

SHS Weekly News

February 21, 2020

CALENDAR OF EVENTS

Friday, Feb. 21

NO SCHOOL

5:45 pm Boys JV/JV 2 Basketball @ Fort Atkinson

7:00 pm Spring Play "*Twelfth Night*" in the PAC

7:15 pm Boys Var Basketball @ Fort Atkinson

Saturday, Feb. 22

9:00 am Wrestling Var WIAA Sectional @ Oconomowoc

7:00 pm Spring Play "*Twelfth Night*" in the PAC

Monday, Feb. 24

Tuesday, Feb. 25

7:00 pm Girls Var Basketball WIAA Regional

Wednesday, Feb. 26

Thursday, Feb. 27

5:45 pm Boys JV 2 Basketball in the Fieldhouse

5:45 pm Boys JV Basketball in the Gym

7:15 pm Boys Var Basketball in the Gym

Friday, Feb. 28



**** All dates and times
subject to change.
Check the calendar often.**

Thank You

A huge thank you to all of the parents who brought food in for our staff to enjoy on Wed. Feb. 19 before conferences started. Working these long days, it is appreciated to have a meal to enjoy to get through the evening.



 **Crystal Apple Awards**

www.nbc15.com

Busy Busy Busy...

Who Has Time for Self Care?



You cannot drink
from an empty cup.

FILL YOURSELF UP. YOU'RE WORTH IT.

Sound Familiar?

- *Your calendar is full*
- *You feel overwhelmed at work and at home*
- *Your to do list never gets shorter*
- *You have many people counting on you*
- *You could do with some more sleep*
- *You're sick of getting lots of colds and coughs*

Studies show that making time for self-care can:

- ♦ *Improve Relationships (including your own relationship with yourself!)*
- ♦ *Increase Positivity*
- ♦ *Improve Productivity*
- ♦ *Fight Fatigue and Illness*

Join us for an open discussion on self-care. Learn practical ideas for self-care and how to incorporate these practices in to your daily life.

Presenters: Cathy Moura, LMSW and Beth Rudy, BA and 200 hour Certified Yoga Instructor

When: March 3rd, 6:00 pm to 7:00 pm

Where: Stoughton Area School District Building. 320 North ST.



Law Enforcement Career Academy

Are you a current high school junior or senior and interested in a career in law enforcement or a related field? The Wisconsin American Legion offers a new Law Enforcement Academy that will be held June 22 – 26, 2020 at the Wisconsin State Patrol Training Academy at Ft. McCoy. The academy is free to all cadets! You just need to complete the application below by printing it and completing it to include all of the signatures required and send it to the Wisconsin American Legion Headquarters before the deadline.

52 cadets will be chosen to attend the academy. The curriculum includes classes such as Crime Scene Investigation, Crimes Against Children, OWI Enforcement, Computer Crimes, Firearms training and much more! The classroom is coupled with Physical training.

Click on the link below to view the application and more information about the academy.

<https://wilegion.org/page/content/programs/wisconsin-american-legion-law-enforcement-career-academy>

Schedule Placement Testing

Attention Seniors: If you are planning to attend a UW campus this fall, you will need to schedule placement testing. The link to schedule placement testing has recently opened

<https://wisconsin.us17.list-manage.com/track/click?u=dcf04b93c343a11f3e08d65f7&id=ce62c900f0&e=261079ed21>

Follow the directions of the website to schedule your testing. Placement testing must be done prior to scheduling registration/orientation sessions this spring.

See your school counselor with questions.

CTE News in the Spotlight

Evan Herbst -

Evan has found a passion in Accounting and has advocated for himself to dig deeper into the material. He started with Accounting and has continued to take Independent Studies in the content area. He has also taken an interest in the marketing course available. Evan plans to study accounting at UW-Whitewater next year.

Evan balances soccer, track and field, and Norwegian Dancers all while excelling in his academics.

Kelsey Waldner

Kelsey has had a vision for her future for quite some time now and it includes opening her own restaurant! She has taken all of the Culinary courses we offer at SHS and is currently taking a course at MATC regarding the hospitality industry. She works at Main St. Cafe and has taken on many head chef responsibilities. Her boss even asked me if I would be ok with her helping plan the menu, to which I replied, "Absolutely."

