



FREDDY'S FOOTNOTES



A Newsletter from Onalaska High School

December 2025

Highlights

Important Dates

Orchestra Concert.....	Dec. 8
Winter Band Concert.....	Dec. 8
Winter Choral Concert.....	Dec. 15
Sleigh Ride Concert.....	Dec. 19
Holiday Break	Dec. 24 – Jan. 2

In This Issue

Show Choir Classic	1
Important Dates	2
Holiday Events	3
Nurses Note	3
Final Exam Schedule	4
Follow Us on Facebook	4
Brighton Beach Memoirs.....	5
Blankets for the Warming Center	6
ONAbility.....	7
Engage.....	8
Inclement Weather Policy	9
Bash at the Dash.....	9
Student of the Month	10
Freddy Extra Effort Award	11
Onalaska Food Pantry.....	12
Student Services Update	13 – 22
ACT Dates.....	13
Important Dates	14
Mental Health Resources	14
ACT Updates.....	15
ACT Prep Course Options	15
Register to retake the ACT	15
OHS Job Board.....	16
Senior Scholarship Information	16
UGET Connected	16
Student Services Accepting Donations	17
Eligible for Free or Reduced Lunch	17
Assessment Schedule.....	17
It's time to Apply to College	18
Wisconsin American Legion Oratorical.....	18
It's Time to Schedule Campus Visits.....	19
Western Career Coach Meetings.....	19
Badger Boys/Girls State	19
Sophomore Wisconsin Leadership Seminar.....	20
Sophomore Leadership Conference	20
Tips for Embracing the Season	21
CIEE Looking for Host Families	22
Activities	23 – 28
Follow Twitter for athletic updates	23
Athletic User Fees	24
GoFan Event Ticket Information	25
Calendar of Events	26
MVC Fall Academic All-Conference	27
Fall More Than An Athlete.....	28
School Nutrition Information.....	29 – 30
School Nutrition Menu	31



SHOW CHOIR Classic

ONALASKA HIGH SCHOOL FIELDHOUSE

JAN 16 MIDDLE SCHOOL SHOW CHOIR
COMPETITION
Friday

**PLUS CONCERT CHOIR COMPETITION
AT FIRST LUTHERAN ON MAIN STREET**

ADMISSION

\$10 FRIDAY EVENING

JAN 17 HIGH SCHOOL SHOW CHOIR
COMPETITION
Saturday

ADMISSION

\$15 DAY ONLY

\$10 EVENING ONLY

\$20 DAY/EVENING

\$25 WEEKEND PASS

<https://sites.google.com/view/onalaskachoirs/home>

The 39th annual Onalaska Show Choir Classic will be held on Friday, January 16 and Saturday, January 17.

Concert Choirs will compete as well on Friday, January 16 at First Lutheran Church on Main Street in Onalaska.

The Onalaska High School show choirs along with the middle school show choir will also perform. It is a weekend not to be missed!

Important Dates

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>

Holiday School Schedule

Please make note of the holiday schedule beginning December 24 through January 2, school resumes on Monday, January 5. January includes an early dismissal day on January 16th and no school on January 19th for Staff Development.





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.

Final Exams Scheduled for January 14 – 16

Soon after your holiday break will be 1st Semester Finals. This year they are scheduled for January 14 – 16, 2026. They conclude on Friday, January 16 at 11:50 AM with *Early Dismissal* unless you have a test to make up in the afternoon.

Students will **not** be required to attend their study/commons hour during final exams. The commons area will be made available and supervised for study time.

The normal bus schedule will not change except for Friday, January 16, at 11:50 AM. Lunch will not be served on January 16.

In case of inclement weather, the final exam schedule would be bumped ahead one day.

We encourage students to plan ahead and begin their studying.

Wednesday, January 14, 2026

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

Thursday, January 15, 2026

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

Friday, January 16, 2026

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



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

Drama Department Success...



BRIGHTON BEACH
Memoirs

BY NEIL SIMON





Students in Mrs. Hubbard's Principles of Leadership class making blankets to donate to the warming center.



