



FREDDY'S FOOTNOTES



A Newsletter from Onalaska High School

May 2025

Highlights

Important Dates

AP Testing	May 5 – 16
Band and Orchestra Concert.....	May 5
Choir Spring Musical	May 16 & 17
Senior Awards, walk, last day	May 20
Senior Scholarship	May 21
Graduation	May 24
Last day of School	June 6

In This Issue

Prom Court.....	1
Important Dates.....	2
Graduation Information.....	3
Summer School.....	4
OHS Spring Musical	5
Limited Supply of Yearbooks	5
Final Exam Schedule	6
Jazz Band Dash Park.....	7
OHS Band Booster Raffle	8
Engage Program.....	9
Student of the Month.....	10
Freddy Extra Effort Award	11
World Language.....	12
Teacher Appreciation	13
Onalaska Food Pantry	14 – 15
Ruby's Food Pantry	16
Student Services Update	17 – 28
ACT Dates	17
Important Dates.....	18
Peace of Mind Counseling	18
ACT Updates	19
ACT Prep Course Options	19
OHS Job Board.....	20
Senior Scholarships.....	20
UGetConnected.....	20
Schedule Campus Visits.....	21
Western Career Coach Meeting	21
Eligible for Free/Reduced?.....	22
AP Exam Schedule.....	23
Upcoming Opportunities	24 – 25
5 Ways to Stay Calm.....	26 – 27
Activities.....	28 – 32
Visit Viterbo this Summer	28
Booster Club website	29
Athletic User Fees.....	30
GoFan.....	31
Calendar of Events.....	32
School Nutrition Menu.....	33



2025 Prom Court



Back Row: Krishna Ailiani, DeMarion Blackdeer, Lewis Go, Holden Grover, Carter Johnson

Front Row: Bailey Fee, Maya Haugen, Isabella Malecek, Gabriel Faure, Marta Mora Vega, Makena McGarry, Stevanna Towle

**Congratulations to
Prom Royalty,
Marta Mora Vega
and
Gabriel Faure**



Important Dates

Prom.....	Saturday, May 3
Orchestra Spring Concert and Senior Salute, plus reception.....	Monday, May 5 --- 6:30 in the PAC
Band Spring Concert.....	Monday, May 5 --- 7:30 in the PAC
AP Testing	May 5 – 16
Choir Spring Musical.....	Friday, May 16 and Saturday, May 17 --- 7:30 PM in the PAC
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.



Graduation

Senior Activities-



Tuesday, May 15

Senior Night - 7:00 - 9:00 p.m.

Onalaska High School Commons and Fieldhouse

This is a fun night where seniors have one last social event all together.

If a senior chooses to leave, they will not be allowed back into Senior Night.

Tuesday, May 20

Senior Breakfast - 7:15 – 7:45 a.m.

Onalaska High School Fieldhouse

Parent supplied breakfast served in the south gym prior to school.

Tuesday, May 20

Senior Assembly - 9:00 a.m. Fieldhouse

Recognition for the following students will take place:

Senior Department Awards, recognition of those entering the military and the traditional passing of the flag.

Parents are invited to attend this assembly. Bleacher seating will be available.

Tuesday, May 20

Senior Walk - 2:25 p.m. Starting in the Commons

Tuesday, May 20

Mandatory Graduation Practice - 9:00 a.m. in Fieldhouse

Wednesday, May 21

Senior Scholarship Night - 7:00 Performing Art Center

Seniors will be recognized for scholarship awards. Seniors who will be recognized at this event will receive an invitation.

Saturday, May 24

Graduation - 1:00 p.m. - Seniors in hallway by 12:30 PM to line up

There will be special seating for senior citizens and people with disabilities on the main floor.

Doors will open at 12:00 p.m. and tickets are NOT needed.

Empire Photography is on stage to take pictures of all graduates as they receive their diplomas. The proofs will be sent to your email so you have the option of purchasing them if you wish.

Graduates will receive their diploma covers during the ceremony and will pick up their actual diplomas in the Commons immediately following graduation.

Senior Scholarship Awards

Students earning scholarships will be notified of the recognition.

Please understand that everyone is invited to attend this event. However, we will be sending invitations to the students who will be recognized at the event. It is important to understand that we cannot control community organizations that contact us with scholarship information. Your son/daughter could be notified anytime up until May 21 that he or she will be recognized.

Students who have earned scholarships will be asked to sit on stage in the Performing Arts Center. Please dress appropriately for this recognition event.

