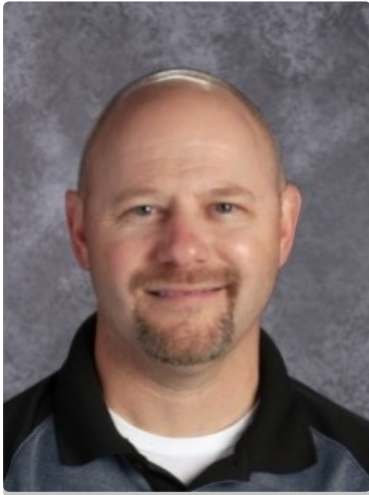


SHS Weekly News

October 29, 2021



Message from Mr. Kruse

Students & Families,

I hope that you are well. I would like to start by acknowledging the events of this past week. This was a difficult week on many fronts. I know that some students, staff, and families are hurting and I apologize for any harm this week may have brought you. I recognize mistakes were made and the system response to the situation on Monday was incorrect. We will learn from this situation, make adjustments, and prepare a better crisis response protocol.

The ALICE Emergency Notification System was accidentally and incorrectly used. I apologize for initiating that system on Monday. Once this system is activated it can not be shut off. Immediate changes have been made to the activation protocol for the ALICE Emergency Notification System.

All students and staff responded to the ALICE notification correctly. When hearing the notification some students/staff left the building and some stayed in a locked area, both decisions are correct. The students and staff made decisions for their safety and followed the ALICE protocol. I am thankful that everyone is safe.

This had to have been a difficult and stressful time for students and staff. These types of traumatic experiences can cause a wide range of emotions. The events of this week affected students, staff, and families in various ways and we want to make sure you have the support you need now and down the road. If your student needs support and would like to talk, please call or have them contact their Counselor.

Again, we are making necessary adjustments as a school and as a system. These adjustments include technical changes and ways to continue supporting students and staff after a crisis event.

As we move forward together, please be safe and kind to one another. Thank you for your continued support to make SHS a wonderful place to work and learn.

Sincerely,

M. J. Kruse

Counseling Services News

We understand the events of October 25th may have impacted your student in a variety of ways. The following guide can help you address concerns as they arise.

[Talking to Students About Violence](#)

As always, if you are concerned about your student, please contact the Counseling Services staff at the high school.

Teresa Hermanson - School Social Worker teresa.hermanson@stoughton.k12.wi.us

Amanda Dow - School Counselor (last names A - G) amanda.dow@stoughton.k12.wi.us

Ann Ash - School Counselor (last name H - N) ann.ash@stoughton.k12.wi.us

Kristin Natzke - School Counselor (last name O - Z) kristin.natzke@stoughton.k12.wi.us

Kristine Schoen - School Psychologist kristine.schoen@stoughton.k12.wi.us

Water Bottle/Mask Reminder

Please remind your student to bring in a water bottle and mask each day as we follow our Covid protocol for safety.

Adjusted Daily Bell Schedule

Please click on the button

Senior Graduation Packets

Hello Senior Families!

Just a quick note to let you know the class of 2022 received information packets from Midwest Scholastic regarding graduation (cap and gown, graduation announcements, party invitations, and senior apparel, etc.) Here is a short 2-minute overview:

<https://drive.google.com/file/d/1LnAYxovFhOye3HrGNoa3mltKDZVxLh1D/view?usp=sharing>

On the front of the packet, there is a QR code for the student to scan and enter their full legal name as it should appear on their diploma. The school staff will be confirming these names and will contact you with any questions.

Midwest Scholastic will be back at school to take orders during the lunch period on Thursday, November 11th. A \$50.00 deposit or payment in full (if your order is less than \$50) is required on order day. You can also place your order online at www.mwscholastic.com Payment in full is required if you order online. If you order apparel marked with an asterisk, including online orders, your apparel will be available for pick up at our table on order day. If you have any questions regarding this or anything else with the ordering process, please email us at questions@mwscholastic.com.

Extra packets will be in the Main Office.

