



FREDDY'S FOOTNOTES



A Newsletter from Onalaska High School

October 2025

Highlights

Important Dates

Parent Teacher Conferences	Oct. 1-2
No School	Oct. 3
Homecoming Week	Oct. 6-11
Senior Meeting	Oct. 22
No School	Oct. 31



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Homecoming 2025

October 6-11



M: Staycation  **Pajama Day**

Washington DC

T:  **Secret Service - Wear all black** 

W: Midwest is best  **BBQ Dad & Soccer Mom** 

Th: Hawaii  **Tropical Day** 

F: Wisconsin  **Ona Pride**

Important Dates

Parent Teacher Conferences	Wednesday, October 1 --- 3:30 PM – 8:00 PM
.....	Thursday, October 2 --- 12:30 PM – 8:00 PM
Early Dismissal	Thursday, October 2 --- 11:50 AM
College Goal Event	Thursday, October 2 --- 6:00 – 8:00 PM in the LMC
No School.....	Friday, October 3
Homecoming Week	October 6 – 11
Junior PSAT (during school)	Tuesday, October 14
Junior Star Conference Kick-off Meeting.....	Monday, October 20 --- 6:30 PM in the PAC
Senior Class Photo	Wednesday, October 22
Jostens Cap & Gown measurements for seniors (during resource)	Wednesday, October 22
College application help days (during resource)	Thursday, October 23 and Thursday, October 30
Campus tour to University of MN and UW Eau Claire.....	Tuesday, October 28
Junior/Senior ASVAB (during school)	Wednesday, October 29
No School --- Professional Development	Friday, October 31
National Honor Society Induction	November 3 --- 6:00 PM
Academic Awards Night.....	November 3 --- 6:30 PM
UW System practice placement tests (resource).....	November 12 – 13
Fall Drama Production “Brighton Beach Memoirs”	November 21 – 22

Changes in Student Information

If you have any changes throughout the year in your child's information, please contact our Pupil Services office at 783-4610.

This information would include:

- address/phone number
- parent/guardian information
- emergency contacts
- health issues
- email address

FAMILY SCHOOL LIAISON

In recognition of the importance in supporting the **whole** child (e.g. students' physical and mental health, their social and emotional learning along with their academic growth), the School District of Onalaska has a Family School Liaison position. My name is Carrie Werkheiser and as the Family School Liaison for the School District of Onalaska, my role is to collaborate with families in effort to support overall student success. Services may include collaboration, consultation, home visits, and/or information and referral to community resources and agencies. If you are interested in learning more about community resources to assist with student or family needs (e.g., food, housing, healthcare, human services, clothing, etc.), feel free to contact me.

Carrie Werkheiser, Family School Liaison, School District of Onalaska, 608-779-1959.

A note to families from Kerry Johnson, Director of School Nutrition.

Please reference our [School Nutrition policy](#) for information on our program including unpaid meal balances. If you believe, you may qualify for free or reduced meals, please contact the school nutrition office at 608-783-6251 to receive an application.

To those that regularly dine with us, thank you for your patronage. For others, we welcome the opportunity to serve you "the best meal deal in town."

Nutrition Policy: <https://go.boarddocs.com/wi/ona/Board.nsf/goto?open&id=CLWMPN5BB5A5>

Nurse Notes

The School District of Onalaska follows the Wisconsin Childhood Communicable Diseases table when determining if a child shall be excluded from school due to illness. If fever is 99.9°F/37.8°C or higher, please do **not** send your child to school. When symptoms of possible communicable diseases are present, a child may be excluded based on district RN determination (i.e.: fevers, vomiting, diarrhea, etc.)

Asbestos Notification

In compliance with the U.S. Environmental Protection Agency (EPA) and the Asbestos Hazard Emergency Response Act (AHERA), this is notice that the School District of Onalaska has an Asbestos Management Plan at the school district office. The plan is available for inspection by the public, parents, and district employees. The district performs six-month periodic surveillance of asbestos in June and December and full re-inspections every three years. For more information, please contact the district office.



If you are interested in following what is happening in the School District of Onalaska, check us out on Facebook.

School District of Onalaska, WI Facebook Page



Onalaska Hilltopper Athletic Booster Club



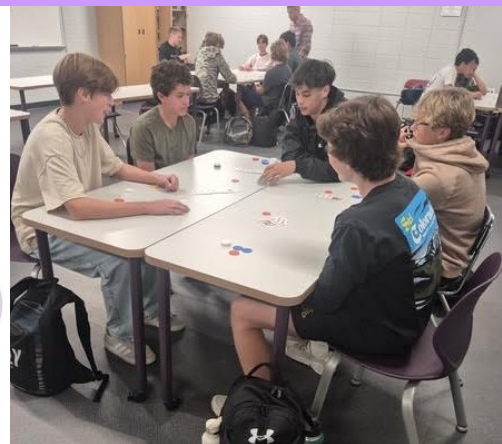
Onalaska Hilltopper Athletic Booster Club
Community · 1.6K followers

ENGAGE!