If you have any questions or concerns, please contact Bridgett Hubbard,

Scholarship Coordinator and Senior Class Advisor,

hubbr@onalaskaschools.com or 608-783-4561



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 16 and will end July 11

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

Catherine C. Berg Summer Musical

Students who will be in grades 9-12 at the start of the 2025-26 school year can audition at OHS in room 313 during the week of May 12-16. Auditions will start at 3:00 each day, but interested students need only attend one day of try-outs. Students do not need to prepare a reading or monologue, but they should be prepared to sing about 30 seconds worth of music. Those with questions should contact John Reimler at Onalaska High School. Public performances of the show are scheduled for July 11 and 12, 2025 at 7:30 pm, in the Claude C. Deck Performing Arts Center





Cast (in order of appearance)

Guard 1- Grady Dunnum
Guard 2- Carter Sanders
Yocheved- Elizabeth Matz
Young Miriam- Qitarra Olson*
Young Aaron- McCarty Martinez-De La Paz
Tuya- Kylene McNeese*
Maid- Lyla Schultz*
Moses- Colin Camp
Ramses- Nolan Sullivan*
Seti- Arlo White*
Hotep- Mason Biesinger
Nefertari- Maggie Vannieuwenhoven*
Tzipporah- Ellie Mascotti*
Miriam- Sonja Schoenecker
Aaron- Snigdha Rajamanuri*
Keturah-Gao Kou Yang*
Leah- Nou Qu Yang
Shepherd 1- Liv Vogler
Shepherd 2- Eli Clark
Jethro- Gabe Shugrue
Reuel- Eddie Hughes*
Old Hebrew Man -David Chiquito
Hebrew woman 1- Tsion Benusa
Hebrew woman 2- Ella Stacey
Hebrew man 2- Lucien Vue*
Hebrew man 3- Leo Gonzales-Yang
Seti the II -Selphie Lee*
Young Girl- Beth Dearman*
Plus all 4 choirs!

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.

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 the end of May. Thanks for your attention to this important detail.



Jostens

Finals scheduled for last week of school for freshmen, sophomores, and juniors

ALL FINAL EXAMS WILL BE GIVEN DURING THE FINAL EXAM PERIODS!

Finals will take place during each of your class periods. Some form of structured evaluation is expected to be given to students during the examination period. The nature and design of the course or curriculum should dictate the method of final examination.

- The first final exam will begin on Wednesday, June 4 at 8:15 AM.
- All students will remain in classes for the entire final exam period.
- Students will **not** be required to attend commons or study hall during final exams times.
- The commons will be made available and supervised for study during finals for those wanting to stay at school during free periods.
- During break times between exams, students will be allowed to access the commons, study quietly in the classrooms, or leave the building. There will be no loitering in the halls or bathrooms.
- The bus schedule will remain the same, except for Friday, June 6 with an early dismissal at 11:50 AM.
- Lunch will be served Wednesday and Thursday with a menu of choice by the kitchen staff.
- Exams will always be given on the days scheduled. Make up exams will be held the afternoon of Friday, June 6 from 1:00 PM – 2:30 PM.

Wednesday, June 4, 2025

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

Thursday, June 5, 2025

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

Friday, June 6, 2025

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

Last Day of School



The last day of school is
Friday, June 6.

ONALASKA HIGH SCHOOL JAZZ BANDS

Concessions: popcorn, candy bars,
bottled water, ice cream (cash preferred)

FREE WILL DONATIONS APPRECIATED



**TUESDAY, MAY 13, 2025
6-7:30 PM
DASH PARK - ONALASKA**



All proceeds benefit the Onalaska High School Band Program



RAFFLE

OHS BAND
BOOSTERS

TICKETS

1 TICKET = \$5

5 TICKETS = \$20

12 TICKETS = \$50

OHS JAZZ 1 AT DASH PARK

TUESDAY, MAY 13, 2025

MILWAUKEE WAVE TICKETS & GAS CARD

MILWAUKEE MILKMEN TICKETS & GAS CARD

2 - \$500 GIFT CERTIFICATES, MUELLER PHOTOGRAPHY

TWINS AUTOGRAPHED BASEBALL

MORRIE'S OF ONALASKA APPAREL

LACROSSE FORD APPAREL & BLANKET

ADVENTURE ROCK CLIMBING PACKAGE

4 TICKETS TO SUMMERFEST

2 TICKETS TO OKTOBERFEST

RICK BRONSON COMEDY TICKETS & \$20 TO BENIHANA

MINI WEBER GRILL & RUBS/SAUCES,

2 MILWAUKEE ADMIRALS TICKETS & GAS CARD

\$200 DESIGN PHOTOGRAPHY CERTIFICATE

MAINSTREAM BOUTIQUE JEWELRY

DRIFTLESS ANGLER APPAREL

RTIC COOLER & INSULATED CAN COOZIES

WISCONSIN STATE FAIR TICKETS

VALLEY FAIR & SOAK CITY PASSES

BELL MUSEUM ADMISSION & GAS CARD

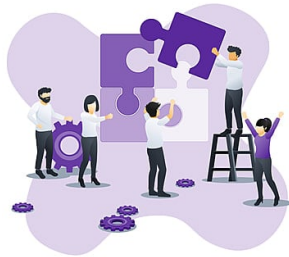


ENGAGE!

dreamstime.