Senior Class Group Photo (Date Change)

The Senior Class Group Photo will take place on Tuesday, Nov. 9th at 11:00 am. We may be outside in the bleachers so please dress appropriately for the weather.

Free Senior Photo Session

Stoughton High School is offering a free senior photo session with a professional photographer for seniors who have financial barriers to getting their photos taken. If you are interested, please contact Ms. Hermanson, School Social Worker, for more information and to sign up no later than November 1. Her contact information is 877-5613 or teresa.hermanson@stoughton.k12.wi.us.

Information for Seniors

Please click the button for all of the Senior Information (Photos, Quotes, Polls, and Grad Ads)

Fall Choir Concert Date Change

On Thursday, November 18, the Stoughton High School Choirs will present a Fall Concert. The concert will begin at 7:00 PM in the SHS Performing Arts Center and is free to the public. Featured ensembles for this performance include Concert Choir, Chorale, Divine, Dive In, and the Madrigal Singers. Immediately following the concert will be a brief meeting for all choir parents regarding choir boosters, the Madrigal Dinner and a possible spring trip. Please have at least one parent or guardian at this meeting if your son or daughter is a member of any choir at SHS.



World Language News

Click on the button to open the link

We're Offering Free COVID Testing

Learn more at <https://www.stoughton.k12.wi.us/covid-19/testing>. Students under 18 years old must have guardian consent (View our webpage for consent requirements) AND pre-register for their test at register.covidconnect.wi.gov. Students and staff over 18 years old must pre-register for their testing register.covidconnect.wi.gov.

Have you taken our Fall Family Survey?

Help us improve your student's educational experience by completing our Fall Family Survey! Your participation is critically important -- we will be using this data as soon as November and to plan for next school year. The survey is administered by third-party survey experts School Perceptions.

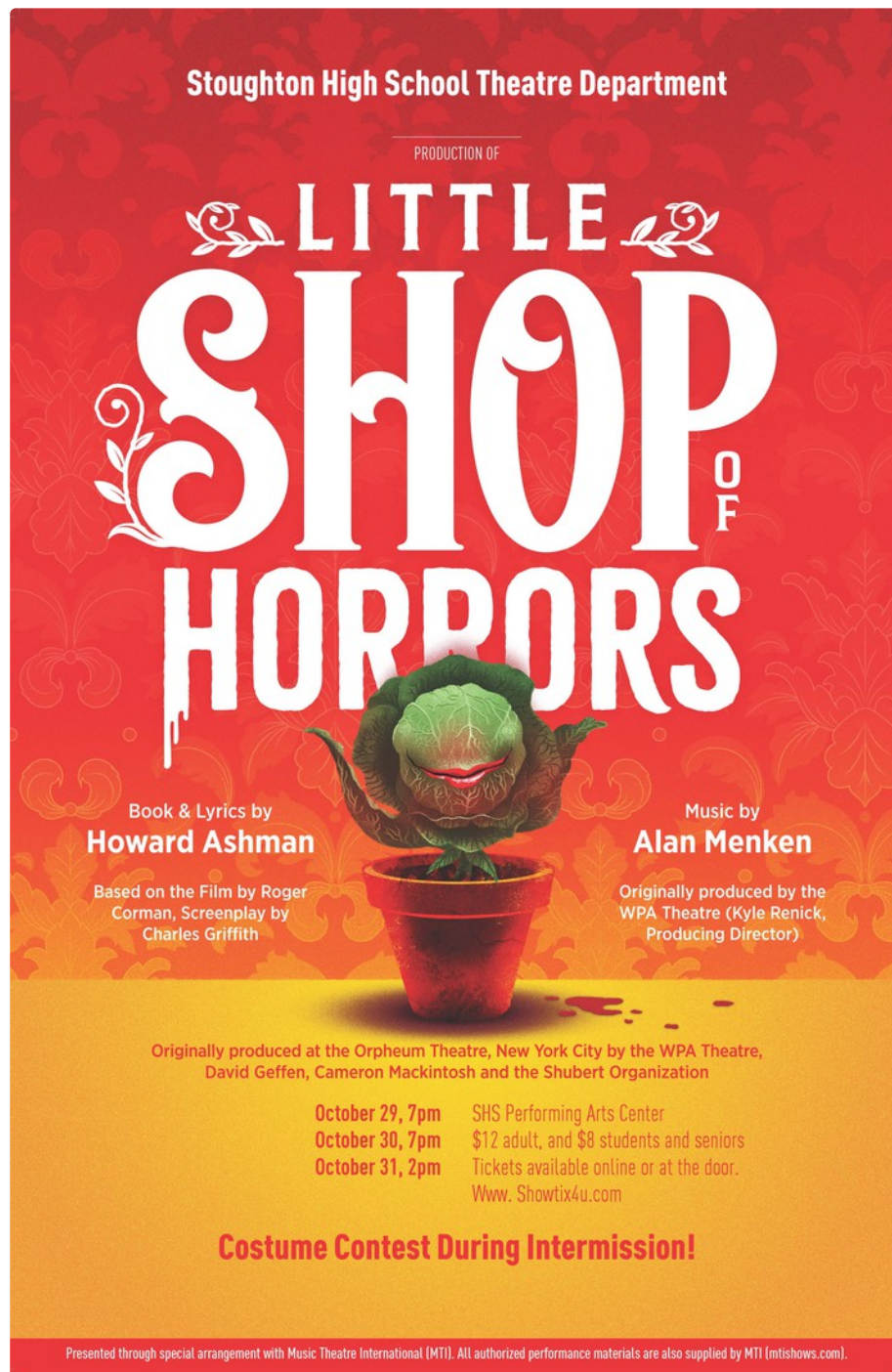
Accessing the survey: To access the survey, find it in your email inbox with the subject line "Stoughton Area School District 2021-2022 Fall Family Survey." If you need assistance, please email info@stoughton.k12.wi.us.