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

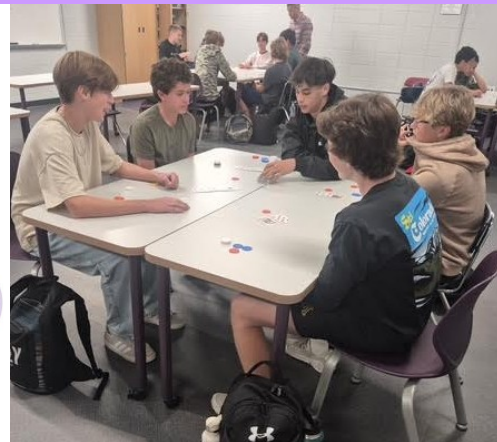
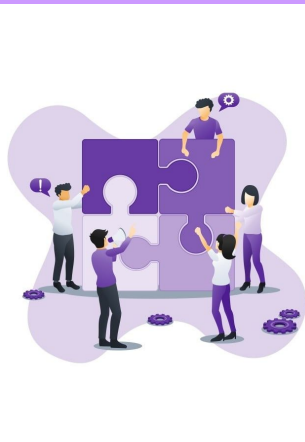


ENGAGE!



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:

December 3 and 18
January 7 and 29

February 11 and 26
March 11 and 26

April 23
May 6 and 21



Inclement Weather Policy

As we head into another Wisconsin winter, keeping an eye on the weather is a big part of making sure everyone stays safe.

Our team monitors conditions closely through the National Weather Service and early morning weather checks. Any decision to close school or start with a two-hour delay will be made by 5:45 a.m. Early release decisions will be made by 11:00 a.m. Depending on the circumstances, there may be rare occasions where we could make decisions on closing the night before but in forecasted storm scenarios, we usually wait until the morning to make the most accurate decision possible.

If there's a closure or delay, we'll post updates on our district website and social media accounts. We will also send families an email and text message. Please double check your PowerSchool contact information so you don't miss important notifications. To do this, login to PowerSchool and click on the "BrightArrow Messages" tab under "Navigation." If you need additional help checking these settings, please contact your school. Local media television and radio stations, as well as their websites, will also contain closure information.

If school is in session but you feel conditions are unsafe for your child, please call your school's office to report the absence. We understand and respect your judgment.

Thank you for working with us to have another safe and successful winter season!

THE ONALASKA EDUCATION
FOUNDATION PRESENTS
THE 1ST EVER

BASH AT THE DASH

FOOD | SILENT AUCTION | CASINO
LIVE MUSIC | BEVERAGE

SATURDAY, JANUARY 31, 2026 | 6-10 PM
THE DASH CENTER | ONALASKA, WI

 AN AFFILIATE OF LA CROSSE
AREA COMMUNITY FOUNDATION 



December 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:

Alexis Beahm

Nominees:

Braylon Ballman
Mya Foster
Abigail Limberg
Lorraine Marinier
Noah Meyer
Saanidhya Rajamanuri
Yoselin Silva Silva
Viola Sveen
Quinten Wrencher

Junior Class

Student of the Month:

Avery Clark

Nominees:

Tsion Benusa
Mason Biesinger
Zoe Moeller
Shawn Thao
Drew Wilson

Sophomore Class

Student of the Month:

Clayton Gerig

Nominees:

Joey Duckworth
Cali Grosch
Triston Hodson
Elianna Peterson
Rodrigo Ramirez
Julio Thor
Sean Vang

Senior Class

Student of the Month:

Kai Gallant

Nominees:

Lauren Mavrantonis
Brenya Riley
Samantha Shugrue
Alexis Stupi
Brooklynn Williams



Alexis Beahm
Freshman



Clayton Gerig
Sophomore



Avery Clark
Junior



Kai Gallant
Senior

Freddy Extra Effort Award ...

December



Dre Vang
Freshman



Avery Wopat
Sophomore



Rowan Larson
Junior



Desirea McCann
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





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...

