school district on the days that school is in session. Other important things to know about applying to virtual charter schools:

- A virtual charter school is not homeschooling. Pupils attending virtual charter schools are public school pupils.
- You must know the nonresident school district in which the virtual charter school is located.
- You must know your resident school district to apply.
- A list of virtual charter schools may be found at https://dpi.wi.gov/parental-education-options/charter-schools/virtual-charter-schools.

Parents whose applications are denied may appeal to the DPI within 30 days of the denial. State law requires the DPI to uphold the school district's decision unless DPI finds that the decision was arbitrary or unreasonable. The DPI's decision may be appealed to circuit court.

Who may participate in open enrollment?
Pupils in kindergarten to grade 12 may apply to participate in open enrollment.

Open enrollment for prekindergarten, four-year-old kindergarten and early childhood education is limited. Parents should call their resident school districts to find out if their preschool-aged children qualify for open enrollment.

Can an application be rejected?
Nonresident school districts may deny an application if regular or special education space is not available for the pupil; special education or related services are not available; or if the pupil has been referred for a special education evaluation but has not yet been evaluated. Nonresident school districts may also deny an application if the pupil has been expelled during the current or preceding two years for certain violent conduct or if the pupil was habitually truant from the nonresident school district during any semester in the current or previous school year.

If there are more applications than spaces, pupils must be selected randomly, after giving preference to pupils already attending school in the nonresident school district and siblings of currently-attending pupils.

Some school districts establish waiting lists to fill unused spaces, but others do not.

Can a resident district prevent a pupil from leaving?
A resident district can deny a pupil's application for an invalid application (early or late application or missing information), ineligibility due to age (too young or too old), or if the resident district does not offer the same type of prekindergarten, four-year-old kindergarten, or early childhood program as the nonresident district or the pupil is not eligible for the program in the resident district. These are also reasons that a nonresident district can deny an application.

Can parents appeal if an application is denied? Must pupils reapply every year?
Once a pupil is accepted into a nonresident school district, the pupil may continue to attend that district without reapplication except that:

- The nonresident district may require a pupil to reapply one time—at the beginning of middle school, junior high or high school.
- A pupil may be returned to the resident school district if the special education required in a new or revised IEP is not available in the nonresident district or there is no space.
- A pupil who has become habitually truant in the nonresident district may be returned to the resident district.

(continued on next page)

Is there a cost for parents to participate in the open enrollment program?

There is no tuition cost to parents for participation in open enrollment. Parents of open enrolled pupils may be charged the same fees as resident pupils.

Who is responsible for transportation?

Parents are responsible for transporting their children to and from school.

If transportation is required in the IEP for a child with a disability, it must be provided by the nonresident district.

School districts may provide transportation to open enrollment pupils if they wish. Usually, if transportation is provided, parents must transport the pupil to a location in the nonresident district.

Low-income parents may apply to the DPI at the end of the school year for partial reimbursement of their transportation costs.



Can a parent select a specific school in the pupil's nonresident school district?

Yes. A parent may request a specific school or program in the nonresident district. However, assignment to the requested school or program is not guaranteed and your pupil may be assigned to a different school other than the one requested. It is up to each nonresident district to determine a pupil's school assignment.

Can an open enrolled pupil participate in sports and other extra-curricular activities in the nonresident school district?

Open enrolled pupils have the same rights and responsibilities as resident pupils.

Inter-scholastic athletics are governed by the Wisconsin Interscholastic Athletic Association (WIAA), which has rules concerning transfer pupils. Parents should check with the school district's athletic director about eligibility.

IMPORTANT OPEN ENROLLMENT DATES

February 3 – April 30, 2025
Parents must submit applications online or directly to the nonresident school district.

June 6, 2025
Nonresident school districts must send notices of approval or denial via US mail or email. If the application is approved, the school district must notify the parents of the specific school or program to which the pupil is assigned. If the application is denied, parents have 30 days to file an appeal.

June 13, 2025
Resident districts must notify applicants if the application is denied. If the application is denied, parents have 30 days to file an appeal.

June 27, 2025
Parents of accepted applicants must notify the nonresident district if the pupil will attend the nonresident district in the 2025-26 school year. If the parent fails to make this notification, the nonresident district may refuse to allow the pupil to attend the district.