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: May 7 and 22.





May 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:

Alexa Snow

Nominees:

Taylor Gretebeck
Duncan Grover
Griffin Murray
Mason Sagen
Allyson Seielstad
Caroline Stanton
Alison Storandt
Julio Thor

Sophomore Class

Student of the Month:

Xochitl Aparicio

Nominees:

Eden Ascencio-Urtiz
Cailyn Holter
Sakhi Patel
Ella Stacey
Francisco Torres-Huber

Junior Class

Student of the Month:

Alexander Gregg

Nominees:

Greyson Bruha
Jonathan Galstad
Sydney Kranig
Alexis Stupi
Ethan Vue

Senior Class

Student of the Month:

Jack Stoen

Nominees:

Eddie Hughes
Olivia Kunkel
Ethan Topolski
Ellexis Van Ravenstein
Elizabeth Woyczik
Connor Zywicki



Alexa Snow
Freshman



Xochitl Aparicio
Sophomore



Alexander Gregg
Junior



Jack Stoen
Senior

Freddy Extra Effort Award ...

May



Ali Storandt
Freshman



Grayson Andel
Sophomore

Brooklynn Williams
Junior



Jaela Thao
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.





Onalaska High School World Language Department



LE DEPARTEMENT DES LANGUES ÉTRANGÈRES • DEPARTAMENTO DE IDIOMAS DEL MUNDO
MAY 2025 • MAI 2025 • MAYO 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: You should learn a language till you are proficient and only then move on.

REALITY: It's just a Western fetish to try learning languages till proficiency. And really, why would you do that? As long as you can communicate and understand while talking to another person, all is good. One doesn't need to be perfect when learning a new language because it's not possible to be perfect. Everyone ends up making mistakes, and these mistakes are what help us learn.

French Students Visit Le Château & UW-L

On Thursday, April 24th, Onalaska High School Dual Credit French 4 students traveled to UW-L where they attended a French level 301 course (French Phonetics) taught by UW-L Professors Madame Keefe.. OHS students were mingled in with the UW-L students and they worked together throughout the lesson. Monsieur Wopat was extremely proud of how their students worked with the university students, volunteered to participate, and spoke *beaucoup* French during the class. After class, the students boarded the bus and headed over to Le Château in La Crosse for an authentic lunch *à la française*. Thirty students enjoyed steak-frites, a small salad, les escargots, lava cake and cider. Le Château owner Madame Ewers greeted the students and served them a four-course meal all *en français*. Afterwards on the bus, the students shared with their teachers that they enjoyed the class and found it rewarding. Many said they didn't realize how alike it would be to the class they are taking in high school and how diverse the other university students' majors and minors included French.





Teacher Appreciation Week - May 5-9, 2025

The Onalaska Education Foundation's "Giving Thanks for Onalaska School Staff" is a tribute program to give students and families the opportunity to recognize the tremendous efforts of all staff members in Onalaska public and private schools. By making a donation to this program, you can celebrate our amazing teachers, paraprofessionals, educational assistants, custodians, bus drivers, administrators, coaches, school counselors, administrative assistants, school nurses, food service workers, or ANY school staff! Each Onalaska school staff member recognized through the "Giving Thanks" program will receive a certificate of appreciation with your student's and/or family's name along with your personal note of gratitude, or you may choose to remain anonymous.

Donations to the "Giving Thanks" program are welcomed and appreciated, but you can also "Give Thanks" and honor school staff members through this program without making a monetary donation to the Onalaska Education Foundation (OEF). Donation amounts are not disclosed to the school staff.

With your support, we can continue to make a difference!

[Giving Thanks for Onalaska School Staff Submission Form](#)

****This form will be accepting responses through Wednesday, May 7, 2025, and school staff will receive certificates of appreciation May 8 or 9.****

The ONALASKA EDUCATION FOUNDATION (OEF)

As a local, non-profit organization, the mission of the OEF is to support Onalaska educators in their quest to develop innovative and creative learning opportunities for students, promote the incorporation of emerging technologies within the curriculum, facilitate business and private sector contributions to our schools, provide support for students in need, and encourage outstanding academic achievement among students in Onalaska's public and private schools.



