FREDDY'S FOOTNOTES

A Newsletter from Onalaska High School — February 2026

Highlights

Important Dates

Parent Teacher Conferences ..... Feb. 18 – 19
Scholaraships Due .....Feb. 19 by 3:00 PM
Winter Dance..... Feb. 21

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Important Dates

WTC Career Coach at OHS ..... February 3
Senior Scholarship/FAFSA Completion Workshops during resource ..... February 11 – 12
Blood Drive ..... Friday, February 13
Parent Teacher Conferences ..... Wednesday, February 18 from 3:30 – 8:00 PM
..... Thursday, February 19 from 12:30 – 8:00 PM
Early Dismissal ..... Thursday, February 19 --- 11:50 AM
OHS General Scholarship Applications Due ..... Thursday, February 19 by 3:00 PM
No School ..... Friday, February 20
Winter Dance – A Night in Rio ..... Saturday, February 21 --- 8:00 - 10:00 PM in the Fieldhouse
ACT Preparation in school for juniors ..... February 24
Prom ..... Saturday, April 11

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

Parent Teacher Conferences to be held in February

The following dates have been selected for Spring 2024 Parent Teacher Conferences at OHS:

Wednesday, February 18	3:30 PM – 8:00 PM
Thursday, February 19	12:30 PM – 8:00 PM

Sign up thru pickAtime link to schedule a conference

Go to the High School website at https://onalaskahighschool.onalaskaschools.com/ and click on the pop-up box that comes up right away. This will take you to pickAtime, where you can schedule your conferences.

Nurse Notes

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

Asbestos Notification

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

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

School District of Onalaska, WI Facebook Page



Onalaska Hilltopper Athletic Booster Club







International Flag Ceremony

Back: Alexis Nicholas Lelievre – France, Henri Louis Straetman – Germany and Lucas Simioni – Brazil
Front: Federica Maria Molinaro – Italy and Nele Velten – Germany

During our all-school assembly on December 23, a special ceremony welcoming our visiting students from France, Italy, Brazil and Germany took place.

Each student from their respective countries received a flag of their nation that will proudly be displayed for the remainder of the school year. The Rotary Club of Onalaska was kind enough to purchase the flag poles located outside the commons area on which the flags of our exchange students fly each year.

A special thank you to Robert Zettler of Design Photography for taking the pictures of the exchange students each year and mounting their portraits in our main hallway displaying all of the exchange students for the past 33 years. His generous donation of their respective senior portrait to the yearbook each year as well.

Show Choir Classic 2026

The 39th Annual Show Choir Classic was a great success. Exhibition performances from the High School Show Choirs and Concert Choir, along with the Middle School Show Choirs, were phenomenal. Great performances by all.












Onalaska High School - Construction Updates:















An additional round of projects at OHS, including more classroom and bathroom updates, elevator and chiller replacements, updated lighting in the Performing Arts Center, and brand-new weight and trainer rooms are targeted for completion by December 2026.

For construction updates, and next-phase presentation, visit: onalaskaschools.com/district/building-updates

Job Skills Olympics

Friday, January 30 – Coulee Region – Job Skills Olympics – Hosted by Onalaska High School











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: **February 11 and 26** **March 11 and 26** **April 23** **May 6 and 21**



American Red Cross

Give blood. Help save lives.

Blood Drive
Onalaska High School

South Gym
700 Hilltopper Pl

Friday, February 13, 2026
9:00 a.m. to 2:00 p.m.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: hilltopper to schedule an appointment.

Scan to be directed to RapidPass®

Create a flurry of hope! Come give blood Jan. 27 to Feb. 28 for a $15 e gift card rcblood.org/flurry

Scan to schedule an appointment.