WISCONSIN DEPARTMENT OF Public Instruction

For more information contact:
Public School Open Enrollment Program
Wisconsin Department of Public Instruction
P.O. Box 7841, Madison, WI 53707-7841
Toll-free: 888-245-2732, option 2
openenrollment@dpi.wi.gov
https://dpi.wi.gov/oe

2025-26

The Wisconsin Department of Public Instruction does not discriminate on the basis of sex, race, color, religion, creed, age, national origin, ancestry, pregnancy, marital status or parental status, sexual orientation, or disability and provides equal access to the Boy Scouts of America and other designated youth groups.

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

- 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.

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

RUBY'S PANTRY
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

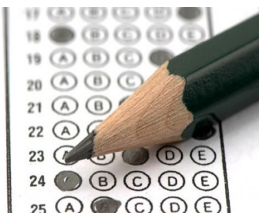
John Horman - Ext. 5031
horjo@onalaskaschools.com
Serves students with last names beginning with Rb– Z

Administrative Assistants
Melissa de Boer– debme@onalaskaschools.com
Jennifer Morrison – morje2@onalaskaschools.com

CHECK OUT OUR WEBSITE…

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

ACT®



Upcoming ACT Dates and Deadlines

Test Date	Register By	Late Registration (Additional Fee)
June 14, 2025 at OHS	May 9	June 6
July 12, 2025	June 6	June 20

Important Dates

April 9	UW Madison campus tour (optional)
April 9-10	Sophomore Forward Exam
April 16	Coulee Region Healthcare Festival field trip (optional)
April 17-21	Spring Break
April 30	Build My Future field trip (optional)
May 5-16	AP Exam Testing
May 13	Western Career Coach at OHS
May 15	Senior Night, 7:00-9:00 pm in OHS Commons
May 20	Seniors Last Day - Senior Assembly at 9:00 am, Senior Walk at 2:25 pm
May 21	Graduation Practice at 9:00 am, Scholarship Night in evening
May 24	OHS Graduation 1:00 pm
June 6	Last Day of School



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! - 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.ugetconnected.org/ and check it out!

www.ugetconnected.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 is 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 April 8, 2025.

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!

Register to Retake the ACT

Students interested in retaking the ACT, please register at ACT.org. The following are tips to help students complete the registration process:

- Students go to myACT.org to log into their account, register and pay for the ACT test
- Plan to register at least a month in advance of the test date to avoid late fees!
- Decide if you want to take the writing test. Most schools do NOT require the writing test.
- Give yourself at least 45 minutes to complete the registration
- Decide which 4 colleges/universities you want FREE score reports sent to. It is better and easier to do this now to avoid extra steps later.
- Be prepared to upload a clear headshot photo to the website. Students without a picture are NOT allowed to test!
- Fee waivers are available for students who qualify - see your school counselor if you need one.
- Print your admission ticket, and keep it somewhere safe – you will need it to be admitted to your testing room.

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!

It's Financial Aid Time!

FAFSA: To apply for financial aid, the Free Application for Federal Student Aid (FAFSA) must be filled out online. Be sure to register for a FSA ID # at https://fsaid.ed.gov/npas/ BEFORE filling out the FAFSA form! Contact your college to find out their campus-specific financial aid priority deadline. Find more information about earning money for college on the "Paying for College" link on the Student Services website.

FSA ID: Seniors and their parents BOTH need to create a FSA ID to be able to complete and submit their financial aid application. Now is a great time to start the federal financial aid process by visiting https://fafsa.gov/.



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.

Sophomores	* Required Forward Exam (Social Studies)	April 9-10

Upcoming Opportunities

Business World Summer Camp 2025, July 13-16, 2025 at Lakeland University
This four-day, three night camp encourages students to explore new career paths, enhance their business education and to engage with executive business leaders from all across the state while test-driving a college campus. And, even though the days are jam-packed with learning, creative and networking opportunities, we leave time for the students to unwind during factory tours, socials and supervised evening free-time activities.
Visit this website for more information.

University of Notre Dame Pre-College Online Program
Two- and four- week sessions available on a variety of topics.
Explore offerings and program details at this link.

Brown University Pre-College Program, Summer 2025
Website for information: https://precollege.brown.edu/

Northwestern Pre-College Online Program
https://bit.ly/nu-gcflyer
Motivated students 13 or older are encouraged to explore subjects including Business, Engineering, Law, Medicine & Psychology, taught by renowned faculty and featuring dynamic video lessons and interactive tools.

Carnegie Mellon's Pre-College Programs, Summer 2025
Available to students 16 or older by June 21, 2025, who are currently in 10th or 11th grade.
Website for information: https://www.cmu.edu/pre-college/index.html

Ball State University Youth Summer Interior Design Forum (YSIDF)
Online workshop date: Monday, June 2-Friday, June 27, 2025
More information and registration information available at this link.