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

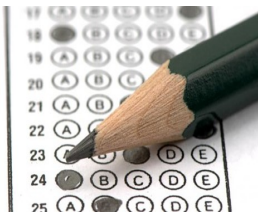
Jennifer Morrison – morje2@onalaskaschools.com

CHECK OUT OUR WEBSITE...

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



ACT



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
September 6, 2025	August 1	August 19
October 18, 2025	September 12	September 30
December 15, 2025	November 7	November 24

Important Dates

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
June 16-July 11	OHS Summer School, No Classes July 3 & 4



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.

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!

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.uggetconnected.org/> and check it out!

www.uggetconnected.org

Juniors, Class of 2026 - 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 May 13, 2025.

Register to Retake the ACT

Students interested in retaking the ACT, please register at [ACT.org](https://act.org). The following are tips to help students complete the registration process:

- Students go to [myACT.org](https://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.

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!

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/>.

Youth Apprenticeship

Students who participate in 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!

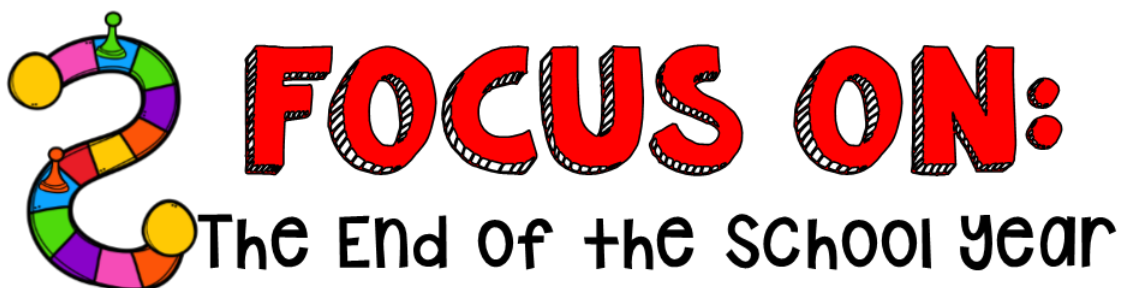


Eligible for Free or Reduced Lunch?

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.

AP Exam Schedule - May 2025

Subject	Date	Time <i>(PM times are tentative)</i>
AP Biology	Monday, May 5, 2025	7:45 am
AP Microeconomics	Monday, May 5, 2025	12:00 noon
AP Chemistry	Tuesday, May 6, 2025	7:45 am
AP US Government & Politics	Tuesday, May 6, 2025	12:00 noon
AP English Literature & Composition	Wednesday, May 7, 2025	7:45 am
AP Statistics	Thursday, May 8, 2025	7:45 am
AP World History	Thursday, May 8, 2025	12:00 noon
AP Macroeconomics	Friday, May 9, 2025	12:00 noon
AP Studio Art: 2D or Drawing	Friday, May 9, 2025	Due 3:00 pm
AP Calculus AB/BC	Monday, May 12, 2025	7:45 am
AP Precalculus	Tuesday, May 13, 2025	7:45 am
AP Physics 2 (Algebra-based)	Tuesday, May 13, 2025	12:00 noon
AP English Language & Composition	Wednesday, May 14, 2025	7:45 am
AP Computer Science Principles	Thursday, May 15, 2025	12:00 noon
AP Physics 1 (Algebra-based)	Friday, May 16, 2025	7:45 am
AP Psychology	Friday, May 16, 2025	12:00 noon



Upcoming Opportunities

MRA (My River Adventures) Camp, July 21-15, 2025 at UW-La Crosse

Explore careers in STEM and water-related sectors at this free overnight camp. Meals and on-campus lodging provided. Open to incoming 9th-12th grade students. See [flyer](#) for registration and more information.

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.

Variety of Camps for Youth at University of Wisconsin-Stevens Point campuses

Topics include Art, Dance, Business World, Esports, Soccer, Health Careers and More! Visit their website for information, registration information, and specific dates –

<https://www3.uwsp.edu/conted/Pages/Camps.aspx>

UW-Stout's STEAM Summer Camps, Summer 2025

See website for information, including registration: <https://www.uwstout.edu/youth-camps>

- 24-hour immersive instruction in areas like Art & Design, Business & Entrepreneurship, Engineering & Technology, Science & Health
- Four nights in a university dorm (Sun-Thurs)
- Connections with UW-Stout faculty, staff and current students

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](#).

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>.

Brown University Pre-College Program, Summer 2025

Website for information: <https://precollege.brown.edu/>

Upcoming Opportunities

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](#).

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.

