FREDDY'S FOOTNOTES

A Newsletter from Onalaska High School — November 2025

Highlights

Important Dates

NHS Induction ..... Nov. 3
Academic Awards ..... Nov. 3
Fall Festival ..... Nov. 6 & 7
Drama "Brighton Beach Memoirs". Nov.21&22
Holiday Break – No School ..... Nov. 26 – 28

In This Issue

Fall Play - "Brighton Beach Memoirs" 1
Important Dates 2
Holiday Events 3
Nurses Note 3
Homecoming Fun ..... 4 – 6
Follow Us on Facebook 6
ONAbility 7
Engage 8
Academic Honors Ceremony 9
National Honor Society Inductees 10
Student of the Month 11
Freddy Extra Effort Award 12
Onalaska Food Pantry 13
Student Services Update ..... 14 – 22
ACT Dates 14
Important Dates 15
Mental Health Resources 15
ACT Updates 16
ACT Prep Course Options 16
Register to retake the ACT 16
OHS Job Board 17
Senior Scholarship Information 17
UGET Connected 17
Student Services Accepting Donations 18
Eligible for Free or Reduced Lunch 18
Assessment Schedule 18
Senior UW System Practice Tests 19
It's time to Apply to College 19
It's Time to Schedule Campus Visits 20
Western Career Coach Meetings 20
Badger Boys/Girls State 20
Sophomore Wisconsin Leadership Seminar 21
Wisconsin American Legion Oratorical 21
Tips for Embracing the Season 22
Activities ..... 23 – 28
Follow Twitter for athletic updates 23
Athletic User Fees 24
GoFan Event Ticket Information 25
Calendar of Events 26
Athletic Booster Apparel Sale 27
State Girls Golf 28
School Nutrition Information ..... 29 – 30
School Nutrition Menu 31



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 $9; students $7; senior citizens 60+ free

Important Dates

National Honor Society Induction ..... November 3 --- 6:00 PM
Academic Awards Night ..... November 3 --- 6:30 PM
Fall Festival ..... Thursday, November 6 and Friday, November 7 --- 7:00 PM in the PAC
UW System practice placement tests (resource) ..... November 12 – 13
Fall Drama Production "Brighton Beach Memoirs" ..... November 21 – 22
Holiday Break – No School ..... November 26 – 28
Orchestra Concert ..... December 8 --- 7:30 PM in the PAC
Winter Band Concert ..... December 8 --- 7:30 PM in the PAC
Winter Choral Concert ..... December 15 --- 7:30 PM
Sleigh Ride Concert ..... December 19 --- 7:30 PM
Holiday Break – No School ..... Wednesday, December 24 – Friday, January 2

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



2025 Sleigh Ride Concert

Onalaska High School
Hilltopper and Express Show Choirs

When: Friday, December 19, 2025; 7:30 PM

Where: Claude C. Deck Performing Arts Center
Onalaska High School

Admission: Adults $6.00
Seniors & Students $5.00
Maximum family rate $20.00
General Admission Seating

Parents, students, family and the community are invited to experience this wonderful holiday tradition featuring several solos and ensembles in addition to the competition shows.

Mark your Calendar for Special Holiday Events

Monday, December 8
Orchestra Concert
7:30 PM --- OHS Performing Arts Center

Monday, December 8
Winter Band Concert,
7:30 PM --- OHS Performing Arts Center

Monday, December 15
Vocal Music Winter Concert, 7:30 PM --- OHS Performing Arts Center. Includes: Men's Choir, Women's Choir, Select Women's Choir, Concert Choir





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.


2025 HOMECOMING


2025 HOMECOMING
RITEWAY
OHS
DAVIS

2025 HOMECOMING







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



ONAbility

School District of Onalaska Beyond 18 Transition Program

The mission of **ONAbility** is to transition students beyond 18 with varying abilities from high school into adult employment and independent living.





We have been making Onalaska Tumblers in our Endless Possibilities Business. If you like what you see or want us to customize something for you, please email us. We are happy to make a plan for you.

Onability@onalaskaschools.com

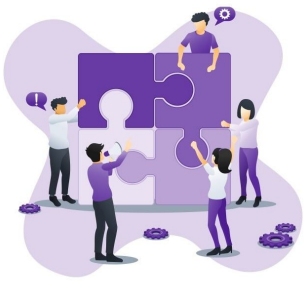




Engage class period twice a month.

For the second year, we have a class period at OHS 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 twice a month and students can select different Engage activities each time or stick with what they've done before. We hope that Engage will continue to strengthen our community at OHS and help students and staff find common connections outside the classroom.

















Engage Dates: **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**

Academic Honors Recognition Ceremony

Congratulations to those students who earned a 3.5 grade point average during the 2024-2025 school year. These students were honored at our eighteenth annual Academic Honors Recognition Ceremony held on Monday, November 3.