West Point Summer Leaders Experience (SLE) - May 31-June 6 or June 7-13, 2025
Website for information: https://www.westpoint.edu/admissions/summer-program
SLE is a weeklong immersion into a West Point cadet's academic, military, and social life. You will explore West Point from all angles, including their high-tech educational facilities, team-building athletic activities, and realistic military training. Priority review deadline is March 15, 2025. Final application deadline is April 15, 2025.

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.

Upcoming Opportunities

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.

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.

Colleges That Change Lives College Fair - August 10, 2025 in Minneapolis/St. Paul
Distinctly different liberal arts college fair in Minneapolis. See website for event details and registration: https://ctcl.org/info-sessions/

Coulee Region Healthcare Career Festival Field Trip
Wednesday, April 16 - 9:00-11:00 am
UW La Crosse, student field trip with OHS staff, school bus transportation

★ Explore a variety of career pathways in the healthcare field
★ Hear directly from healthcare providers and support staff employees
★ Learn about careers through hands-on, interactive activities (use simulators, laparoscopic surgery tools, sonography equipment, respiratory machines, and much more!)

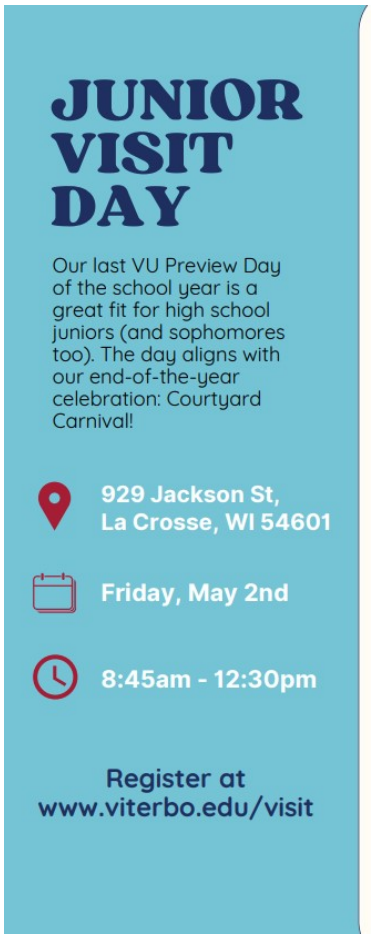
RSVP: Coulee Region Healthcare

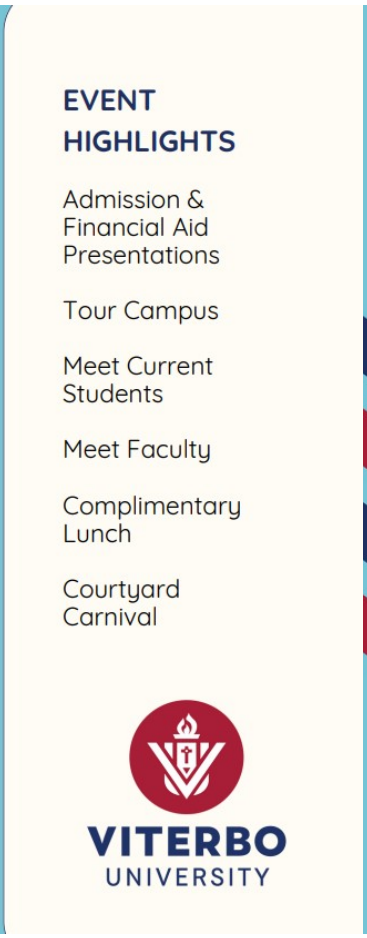
WARM Program Mini Medical School Day (Wisconsin Academy of Rural Medicine)
Saturday, May 3 - 9:00 am -4:00 pm
Emplify by Gundersen Health System, Integrated Center for Education, student/family provides their own transportation
This event is designed to introduce high school students to careers as a physician through interactive, hands-on simulations led by medical students, residents, and physicians. Students will rotate through four specialty stations with integrated cases designed to expose students to common scenarios faced by physicians in each specialty:
Surgery – Practicing laparoscopic skills
Internal Medicine – Diagnostic reasoning and ultrasound use
Obstetrics & Gynecology – Simulating labor & delivery with medical manikins
Family Medicine – Exploring chronic disease management and echocardiography
Due to the nature of the event, a limited number of students from OHS will be able to attend. If there is a high level of interest, there may be a short application/essay required and an OHS committee to review who will be selected.
RSVP: WARM Program Mini Medical School Day