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/>

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](#)

5 Ways to Stay Calm When You're Stressed About School

Source: The Jed Foundation, Article by Heidi Borst

Feeling stressed about school and all it entails — friendships, grades, sports, extracurriculars — is normal. Stress can be a good thing if it pushes you to get your work done, but too much stress can get in the way of your performance in school and overall well-being. The good news? There are steps you can take to manage school stress.

If you're feeling overwhelmed, here are five calming activities to try.

1. Practice Mindfulness

Research shows that mindfulness is an effective way to manage stress, and it's accessible to everyone. Mindfulness means slowing down and becoming aware of your thoughts and emotions in the present moment. Think of it as an exercise in self-observation.

Here's a simple mindfulness exercise you can do anywhere:

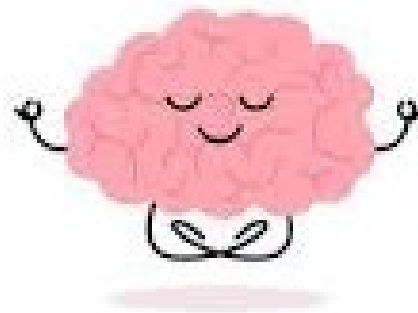
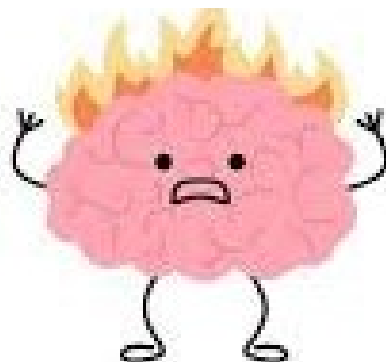
- Find a quiet space.
- Sit still with your back straight and your feet flat on the ground.
- Breathe in slowly for four counts, and breathe out slowly for four counts.
- Notice thoughts and feelings that arise as you continue to breathe, and let them pass through without judging them.
- Repeat for two to 10 minutes.

2. Get Organized

Is your to-do list so long you can't decide what to do first? Start by prioritizing.

- Make a list of what needs to get done, along with a deadline for each item.
- Rank the items by order of importance.
- Determine how much time each task will take, being careful not to overextend yourself.
- Add each item to your calendar in blocks of time.
- Cross completed items off your list. That sense of accomplishment just feels good!

Once you've decided what to work on first, focus only on that task. Don't jump from assignment to assignment, and avoid scrolling on social media while you're working. Minimizing distractions will help you make the most of your time, and so will taking breaks (they can actually help you be more productive).





5 Ways to Stay Calm When You're Stressed About School ... continued

3. Use Relaxation Techniques

It's hard to focus and get things done when you're stressed, but approaching your schoolwork from a calm, relaxed state makes you more efficient and makes it easier to problem-solve. Another perk? Practicing relaxation techniques helps prevent burnout. Here are three science-backed techniques to try:

- **Progressive muscle relaxation:** Find a quiet place to lie down. Take a deep breath and squeeze one muscle group in your body — such as your feet, lower legs, upper legs, buttocks, or stomach — for five counts, working your way up from your toes to your head. Slowly release the tension from each muscle group for 10 counts, and move on to the next area.
- **Box breathing:** Imagine you're creating the sides of a box with your breath. Exhale all the air from your lungs for four counts, hold for four counts, inhale for four counts, and hold for four counts. Each count of four creates one side of the box. Repeat at least four more times.
- **Guided imagery:** Close your eyes and picture a peaceful place, such as a white-sand beach, a snow-covered mountain, your favorite couch, or a pine-filled forest. The goal is to imagine the details of the setting, from the way the sun feels on your skin to the touch of water on your toes. All the while, slowly inhale and exhale, paying attention to your breath.

4. Spend Time Outside

Studies show that being in nature not only makes you feel better, but it also helps you think better. Don't worry if you don't have a lot of extra time. Ten to 20 minutes is enough to experience nature's stress-reducing benefits.

Here are some ways to take advantage of the great outdoors:

- Go for a walk. Exercise helps reduce stress too!
- Sit outside on a bench.
- Read a book under a tree.
- Eat your lunch outdoors.
- Stand barefoot on the grass.
- Feel the rain on your face.
- Put down a blanket and close your eyes.
- Do something fun that you enjoy outside, whether it's playing a sport, soaking up the sun, sitting quietly, or feeling the breeze on a swing.

5. Talk About It

Sometimes the best way to combat school stress is to reach out for support. That could mean connecting with a friend or classmate to talk about what's on your mind, or you might reach out to a trusted adult such as a coach, teacher, faculty member, or counselor. If you're feeling really overwhelmed, find out what stress-reduction resources are available at your school or campus, including therapy options.

Remember that it's normal to feel overwhelmed by school-related stress from time to time, and you don't have to do it alone. Don't be afraid to ask for help when you need it.