Engage class period twice a month.

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.



Engage Dates:

October 23
November 5 and 20

December 3 and 18
January 7 and 29

February 11 and 26
March 11 and 26

April 23
May 6 and 21

MONDAY

OCT
20

7:30
PM



OHS
SOUTH GYM

Fall Review

Onalaska High School Marching Band

TICKETS



ADULTS - \$10
STUDENTS - FREE

**Onalaska High School
Drama Department presents**



This year's Fall Play will be "Brighton Beach Memoirs" by Neil Simon. Published in 1983, this play is a coming-of-age comedy focused on the main character of Eugene Morris Jerome, a Jewish teenager from a Polish immigrant family. It is set in September 1937 in the Brighton Beach section of Brooklyn, New York, during the Great Depression. According to Simon, the play tells its story "through the eyes of a 15-year-old boy who is writing his memoirs."

The cast and crew are in rehearsal for performances on November 21 and 22 at 7:30 pm in the Claude C. Deck Performing Arts Center.

Tickets for adults are \$9, and tickets for students and senior citizens are \$7.



October 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:

Zayda Lawrence

Nominees:

Camille Dannenberg
Caleb Flaschberger
Makayla Huntington
Lainey Mellon
Evelynn Pedretti
Ruby Romero
Lejla Tahic

Sophomore Class

Student of the Month:

Natalie Barr

Nominees:

Angelina Bollom
Joseph Faas
Andrew Moua
Michael Olson
Alexa Schauer
Zaidon Thongdy
Claire Weigel

Junior Class

Student of the Month:

Tipper (Ivy) Roensch

Nominees:

Azadrea Allen
Kaydence Flaten
Matthew Jackson
Jack Loos
Isabella Peterson
Daizy Vang
Francesca Vriens

Senior Class

Student of the Month:

Holden Grover

Nominees:

Anthony Evenson
Kaitlyn Steers
Mia Thompson
Paladin Vang
Sheldon Wright



Zayda Lawrence
Freshman



Natalie Barr
Sophomore



Tipper (Ivy) Roensch
Junior

Holden Grover
Senior

Freddy Extra Effort Award ...

October



Zoey Murphy
Freshman



Ella Leemkuil
Sophomore



Colin Camp
Junior



Lucas Cahill
Senior

This award is given to a student who works above and beyond what is expected while displaying positive leadership and school spirit.

Four winners per month from each grade are chosen by the academic departments. The award is sponsored by the staff and is dedicated to promoting student success and school pride.

The FREDDY EXTRA EFFORT AWARD winners will receive a certificate, a gift from the staff and recognition in the Community Life.



ONALASKA SCHOOLS FOOD PANTRY 2025 - 26



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.,
and drive up to door C
from 3:15- 5:15 PM.

Distribution Dates

- September 8
- October 6
- November 3
- December 1
- January 5
- February 2
- March 2
- April 13
- May 4



Monthly updates and reminders will be posted on the Onalaska Schools Food Pantry Facebook page.

There is also information on the District website.



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 Administrative Assistants at:
 Melissa de Boer – Ext. 5034

deboer.melissa@onalaskaschools.com

Jennifer Morrison – Ext. 5029

morrison.jennifer@onalaskaschools.com

Your High School Student Services Staff

Garrett Silker - Ext. 5032

silker.garrett@onalaskaschools.com

Serves students with last names beginning with A – Ht

Chrissy DeLong - Ext. 5030

delong.christine@onalaskaschools.com

Serves students with last names beginning with Hu – Ri

John Horman - Ext. 5031

horman.john@onalaskaschools.com

Serves students with last names beginning with Rj– Z

CHECK OUT OUR WEBSITE...

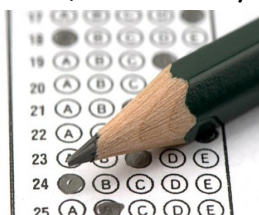
<https://onalaskahighschool.onalaskaschools.com/student-services>



ACT[®]

Statewide Junior ACT Day for 2026

All OHS Juniors test on
 March 10, 2026 next year!