Sophomore

Ali Abidi
Lyla Alameida
McKenna Alderman
Ellie Archer
Bradley Baker
Esmay Baldwin
Natalie Barr
McKenzie Bauer
Angelina Bollom
Evan Borden
Kinley Borgen
Aislyn Bruha
Liam Caulkins
Avery Cowley
Aaliyah Cox-Bey
Sofiya Cromheecke
Shelby Culpitt
Vanessa Davis
Addison Degener
Bradyn DeLong
Josephine Duckworth
Ari Duddeck
Juliana Dunn
Lauren Edwards
Ethan Endrizzi
Ella Fejfar
Claire Fortun
Kole Franck
Clayton Gerig
Sofia Gerlach
Shashi Getachew
Elin Gilles
Elliot Glebke
Champion Gowey
Taylor Gretebeck
Cali Grosch
Duncan Grover
Vivian Guzzo
Zachary Hamman
Frances Hammer
Kathryn Hanson
Daphne Hart
Benjamin Hauser
Clayton Heiman
Madison Heit
Brianna Hintz
Grant Hughes
Joshua Imgrund
Emily Johnson
Mindy Kao
Kasey Kees
Noah Kelemen
Kayla Ketelhut
Greta Kleven
Allison Komperud
Sydney Kraus
Olin Larson
Fiona Li
Maggie Li
Cassandra Limberg
Grant Lorenz
Lia Mahlum
Ella Maly
Evan Markos
Ilyanna Martinez
Matthew Masey
Gregory McDonald
Gavin McRoberts
Ariah Michel
Samuel Mika
Jovie Miller
Charlie Milner
Camryn Moss
Elodie Most
Eli Nelson
Zoey Olesevich
Caleb Olson
Cecilia Olson
Chase Palmer
Poorv Patel
Sadie Peterson
Madison Phillips
Finley Rudie
Kohen Rupp
Joseph Scafe
Finley Schams
Alexa Schauer
Ethan Schroeder
Alex Seielstad
Kanina Shabani
Josephine Shillin
Alexa Snow
Peyton Soland
Cade Sommerfield
Amelia Spencer
Caroline Stanton
Alison Storandt
Ellie Thesing
Julio Thor
Ethan Tillema
Claire Verzwyvelt
Eli Vue
Maggie Walls
Claire Weigel
Gabriel Whited
Addalynn Williams
Noah Witcik
Avery Wopat
Kaia Worminghaus
Raina Xiong
Mong Yang
Mason Zimmer
Cayenne Zinnecker
Benjamin Zivney

Junior

Azadrea Allen
Fayth Allen
Grayson Andel
Kate Arsenault
Eden Ascencio-Urtiz
Katelyn Bakkestuen
Jagger Banasik
Belinda Barrett-Lennard Rolando
Kai Bautista
Adaryn Belanger
Kaylee Bennie
Tsion Benusa
Mason Biesinger
Leia Bigalke
Ty Burchell
Khloe Burnstad
Xavier Busta
McKenna Butenhoff
Sasha Butler
Reece Butts
Kendall Carlson
Brendan Chenault
Avery Clark
Nolan Culpitt
Madalynn Dahl
Caleb Dannenberg
Trevor Deppe
Moira Dowd
Trenton Dus
Lillie Engholdt
Sienna Engholdt
Makena Fecht
Lucas Fillbach
Carson Fink
Carter Flasch
Kaydence Flaten
Riley Gansen
Maya Hartman
Mayla Her
Cailyn Holter
Kamdyn Irwin
Matthew Jackson
Kalyn Jorgensen
Eva King
Mara Klein
Chloe Koshollek
Marissa Kowalski
Giffin Krall
Matthew Law
Brianna Lawver
Ciiab Sunshine Lee
Kajai Lee
Delilah Lenox
Jack Loos
Jackson Ludden
Elliott Luecke
Natalie Marso
Sophia Mayberry
Taliya Mayne
Eva McClung
Zoe Moeller
Becka Mohr
Maddox Moss
Timothy Newman
Henry Olson
Katherine Olson
Derrel Ombogo
Grant Palmer
Jackson Palmer
Olivia Passehl
Sakhi Patel
Isabelle Patton
Danielle Peters
Lauren Pica
Elle Pierre
Esme Pinter
Madeline Polodna
Alexa Popowich
Gowri Prakash
Olivia Pray
Leo Randall
Emily Runyan
Lillian Ryan
Abigail Schaller
Kayden Schultz
Wendi Shilts
Gavin Skinner
Ella Stacey
Kaeson Stettler
Eliana Sullivan
Madison Sullivan
Lillian Sveen
Benjamin Tempelis
Arjun Thao
Noah Thao
Shawn Thao
Lukas Todd
Kaia Unseth
Anthony Urbanek
Daizy Vang
Yingkong Vang
Jonas Vinson
Francesca Vriens
Lacy Vue
Nicklaus Vue
Nkauj Hli Vue
Finley Walters
Nevaeh Williams
Drew Wilson
Elizabeth Witcik
Chasen Witt
Pairis Wolf
Laylei Worden
Angie Xie
Alexis Xiong
Gaozouapa Xiong
Raiden Xiong
Ying Kong Xiong
Gaomee Yang
Mason Yang
Summer Yang