VISIT VITERBO THIS SUMMER

CURRENT JUNIORS!

- Sign up for a visit at www.viterbo.edu/visit
- Our free application will open on July 1st for the class of 2026
- Submit the application and your high school transcript to compete your file!
- ACT/SAT Optional
- Common App available on August 1st, 2025!



Caps off to the class
of 2025!

Best Wishes,
Viterbo University





EXPECTATIONS OF ONALASKA STUDENT ATHLETES

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



Onalaska Hilltopper Athletic Booster Club

Page · Community · onaboosters · 782 like this

“Like” the Onalaska Booster Club Facebook page to get events and other information.

Follow Mr. Thiry @OnaActivities on Twitter for updates and results for Hilltopper Athletics.

Please subscribe to the Onalaska Booster Club YouTube Page for Home Event Streaming.

Check Out The Onalaska Booster club website -

Onalaska - Team Home Onalaska Hilltoppers Sports

Check it out - onalaskahilltoppers.net

*Sport schedules - continuously updated

*Link to join the Booster Club

*Link to become a sponsor

*Link to sign up your athlete for the upcoming season

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

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

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

Students registering for athletics

must have a **current physical examination**

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

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

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

OR **Neighborhood Family Clinics** -

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

Onalaska - N5560 CTH ZM - 608-779-5323



ONALASKA HIGH SCHOOL ATHLETIC USER FEES

\$45.00 – (\$6.75)

Cross Country
Swimming
Tennis
Track & Field

\$100.00 – (\$15.00)

Dance
Golf
Gymnastics

\$75.00 – (\$11.25)

Baseball
Basketball
Football
Lacrosse
Ski & Snowboard
Soccer
Softball
Volleyball
Wrestling

\$200.00 – (\$30.00)

Winter Guard

\$250.00 – (\$37.50)

Hockey



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

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

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

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

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

Admission Charges for Athletic Events: [Purchased through GoFan](#)

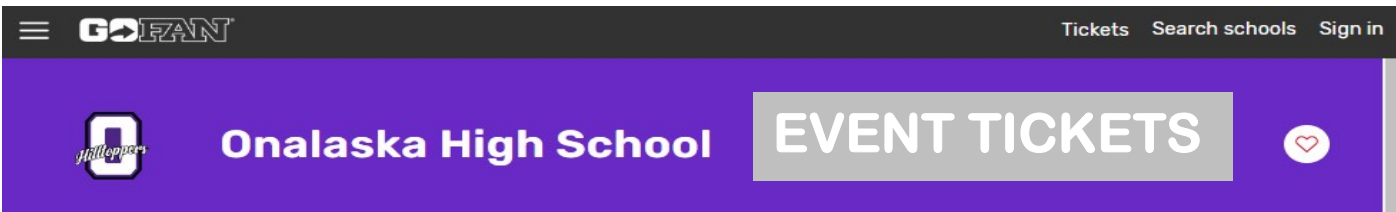
Adults - \$6.00

Students (K-12) - \$4.00

Senior Citizens (62 or Older) - FREE

School Year Sport Passes – Adults \$70.00 / Students (K-12) \$30.00

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



GoFan cashless ticket system.

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

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

☐ Activity Sports Passes purchased through GoFan.

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

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

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

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

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



GoFan: Buy Tickets to Events (4+)