When Kelsey is not working or at school, she plays hockey and softball. She is also a baker and loves making sweet treats at home! Her friends and brother Ryan enjoy the benefits of Kelsey's baking talents. :)

Mikendra DeBruin:

Mikendra is currently our FFA President and has a true passion for the Ag Industry. Even though she isn't taking an ag class this year, if you're looking for her chances are she is in the Ag Room.

Mikendra's true passion is horses and the equine industry. She works at Mandt Equestrian Center & Northside Animal Hospital. She recently was accepted into multiple clinics at the Midwest Horse Fair, which is a huge accomplishment. Mikendra is also involved in 4-H where she is also president. She shows horses and dogs at Stoughton, Dane County, and Lodi Fairs. Outside of the Agriculture industry, she loves to waterski. She plans to attend college for Animal Science and Pre Vet and wants to be a Large animal Vet. She plans to attend UW-Madison or SDSU.

Lanita Sanders-Edwards

Lanita has been very involved in the culinary courses of Family & Consumer Science this year. During the fall semester, she studied hard to become one of the star students in Culinary Arts 2. She is always willing to lend a hand to her teammates and to go the extra mile in the culinary lab, keeping things clean, organized and efficient.

Lanita is continuing her culinary education this semester as a student in World Cuisine, and lending her cooking and leadership experience to Culinary Arts 1 as a teaching assistant. She has created some great educational material for foodborne illness review in our Safety and Sanitation unit and is working on developing her first cooking lab plan. We're excited to have Lanita leading the way in Culinary Arts this spring!

Joshua Stenjem

Josh is a senior and works as a youth apprentice in construction and manufacturing (HVAC) at Service Specialists in Sun Prairie. He has taken numerous business and tech. Ed courses during his 4 years at Stoughton, and is currently taking a year-long Commercial Construction course where he is learning everything related to construction, including roofing, electrical work, plumbing, masonry, etc.

Something I have noticed about Josh is his quiet but knowledgeable presence. He is a man of few words, but when he talks he knows what he is talking about. His quarterly evaluations at work have been glowing. To quote his employer, "Josh is an excellent team player, is wise beyond his years, has excellent listening skills and everyone at his job approves of him."

Fiona Prechel

Fiona has taken 5 health science courses with Mr. Stokes during her time at SHS. As a junior, she took the CNA course and passed the state licensing exam. She currently is a youth apprentice and works at Nazareth Health & Rehabilitation Center. The experience she is getting there will help prepare her for her future as she plans on becoming a nurse.

Fiona participates in various activities at SHS. She was a member of DECA during her junior year and has played tennis and lacrosse throughout high school. If you know Fiona, you know how mature, well-spoken and respectful she is. She has a very bright future waiting for her.

Tyler Millard

Tyler is a junior that is interested in STEM, particularly engineering. Next year he will be a youth apprentice in the field of engineering, learning under a great mentor at Cummins. He will also be taking courses in Tech. Ed. at SHS, that will supplement the knowledge and skills he learns through his apprenticeship.

If you know Tyler, you are well aware of his maturity and his determination to do well in school. When Tyler turned in his resume and cover letter for the youth apprenticeship program, I felt like I was reading something an adult had created. It is so well done! Finally, Tyler also competes in track during the spring.

Ashlyn Sarbacker

Ashlyn is very active in the Ag Department and is our FFA Treasurer. Although soft-spoken, she is more than willing to share her knowledge and experiences with others and is always trying to encourage others to participate in events. Ashlyn is most definitely a leader who leads by her actions rather than her words.

Outside of FFA, Ashlyn is a wrestling manager, is involved in 4-H, Student Senate, is the Dane County Jr Holstein Association Treasurer, and shows Dairy Cattle at Stoughton, Dane County, State Fair, and World Dairy Expo. She enjoys running & works at Coachmans. Her family grows tobacco, pumpkins, and sweet corn. Ashlyn plans to attend UW-Platteville to major in Dairy Science & Agriculture Business.

Trent Carpenter

Trent is the true definition of a CTE student! He has taken various courses in Culinary, Agriculture, and Tech Ed. Trent is a hands-on learner and excels at doing anything tactile. He is currently a youth apprentice in Manufacturing at General Heating in Fitchburg. He works 5 days a week there and has learned so much doing so! His direct supervisor has given him two glowing evaluations already this year!