Senior

Krishna Ailiani
Adam Amundson
Julianna Ball
Carter Beeler
Tyler Bente
Elise Berry
Greyson Bruha
Kyara Cayasso
Asha Champion
Caroline Clark
Ainsley Cowan
Raelyn Cowley
Isabella Cromheecke
Thomas Curtin
Ellie Dahl
Michael DeMaira
Kaarina Dunn
Jackson Egan
Connor Fejfar
Elijah Fernandes
Vitaliano Figueroa
Aislyn Fischer
Kai Gallant
Mia Gallant
Vayda Garvin
Jakob George
Lewis Go
Alexander Gregg
Alexander Hauser
Autumn Heiman
Jacob Hellman
Isabelle Her
Natalie Jacobson
Elyse Keister
Gavin Kind
Colton Klein
Sophia Knight
Aiden Knopp
Zoe Koonce-O'Kane
Ian Kowal
Sydney Kranig
Sophia Larkin
Alton Larson
Delilah Lee
Donovan Lucksted
Jessica Mahlum
Isabella Malecek
Porter Mallady
Elizabeth Matz
Isabel Mavrantonis
Lauren Mavrantonis
Makena McGarry
Tristan Molling
Aditi Muduganti
Soham Patel
Sangdurne Phayvanh
Brenya Riley
Zara Rizvi
Alan Rodriguez
Cooper Rudie
Addison Sanwick
Danielle Schmit
Norah Seberg
Sophia Shilts
Luke Siegel
Gavin Sommerfield
Hailey Stoecker
Alexis Stupi
Malik Thompson
Rickie Tillotson
Maximus Todd
Stevanna Towle
Daniel Tran
Elizabeth Vallazza
Ella Vallazza
Harrison Van Der Horst
Phengsu Vang
Olivia Vogler
Ethan Vue
Macy Welch
Brooklynn Williams
Nou Qu Yang
Benjamin Zimmer
Carson Zinnecker

2025 National Honor Society Inductees

On Monday, November 3, 2025, in the Onalaska High School PAC, the following students were inducted into the Onalaska High School Chapter of the National Honor Society. Congratulations! We are very proud of your accomplishments and look forward to your continued involvement within our school and community.

Azadrea Allen
Fayth Allen
Grayson Andel
Kate Arsenault
Katelyn Bakkestuen
Adaryn Belanger
Kaylee Bennie
Tsion Benusa
Mason Biesinger
Khloe Burnstad
McKenna Butenhoff
Sasha Butler
Asha Champion
Brendan Chenault
Madalynn Dahl
Trevor Deppe
Lillie Engholdt
Sienna Engholdt
Lucas Fillbach
Alexander Gregg
Maya Hartman
Alexander Hauser
Autumn Heiman
Cailyn Holter
Zachary Imgrund
Kamdyn Irwin
Kalyn Jorgensen
Eva King
Mara Klein
Chloe Koshollek
Giffin Krall
Delilah Lenox
Zoey Lichty
Jackson Ludden
Natalie Marso
Taliya Mayne
Eva McClung
Zoe Moeller
Becka Mohr
Henry Olson
Katherine Olson
Derrel Ombogo
Jackson Palmer
Danielle Peters
Sangdurne Phayvanh
Lauren Pica
Gowri Prakash
Leo Randall
Brenya Riley
Anahla Rose
Alea Runde
Emily Runyan
Lillian Ryan
Abigail Schaller
Wendi Shilts
Gavin Sommerfield
Ella Stacey
Kaeson Stettler
Eliana Sullivan
Madison Sullivan
Lillian Sveen
Benjamin Tempelis
Daniel Tran
Kaia Unseth
Ella Vallazza
Daizy Vang
Francesca Vriens
Ethan Vue
Finley Walters
Nevaeh Williams
Drew Wilson
Elizabeth Witcik
Chasen Witt
Pairis Wolf
Mya Yang





November 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:
Isabella Eckstein

Nominees:
Henry Burns
Ryan Dahlke
Nicholas Hamilton
Zayda Lawrence
Megan Odegaard
Evelynn Pedretti

Sophomore Class
Student of the Month:
Ali Abidi

Nominees:
Kathryn Hanson
Grant Hughes
Cecilia Olson
Ellie Thesing
Cayenne Zinnecker

Junior Class
Student of the Month:
Wendi Shilts

Nominees:
Trevor Deppe
Cailyn Holter
Kamdyn Irwin
Ciiab Sunshine Lee
Kajai Lee
Sakhi Patel
Stacey Ella

Senior Class
Student of the Month:
Isabel Mavrantonis

Nominees:
Her Isabelle
Hickey Isabella
Gavin Kind
Zara Rizvi
Carter Schultz
Malik Thompson



Isabella Eckstein
Freshman



Ali Abidi
Sophomore



Wendi Shilts
Junior



Isabel Mavrantonis
Senior

Freddy Extra Effort Award ...

November



Jacoby McRoberts
Freshman



Cali Grosch
Sophomore



Kajai Lee
Junior



Elizabeth Vallazza
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.