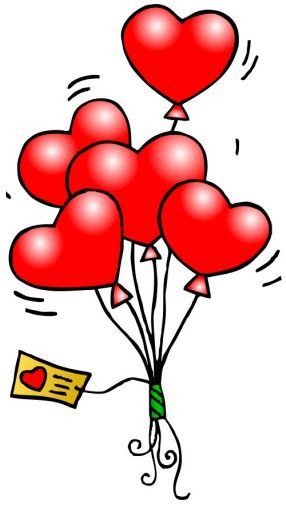
Last Call to order a YEARBOOK

Those students who have not yet purchased a yearbook can still order one online through February 20. After that date, books will be sold at a first come first served basis. Production is based on orders and cannot be reprinted.
To guarantee your order of a 2025-2026 yearbook, order now!
https://www.jostens.com/apps/store/productBrowse/1116523/Onalaska-High-School/2020-Yearbook/20190927045531687 87/CATALOG_SHOP/ .
This site is very user friendly, but if you have trouble with your online order the Jostens customer service number is 1-877-767-5217,
and they are extremely helpful and knowledgeable.
Yearbooks make a wonderful gift for teens,
(and don't forget about your international students).
Yearbooks are $69.00, but options can be added.
Just check the Jostens website for more on these options.
They are a wonderful remembrance for students.





Yearbook Staff Seeking Photos



If you have quality photos of students participating in Onalaska High School activities, please consider sharing them with the yearbook staff.

Please submit using the Jostens Image Share link at https://photos.jostens.com/

If that doesn't work, you can send them directly to the email address of johtr@onalaskaschools.com

Please include the name of the photographer and a brief explanation of the photo(s).

Bridging Brighter Smiles

Our dental team visits your student's school during the school day, to provide preventative dental services.

NO COST FOR SERVICES

PREVENTATIVE DENTAL CARE

SERVICES OFFERED:

FORWARD HEALTH (BADGERCARE) ACCEPTED

- X-Rays
- Silver Diamine Fluoride
- Sealant Retention Check
- Teeth Cleaning
- Oral Screening
- Teledentistry
- Oral Health Education
- Fluoride Varnish
- Referral Assistance
- Dental Sealants

Next Visit: Monday, February 9

Simply scan our QR code or visit our website to sign up your student

Bridgingbrightersmiles.org/forms

For questions call 262.896.9891 BRIDGING

Enroll Now





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!

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 them 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.



February 2026 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:
Jillian Knight

Nominees:
Madelyn Davidheiser
Parker Kizior
Makenna Klein

Sophomore Class
Student of the Month:
Noah Witcik

Nominees:
Esmay Baldwin
Jazmine Bonner
Kayla Ketelhut
Ella Leemkuil

Junior Class
Student of the Month:
Katelyn Bakkestuen

Nominees:
Kaydence Flaten
Kamdyn Irwin
Ciiab Sunshine Lee
Francesca Vriens
Chasen Witt

Senior Class
Student of the Month:
Isabelle Her

Nominees:
Sophia Knight
Deliliah Lee
Aditi Muduganti
Alexandra Phayvanh
Alexis Stupi



Jillian Knight
Freshman



Noah Witcik
Sophomore



Katelyn Bakkestuen
Junior



Isabelle Her
Senior

Freddy Extra Effort Award ...

February



Evan Rickleff
Freshman



Roselina Lee
Sophomore



Drew Wilson
Junior



Thomas Curtin
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

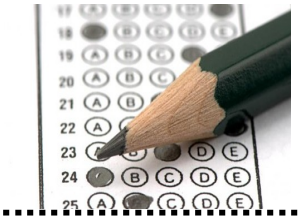
John Horman - Ext. 5031
horman.john@onalaskaschools.com
Serves students with last names beginning with Rj– Z

CHECK OUT OUR WEBSITE...