Upcoming ACT Dates and Deadlines

Test Date	Register By	Late Registration (Additional Fee)
December 13, 2025	November 7	November 24
February 14, 2026	January 7	January 21
March 10, 2026	All Juniors required – Free - No registration required	
April 11, 2026	March 8	March 24
June 13, 2026 at OHS	May 8	May 27
July 11, 2026	June 5	June 24

Important Dates

October 1	Early College Credit and Start College Now applications due
October 1-2	Fall Parent/Teacher Conferences
October 6-11	Homecoming Week
October 7	WTC Career Coach at OHS
October 14	Junior PSAT (during school)
October 21	Junior STAR Conference Kick-Off Meeting - 6:30 pm, OHS PAC
October 22	Senior meeting (during school) - Josten's cap and gown, Senior class photo
October 22	Unity Day - wear Orange for Kindness, Acceptance & Inclusion!
October 23/30	College application help days during Resource
October 28	Campus tour to University of MN and UW Eau Claire
October 29	ASVAB (during school)
Oct 27-Dec 19	Junior STAR Conferences
October 30	All AP students must select "Yes" or "No" for AP exams in AP classroom by today
November 3	Academic Awards Night - 6:30 pm, OHS PAC
November 4	WTC Career Coach at OHS
November 7	AP Exam Payments Due
November 12-13	UW System Pre-Tests during Resource



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.

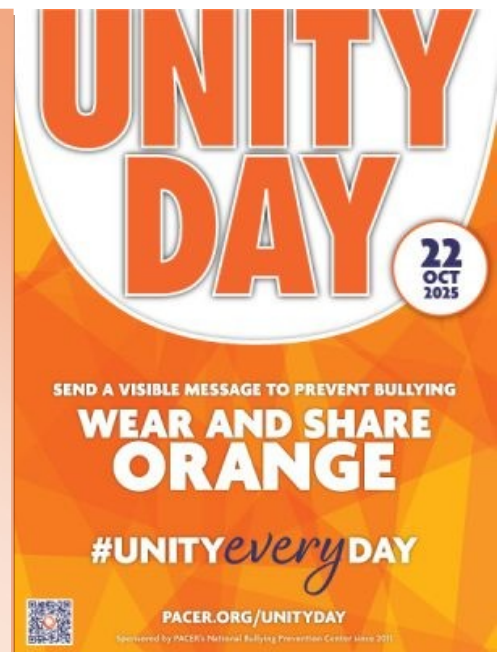
Mental Health Resources:

<https://sites.google.com/onalaskaschools.com/mental-health-resources/student-parent-family-caregiver-resources>

What is Unity Day?

Unity Day, started by PACER's National Bullying Prevention Center in October 2011, is the signature event of [National Bullying Prevention Month](#).

This is a day when we can come together to send a visible message of building commUNITY through kindness, acceptance, and inclusion. The call to action is simple: **wear and share the color orange**. This vibrant statement becomes a conversation starter, showing support for students who have been bullied and for bullying prevention.



ACT Updates

The University of Wisconsin System has suspended the ACT requirement for all UW colleges and universities **through the 2026-2027 academic year** (Class of 2026 applying Seniors). 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

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 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.

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 childcare or employment opportunities you have to the Student Services Office for posting. You can reach us at 608-783-4571 or by email at deBoer.Melissa@onalaskaschools.com.

WORK PERMITS ARE DONE ON-LINE ONLY

Students under age 16 need a work permit. Work permits are now completed by the parent online, and can be done 24 hours a day, 7 days a week. Payment is made directly through the application, using credit or debit card, or by ACH direct withdrawal. Go to

<https://dwd.wisconsin.gov/er/laborstandards/workpermit/> for instructions and more information.

SCHOLARSHIPS for SENIORS

Check out our on-line scholarship database, which is updated often:

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

This is your site for upcoming scholarship deadlines and information needed to be a successful scholarship recipient. Continue to check this database for new arrivals!



UGETCONNECTED

UNITED IN *Service*

UNIVERSITY of WISCONSIN
LA CROSSE

VITERBO
UNIVERSITY

Western
Technical College

United
Way



UGETCONNECTED! - Many opportunities to participate in community service as a family, with friends, or by yourself. This organization matches volunteers with organizations in need. Visit

<https://www.usetconnected.org/> and check it out!

www.usetconnected.org

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:

- feminine hygiene products such as pads and tampons
- reusable water bottles, new or used but clean
- gently used or new clothing such as leggings, shorts, and t-shirts

If you have any of these items you'd like to donate, you can drop them off at OHS and let them know your donation is for the Student Services Office. Thank you!

Eligible for Free or Reduced Lunch?