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

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



The Hunger Task Force of La Crosse
Eliminate Hunger
Your Free and Local Food Bank

SCHOOL DISTRICT OF ONALASKA
Hilltoppers

Onalaska High School
Student Services
700 Wilson Street
Onalaska, WI 54650
Phone: 608.783.4571
Fax: 608.783.2604

Office Hours:
Weekdays: 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

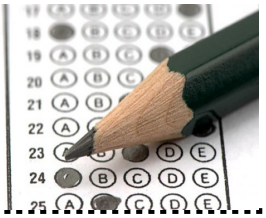
John Horman - Ext. 5031
horman.john@onalaskaschools.com
Serves students with last names beginning with Rj– Z

CHECK OUT OUR WEBSITE…

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

Statewide Junior ACT Day for 2026

All OHS Juniors test on March 10, 2026



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 27 - December 19	Individual Junior STAR Conferences
November 3	Academic Awards Night, by invitation - 6:30 pm, OHS PAC
November 4	WTC Career Coach at OHS
November 7	AP Exam Payments Due
November 11	Apprenticeship Career Exploration Fair - Western Technical College, 5-7 pm
November 12-13	UW System Pre-Tests during Resource
November 26-28	No School - Holiday Break
December 2	WTC Career Coach at OHS
December 5	Freshmen registration for Sophomore year begins (US History classes)
December 12	Freshmen registration for Sophomore year due (US History classes)
December 24-January 2	No School - Holiday Break



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** (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.

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 use their score sheet and ACT Prep Google Classroom to view their results, review their answers to specific test questions, 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 $35 workbook. Interested students should pick up a form in Student Services no later than January 11, 2026.

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.

Register to Retake the ACT

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

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

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

www.ugetconnected.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	March 24
	* Required Forward Exam (Social Studies)	April 15-16
Juniors	* Required State-wide ACT	March 10
Seniors	* UW System Early Math & English Placement Practice Tests	November 12-13

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.

Seniors, It's Time to Apply to College!

Seniors are encouraged to continue 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 websites.

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. Work with teachers and Student Services to send 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 sent to colleges in a timely manner.

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.

Juniors & Seniors – 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, the 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 with their counselor. The WTC rep will be at OHS on November 4, December 2, and January 6.

Badger Boys & Badger Girls State

Badger Boys State: June 14-20, 2026 at UW-Eau Claire, https://badgerboysstate.org/
Badger Girls State: June 21-26, 2026 at UW-Oshkosh, https://www.alabgs.org/

Who is Eligible: Juniors – Class of 2027

The American Legion of Wisconsin offers a program designed to simulate state and local government. Participants can run for offices ranging from local city council member to state legislator all the way to state governor. Students who chose not to run often get involved by helping with campaigns. The week-long camp also includes many other fun activities such as time for discussions, athletics, a daily newspaper and musical performance.

With the generosity of the Onalaska American Legion and American Legion Auxiliary, OHS can send 2 girls and 2 boys to this event FREE of charge. Interviews of Badger Girl and Badger Boy candidates will be in January. Let Mrs. Anderson (OHS Social Studies teacher) or your school counselor know if you are interested by December 20, 2025.

Sophomore Wisconsin Leadership Seminar
June 2026 (Exact dates TBA)
Carroll University, Waukesha, WI

This high-energy weekend consists of team building, motivational speakers, community service, a college fair, panels of key leaders from industry, and endless leadership development opportunities.

Onalaska High School can nominate one **sophomore (to be 2026-27 junior)** to attend this conference for FREE. Interested students can visit http://wils.us/ or see their counselor for more information. Students interested in being nominated should let their counselor know by the beginning of December 2025.





Wisconsin American Legion Oratorical Contest,

Students in grades 9-12 eligible to participate

https://wilegion.org/oratorical

The students start out by contacting their local Wisconsin American Legion Post. The Post will hold a contest – usually in December or January, the winner at the Post contest moves on to a County contest, usually in December or January. The winner of the County contest moves on to the District contest usually in January or February.
The winner of the District Contest moves on to the Regional contest scheduled on March 28, 2026 at Ripon College. The winners at the Regional level receive a $1,000 scholarship and move on to the Finals contest the same day and the overall winner will go to the National Contest in Hillsdale, Michigan in May to compete for $25,000 in scholarship. The winner of the Wisconsin contest receives a $3,000 scholarship.

Tips for Embracing the Season: A Guide to Safeguarding Your Mental Health Over the Holidays



Information from the Jed Foundation website, www.jedfoundation.org

The holiday season is often regarded as a festive time full of family, friends, and joy. But for some teens, visiting family, celebrating holidays together, and navigating festivities can be a source of emotional stress. If you have those feelings, you're not alone. In recent years, the American Psychiatric Association has found that younger adults were more likely than older adults to say their stress levels increased during the holiday season, and their parents experienced similar emotions.

"When traveling home or leaving school for the holidays, it's common to experience a mix of emotions ranging from joy and excitement to stress and anxiety," said Dr. Kurt Michael, adolescent suicidologist and Senior Clinical Director at The Jed Foundation (JED). "Knowing that can help you prepare for challenging situations and take care of yourself."

Make a Plan - If you feel stressed before the holidays, make a plan to take care of yourself ahead of time. It could include being kind to yourself, planning for downtime, taking a break from social media, moving your body, getting outside, or listening to a relaxing playlist.

Connect With Loved Ones - Although the holiday season brings many families together, some struggle with unresolved tensions, difficult family relationships, or distressing conversations that repeatedly occur at family gatherings. Setting boundaries and making a plan to navigate these conversations and communicate honestly with family members, including sharing how you may be struggling, can help reduce or manage tension and increase connection.