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

Statewide Junior ACT Day for 2026

All OHS Juniors test on
March 10, 2026

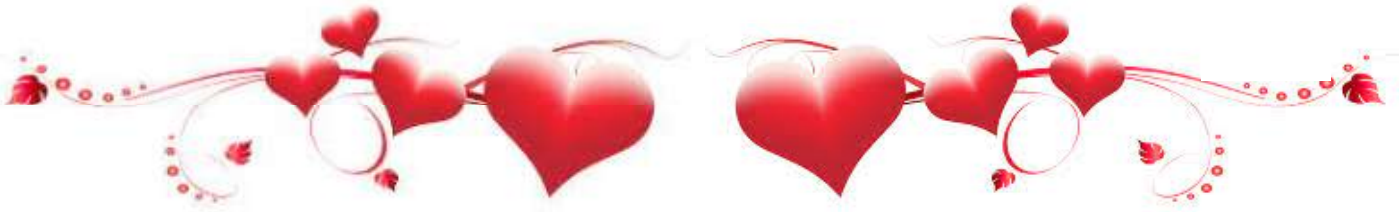


Upcoming ACT Dates and Deadlines

Test Date	Register By	Late Registration (Additional Fee)
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

February 2	8th Grade Registration Parent Night, OHS PAC, 6:30 pm
February 2	OHS Counselors at OMS for 8th grade registration for Freshmen year
February 3	Western TC Career Coach at OHS
February 5	8th Grade Electives Day - 8th graders at OHS
February 9	8th Grade Registration for Freshmen year due
February 11-12	Senior Scholarship/FAFSA Completion Workshops during Resource
February 18-19	Spring Parent/Teacher Conferences
February 19	OHS Senior Scholarship Application due at 3:00 pm
February 24	ACT Preparation in school for juniors
March 3	Western TC Career Coach at OHS
March 10	Junior ACT at OHS
March 20	End of Quarter 3



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. UW-Stevens Point's Continuing Education office is offering a virtual ACT Prep course on Saturday, February 21, 2026 from 8:30 am to 3:00 pm for $55 per person. Participants will learn test-taking strategies, practice tests and overall pacing, and test-day readiness. Visit https://www3.uwsp.edu/conted/Pages/ACT-Prep.aspx for more information.
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.

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.

Early College Credit, Start College Now, and Youth Apprenticeship Programs

Applications due Friday, February 27, 2026

ECCP and SCN Programs

Students at OHS have several unique opportunities they can take advantage of typically during their junior or senior years. The Early College Credit Program (ECCP) for private and public 4-year colleges and Start College Now (SCN) for technical colleges offer students an opportunity to take college courses at Western, Viterbo or UW-L at no cost to them or their families. A student must have exhausted all course offerings in a content area at OHS and meet the college's admissions criteria in order to be approved for these programs. Application forms can be found on the OHS Website and on the grade level google classroom pages. Students should contact their School Counselor for more information and be sure to turn in an application before February 27, 2027. **NO LATE APPLICATIONS CAN BE ACCEPTED!**

Youth Apprenticeship

Students who participate in a Youth Apprenticeship are able to learn essential skills under the supervision of a skilled mentor while earning high school credit. Juniors and Seniors who have part-time jobs in areas including food service, banking, automotive, construction, computer science, agriculture, nursing assistant or other related careers who are interested in earning high school credit for their employment should see Mrs. DeLong in Student Services for more information about the Youth Apprenticeship program! Applications are due to Student Services by February 27, 2026.

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, (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	March 24
	Required Forward Exam (Social Studies)	April 15-16
Juniors	ASVAB	March 3
	Required State-wide ACT	March 10
Seniors	ASVAB	March 3

Senior FAFASA and Scholarship Workshop!

February 11-12
Resource - Stop in Student Services to be drafted.
The local scholarship application is due on February 19 no later than 3:00PM. OHS Counselors will be available during Resource on February 11-12 to help students start and complete their local scholarship application. Counselors will also be on hand to help students start and finish their FAFSA applications. Seniors should stop by Student Services to sign up to be drafted.

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.

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.