Any student who has participated in, or has younger siblings who have participated in the free or reduced lunch program should reapply each year, **even if they do not eat in the school cafeteria**. Many opportunities are available to students participating in this program such as fee waivers for tests, like the ACT, and scholarship/grant programs. OHS Counselors often confidentially inform students of these opportunities, but only know who is eligible based on this program.

Applications for the School District of Onalaska's Free and Reduced Lunch Program are available in the main office or online. Names of students participating in this program are kept confidential.

2025-2026 Assessments at OHS

The following is a schedule of assessments that will be given to each grade level at no cost to the student and families.

Freshmen	* Required Pre ACT	March 24
Sophomores	* Required Pre ACT * Required Forward Exam (Social Studies)	March 24 April 15-16
Juniors	* PSAT (Pre SAT, Optional, Fee Required) * Required State-wide ACT	October 14 March 10
Seniors	* PSAT (Pre SAT, Optional, Fee Required) * UW System Early Math & English Placement Practice Tests	October 14 November 12-13

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 the ACT.

1. All Juniors took a FREE Pre ACT test on September 23. ACT will provide students with a composite score, sub scores and most importantly a list of correct answers compared to the student answers. Students can follow directions on their score sheet to view their results, review their answers, identify content they need more review, use online tutorials, and take additional practice tests.
2. Onalaska High School will offer a 6-hour ACT Workshop on January 19, 2026 with Schoolhouse Educational Services. This program will emphasize specific test-taking strategies for each of the five ACT subjects, and costs \$60 per student plus an optional \$30 workbook.
3. UW-L's Continuing Education office offers an ACT prep course costing \$199. Students will learn test-taking strategies, receive instruction in each of the four testing areas, and take a retired pre- and post-ACT test. Writing strategies to assist you in the essay part of the ACT test will also be provided. Visit <https://www.uwlax.edu/gel/ypc/act-test-prep-online/> for more information.

Senior UW System Practice Placement Tests

November 12-13 – during Resource

Many seniors planning to attend 4-year universities will be required to take a placement test this coming spring. These tests will be used to determine which level of coursework they can take during their first year of college. Depending on their scores, some students may pass into advanced courses while others may be required to take remedial coursework to build their skills. To give seniors an opportunity to see how they may score on this test, we are offering the University of Wisconsin system Early Math and English Placement Tools. This test is free, taken online, and provides immediate results. Interested seniors should sign up in Student Services.

PSAT

Tuesday, October 14

8:00 AM

Cost = \$18.00

The PSAT (Pre-SAT) will be offered on October 14 at Onalaska High School. Juniors with very high PSAT scores may qualify for the National Merit Scholarship (for all students) and National Achievement (for Black American students) competitions. Students may also wish to take the PSAT as a way to assess their college readiness and practice for future college admissions tests. We encourage students with strong standardized test-taking skills, or those who are looking to prepare for future tests, to take advantage of this opportunity. Interested students should sign up in the Student Services Office. Space is limited, and filled on a first-come, first-served basis.

Juniors and Seniors - It's Time to Schedule Campus Visits:

Many colleges are now offering virtual visits as well as in-person visits. Go to your college's website for more information. While it's important to meet with admissions counselors and take the official campus tour, it's also helpful to take your own personal tour. Check out the places they don't show you, talk to a student in the student union about what they like about the school, as well as what they do not like about the school. Pick up a campus newspaper to see what's important to students and soak in the environment. If you don't feel like the school is a good fit, it may be a difficult place for you to find success. Refer to your Junior STAR Conference materials for more helpful tour information.

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.

Prepare to Apply to College Soon!

Seniors are encouraged to begin applying to colleges and universities. Students should gather materials such as lists of activities, involvements, community service and recognitions, and letters of recommendation (if necessary) to make completing applications easier. It should be simple to find the application to your college on their website. We suggest using the Common Application **ONLY IF** students are applying to many schools in many different states. The Common App can be more time consuming than applying to 1-3 colleges directly from the college website.

Regardless of the kind of school students plan on attending, it is very important to apply early. Technical college programs, especially, fill quickly on a first come first serve basis. Our goal is for ALL seniors going on to postsecondary education to have applications turned in and processed by Thanksgiving!

Application Process:

Once a student has completed their application, he or she should:

1. Request a transcript by using your [Xello](#) account - log in through [PowerSchool](#)
2. Include letters of recommendation, **IF necessary**. (Most schools do **NOT** require letters of recommendation.)
3. Applications completed using online programs like the Common Application or Send Edu will request a High School counselor's email. Transcripts for these applications are sent directly to colleges using these programs and do not require students to make transcript requests in Xello.
5. Counselors will complete requested information, and all application materials will be mailed out in a timely manner.