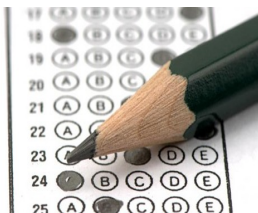
<https://onalaskahighschool.onalaskaschools.com/student-services>



ACT[®]

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)
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

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
January 5	Junior registration for Senior year begins (US Govt/Social Issues classes)
January 6	WTC Career Coach at OHS
January 12	Junior registration for Senior year due (US Govt/Social Issues classes)
January 14-16	Finals Week
January 19	ACT Prep Class 8:30 am - 3:30 pm, see Student Services for registration form



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). The University of Minnesota has extended their test optional policy for the class of 2027 applying Seniors. Many other colleges have also waived the ACT requirement. A strong ACT score can still help with admission to college, course/program placement, and scholarships. 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 have their ACT scores considered as part of their application when they apply. 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 provided 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.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, (application available on the school website at <https://www.onalaskaschools.com/departments/school-nutrition/free-and-reduced-lunch>), **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	ASVAB Required State-wide ACT	March 3 March 10
Seniors	ASVAB	March 3

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.

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.

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.

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

Many colleges are now offering in-person as well as virtual visits. Go to your college's website to schedule your visit. 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 tips.

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 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.

**Sophomore Leadership Conference with Wisconsin
HOBY (Hugh O'Brian Youth Leadership Foundation)**

June 26-28, 2026

Edgewood College, Madison WI

Cost: Approximately \$350

Wisconsin HOBY holds a three-day leadership conference for high school **sophomores** to be Juniors (juniors in 2025-26). Over 100 sophomores from across the state participate in the seminar each year. It incorporates fun, innovative leadership activities that help prepare students to become effective, ethical leaders in their home, schools, workplace and community. This is also a great way for students to get to know others, network, and boost applications and/or resumes.

Contact your school counselor soon if you are interested in attending the HOBY Seminar as a limited number of sophomores can attend, and the deadline for your counselor to register students is December 20, 2025.

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.

If You Have Stress or Anxiety During the Holidays, You're Not Alone - check out this YouTube link for some quick tips to handle your feelings.

https://www.youtube.com/watch?v=vIxIEPV_a-A



CIEE Looking for Host Families for International Students



Study abroad and intercultural exchange organization, CIEE, is currently looking for volunteer host families for several high school exchange students coming to Western Wisconsin for the school year. Their students will attend the high school closest to their host family, and can take school transportation or carpool. Students speak very good English and have their own medical insurance and spending money to cover personal expenses. A host simply puts another plate on the table and welcomes the student as one of their own!

Volunteer host families come in all shapes and sizes; retired, single parents, couples with or without children of any age, etc. Interested parties can visit www.ciee.org/host for more information or start a host family application at ciee.org/hostapply.



The **Boys basketball team** hosted a community night for over 130 youths prior to Thanksgiving.





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 - 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

\$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



*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](#)