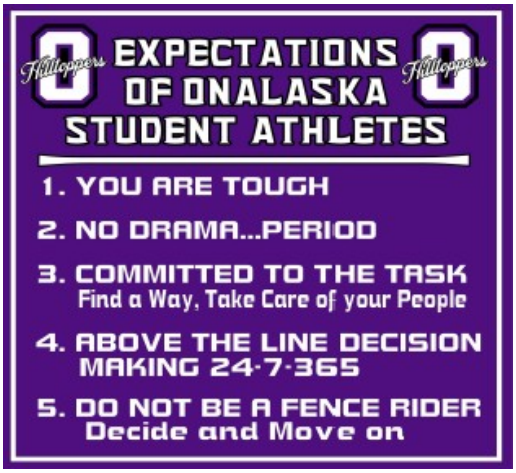
Upcoming Opportunities

Wisconsin American Legion Law Enforcement Career Academy (WALLECA), July 6-10, 2026 at Wisconsin State Patrol Training Academy at Fort McCoy
Application is open from January 5-March 31 at this link: https://wilegion.org/walleca
WALLECA is a 5 day camp that offers physical fitness training, classroom instruction and hands-on experiences.

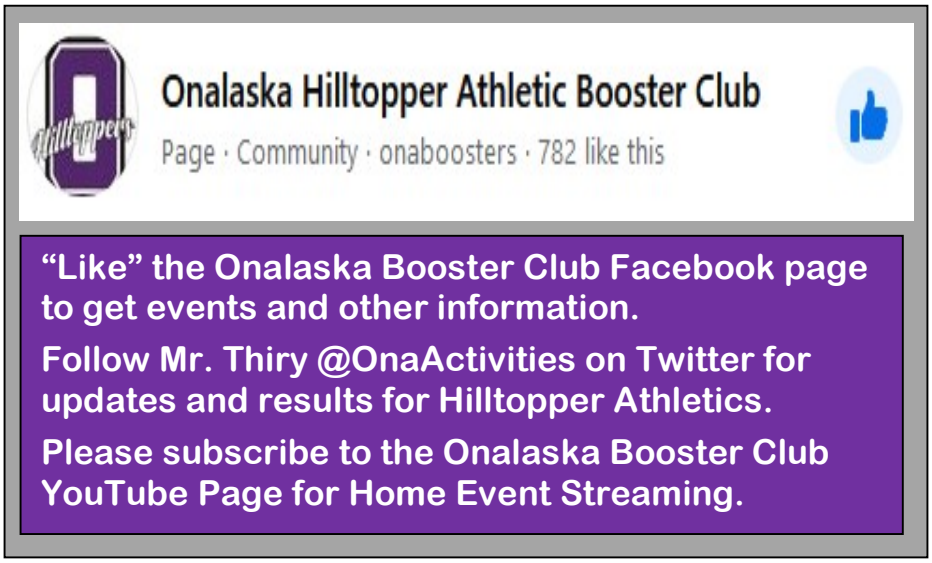
Badger Precollege Summer Program, Registration opens in January 2026
Link for more information
Pre-college program for ages 7-18 - courses from advanced learning programs and STEM classes to music clinics and college readiness conferences.

Stanford Summer Humanities Institute, application open now
Link for more information
Rising high school juniors and seniors are invited to experience Stanford University's renowned excellence in the humanities and social sciences. In an immersive, three-week residential program, students engage deeply with complex tests and ideas, develop college-level writing skills, and learn to articulate nuanced arguments in both written and spoken expression.