ASVAB

Wednesday, October 29, 2025 and Tuesday, March 3, 2026

The ASVAB is a military entrance exam as well as a career exploration tool available for free for all students. OHS will be hosting the exam on October 29 and again on March 3. After the exam students will gain access to a career exploration portal that can help align them with careers in both military and civilian life. If students are interested they can sign up in student services.

Upcoming Opportunities

Career Exploring Posts:

Engineering Post 314 - La Crosse Area

- Engineering Open House Tuesday, October 7th 5PM-7PM
- Garage Force International 161 Ramsey Place Onalaska



Aviation Post 1919 - La Crosse Area

- Open House Wednesday October 1st at 4PM
- La Crosse Regional Airport



Law Enforcement Post 3201- La Crosse Area

- Open House Monday October 13th at 6:30PM
- La Crosse Police Department 400 La Crosse St



Fire/EMS Post 134 - La Crosse Area

- Thursday October 9th 6:00 pm
- Town of Farmington Fire Dept



Veterinary Post 840

- Open House Thursday October 2nd, 2025 at 6:30PM
- 2600 Quarry Road La Crosse, WI 54601

Communications Post 1027

- Open House Monday October 20th 6:00pm
- Magnum Media Studios 1052 Oak Forest Drive #330

Law & Government Post 333

- Open house "Pizza with a Prosecutor" Tuesday October 21st 6:00 PM
- 2600 Quarry Road La Crosse WI 54601

[Check out the Gateway career exploring program flyer.](#) and [apply ASAP following the directions on the website.](#)

Recognizing Signs of Cyberbullying

By Cassie Shortsleeve, JED Foundation Website

Cyberbullying sounds like something you should be able to spot if it's happening to you, but experts agree it's not always easy to recognize even though more than half of U.S. teens have been bullied or harassed online.

All types of bullying usually center around some type of negative interaction that leaves you feeling helpless or like you don't know how to make the behavior stop. That can be easier to spot in real life, since the bully may be older, physically bigger, or in a higher position at work. On the internet, however, everyone can be anonymous and get away with things they may not get away with offline.

The ability to be anonymous simply makes it easier for people to cyberbully. When you're not face to face with someone, it's easier to make nasty comments, say hurtful things, or bully without clear and immediate consequences. But cyberbullying has a bunch of negative consequences, including higher rates of anxiety, depression, loneliness, and thoughts of suicide.

Given how shareable digital content is, it's also easy for posts to spread quickly, creating a potentially wider impact. The consequences of cyberbullying, then, can be just as—if not more—damaging than in-real-life bullying. One comment can stick with you, take on a life of its own if shared, and ultimately leave you feeling down and out or worse about yourself.

Everyone is susceptible to cyberbullying, but some populations, including girls, young women, and LGBTQIA+ and teens of color, are at increased risk.

Here's what cyberbullying may look like while it's happening—and what to do if you think you're on the receiving end of it.

Signs You're Being Cyberbullied

Cyberbullying can appear in many different ways:

- Posting rumors or mean messages about you on social media.
- Messaging you to call you names, make derogatory comments, or threaten to hurt you.
- Making fake accounts in your name and pretending to be you on online forums or social media sites.
- Asking you for personal details or keeping tabs on you digitally, such as if someone constantly asks who you are with, what you're doing, or where you are.
- Creating mean memes or shareable content about you without your permission.
- Sending or leaving unwanted explicit messages, images, or comments.
- Going behind your back in your social circle online.



Recognizing Signs of Cyberbullying continued ...

Not sure if the behavior you're experiencing online is cyberbullying? Think about how it makes you feel. If you answer yes to any of the following questions, you may be experiencing cyberbullying.

- Do I feel upset about the messages I get on my phone or computer?
- Have I noticeably increased or decreased my tech use because interacting with people online stresses me out?
- Am I hiding my screen from friends or family members because I'm embarrassed about or ashamed of the messages I'm getting or the people I'm interacting with?
- Do I avoid social situations in person because of something upsetting happening to me online?
- Am I withdrawing from friends and family or losing interest in activities I love?
- Do I feel excluded, like there's a text or DM thread I'm intentionally not a part of?
- Do I feel like my online world is made up of unnecessary drama and feel helpless about it?

What to Do If You're Being Cyberbullied

If you find yourself the target of bullying or you see cyberbullying happening around you, here are some recommended steps to take.