Be Kind to Yourself - It can be hard to prioritize self-care when you're with family or in the hustle and bustle of the holidays but take the time you need to rest and recharge. Prioritize sleep, moving your body, nourishing yourself, and setting boundaries.

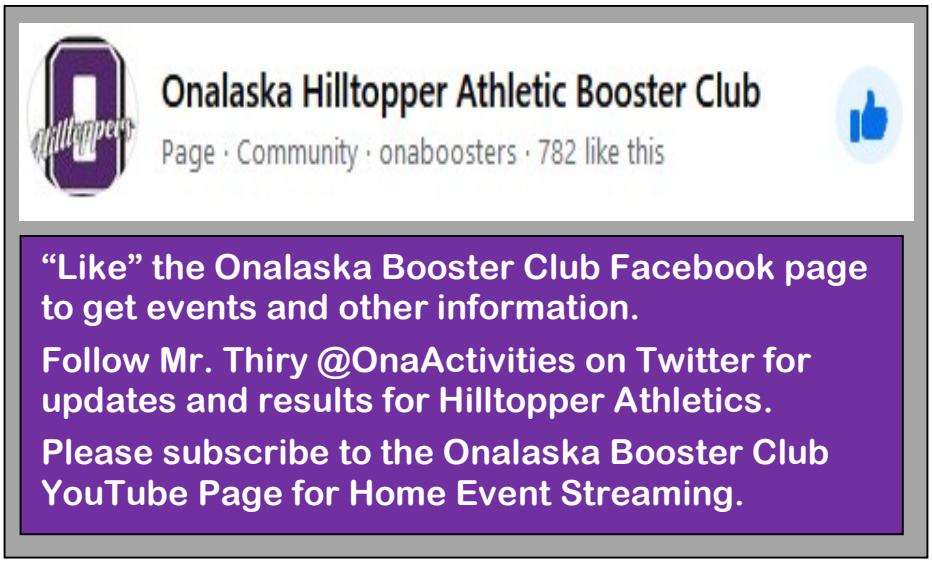
Ask for Help - Reach out to people you trust if you need support navigating the holiday season. Look to friends, family members, or mental health professionals for help navigating challenges such as religious bullying, loneliness, and depression.











Check Out The Onalaska Booster club website -

Onalaska - TeamHome Onalaska Hilltoppers Sports

Check it out - onalaskahilltoppers.net
*Sport schedules - continuously updated
*Link to join the Booster Club
*Link to become a sponsor
*Link to sign up your athlete for the upcoming season

Click the link to sign up now to get text updates for schedules & upcoming events: https://alerts.getvnn.com/

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

Students registering for athletics

must have a **current physical examination** on file in the athletic office before the student is authorized to participate in practice/tryouts. If your students' physical is outdated and you are struggling to make an appointment with your regular physician other options include:

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

OR **Neighborhood Family Clinics** -

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

Onalaska - N5560 CTH ZM - 608-779-5323

ONALASKA HIGH SCHOOL ATHLETIC USER FEES

$45.00 – ($6.75)
Cross Country
Swimming
Tennis
Track & Field

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

$100.00 – ($15.00)
Dance
Golf
Gymnastics

$200.00 – ($30.00)
Winter Guard

$250.00 – ($37.50)
Hockey

*Students whose families submit the proper federal forms and qualify for free or reduced lunch under existing federal guidelines will have the option to have athletic fees waived/reduced.
*Families with students in multiple athletic programs will be responsible for a maximum family fee of $350.00 per year.
*Participation fees are to be paid prior to the first competition.
*Refunds of athletic user fees will be considered if a student/athlete voluntarily terminates or is terminated from an athletic activity prior to the third competition in that sport.
*All school-owned athletic equipment **MUST** be returned before any refunds will be considered. All school owned athletic equipment must be returned at the end of the season or cost of equipment will be added to the student's school account.