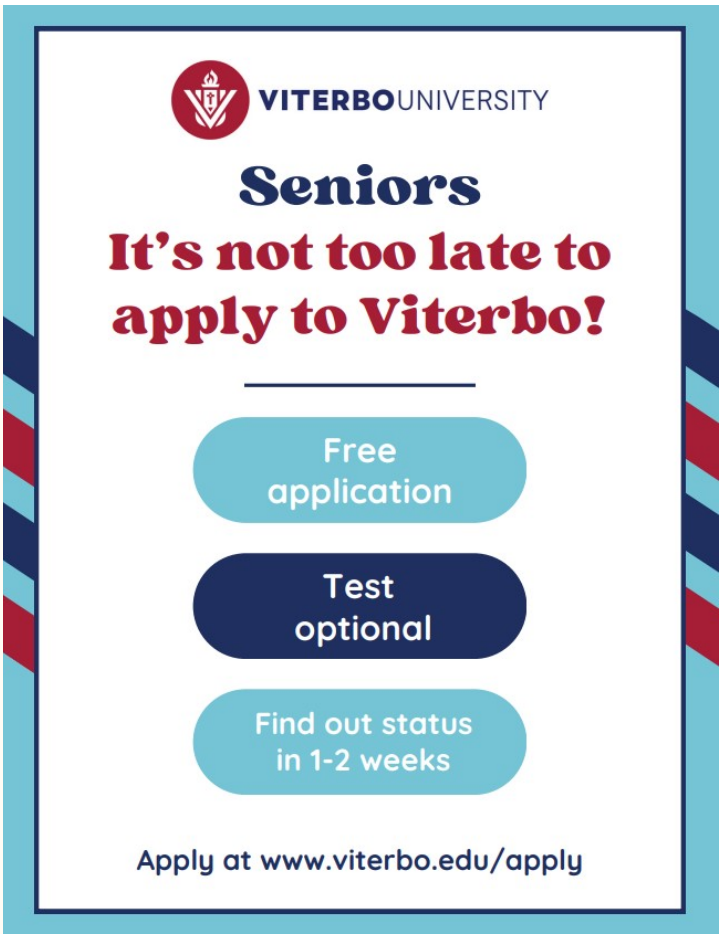
Upcoming Opportunities

La Crosse Builders' Association Build My Future Field Trip
Wednesday, April 30 - 8:30 am-12:30 pm
Onalaska Omni Center, student field trip with OHS staff, school bus transportation
Build My Future is an interactive event giving students the opportunity to spend the day in the skilled trades through hands-on activities and simulations. Students will be able to operate equipment and learn more about careers in roofing, carpentry, masonry, concrete, heavy equipment, electrical, tiling, welding, engineering, architecture, and more!
RSVP: Build My Future

Wisconsin Business World, July 20-23, 2025 at UW Stevens Point Campus
Summer camp for any student entering 9th grade through recently graduated 12th graders. Students will be challenged to innovate, lead, build and learn how to run a business from the ground up. Registration is open now at https://app.campdoc.com/!/dn/login?r=uwstevenspoint.







10 Ways to Finish the Year Strong

Source: https://www.collegenanniesandtutors.com/blog/title/10-Ways-to-Finish-the-School-Year-Strong

Whether you are finishing your first year or your last year of high school, the end of the school year is always the most difficult. Students contract "summer fever" as the end of the year approaches and begin to slack off and lose interest in schoolwork. It is extremely important to finish the school year strong, so we have put together a list of 10 ways to finish the school year strong.

---

1. Set Goals

Setting goals for yourself both personally and academically will help you stay on track. Whether your goal is to get straight A's or pass your AP tests, make your own goals and try your absolute best to achieve them.

2. Stay Organized

Staying organized will prevent you from losing or forgetting about assignments. Keep track of your assignments and test dates in a planner or calendar to stay organized and prepared for upcoming final projects and tests.

3. Don't put off responsibilities

Slacking and procrastinating are just ways of putting off responsibilities. Putting off school-related responsibilities will leave you scrambling and stressed at the last minute. Do what you need to do when you need to do it, and you will be well on your way to finishing strong!

4. Remember what you've worked for

It may help to remind yourself of all the hard work you've put in this year. One bad performance on a final test or project could undo all of your efforts for a certain letter grade.