- If you feel comfortable doing so, try messaging the person directly to let them know their behavior is making you feel uncomfortable and ask them to stop.
- If their behavior escalates, disengage immediately. Don't respond to direct messages from the cyberbully, and don't try to engage with them in public spaces online.
- Take screenshots of threatening or embarrassing messages and show them to someone you trust. If you're in school, you can show a parent or caregiver, school counselor, or coach.
- Block the person on all platforms where they may be able to continue cyberbullying you.
- Put distance between you and your devices. In addition to blocking the person, you can disconnect from social media sites or keep your phone in another room to help you get some space from the incident.
- Report the incident to the platform on which the bullying took place. If the bullying behavior took place on a public site or online forum, administrators may be able to deactivate or restrict an account to prevent future incidents.
- Help stop the cycle by not posting or resharing content that could be harmful to others.

Feeling attacked online can be incredibly hard to deal with, and it's OK if you need help doing so.





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 (61 or Older) - FREE****School Year Sport Passes – Adults \$70.00 / Students (K-12) \$30.00**

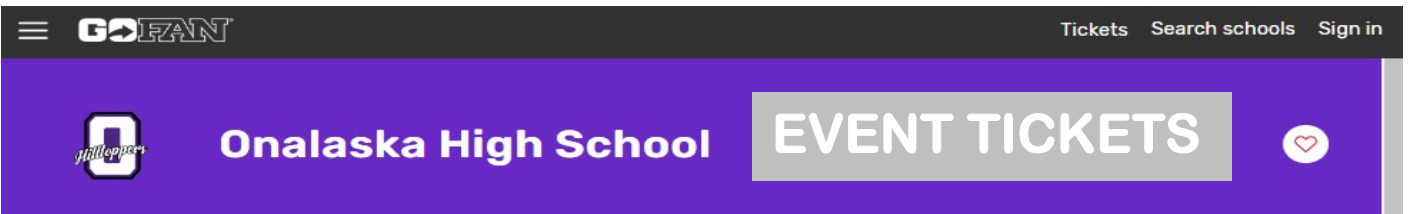
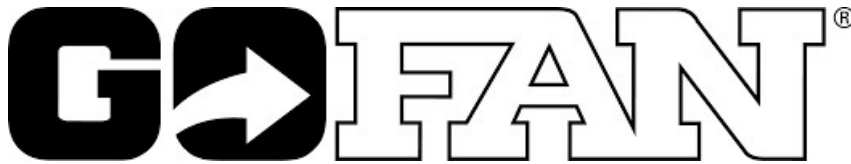
ACTIVITIES



For Update Activities Information
Go to: <http://www/ohs/activities.html>



nts ■ ■ ■



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 – (61 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.