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

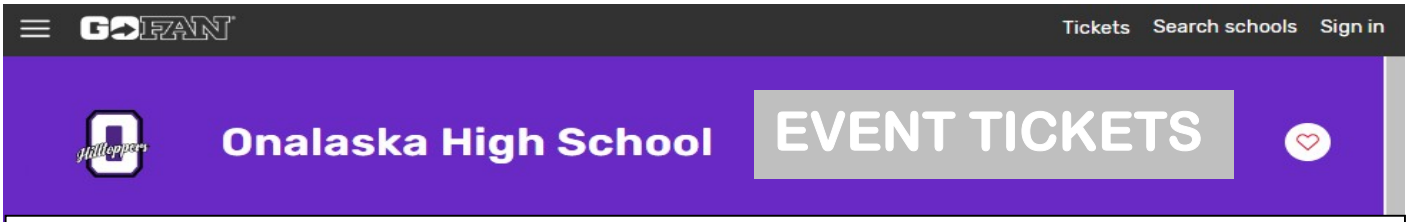
Senior Citizens (61 or Older) - FREE

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

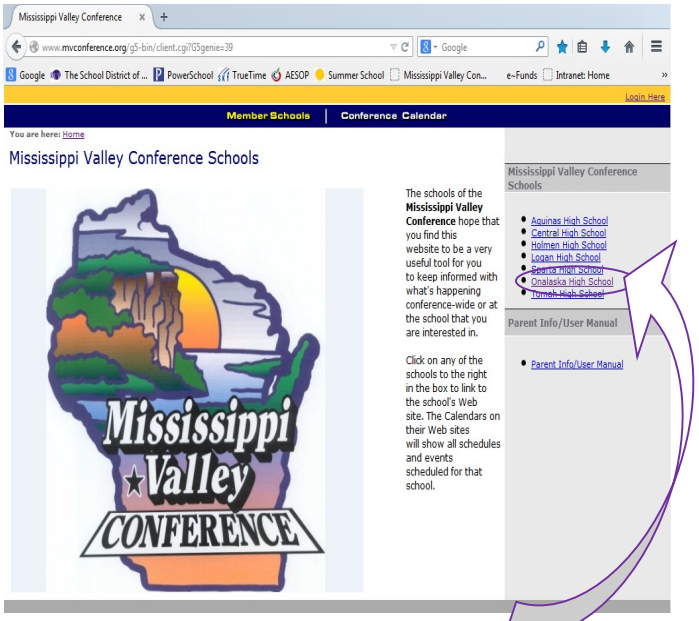


Calendar of Events

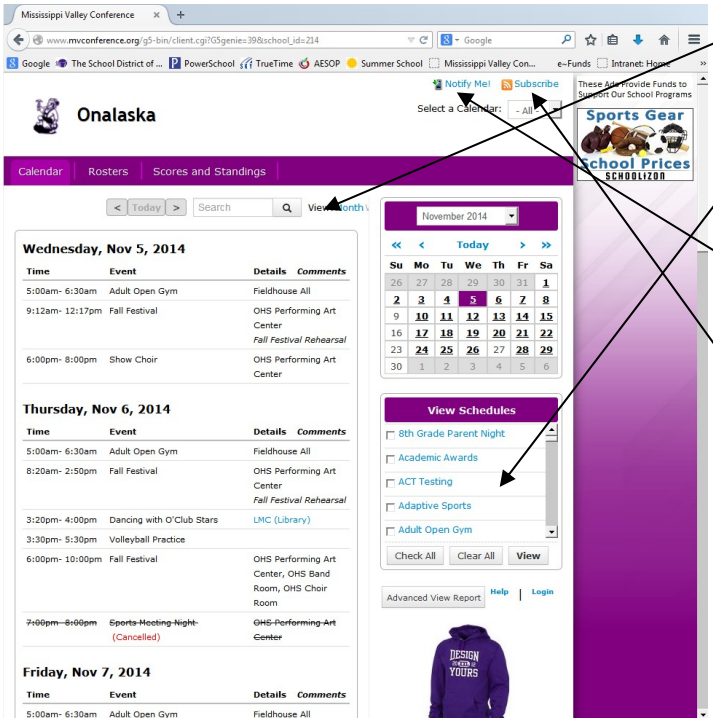
To view the most updated schedules for any Mississippi Valley Conference team, use the MVC website at: http://www.mvconference.org/g5-bin/client.cgi?G5genie=39

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

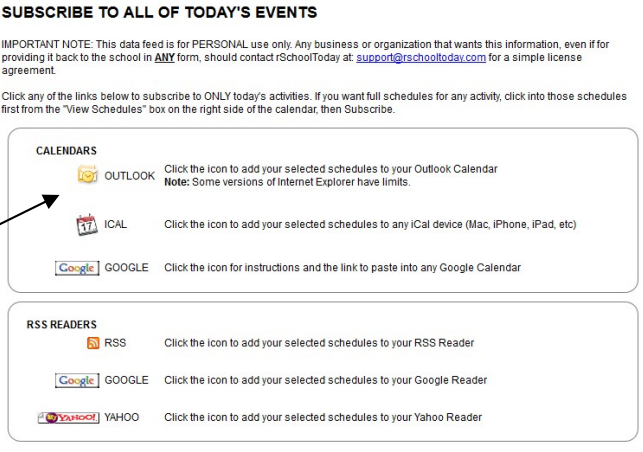


View the calendar by day, week, or month.