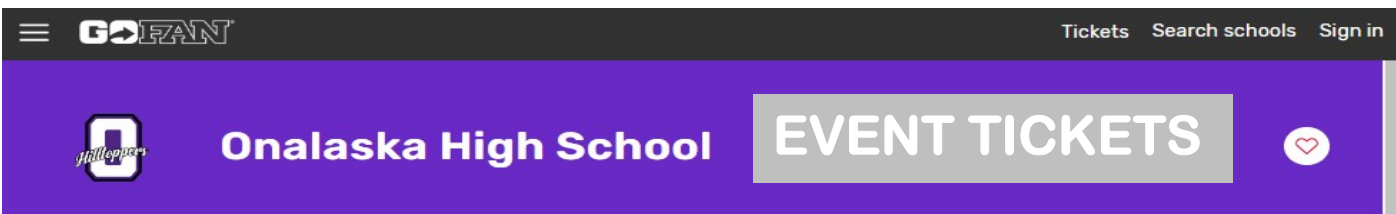
Adults - \$6.00

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



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



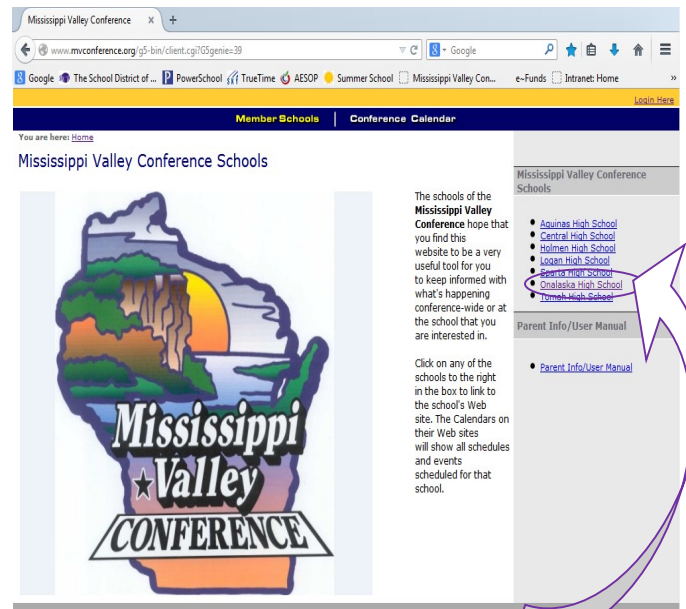
Calendar of Events

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

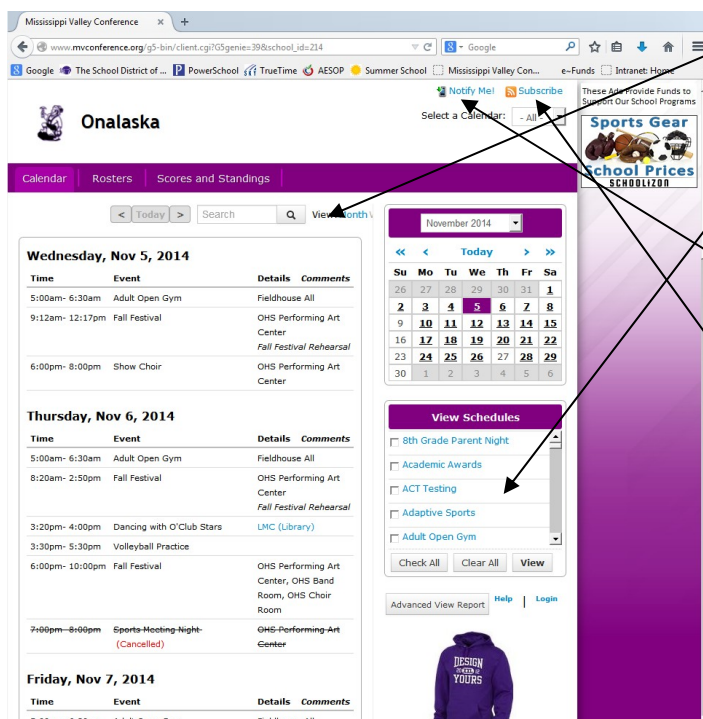
<http://www.mvconference.org/g5-bin/client.cgi?G5genie=39>

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.

***2025-26 Mississippi Valley Conference
Fall Academic All-Conference players***

These terrific athletes are also terrific students. MVC honors these athletes for their athletic ability and academic performance during the fall sports season. To qualify, a student must earn a Varsity Athletic Letter *and* obtain a 3.5 GPA.

ASL

Liam Caulkins
Matthew Masey
Kalicia McNeese
Aubrey Nelson

Boys Soccer

Eden Ascencio-Urtiz
David Chiquito
Elijah Fernandes
Carter Flasch
Riley Gansen
Benjamin Hauser
Alexander Hauser
Zachary Imgrund
Colton Klein
Alton Larson
Donovan Lucksted
Gavin Sommerfield
Jonas Vinson
Ethan Vue
Benjamin Zimmer
Benjamin Zivney

Cross Country

Khloe Burnstad
Madelyn Davidheiser
Carson Fink
Lewis Go
Maya Hartman
Elliott Luecke
Porter Mallady
Lorraine Marinier
Sadie Peterson
Olivia Peterson
Alea Runde
Claire Verzwuyvelt
Francesca Vriens