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

With proof of age (61 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



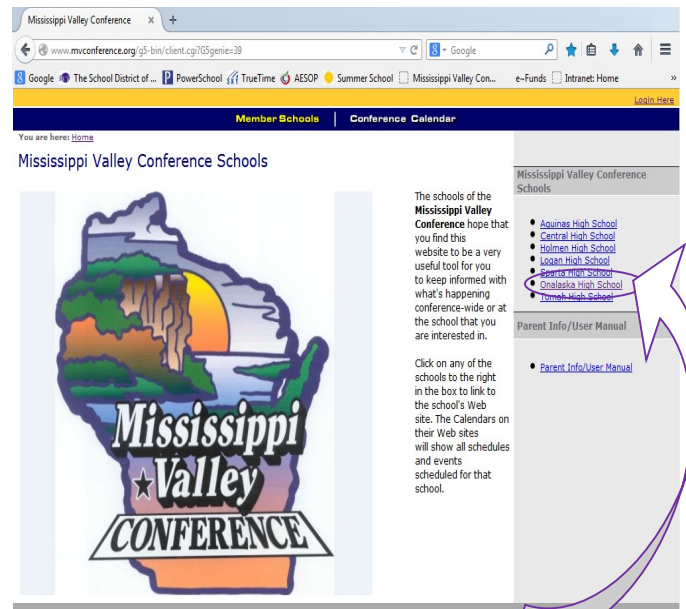
Calendar of Events

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

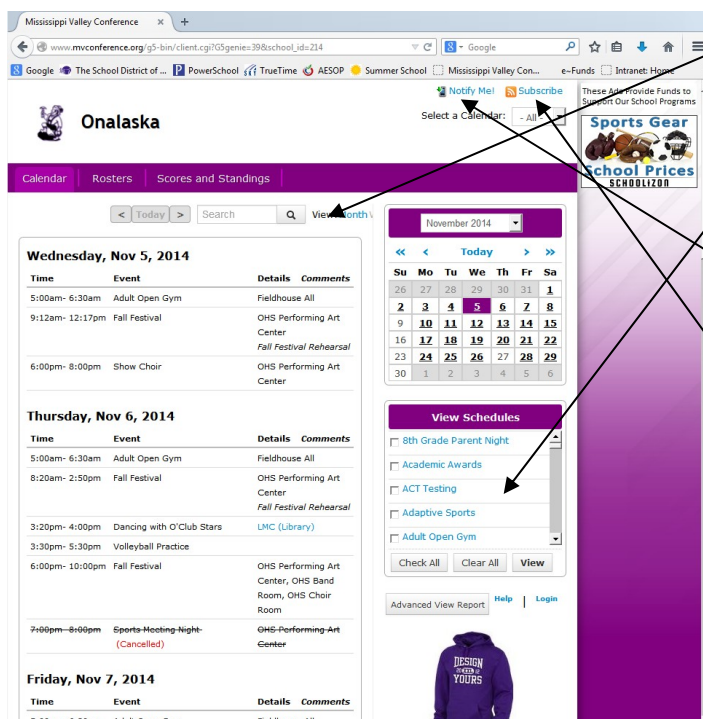
<http://www.mvconference.org/g5-bin/client.cgi?G5genie=39>

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 support@thischooltoday.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 OCTOBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Fresh Garden Bar and milk choices available daily		1 Choice 1: Chicken Patty on a WG Bun Choice 2: Meatball Sub on a WG Hoagie Choice 3: Pizza Variety All Lines: Sweet Potato Fries / Sliced Apples Garden Bar Breakfast: Breakfast: WG Mini Bagels with Cream Cheese, fruit, juice, milk	2 Early Dismissal Day Breakfast only at OHS Breakfast: WG Chicken Breakfast slider, on a WG Biscuit, fruit, juice, milk	3 No School
6 Choice 1: Cheeseburger on a WG Bun Choice 2: WG Mini Corn Dogs Choice 3: Scalloped Potatoes and Ham/ Dinner Roll All Lines: Baked Beans, Orange Slices, Garden Bar Breakfast: WG Breakfast Pizza, fruit, juice, milk	7 Choice 1: Orange Chicken / Brown Rice Choice 2: WG French Bread Pizza/ Soup Choice 3: Crispy Fish Sandwich with Cheese/ WG Bun All Lines: Str Fry/ Peaches/ Garden Bar Breakfast: WG Uncrustable PB & J, Cheese stick, fruit, juice, milk	8 Choice 1: Bakalar Hot Dog on a WG Bun Choice 2: WG Spaghetti / Cheese WG Garlic Knot Breadstick Choice 3: Pizza Variety All Lines: Broccoli, Blueberries/ Pineapple Breakfast: Homemade Muffin, 2 sausage links, fruit, juice, milk	9 Great Apple Crunch Day Choice 1: WG Chicken Patty on a WG Bun Choice 2: BBQ Pulled Pork on a WG Bun Choice 3: Baked Potato Bar - (Broccoli/ Ham/ Cheese/ Sour Cream) All Lines: Baked Beans/ Cole Slaw Locally Grown Apple Slices / Garden Bar Breakfast: Ultimate Breakfast Round, Strawberry Go-gurt, fruit, juice, milk	10 Choice 1: Chicken Patty on a WG Bun Choice 2: WG Corn Dog Choice 3: Pizza Variety All Lines: Tater Tots, Mandarin Oranges, Garden Bar Breakfast: WG French Toast/ sausage, fruit, juice, milk
13 National School Lunch Week Choice 1: California Cheeseburger / Bun (lettuce, onion, tomato on salad bar) Choice 2: BBQ Pork / Cheddar Flatbread Choice 3: Chicken Ranch Wrap All Lines: Sweet Potato Fries/ Applesauce/ Garden Bar Breakfast: Uncrustable PB&J sandwich, fruit, juice, milk	14 National School Lunch Week Choice 1: Chicken Alfredo / WG Breadstick Choice 2: French Bread Pizza Choice 3: Mac-N- Cheese with Ham All Lines: Broccoli, Peaches/ Slushy Cup/ Garden Bar Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk	15 National School Lunch Week Choice 1: WG Chicken Patty on a WG Bun Choice 2: Baked Potato Bar (Broccoli/ Ham/ Cheese/ Sour Cream) Choice 3: WG Spaghetti / Cheese WG Garlic Knot All Lines: Fries, Blueberries/ Pineapple/ Garden Bar Breakfast: Breakfast Pizza, fruit, juice, milk	16 National School Lunch Week Choice 1: Orange Chicken / Brown Rice Choice 2: WG Chicken Patty / WG Bun Choice 3: California Cheeseburger / Bun (lettuce, onion, tomato on salad bar) All Lines: Str Fry Veggies, Orange Slices/ Garden Bar Breakfast: Homemade Muffin, Strawberry Go-gurt, fruit, juice, milk	17 National School Lunch Week Choice 1: Chicken and Waffles Choice 2: Scalloped Potatoes and Ham/ WG Dinner Roll Choice 3: Pizza Variety All Lines: Green Beans, Cinnamon Apples / Garden Bar Breakfast: Cheese Omelet, Tater Tots, fruit, juice, milk
20 Choice 1: WG Chicken Patty / WG Bun Choice 2: WG Chicken and Waffles Choice 3: Pizza Variety All Lines: Green Beans/ Slushy Cup/ Pears / Garden Bar Breakfast: WG Breakfast Pizza, fruit, juice, milk	21 Choice 1: French Toast and Sausage Choice 2: Mac-N Cheese with Ham Choice 3: Kickin' Chicken Sandwich All Lines: Tater Tots Apple Slices/ Garden Bar Breakfast: WG Breakfast Sandwich on a WG Biscuit, fruit, juice, milk	22 Choice 1: Orange Chicken over Brown Rice Choice 2: WG Corn Dog Choice 3: Pizza Variety All Lines: Str Fry Veggies/ Mandarin Oranges / Garden Bar Breakfast: Homemade WG Muffin, Strawberry Go-Gurt, fruit, juice, milk	23 Choice 1: WG Popcorn Chicken Bowl/ Roll Choice 2: Meatballs/ gravy / Roll Choice 3: Pulled Pork sandwich on a WG Bun All Lines: Mashed Potatoes/ Gravy Whole Kernel Corn Peaches / Garden Bar Breakfast: WG Ultimate Breakfast Round/ Go-Gurt, fruit, juice, milk	24 Choice 1: California Cheeseburger / WG Bun (lettuce, onion, tomato on salad bar) Choice 2: BBQ Pork/ Cheddar Flatbread Choice 3: Pizza Variety All Lines: Oven Fries Orange Slices/ Garden Bar Breakfast: WG Chicken Breakfast slider on a WG Biscuit, fruit, juice, milk
27 Choice 1: Orange Chicken / Brown Rice Choice 2: Scalloped Potatoes with Ham Choice 3: Pizza Variety All Lines: Str Fry Veggies/ Garden Bar/ Mandarin Oranges Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk	28 Choice 1: Spaghetti / Cheese / Plain Sauce/ Garlic Knot Choice 2: Meatball Sub/ Mozz / WG Hoagie Choice 3: French Bread Pizza / Soup All Lines: Carrot Coins/ Orange Slices/ Pears/ Garden Bar Breakfast: Breakfast Pizza, fruit, juice, milk	29 Choice 1: Baked Potato Bar (Broccoli/ Ham/ Cheese/ Sour Cream) Choice 2: WG Chicken Patty Choice 3: Walking Tacos/ Tostito chips All Lines: Tri-Tater, Applesauce, Garden Bar Breakfast: WG French Toast/ sausage, fruit, juice, milk	30 Choice 1: WG Crispy Fish Sandwich with cheese on a WG Bun Choice 2: WG Popcorn Chicken Choice 3: Pizza variety All Lines: Oven Fries, Slushy Cup/ Garden Bar Breakfast: Ultimate Breakfast Round, Strawberry Go-gurt, fruit, juice, milk	31 No School