Admission Charges for Athletic Events: Purchased through GoFan

Adults - $6.00

Students (K-12) - $4.00

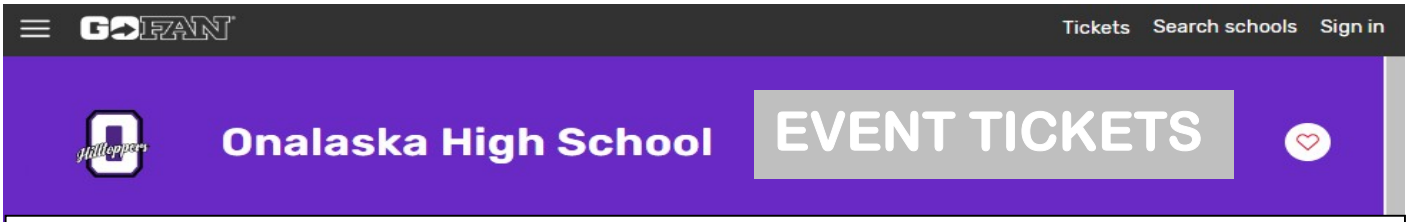
Senior Citizens (61 or Older) - FREE

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

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



GO FAN®



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

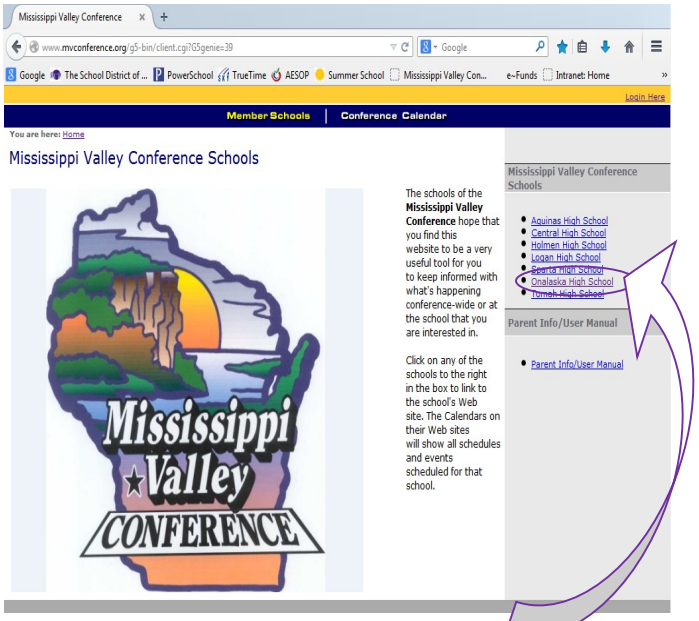


Calendar of Events

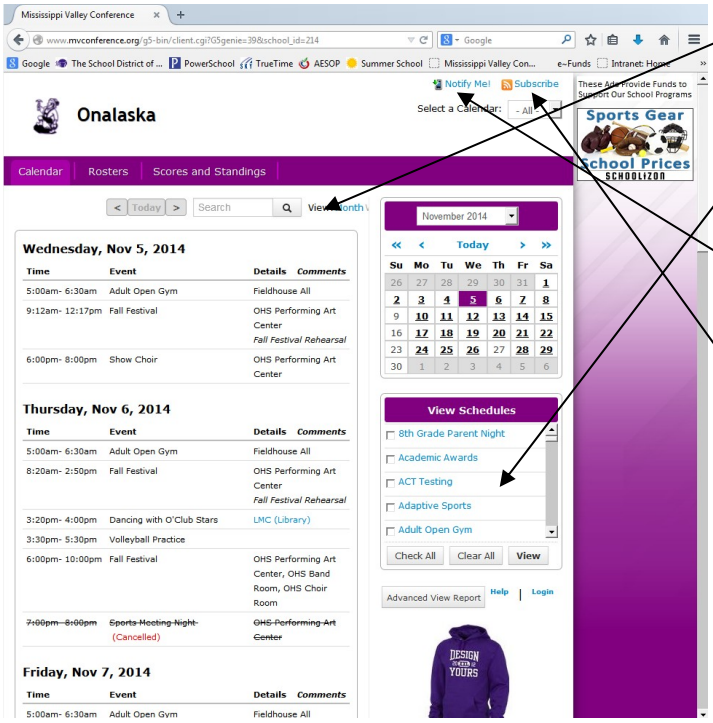
To view the most updated schedules for any Mississippi Valley Conference team, use the MVC website at: http://www.mvconference.org/g5-bin/client.cgi?G5genie=39

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

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



Select Onalaska High School

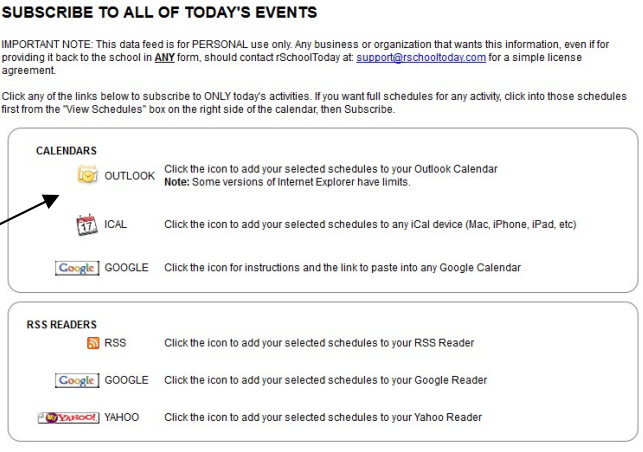


View the calendar by day, week, or month.

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

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

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



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

GAMES PEOPLE PLAY GPP Sports

ONALASKA BOOSTER 25 - HOLIDAY STORE CATEGORIES ($0.00)

ONALASKA Hilltoppers

Ordering Closes on 11/09/2025 at 11:59pm

All items are created specifically for your organization and are not stock items. Therefore, all sales are final and not eligible for return or exchange.

All orders are scheduled to be completed 3 to 4 weeks from order deadline. Back ordered items and modified order deadlines may cause changes to scheduled delivery date.



State Girls Golf







On Monday, October 6, the Onalaska Girls Golf Team qualified for the WIAA state championship by taking 2nd at the Division 1 Sectional at Wisconsin River Golf Course in Stevens Point. The Hilltoppers (357) edged out Tomah (358) by one stroke. Onalaska was led by Rickie Tillotson and Finley Schams who both shot 85.







The Onalaska Girls Golf Team competed in the WIAA State Tournament at University Ridge in Madison on October 13-14, 2025, finishing in eighth place in the Division 1 team competition. Congratulations and thank you for representing OHS with pride.