Football

Grayson Andel
Carter Beeler
Kaden Betz
Eaeston Buarapha-Stoeckly
Wylder Burch
Brendan Chenault
Madalynn Dahl
Jackson Egan
Vitaliano Figueroa
Lucas Fillbach
Kole Franck
Aiden Knopp
Ian Kowal
Adam Kuhn
Maddisyn Manix
Tristan Molling
Caleb Olson
Chase Palmer
Jackson Palmer
Joshua Phillips
Luke Siegel
Cade Sommerfield
Kaeson Stettler
Maximus Todd
John Tracey
Sean Vang
Phengsu Vang
Drew Wilson
Noah Witcik
Justin Yehle
Kameron Zieba
Mason Zimmer

Girls Golf

Vivian Guzzo
Becka Mohr
Finley Schams
Rickie Tillotson

Girls Swim/Dive

Sofia Gerlach
Elin Gilles
Elizabeth Witcik

Girls Tennis

Ruby Baum
Tsion Benusa
Caroline Clark
Sofiya Cromheecke
Isabella Cromheecke
Juliana Dunn
Kaarina Dunn
Claire Fortun
Shashi Getachew
Mara Klein
Katherine Olson
Hannah Sime
Claire Topolski

Volleyball

McKenzie Bauer
Kendall Carlson
Raelyn Cowley
Isabella Eckstein
Kayla Ketelhut
Zoe Koonce-O'Kane
Zayda Lawrence
Isabella Malecek
Natalie Marso
Makena McGarry
Lauren Pica
Finley Walters
Mya Yang

Congratulations Fall More Than An Athlete Students



**MORE THAN
AN ATHLETE
HILLTOPPERS**



Freshman

Ella Bennie
Jameson Benrud
Laila Cossette
Ryan Dahlke
Ovi Daithankar
Madelyn Davidheiser
Isabella Eckstein
Connor Fecht
Lauren Hughes
Elleanna Hundt
Gabriel Kazda
Micah King
Makenna Klein
Lana Kromke
Zayda Lawrence
Abigail Limberg
Valorie Little
Evan Mahr
Masyn Manix
Lorraine Marinier
Zachary Marso
Lainey Mellon
Matthew Moeller
Lilly Morse
Ava Olson
Nora Olson
Hailey Pollex
Saanidhya Rajamanuri
Arianna Rivera
Cason Smith-Nichols
Ivan Stacey
Leighton Stern
Milo Temp
Mason Tevis
Warren Thompson
Alexander Walden
Jolivia Werlein
Cal Williams
Grady Wojta
Isaiah Wright
Apollo Xiong
Lex Yang

Sophomore

Ellie Archer
Bradley Baker
McKenzie Bauer
Kaden Betz
Kinley Borgen

Eaeston Buarapha-
Stoeckly
Wylder Burch
Avery Cowley
Sofiya Cromheecke
Shelby Culpitt
Samuel Dostal
Logan Dove
Ari Duddeck
Juliana Dunn
Ethan Endrizzi
Claire Fortun
Kole Franck
Tyler Gage
Sofia Gerlach
Elin Gilles
Champion Gowey
Taylor Gretebeck
Cali Grosch
Vivian Guzzo
Abbie Hanson
Benjamin Hauser
Clayton Heiman
Madison Heit
Triston Hodson
Aiden Hoff
Jaksen Howard
Joshua Imgrund
Kayla Ketelhut
Sydney Kraus
Adam Kuhn
Madelyn Larson
Ella Leemkuil
Fiona Li
Samuel Mika
Jovie Miller
Camryn Moss
Elodie Most
Aubrey Nelson
Zoey Olesevich
Caleb Olson
Chase Palmer
Sadie Peterson
Madison Phillips
Finley Schams
Ava Senn
Peyton Soland
Cade Sommerfield
John Tracey
Sean Vang

Claire Verzwylvet
Stephon Vue
Claire Weigel
Noah Witcik
Avery Wopat
Mong Yang
Justin Yehle
Kameron Zieba
Mason Zimmer
Benjamin Zivney