For Fans to Buy Tickets

Huddle Inc

Designed for iPad

★★★★★ 2.9 • 800 Ratings

Free

Install



This app is available for your device



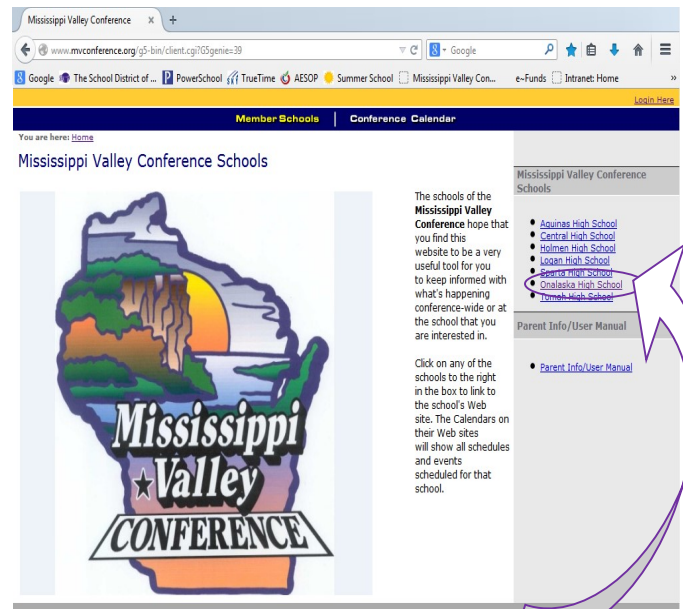
Calendar of Events

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

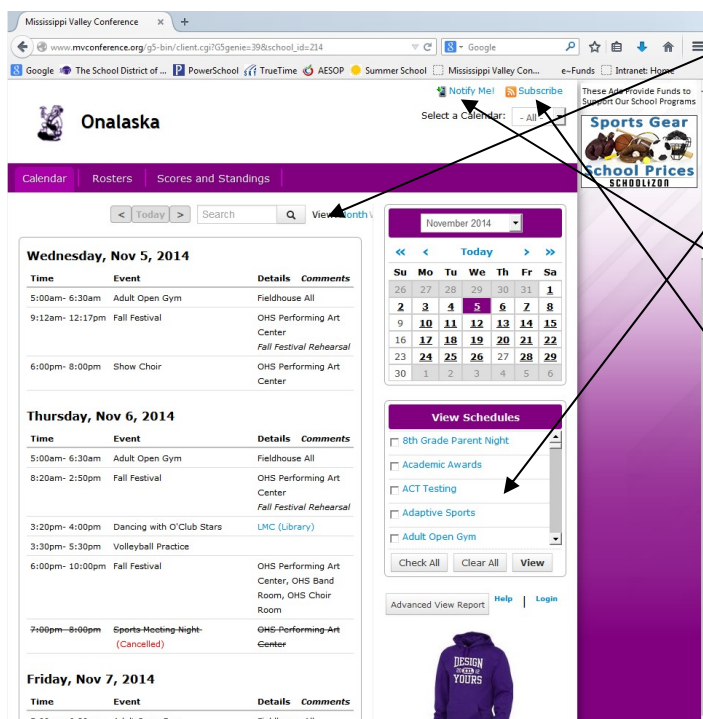
<http://www.mvconference.org/g5-bin/client.cgi?G5genie=39>

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

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



Select Onalaska High School



View the calendar by day, week, or month.