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.

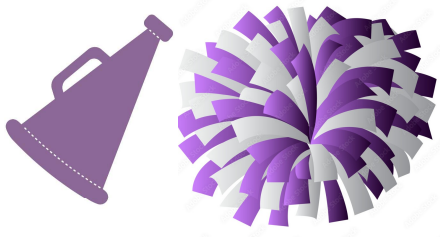


When subscribing to a calendar, you can choose from Outlook, ICal or Google for your calendar.

State Dance Team













The Onalaska Varsity Dance Team is headed to state after an impressive showing at regionals. The team finished 3rd in Pom and 2nd in Jazz with Kaelin Tomashek and Dani Schmit both named as All-State Finalists.
State will be held at the La Crosse Center on Feb 6 and 7.

Intramural Champs



Congratulations to our three on three intramural basketball champions.

Donovan Lucksted
Luke Siegel
Tristan Molling



The OHS Intramural program is designed for those students who are not involved in a current season WIAA sport.

Fun, sportsmanship, and teamwork will be the emphasis as you compete for the championship intramural t-shirt bragging rights.

Get involved and sign up today!



10th Annual Coulee Region All Stars Tailgate Party

Hilltopper football players and coaches host this wonderful community event and invite community members with special needs and their families to enjoy food and play tailgate games.











Congratulations Winter More Than An Athlete Students





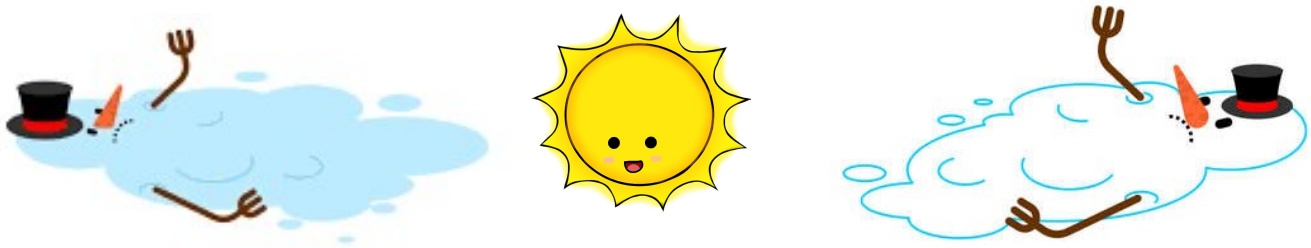


Freshman
Asher Andel
Jameson Benrud
Evan Clark
Carter DeLong
Connor Fecht
Parker Flaten
Mya Foster
Moe Haskell
Amelia Jorstad
Makenna Klein
Evan Mahr
Zachary Marso
Ava Matti
Jacoby McRoberts
Evelyn Milner
Matthew Moeller
Haylee Pfaff
Jackson Reinsvold
Evan Rickleff
Alexander Sammann
Addison Shelton
Cason Smith-Nichols
Warren Thompson
Alexander Walden
Cal Williams

Sophomore
McKenna Alderman
Esmay Baldwin
McKenzie Bauer
Kaden Betz
Kinley Borgen
Wylder Burch
Avery Cowley
Bradyn DeLong
Juliana Dunn
Ethan Endrizzi
Tameron Evaro
Ella Fejfar
Claire Fortun
Elin Gilles
Elliot Glebke
Taylor Gretebeck
Cali Grosch
Clayton Heiman
Madison Heit
Triston Hodson
Joshua Imgrund
Mindy Kao
Kayla Ketelhut
Allison Komperud
Tyler Kowal
Adam Kuhn
Maggie Li
Evan Markos
Matthew Masey
Kalicia McNeese
Gavin McRoberts
Elodie Most
Aubrey Nelson
Cecilia Olson
Sadie Peterson
Anna Pierzina
Megan Ramsay
Colten Schroeder
Peyton Soland
Cade Sommerfield
Amelia Spencer
Gabriel Whited
Noah Witcik
Kameron Zieba