Meal Charges

Lunch sold by the school may be purchased by students and staff members and community residents in accordance with the rules of the District's school lunch program.

The operation and supervision of the school nutrition program shall be the responsibility of the Director of Nutritional Services. Nutrition services shall be operated on a self-supporting basis with revenue from students, staff, Federal reimbursement, and food commodities. The Board shall assist the program by furnishing available space, initial major equipment, and utensils. Maintenance and replacement of equipment is the responsibility of the program.

A periodic review of the food-service accounts shall be made by the Director of Nutritional Services and the Director of Finance and Business Services. Any surplus funds from the National School Lunch Program shall be used to support the operation and improvement of the school meal program(s) through allowable expenditures as determined by the Superintendent. Surplus funds from a-la-carte foods purchased using funds from the nonprofit food service account must accrue to the nonprofit food service account.

Bad Debt

Bad debt incurred through the inability to collect lunch payment from students is not an allowable cost chargeable to any Federal program. Any related collection cost, including legal cost, arising from such bad debt after they have been determined to be uncollectible are also unallowable. District efforts to collect bad debt shall be in accordance with Policy 6152 - Student Fees, Fines, and Charges.

Bad debt is uncollectible/delinquent debt that has been determined to be uncollectible no sooner than the end of the school year in which the debt was incurred. If the uncollectible/delinquent debt cannot be recovered by the School Meals Program in the year when the debt was incurred, then this is classified as bad debt. Once classified as bad debt, non-Federal funding sources must reimburse the NSFSA for the total amount of the bad debt. The funds may come from the District general fund, State or local funding, school or community organizations such as the PTA, or any other non-federal source. Once the uncollectible/delinquent debt charges are converted to bad debt, records relating to those charges must be maintained in accordance with the record retention requirements in 7 C.F.R. 210.9(b) (17) and 7 C.F.R. 210.15(b).

Negative Account Balances

Students will be permitted to purchase meals from the District's school nutrition program using either cash on hand or a school nutrition account. A student may be allowed to incur a negative account balance subject to the following conditions.

A student shall not be permitted to purchase a la carte items without a sufficient account balance or cash on hand. Students may be permitted to accumulate negative food service account balance up to negative $25.00.

A student that has exceeded the permissible negative balance amount in their account and does not have cash on hand sufficient to purchase a meal shall be treated respectfully. The District will provide meals to students with unpaid meal balances without stigmatizing them, will provide parents of students who charge meals with notification when a student charges a meal, and will make efforts to collect the charges incurred by the students so that the unpaid charges are not classified as "bad debt" at the end of the school year.

If a student has a significant negative lunch account balance, they shall be provided a regular reimbursable meal that follows the USDA meal pattern, the cost of which shall continue to accrue to a negative lunch account balance.

This policy and any implementing guidelines shall be provided in writing to all households at the start of each school year and to households transferring to the school or District during the school year. The policy and implementing guidelines will also be provided to all District staff with responsibility for enforcing the policies.

The school nutrition program may participate in the "Farm to School Program" using locally grown food in school meals and snacks.

Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. The District's nondiscrimination statement below is complementary to the District's nondiscrimination policies, including Policy 2260 - Nondiscrimination and Access to Equal Opportunity and Policy 1422/Policy 3122/Policy 4122 - Nondiscrimination and Equal Employment Opportunity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: https://www.usda.gov/sites/default/files/documents/ad-3027.pdf or https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/sfa-civil-rights-complaints-procedure-template.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. Mail:
   U.S. Department of Agriculture
   Office of the Assistant Secretary for Civil Rights
   1400 Independence Avenue, SW
   Washington, D.C. 20250-9410; or

2. Fax:
   (833) 256-1665 or (202) 690-7442; or

3. E-mail:
   program.intake@usda.gov.

This institution is an equal opportunity provider.