5. Get motivated

It is time to get motivated! Whether you have to bribe yourself with rewards or create penalties for not trying your best, do whatever it takes to stay motivated and beat "summer fever!"

6. Take advantage of the nice weather

As the weather begins to get nicer, you don't have to stay cooped up inside studying. Get creative by studying and doing homework outside instead!

7. Take a time out

Don't forget about taking time out of your day to regroup and simply have fun! This will help you stay focused. Giving yourself breaks for fun is good for your sanity and attention span.

8. Adjust your attitude

What is your attitude right now? Are you feeling down? Can you not wait for school to end? Simply adjusting your attitude to be more positive can make an incredible difference!

9. Take care of yourself

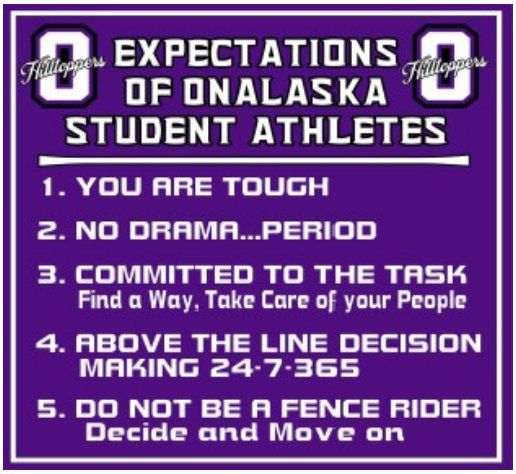
Taking care of yourself by eating well, exercising and getting the proper amount of sleep will help you remain focused.

10. Focus on the finish line

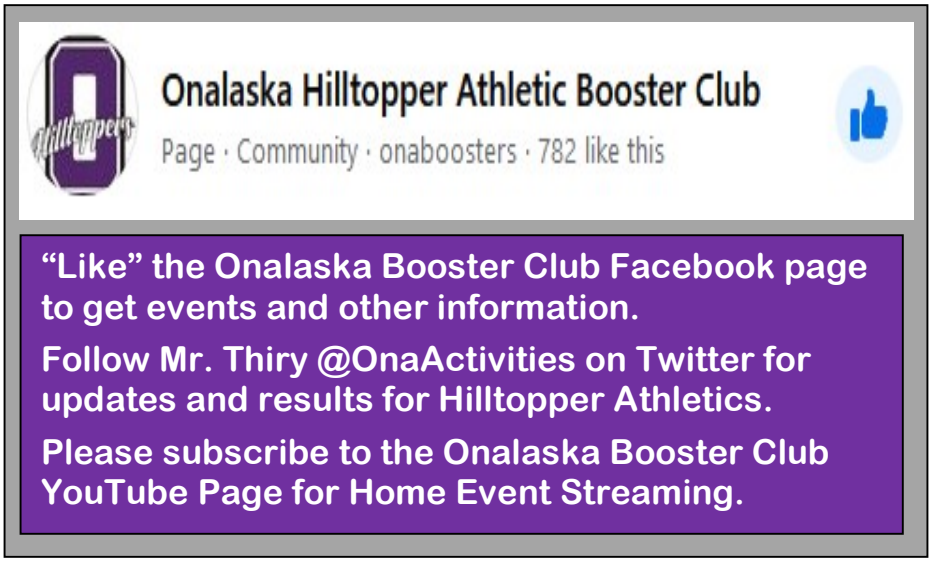
Visualize your finish line- and your goals- and focus on that. The school year is almost over- you can do it! Start a countdown, and don't worry- the end is near.

If you feel like you need extra help completing the school year, contact your counselor, a teacher or a tutor. Now get back to your schoolwork so you can finish the rest of this school year strong!









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

$75.00 – ($11.25)
Baseball
Basketball
Football
Lacrosse
Ski & Snowboard
Soccer
Softball
Volleyball
Wrestling