Junior
Grayson Andel
Katelyn Bakkestuen
Brendan Chenault
Makena Fecht
Lucas Fillbach
Cailyn Holter
Mara Klein
Alexis Lelievre
Natalie Marso
Zoe Moeller
Federica Molinaro
Henry Olson
Olivia Passehl
Lauren Pica
Elle Pierre
Emily Runyan
Abigail Schaller
Myles Stapleton
Finley Walters
Ying Kong Xiong

Senior
Carter Beeler
Kyara Cayasso
Raelyn Cowley
Grady Dunnum
Jackson Egan
Autumn Heiman
Carter Johnson
Ian Kowal
Maddisyn Manix
Rowan McGrath
Trent Oyen
Olivia Peterson
Addison Sanwick
Danielle Schmit
Hannah Sime
Maximus Todd
Kaelin Tomashek



Student Requests

ONALASKA HIGH SCHOOL MENU
FEBRUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
*** indicates a student requested item**	USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER	Menu is subject to change without notice	Fresh Garden Bar and milk choices available daily	
2 Choice 1: Baked Poatao Bar (Broccoli/ Ham/ Cheese/ Sour Cream) Choice 2: WG Chicken Patty/ WG Bun Choice 3: Walking Tacos/ Tostitos chips All Lines: Roasted Broccoli, Applesauce, Garden Bar **Breakfast: Cheese Omelet/ Pancakes, fruit, juice, milk**	3 Choice 1: California Cheeseburger / WG Bun (lettuce, onion, tomato on salad bar) Choice 2: BBQ Pork/Cheddar Flatbread Choice 3: Chicken Strips/ Goldfish Crackers All Lines: Oven Fries/ Banana/ Oranges/ Garden Bar **Breakfast: Breakfast Sandwich on a WG Croissant, fruit, juice, milk**	4 Choice 1: Chicken Alfredo /WG Breadstick Choice 2: Fish Taco/ Cole Slaw Choice 3: Mini Corn Dogs/ Goldfish Cracker All Lines: Green Peas, Peaches, Slushy Cup/Garden Bar **Breakfast: Uncrustable PB & J, Yogurt, fruit, juice, milk**	5 Choice1:Spaghetti /Chese/ Garlic Twist Choice 2: Meatball Sub/ Moz /WG Hoagie Choice 3: French Bread Pizza / Broccoli Cheese Soup All Lines: Carrot Coins / Orange Slices/ Pears/ Garden Bar **Breakfast: WG Cinnamon Roll Sausage links, fruit, juice, milk**	6 Choice1: Chicken and Waffles Choice 2: Chicken Parmesan / WG Bun Choice 3: Pizza Variety All Lines; Green Beans, Cinnamon Apples /Garden Bar **Breakfast: French Toast, 2 sausage links, fruit, juice, milk**
9 Choice 1: California Cheeseburger / WG Bun (lettuce, onion, tomato on salad bar) Choice 2: BBQ Pork/Cheddar Flatbread Choice 3:Chicken Strips/ Goldfish Crackers All Lines: Oven Fries/ Banana/ Orange Slices/ Garden Bar **Breakfast: WG Cheese Quesadilla & Salsa, fruit, juice, milk**	10 Choice1: Chicken and Waffles Choice 2: Chicken Parmesan / WG Bun Choice 3: French Bread Pizza/ Brocc/Cheese Soup All Lines; Green Beans, Cinnamon Apples /Garden Bar **Breakfast: WG Cinnamon Roll & Sausage links, fruit, juice, milk**	11 Choice 1: Orange Chicken / Brown Rice Choice 2: WG Chicken Patty / WG Bun Choice 3: California Cheeseburger /Bun (lettuce, onion, tomato on salad bar) All Lines Stir Fry Veggies, Orange Slices/ Garden Bar **Breakfast: Breakfast: WG Breakfast