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

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

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

SUBSCRIBE TO ALL OF TODAY'S EVENTS

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

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

CALENDARS



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



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



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

RSS READERS



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



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



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

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



ONALASKA HIGH SCHOOL MENU MAY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
The menu is subject to change without notice	Fresh Garden Bar and milk choices available daily <u>USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER</u>		Line 1) WG Chicken and Waffles Line 2) Cheeseburger or Mushroom Swiss Line 3) WG Chicken and Waffles All Lines: Baked Beans, Garden Bar Breakfast: French Toast, 2 sausage links, fruit, juice, milk	No School
Line 1) Soft Shell Tacos on WG shell Line 2) Dilly Chicken sandwich on WG Bun Line 3) WG Grilled Cheese / Soup All Lines: Whole Kernel Corn and Garden Bar Breakfast: WG Chicken Breakfast Biscuit with Honey, fruit, juice, milk	Line 1) Baked Chicken/ Dinner Roll Line 2) WG Spaghetti/ cheese/ Garlic Knot Line 3) Pizza Variety All lines: Carrot Coins, Garden Bar Breakfast: WG Muffin, Cheese Omelet, fruit, juice, milk	Line 1) WG French Toast Sticks / Sausage Line 2) Deli Sub Sandwich , on a WG Hoagie Line 3) Chicken Parmesan Sandwich / WG Bun All lines: Oven Fries, Garden Bar Breakfast: Uncrustable PB & J, Yogurt Cup, fruit, juice, milk	Line 1) BBQ Pulled Pork / WG Bun Line 2) WG French Bread Pizza Line 3) WG Crispy Fish / WG Bun All lines: Broccoli Spears, WG Mac-N-Cheese Garden Bar Breakfast: Breakfast Pizza, fruit, juice, milk	Line 1) WG Orange Chicken / Brown Rice Line 2) Baked Chicken/ Dinner Roll Line 3) WG Orange Chicken /Brown Rice All lines: Str Fry Veggies, Garden Bar Breakfast Sandwich on a WG Biscuit, fruit, juice, milk
SENIOR WEEK Line 1) WG Pasta Bowl/ WG Breadstick Line 2) 2-WG Uncrustable PBJ's/ Sun Chips Line 3) Spicy Chicken Sandwich / WG Bun All Lines: Oven Fries, Garden Bar Breakfast: WG French Toast, Sausage, fruit, juice, milk	Line 1) WG Orange Chicken over Brown Rice Line 2) WG Pizza Variety Line 3) WG Orange Chicken over Brown Rice All lines: Broccoli Spears, Garden Bar Breakfast: WG Mini Bagels with Cream Cheese, Tater Tots, fruit, juice, milk	Line 1) WG Chicken and Waffles Line 2) Shrimp Skewers/ Rice Pilaf Line 3) WG Chicken and Waffles All Lines: Green Beans, Garden Bar Breakfast: Breakfast Pizza, fruit, juice, milk	Line 1) Kielbasa and Potato Pierogis Line 2) WG Spaghetti/ cheese/ Garlic Knot Line 3) Chicken Ranch Wrap All lines: Carrot Coins, Garden Bar Breakfast: WG Chicken Breakfast Biscuit with Honey, fruit, juice, milk	Line 1) WG French Toast Sticks / Sausage Line 2) Deli Sub Sandwich , on a WG Hoagie Line 3) Chicken Parmesan Sandwich All lines: Tater Tots , Garden Bar Breakfast: WG Muffin, Cheese Omelet, fruit, juice, milk
Line 1) WG Chicken and Waffles Line 2) Cheeseburger or Mushroom Swiss Burger on a WG Bun Line 3) WG Chicken and Waffles All Lines: Baked Beans, Garden Bar Breakfast: French Toast, 2 sausage links, fruit, juice, milk	Line 1) WG Popcorn Chicken Line 2) Meatballs/ Gravy Line 3) Pulled Pork on a WG Bun All lines: WG Dinner Roll, Mashed Potatoes & Gravy, Broccoli, Garden Bar Breakfast: Breakfast Pizza, fruit, juice, milk	Line 1) WG French Toast Sticks / Sausage Line 2) 2 Uncrustable PB&J/ Sun Chips Line 3) WG Crunchy Fish / WG Bun All lines: Whole Kernel Corn , Garden Bar Breakfast: WG Muffin, Cheese Omelet, fruit, juice, milk	Farm to School Harvest of the Month Line 1) California Cheeseburger / WG Bun Line 2) Turkey/Gravy on a WG Biscuit Line 3) Cheese omelet/ sausage/ Muffin All lines: <u>Locally Grown Peas</u> , Tater Tots, Garden Bar Breakfast: Uncrustable PB & J, Yogurt , fruit, juice, milk	Line 1) WG Pasta Bowl/ WG Breadstick Line 2) Pizza Variety Line 3) Spicy Chicken Sandwich / WG Bun All Lines: Oven Fries, Garden Bar Breakfast: WG Chicken Breakfast Biscuit with Honey, fruit, juice, milk
No School	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: WG Mini Bagels with Cream Cheese, Tater Tots, fruit, juice, milk	Line 1: WG Orange Chicken / Brown Rice Line 2: Teriyaki Meatballs / Brown Rice Line 3: WG Orange Chicken /Brown Rice All lines: Str Fry Veggies, Garden Bar Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk	Line 1: Baked Chicken Line 2: Meatballs/ Gravy Line 3: WG Chicken Strips All lines: Mashed Potatoes/Gravy /Garden Bar Breakfast: Uncrustable PB & J, Yogurt Cup, fruit, juice, milk	Line 1: Meatball Sub/ Mozzarella Line 2: Chicken Parmesan Sandwich Line 3: Chicken Alfredo/ Line WG Rotini/ Garlic Knot All Lines: Broccoli Spears, Garden Bar Breakfast: Breakfast Pizza, fruit, juice, milk

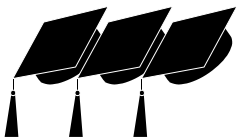
Allergy Notice: Menu items may contain tree nuts, peanuts/nut products, wheat, fish, eggs, soy, and various legumes. Students with allergies should contact the School Nurse or School Nutrition Director prior to eating any food served in the cafeteria

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 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

Prom Court.....	1
Important Dates.....	2
Graduation Information.....	3
Summer School.....	4
Choir Spring Musical	5
Final Exam Schedule.....	6
Jazz Band Dash Park	7
OHS Band Booster Raffle	8
Engage Program.....	9
Student of the Month.....	10
Freddy Extra Effort Award	11
World Language.....	12
Teacher Appreciation	13
Onalaska Food Pantry	14 – 16
Student Services Update.....	17– 28
ACT Dates	17
Peace of Mind Counseling	18
ACT Prep Course Options.....	19
OHS Job Board	20
Schedule Campus Visits.....	21
Eligible for Free/Reduced?.....	22
Ap Exams.....	23
Upcoming Opportunities	24 – 25
5 Ways to Stay Calm.....	26 – 27
Activities	28 – 32
Athletic User Fees	30
GoFan.....	31
Calendar of Events	32
School Nutrition Menu.....	33