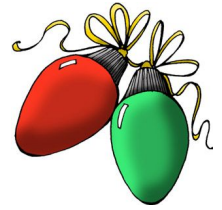
Junior

Grayson Anel
Eden Ascencio-Urtiz
Adaryn Belanger
Kaylee Bennie
Tsion Benusa
Khloe Burnstad
Brendan Chenault
Nolan Culpitt
Madalynn Dahl
Lucas Fillbach
Carson Fink
Carter Flasch
Kaydence Flaten
Riley Gansen
Maya Hartman
Matthew Jackson
Mara Klein
Alexis Lelievre
Zoey Lichty
Elliott Luecke
Natalie Marso
Eva McClung
Becka Mohr
Katherine Olson
Jackson Palmer
Isabella Peterson
Lauren Pica
Anahla Rose
Kaeson Stettler
Henri Straetman
Samuel Sulentic
Eliana Sullivan
Madison Sullivan
Lukas Todd
Claire Topolski
Yingkong Vang
Nele Velten
Jonas Vinson

Francesca Vriens
Finley Walters
Nevaeh Williams
Drew Wilson
Jillian Wise
Elizabeth Witcik
Ying Kong Xiong

Senior

Ruby Baum
Damien Blank
David Chiquito
Caroline Clark
Isabella Cromheecke
Jackson Egan
Elijah Fernandes
Lila Gerbig
Lewis Go
Colin Hanson
Alexander Hauser
Zachary Imgrund
Colton Klein
Aiden Knopp
Ian Kowal
Sydney Kranig
Alton Larson
Donovan Lucksted
Isabella Malecek
Porter Mallady
Tristan Molling
Olivia Peterson
Joshua Phillips
Tyler Sagen
Tanner Siebert
Luke Siegel
Hannah Sime
Gavin Sommerfield
Samuel Thao
Rickie Tillotson
Maximus Todd
Stevanna Towle
Daniel Tran
Phengsu Vang
Ethan Vue
Brooklynn Williams
Mya Yang
Nou Qu Yang
Benjamin Zimmer



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.





