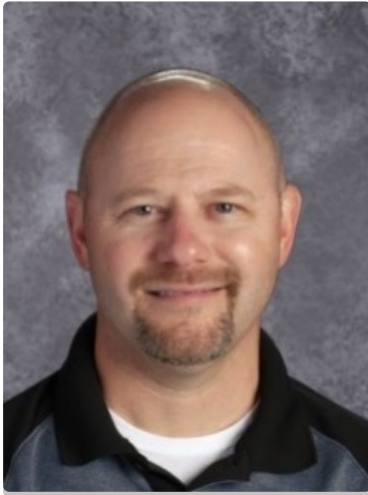


# SHS Weekly News

March 11, 2022



## Message from Mr. Kruse

Students and Families,

Wow, between ACT testing and Friday Staff Professional Development Day...this week has flown by!

Remember to set your clocks ahead on Saturday night...Spring has sprung. Spring seasons for Athletics and Activities have already started. There are only 2 weeks left until Spring Break.

This time of year is set aside for a number of Safety Drills. SHS will hold a focused ALICE table-top drill the week of March 21st. The drill will consist of a PA announcement and scenario-based classroom discussions. In April, we will have a Fire and Tornado Drill. Later this semester there will also be an All-School Evacuation Drill. We know that Safety Drills affect people in different ways. As always, we are glad to support students as they process or engage in emergency-related topics. Students may contact any Pupil Services team member or Administrator with any questions or needs.

It has been a challenging couple of years for all schools...hopefully, some of those changes are behind us. It has been great to see students and staff respecting everyone's individual choice around masking. It is also wonderful to see more smiles!!

Thank you for your continued support.

Have a fantastic and safe weekend!!!

MJK

## Forward Testing Grade 10

Families, we are entering the spring state testing season. Please click below for more information.

- [Forward Letter English Version](#)
- [Forward Letter Spanish Version](#)
- [Forward Letter Albanian Version](#)

## ATTENDANCE for ASPIRE DAY

- **ASPIRE** Testing is on April 19 for students in grades 9 & 10. Students in grades 11 & 12 will be participating in asynchronous online learning on that day.

Students who are scheduled for online learning on April 19 are expected to log into each class starting at 8:00 am through Schoology. Assignments will be uploaded and ready to go.

Attendance will be taken and submitted at 3:30 pm.

## An Ask from the Board of Education

The Board of Education seeks your input: What are the qualities you'd like to have in our next District Administrator? Take the 31 Qualities survey ([English](#), [Espanol](#), [Shqip](#)) by March 27 at 8 a.m.

## COVID Message from Health Staff

While masking is now recommended and not required at SASD, please note the following:

- **Students returning from isolation or quarantine must comply with strict mask wearing for days 6-10.** If not able to do so, the student will need to stay home for the full 10 days.
- **Masking may be required in the health room:** Students may be asked to put on a mask for symptoms of illness until an evaluation is done and it is determined whether the student needs to be isolated/sent home or can return to class.
- View our [Student COVID-19 Protocol](#) at any time.

## Antiracism Project: March Resources

We are highlighting three events in March: Women's History Month; World Day of Muslim Culture, Peace, Dialogue, and Film (March 11), and International Day for the Elimination of Racial Discrimination (March 21). [here](#). The purpose of the Antiracism Project is to advance our district's Educating for Equity efforts by providing resources, information, and opportunities to support recognized events, locally, nationally, and internationally.

This  
Weeks  
Theme

# Healthy Eating on a Budget



For more details about how to eat healthier on a budget.



Use your camera on your mobile device to quickly scan this QR code.

Question of the week:

True or false

Purchasing frozen vegetables and fruits is a good way to save money on produce.

Answer: True. Frozen vegetables and fruits are just as nutritious as fresh and is a great option when produce is not in season in the US.

Making the most of your budget to get the most nutrition will take a little extra planning before you shop.

Here are a few tips to help you save money on groceries

Eat out less, cook more at home.

Plan your meals and write a list.

Check your pantry for items you may already have on hand.

Check the local newspapers and online to find sales and coupons.

Plan a couple of your meals based on the meat and seafood coupons and sales.

While in the store compare prices of different brands and sizes. Remember to compare the price/weight, not just the final price.

Shop for fresh produce that is in season.

Buy frozen fruits and vegetables that are not in season.

Stick to your list. Don't let the end displays suck you in.

Focus on nutritious, low-cost foods like beans, lentils, sweet or white potatoes, eggs, peanut butter, canned fish, oats, brown rice, quinoa and frozen or canned fruits and vegetables.

Make your own snacks; trail mix, yogurt parfaits, air-popped popcorn, etc.

Stay hydrated with tap water and replace sweetened beverages with water.

Next Week: Ways to eat more fruits and vegetables

TAHER

## Prom-Website Information

Click on the button





## High School Contact Information



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