Bagel, fruit, juice, milk**	12 Choice 1: Fish Tacos/ Cheese/ Cole Slaw Choice 2: Chicken Pot Pie Casserole Choice 3: Bakalar Chili Dog with Cheese All Lines; Baked Beans, Slushy Cup, Garden Bar **Breakfast: Uncrustable PB & J, Yogurt, fruit, juice, milk**	13 Choice 1: Pancakes and Sausage Choice 2: Cheese Quesadilla/ Chicken Baja Soup Choice 3: Chicken Ranch Wrap All Lines: Tater Tots / Apple Slices/ Garden Bar **Breakfast: Breakfast Pizza, fruit, juice, milk**
16 Choice1: Chicken and Waffles Choice 2: Chicken Parmesan / WG Bun Choice 3: French Bread Pizza/ Broccoli Cheese Soup All Lines; Green Beans, Cinnamon Apples /Garden Bar **Breakfast: Uncrustable PB&J, Yogurt, fruit, juice, milk**	17 Choice 1: Fish Tacos/ Cheese/ Cole Slaw Choice 2: Chicken Pot Pie Casserole Choice 3: Bakalar Chili Dog with Cheese All Lines; Baked Beans, Slushy Cup, Garden Bar **Breakfast: WG Cheese Quesadilla & Salsa, fruit, juice, milk**	18 Choice 1: Chicken Alfredo /WG Breadstick Choice 2: Mini Corn Dogs/ Goldfish Cracker Choice 3: Orange Chicken / Brown Rice All Lines: Roasted Broccoli, Peaches, Slushy Cup/Garden Bar **Breakfast: WG Cinnamon Roll/ Sausage links, fruit, juice, milk**	19 **Early Dismissal** **No Lunch** **Breakfast: Breakfast: WG Muffin, Tater Tots, fruit, juice, milk**	20 **No School**
23 Choice 1: California Cheeseburger /Bun (lettuce, onion, tomato on salad bar Choice 2: BBQ Pork/Cheddar Flatbread Choice 3: Pizza Variety All Lines: Oven Fries Orange Slices/ Garden Bar **Breakfast: French Toast, sausage links, fruit, juice, milk**	24 Choice 1: WG Popcorn Chicken Bowl/ Roll Choice 2: Swedish Meatballs/gravy /Roll Choice 3: Ham Steak/ Roll All Lines: Mashed Potatoes/Gravy Whole Kernel Corn Pears /Garden Bar **Breakfast: Breakfast Sandwich on a WG Croissant, fruit, juice, milk**	25 Choice 1: Fish Tacos/ Cheese/ Cole Slaw Choice 2: Chicken Pot Pie Casserole Choice 3:Meatball Sub/ Mozz/ on a WG Bun All Lines: Green Peas, Slushy Cup, Garden Bar **Breakfast: Uncrustable PB & J, Yogurt, fruit, juice, milk**	*Harvest of the Month* 26 Choice1: Homemade Chili/ Cheese, Cinnamon Roll Choice 2: Pizza Variety Choice 3: Bakalar Chili Dog /Cheese All Lines; Green Beans, Cinnamon Apples /Garden Bar **Breakfast: Mini Bagels fruit, juice, milk**	27 Choice1:Spaghetti /Chese/ Garlic Twist Choice 2: Meatball Sub/ Moz /WG Hoagie Choice 3: French Bread Pizza / Broccoli Cheese Soup All Lines: Carrot Coins / Orange Slices/ Pears/ Garden Bar **Breakfast: Homemade WG Muffin, Tater Tots, fruit, juice, milk**

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

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.

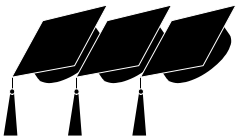


This institution is an equal opportunity provider.

Onalaska High School
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.

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