ONALASKA HIGH SCHOOL MENU
NOVEMBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Fresh Garden Bar and milk choices available daily Alternate Entrée is a hot deli sandwich.				USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER **Menu is subject to change without notice**
3 Line 1: Orange Chicken over Brown Rice Line 2: BBQ Pork & Cheddar Flat Bread Line 3: Pizza Variety Stir Fry Veggies Garden Bar/ Mandarin Oranges **Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk**	4 Line 1: Chicken Patty on a WG Bun Line 2: Grilled Cheese Sandwich / WG Bread Line 3: 2/Uncrustable PB& J's Homemade Chicken Noodle Soup and Goldfish Crackers Apple Slices/ Garden Bar **Breakfast: WG Uncrustable PB&J Sandwich, fruit, juice, milk**	5 Line 1: WG Walking Tacos/ Tostitos Chips Line 2: WG Mini Corn Dogs Line 3: Chicken Fajita/ Soft shell/Peppers/Onions Whole Kernel Corn/ Banana Garden Bar **Breakfast: WG Mini Bagels with Cream Cheese, fruit, juice, milk**	6 Line 1: WG French Toast. Sausage links Line 2: Cheeseburger on a WG Bun Line 3: Chicken Panini Sweet Potato Fries / Peaches/ Garden Bar **Breakfast: Loaded Breakfast Tots, fruit, juice, milk**	7 Line 1: Chicken Alfredo/ /Garlic Knot Line 2:: Fish Sandwich/ Cheese/ WG Bun Line 3: Chicken Ranch Wrap Carrot Coins/ Pears/ Slushy Cup/Garden Bar **Breakfast: Breakfast Pizza, fruit, juice, milk**
10 Line 1: Cheeseburger on a WG Bun Line 2: Baked Potato Bar/ Ham /Cheese and Garlic Knot Line 3: Chicken Alfredo/ Garlic Knot Broccoli /Apple Slices/ Garden Bar **Breakfast: Uncrustable PB&J sandwich, fruit, juice, milk**	11 Line 1: WG Chicken Patty/ WG Bun Line 2: Bakalar Hot Dog on a WG Bun Line 3: BBQ Pulled Pork Sandwich / WG Bun Mac-n-Cheese/ Green Peas Peaches/Garden Bar **Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk**	12 Line 1: WG Chicken and Waffles Line 2: Deli Sandwich /WG Goldfish Crackers Line 3: French Bread Pizza Tri- Tater/ Blueberries/Pineapple Garden Bar **Breakfast:Breakfast Piiza, fruit, juice, milk**	13 Line 1: WG Spaghetti and Meatballs or Plain Sauce/ Cheese/ WG Garlic Knot Line 2: Meatball Sub/ Mozz on a WG Hoagie Line 3: Chicken Ranch Wrap Carrot Coins/Orange Slices/ Garden Bar **Breakfast: WG Breakfast Bagel, fruit, juice, milk**	14 Line 1: WG Chicken Patty/ WG Bun Line 2: Fish Sandwich/ Cheese/ WG Bun Line 3: Pizza Variety Green Beans/ Slushy Cup/Garden Bar **Breakfast: Breakfast: WG Chicken Breakfast Biscuit with Honey, fruit, juice, milk**
17 Line 1: WG Grilled Cheese Sandwich Line 2: BBQ Pork & Cheddar Flat Bread Line 3: French Bread Pizza Tomato Soup/ Applesauce/ Garden Bar **Breakfast: French Toast and Sausage, fruit, juice, milk**	18 Line1: WG Chicken and Waffles Line2: Scalloped Potatoes/ Ham/ Dinner Roll Line 3: Chicken Panini Green Peas/ Peaches/ Garden Bar ***Breakfast Harvest of the Month*** **Breakfast: WG Orange/ Cranberry Muffin featuring locally grown Cranberries., Tri-Tater, fruit, juice, milk**	19 Line 1: WG Walking Tacos/ Tostitos Chips Line 2: Chicken Patty on a WG Bun Line 3: Chicken Fajita/ Soft shell/Peppers/Onions Whole Kernel Corn/ Pineapple/ Blueberries/ Garden Bar **Breakfast: Breakfast: WG Breakfast Bagel fruit, juice, milk**	20 Line 1: WG Chicken Nuggets Line 2: WG Grilled Cheese Sandwich Line 3: Pizza Variety Homemade Chicken Noodle Soup and Goldfish Crackers Apple Slices/ Garden Bar **Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk**	21 Line 1: Cheeseburger on a WG Bun Line 2: BBQ Pulled Pork Sandwich / WG Bun Line 3: Meatball Sub/ Mozzarella Oven Fries/ Apple Slices Slushy Cup/ Garden Bar **Breakfast: Loaded Breakfast Tater Tots, fruit, juice, milk**
24 Line 1: Orange Chicken over Brown Rice Line 2:: Baked Potato Bar/ Ham / Cheese/ Garlic Knot Line 3: BBQ Pork & Cheddar Flat Bread Broccoli/Garden Bar/ Mandarin Oranges **Breakfast: Breakfast Pizza, fruit , juice, milk**	25 Line 1: Turkey and Gravy/ WG Dinner Roll Line 2: Ham Steak/WG Dinner Roll Line 3: Swedish Meatballs/ Dinner Roll Mashed Potatoes/ Stuffing Whole Kernel Corn/Applesauce Garden Bar **Breakfast: WG Breakfast Bagel, fruit, juice, milk**	26 **No School**	27 **No School**	28 **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 foods served in the cafeteria

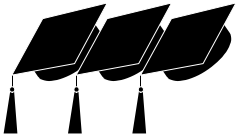
Onalaska High School
700 Wilson Street
Onalaska, WI 54650

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

An Equal Opportunity Employer







Important dates for Seniors



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.

IN THIS ISSUE

Fall Play - "Brighton Beach Memoirs" . 1
Important Dates 2
Holiday Events 3
Homecoming Fun ..... 4 – 6
ONAbility 7
Engage 8
Academic Honors Ceremony 9
National Honor Society Induction 10
Student of the Month 11
Freddy Extra Effort Award 12
Onalaska Food Pantry 13
Student Services Update ..... 14 – 22
ACT Dates 14
Mental Health Resources 15
ACT Information 16
Senior Scholarship Information 17
Assessment Schedule 18
Senior UW System Practice Test 19
Badger Boys/Girls State 20
Sophomore Leadership Seminar 21
Tips for Embracing the Season 22
Activities ..... 23 – 28
School Nutrition ..... 29 – 31