$100.00 – ($15.00)
Dance
Golf
Gymnastics

$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

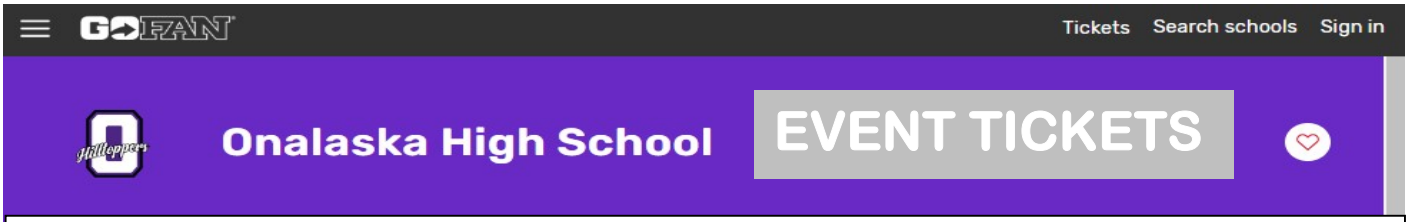
Senior Citizens (62 or Older) - FREE

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 app and create an account
https://gofan.co/app/school/WI17153

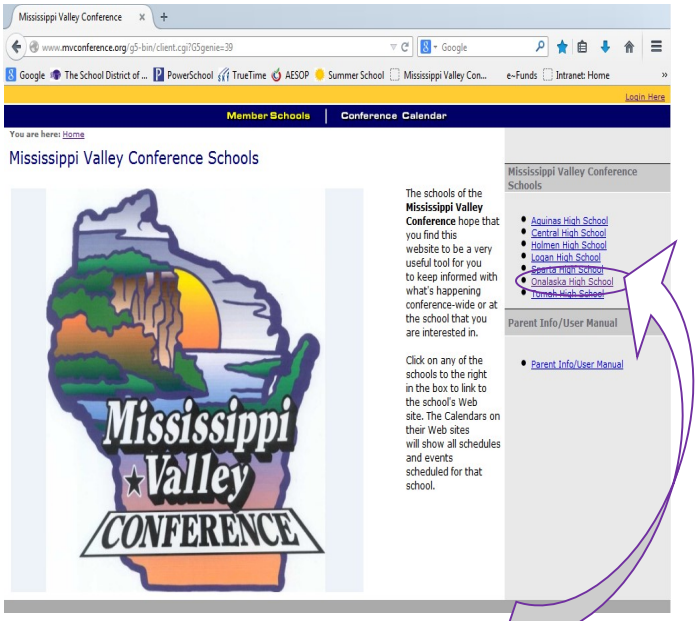


Calendar of Events

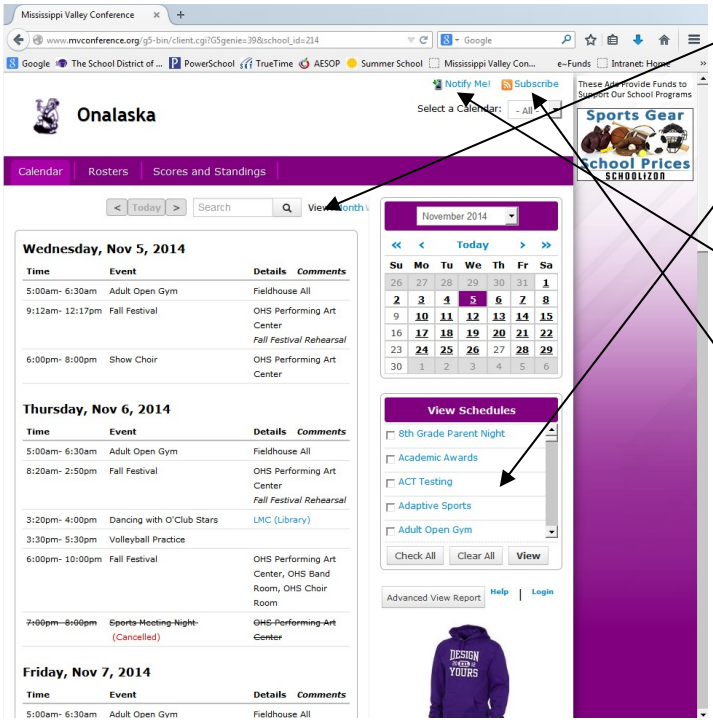
To view the most updated schedules for any Mississippi Valley Conference team, use the MVC website at: http://www.mvconference.org/g5-bin/client.cgi?G5genie=39

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

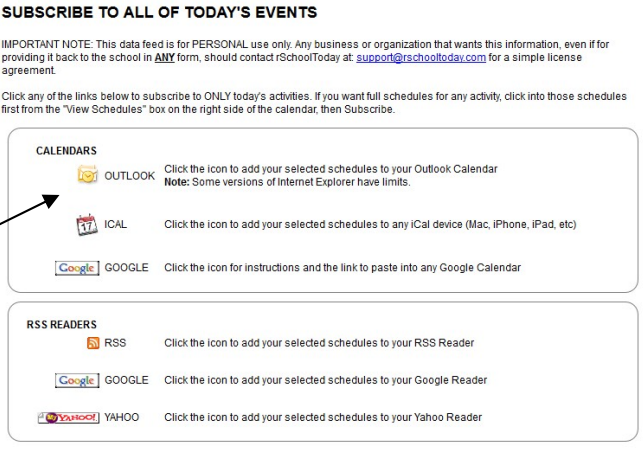


View the calendar by day, week, or month.