You May Have Unpaid Fees

Please review your Infinite Campus Parent Portal to see if you have any unpaid fees. Please note that you may have prior year fees. To see and pay those, change the fee year in your app and add those items to your cart.

Meal Accounts

As a reminder, students may have one breakfast and lunch at no charge this year. Additional meals and/or ala carte items may only be purchased on account if funds are available. No payments will be accepted in the line this year. Please review your meal account for your current balance and consider setting up an automatic payment. **With any questions, please contact** jenny.mckenna@stoughton.k12.wi.us.



Financial Aid 101

If you would like to learn more about the Financial Aid process, please click the link [Financial Aid 101](#) to view last week's virtual presentation. You can also view the presentation by visiting our website.

WANT CASH FOR COLLEGE? ATTEND A

COLLEGE GOAL WISCONSIN 2021

FAFSA COMPLETION EVENT

Free assistance completing the FAFSA at 40+ Wisconsin locations



VIRTUAL DATES

Wednesday, October 6

Wednesday, October 13

Wednesday, October 20

Wednesday, October 27

Wednesday, November 3

Wednesday, November 10

Events start at 6 p.m.
Please register at
www.collegegoalwi.org

IN-PERSON EVENT DATES

Adams	October 19
Appleton	October 12
Ashland	October 18
Balsam Lake	November 8
Baraboo	October 4
Beloit	October 25
Brussels	October 4
DeForest	October 19
Green Bay	October 5, 7, 26
Janesville	October 26
Keshena	November 2
Lake Geneva	October 5
Laona	November 2
Madison	October 4, 12, 18
Marion	October 12
Marquette	October 19
Mequon	October 25
Milwaukee	October 18
Minocqua	October 5
New Richmond	November 1
Oak Creek	October 4
Onalaska	October 21
Platteville	November 1
Portage	October 26
Racine	October 11
Reedsburg	November 2
Rice Lake	October 25
Richland Center	October 26
Shawano	October 18
Stevens Point	October 26
Sun Prairie	October 6
Superior	October 26
Wausau	Oct 18, Nov 2
Wautoma	October 11
West Allis	November 1
West Bend	October 18

Events start at 6 p.m.
Find all dates and locations at
www.collegegoalwi.org

Do you have questions on how to complete the FAFSA (Free Application for Federal Student Aid)? The FAFSA is the form a student needs to complete to apply for financial aid, such as grants and loans. Plan to attend a College Goal Wisconsin event in-person or virtually to receive free information and assistance completing the FAFSA.