ALASKA HIGH SCHOOL MENU DECEMBER 2025

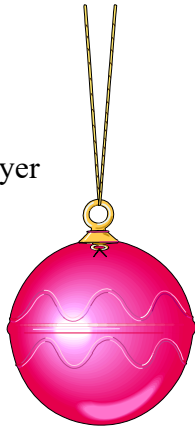
Monday	Tuesday	Wednesday	Thursday	Friday
1 Line 1: WG Fish Sticks/ Goldfish Crackers Line 2: Pizza Variety Line 3: 2 Uncrustable PB&J's / Sun Chips All Lines: Slushy Cup, Peaches, Garden Bar Breakfast: French Toast and Sausage, fruit, juice, milk	2 Line 1: California Cheeseburger /Bun (lettuce, onion, tomato on salad bar) Line 2: BBQ Pork /Cheddar Flatbread Line 3: Chicken Ranch Wrap All Lines: Sweet Potato Fries/Applesauce/ Garden Bar Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk	3 Line 1: WG Chicken Patty on a WG Bun Line 2: Baked Potato Bar (Broccoli/ Ham/ Cheese/ Sour Cream) Line 3: WG Spaghetti / Cheese / Garlic Knot All Lines: Fries, Blueberries/ Pineapple/ Garden Bar Breakfast: WG Uncrustable PB&J, fruit, juice, milk	4 Line 1: Chicken and Waffles Line 2: Scalloped Potatoes and Ham/ WG Dinner Roll Line 3: Pizza Variety All Lines: Green Beans, Cinnamon Apples /Garden Bar Breakfast: Homemade Muffin/ Tater Tots, fruit, juice, milk	5 Line 1: Chicken Alfredo /Garlic Knot Line 2: French Bread Pizza/ Broccoli Cheese Soup Line 3: Mac-N- Cheese with Ham All Lines: Broccoli, Orange Slices, Pears, /Garden Bar Breakfast: Breakfast Pizza, fruit, juice, milk
8 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: Uncrustable PB&J sandwich, fruit, juice, milk	9 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 Pizza, fruit, juice, milk	10 Line 1: Orange Chicken over Brown Rice Line 2: Baked Potato/ Ham / Cheese/ Garlic Knot Line 3: BBQ Pork & Cheddar Flat Bread Broccoli/ Garden Bar/ Mandarin Oranges Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk	11 Line 1: WG Fish Sticks/ Goldfish Crackers Line 2: Pizza Variety Line 3: 2 Uncrustable PB&J's / Sun Chips All Lines: Slushy Cup, Peaches, Garden Bar Breakfast: WG Breakfast Bagel, fruit, juice, milk	12 Line 1: Chicken Strips Line 2: Ham Steak Line 3: Swedish Meatballs All Lines: WG Dinner Roll, Mashed potatoes/ Gravy, Slushy Cup, Pears/ Garden Bar Breakfast: Breakfast: WG Chicken Breakfast Biscuit with Honey, fruit, juice, milk
15 Line 1: WG Chicken and Waffles Line 2: Deli Sandwich /WG Buffalo Cheez it Crackers Line 3: French Bread Pizza/ Soup All Lines: Tri- Tater/ Blueberries/ Pineapple Garden Bar Breakfast: French Toast and Sausage, fruit, juice, milk	16 <u>Harvest of the Month</u> Line 1: Line 1: WG French Toast. Sausage links Line 2: Fish Sandwich with Cheese Line 3: Chicken Panini Sweet Potato Fries / Peaches/ Garden Bar <u>Harvest of the Month Breakfast</u> Breakfast: Homemade Squash/ chocolate chip muffin, Tri-Tater, fruit, juice, milk	17 Line 1: Chicken Strips Line 2: Ham Steak Line 3: Swedish Meatballs All Lines: WG Dinner Roll, Mashed potatoes/ Gravy, Slushy Cup, Pears/ Garden Bar Breakfast: Breakfast: WG Breakfast Bagel, fruit, juice, milk	18 Line 1: Chicken Patty on a WG Bun Line 2: California Cheeseburger /Bun (lettuce, onion, tomato on salad bar) Line 3: Line 1: WG Fish Sticks/ Goldfish Crackers Breakfast: WG Uncrustable PB&J, fruit, juice, milk	19 Line 1: Orange Chicken over Brown Rice Line 2: Mac-N- Cheese with Ham Line 3: BBQ Pork & Cheddar Flat Bread Broccoli/ Garden Bar/ Mandarin Oranges Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk
22 Line 1: Chicken Alfredo /Garlic Knot Line 2: 2 Uncrustable PB&J's / Sun Chips Line 3: Pizza Variety All Lines: Broccoli, Orange Slices, Pears, /Garden Bar Breakfast: WG Breakfast Bagel, fruit, juice	23 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: Cheese and Sausage Egg Bites with Tots, fruit, juice, milk	24 No School	25 No School	26 No School
29 No School	30 No School	No School	Menu is subject to change without notice Fresh Garden Bar and milk choices available daily	<u>USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER</u>

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

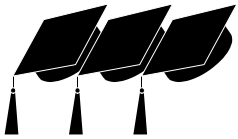


Onalaska High School
700 Wilson Street
Onalaska, WI 54650

An Equal Opportunity Employer



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



Important dates for Seniors

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

Show Choir Classic	1
Important Dates	2
Holiday Events	3
Final Exam Schedule	4
Brighton Beach Memoirs	5
Blankets for the Warming Center	6
ONAbility	7
Engage	8
Inclement Weather Policy	9
Student of the Month	10
Freddy Extra Effort Award	11
Onalaska Food Pantry	12
Student Services Update	13 – 22
ACT Dates	13
Mental Health Resources	14
ACT Information	15
Senior Scholarship Information	16
It's Time to Apply to College	18
Badger Boys/Girls State	19
Sophomore Leadership Seminar	20
Tips for Embracing the Season	21
Activities	23 – 28
School Nutrition	29 – 31