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.



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

2024-25 Mississippi Valley Conference Winter 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
Michael DeMaira
Matthew Masey
Kalicia McNeese
Ying Kong Xiong
Paul Yang

Boys Basketball
Wylder Burch
Brendan Chenault
Noah Chenault
Bradyn DeLong
Tyson Hughes
Ian Kowal
Tyler Kowal
Tristan Molling
Pierce Sommerfield
Gabriel Whited

Boys Hockey
Jackson Egan
Carter Johnson
Sawyer Meyer
Noah Witcik
Manager
Autumn Heiman

Boys Swim
Colton Klein

Boys Wrestling
Maximus Todd
Lukas Todd
Manager
Mayla Her
Jack Stoen

Dance
Katelyn Bakkestuen
Ella Fejfar
Cailyn Holter
Megan Komperud
Zoe Moeller
Anna Pierzina
Emily Runyan
Abigail Schaller
Danielle Schmit

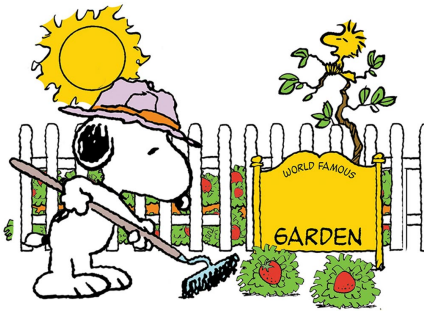
Girls Basketball
McKenzie Bauer
Avery Cowley
Raelyn Cowley
Jenna Gansen
Kayla Ketelhut
Natalie Marso
Elodie Most
Lauren Pica
Alexis Stupi
Finley Walters
Tatum Walters

Girls Hockey
Gianna Sanchez
Manager
Alexa Larson

Girls Wrestling
Fayth Allen
Megan Ramsay

Gymnastics
Kyara Cayasso
Claire Fortun
Elin Gilles
Allison Komperud
Zoie Loeffelholz
Addison Sanwick

Ski and Snowboard
Matthew Arsenault
William Bakkestuen
Bodie Callaway
Kendall Carlson
John Gobel
Lydia Hartman
Matthew Jackson
Eliana Mascotti