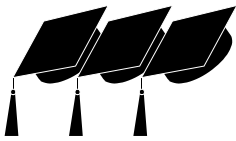
Allergy Notice: Menu items may contain tree nuts, peanuts/nut products, wheat, fish, eggs, soy, and various legumes. Students with allergies should contact the School Nurse or School Nutrition Director prior to eating any food served in the cafeteria.

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 photo submission deadline for the OHS Yearbook Thursday, September 25, 2025
Submit close up shot showing predominantly head and shoulders, wallet size only
Senior baby ad submission deadline for the OHS Yearbook..... Thursday, September 25, 2025
Cap and Gown measurements taken and packets sent home October 22, 2025 --- during Resource
Graduation Date Saturday, May 23, 2026 --- 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
School Hours: 7:45 AM – 2:50 PM
Jared Schaffner Principal
Schaffner.Jared@onalaskaschools.com
Charlie Ihle Assoc. Principal
Ihle.Charles@onalaskaschools.com
Jason Thiry Activities Dir.
Thiry.Jason@onalaskaschools.com
LeAnn Dirks Admin. Assistant
Dirks.LeAnn@onalaskaschools.com
Kim Weber Attendance
ohsoffice@onalaskaschools.com
Laura Fugina Activities
Fugina.Laura@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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