You could win a scholarship!

You will need the following items in order to complete your 2022-23 FAFSA. If you are considered a dependent student for financial aid purposes, you will also need these items for your parent(s).

- ☐ 2020 Federal Tax Return and W2s
- ☐ 2020 Untaxed Income Records, such as child support or veteran's non-education benefits
- ☐ Information on savings, investments, business assets and farm assets (if applicable)
- ☐ Driver's License (if you have one)
- ☐ Cell phone (if you have one)
- ☐ Social Security Number
- ☐ Alien Registration Card or Permanent Resident Card (if you are not a U.S. citizen)
- ☐ Date of birth for parents
- ☐ Month and year of parents' marriage, divorce, or separation
- ☐ FSA ID (if you have one). To create an FSA ID, please visit studentaid.gov. Every student and at least one parent if the student is considered a dependent student needs one

It is highly recommended that a dependent student attend the event with a parent so the FAFSA can be submitted that day.

 College Goal Wisconsin

 @CollegeGoalWI

 @CollegeGoalWI

 www.CollegeGoalWI.org

Attend and enter to win a scholarship!



Youth Risk Behavior Survey

Our school is taking part in the Youth Risk Behavior Survey sponsored by the Department of Public Instruction. The survey will ask about health behaviors that keep young people healthy, as well as behaviors that result in unintentional and intentional injuries, tobacco use, and alcohol and other drug use. It will also ask about bullying, sexual risk behaviors (mostly for high school students), online risk behaviors, stress and anxiety, self-harm, dietary behavior, and physical activity. It also focuses on positive things like strong connections to the school and to other people.

Students will be asked to fill out an anonymous, online questionnaire that takes about 25-35 minutes to complete. They will take the survey during regular class time. If you have any questions about the survey, please contact Teresa Hermanson at 877-5613. If you would not like your child to participate, please complete the form below.

Order your 2022 Yearbook

Please order your Yearbook [here](#).



Nurtured Heart Approach

The more I practice The Nurtured Heart Approach, the more I've come to believe it really is all about teaching children how to read and regulate their bodies.

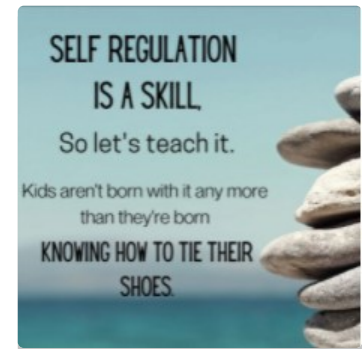
It's our job to help our kids learn what their bodies feel like when they are getting dysregulated (angry, overwhelmed, upset) and to teach them strategies to calm themselves so they can stay in their thinking brains.

Modeling and practicing 4x4 breathing (breathe in for 4 seconds, hold for 4, and out for 4) when they are calm provides muscle memory for when they are not.

The instant you see them starting to get dysregulated, you can use a low-energy "RESET" and have them breathe to regulate themselves. Follow that up with a recognition of their greatness in taking care of themselves and you have all the components of NHA!

You undoubtedly RESET yourself numerous times a day without even thinking about it. What a gift you could give your child by saving them the trouble of figuring it out on their own.

To your Greatness, Humanity, & Significance
Amy, (Karla & Sara Jane)



High School Contact Information

Main Office: 877-5600 or julie.sackmann@stoughton.k12.wi.us

Attendance Office: 877-5600

Mr. Kruse, Principal: 877-5601

Ms. Hrodey, Assoc. Principal: 877-5605

Ms. Schoemer, Assoc. Principal: 877-5603

📍 600 Lincoln Avenue, Stoughton, WI 53589 📞 608-877-5600

🌐 stoughton.k12.wi.us