ONALASKA HIGH SCHOOL MENU
APRIL 2025

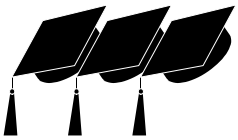
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Line 1: Potato Pierogis and Bratwurst Line 2: Soft Shell Pork Carnitas/Peppers Line 3:Pizza Variety All Lines: Carrot Coins/ Garden Bar **Breakfast: French Toast, 2 sausage links, fruit, juice, milk**	2 Line 1: WG Chicken and Waffles Line 2: California Cheeseburger or Mushroom Swiss Burger on a WG Bun Line 3: WG Chicken and Waffles All Lines: Baked Beans, Garden Bar **Breakfast: Uncrustable PB & J, Yogurt , fruit, juice, milk**	3 Line 1: WG Chicken Strips Line 2: Meatballs/ Gravy Line 3: WG Chicken Strips All lines: WG Dinner Roll, Mashed Potatoes & Gravy , Garden Bar **Breakfast: Breakfast Pizza, fruit, juice, milk**	4 Line 1: WG Corn Dog Line 2: BBQ Pulled Pork on a Bun Line 3: 2 WG Uncrustable PB&J's All Lines: WG Mac & Cheese ,and Garden Bar **Breakfast: Breakfast Pizza, fruit, juice, milk** **Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk**
7 Line 1: WG Orange Chicken / Brown Rice Line 2: Teriyaki Meatballs / Brown Rice Line 3: WG Orange Chicken /Brown Rice All lines: Stir Fry Veggies, Garden Bar **Breakfast: WG Cheese Quesadilla & Salsa, fruit, juice, milk**	8 Line 1: WG French Toast Sticks / Sausage Line 2: Deli Sub Sandwich , on a WG Hoagie Line 3: Chicken Fajita/Peppers on a WG Shell All lines: Oven Fries, Garden Bar **Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk**	9 Line 1: Dilly Chicken Patty on a WG Bun Line 2: WG Spaghetti/ cheese/ Garlic Knot Line 3: Pizza Variety All lines: Broccoli Spears, Garden Bar **Breakfast: Breakfast Pizza, fruit, juice. milk**	10 Line 1: BBQ Pulled Pork on a Bun Line 2: Crispy Fish with Cheese / WG Bun Line 3: BBQ Pulled Pork on a Bun All Lines: WG Mac & Cheese ,and Garden Bar **Breakfast: Uncrustable PB & J, Yogurt Cup, fruit, juice, milk**	11 Line 1: Walking Taco Line 2: Mexican Rice Bowl Line 3: Chicken Patty on a WG Bun All Lines: Green Beans, Garden Bar **Breakfast: WG Chicken Breakfast Biscuit with Honey, fruit, juice, milk**
1 Line 1: WG Grilled Cheese/ Tomato Soup Line 2: WG Cheese Ravioli / Marinara Line 3: WG Chicken Patty on a Bun All lines: Wedge Fries, Garden Bar **Breakfast: Breakfast Pizza, fruit, juice, milk**	15 ***Farm to School Harvest of the Month*** Line 1: Meatball Sub/ Mozzarella WG Hoagie Line 2: WG Uncrustable /WG Sun Chips Line 3: Chicken Alfredo/ WG Rotini/ Garlic Knot All lines: ***Locally Grown Lettuce,*** Oven Fries, Garden Bar **Breakfast: WG Cheese Quesadilla & Salsa, Tater Tots fruit, juice, milk**	16 Line 1: Potato Pierogis and Bratwurst Line 2: Soft Shell Pork Carnitas/Peppers Line 3:Pizza Variety All Lines: Carrot Coins/ Garden Bar **Breakfast: WG Chicken Breakfast Biscuit with Honey, fruit, juice, milk**	17 **No School**	18 **No School**
21 **No School**	22 Line 1: WG Chicken and Waffles Line 2: California Cheeseburger or Mushroom Swiss Burger on a WG Bun Line 3: WG Chicken and Waffles All Lines: Baked Beans, Garden Bar **Breakfast: WG Cheese Bosco Stick, Tater Tots, fruit, juice, milk**	23 Line 1: WG Grilled Cheese/ Tomato Soup Line 2: WG Cheese Ravioli / Marinara Line 3: WG Chicken Patty on a Bun All lines: Wedge Fries, Garden Bar **Breakfast: Breakfast Pizza, fruit, juice, milk**	24 Line 1: WG Orange Chicken / Brown Rice Line 2: Teriyaki Meatballs / Brown Rice Line 3: WG Orange Chicken /Brown Rice All lines: Stir Fry Veggies, Garden Bar **Breakfast: Uncrustable PB & J, Yogurt , fruit, juice, milk**	25 Line 1: BBQ Pulled Pork on a WG Bun Line 2: WG Spaghetti/ cheese/ Garlic Knot Line 3: Pizza Variety All lines: Broccoli Spears, Garden Bar **Breakfast: WG Chicken Breakfast Biscuit with Honey, fruit, juice, milk**
28 Line 1: Meatball Sub/ Mozzarella WG Hoagie Line 2: WG Uncrustable /WG Sun Chips Line 3: Chicken Alfredo/ WG Rotini/ Garlic Knot All lines: Oven Fries, Garden Bar **Breakfast: WG Cheese Bosco Stick, Tater Tots, fruit, juice, milk**	29 Line 1: WG Chicken Strips Line 2: Meatballs/ Gravy Line 3: WG Chicken Strips All lines: WG Dinner Roll, Broccoli, Mashed Potatoes & Gravy , Garden Bar **Breakfast: Breakfast Pizza, fruit, juice, milk**	30 Line 1: WG French Toast Sticks / Sausage Line 2: Deli Sub Sandwich , on a WG Hoagie Line 3: Chicken Fajita/Peppers on a WG Shell All lines: Oven Fries, Garden Bar **Breakfast: WG Mini Bagels / Cream Cheese, fruit, juice, milk**	**The menu is subject to change without notice** USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER	**Fresh Garden Bar and milk choices available** **WG Pizza Available Daily**

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



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 Fugina Activities
fugla@onalaskaschools.com

Web: www.onalaskaschools.com



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

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