Trent loves wrestling and has been actively involved with the sport at Stoughton during high school. He is also taking a year-long commercial construction course on Wednesday evenings, learning many skills needed in construction, including plumbing, electricity, masonry, etc.

Quinn Ziemann

Quinn has taken all of the auto and welding classes that SHS has to offer. His classroom teacher, Mr. Hensen says that Quinn has always been interested in learning all that he can regarding anything related to Technical Education.

Quinn has also played all 4 years on the high school boys hockey team. After graduation in June, he aspires to go to UW-Platteville and be inducted into the FSAE program. This is an engineering design competition that provides students the opportunity to enhance their engineering design and project management skills, by taking classroom concepts and applying them to the car building competition.



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All Dressed Up

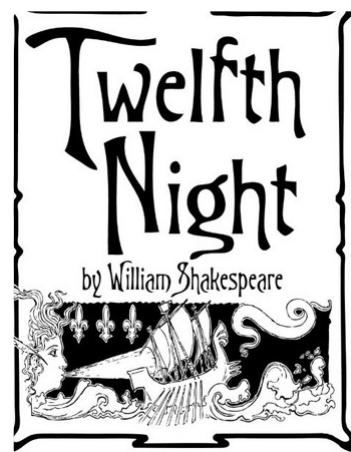
The Junior League of Madison is a non-profit women's organization and each year we host an event called ***All Dressed Up*** where hundreds of Wisconsin high school girls shop for a free prom dress and accessory! This year's event will be **Saturday, March 7th from 7:30am to 4:00pm at Madison College** (1701 Wright Street, Madison). Attendees are escorted through the selections with a personal shopper and can select one of hundreds of amazing dresses donated from within the Madison community and cleaned by Klinker Cleaners. Please see www.ADUMadison.com for additional information and requirements.

The 7:30 am time slot to shop for free prom dresses is the most popular with the best dress selections and shortest dressing room lines; we'd like to invite you to sign up for this time slot! Only 40 amazing young women, including yourself, are being offered this opportunity!

You may use this link: <https://www.eventbrite.com/e/87393936617> between February 1st and February 6th to sign up. Don't worry, your friends can sign up for their shopping time slot starting February 7th at www.ADUMadison.com.

Spring Play

The Spring Play, Shakespeare's *Twelfth Night*, will be presented on February 20-22 at 7:00 pm in the Performing Arts Center.



Last Day to order a Yearbook is March 12.

Dear SHS Families,

We are quickly approaching the cut off for ordering a yearbook and this year, because of a more efficient ordering system, **there will not be any extra books available for direct purchase this spring. If you do not order a book you will not get one. Last day to order is March 12.** Because we do not want anyone to miss out, here are step by step instructions on how to place your yearbook order. This is a firm deadline. Please do not forget to order your Yearbook.

Order your yearbooks today! Your 2020 yearbook is just a few clicks away!
First, log on to your Infinite Campus Portal.
Second, click on the My Accounts icon.



Next, you will see these options. Click on the Optional Payments box.

The next screen will show a list of payments. Find the Yearbook-HS option and add it to your cart. Once it is in the cart you can apply a payment with a credit or debit card and you are done!

NAME	AMOUNT	
Athletic Family Pass-10 Punch	40.00	Add to Cart
Athletic Family Pass-20 Punch	70.00	Add to Cart
Yearbook-HS	50.00	Add to Cart

Don't have the whole \$50 right now? Don't worry, you can spread your payments out between now May 1st. As long as you have \$1 deposited a yearbook will be reserved for you.

Yearbooks

Books must be paid in full by May 8th. Yearbooks will be distributed the 14th of May.

Central Registration Dates

Registration will be taking place at the high school on Thursday, August 13 from 7:00 am - 1:00 pm and Tuesday, August 18 from 2:00-8:00 pm

Outstanding Student Fees

Please check your Infinite Campus Portal to see if your child may have any outstanding class fees. You may pay through your portal or send cash or a check to your student's teacher.



High School Contact Information

Main Office: 877-5600

Attendance Office: 877-5600

Mr. Kruse, Principal: 877-5601

Ms. Hrodey, Assoc. Principal: 877-5605

Ms. Schoemer, Assoc. Principal: 877-5603

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🌐 stoughton.k12.wi.us