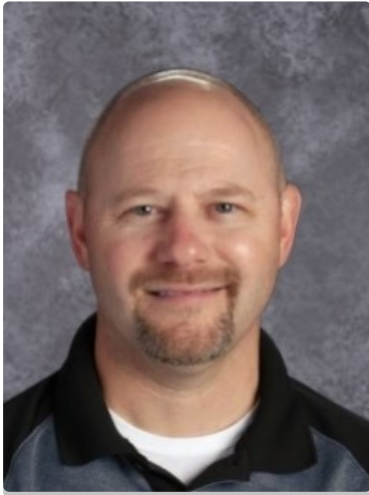


SHS Weekly News

May 6, 2022



Message from Mr. Kruse

Students and Families,

It is May and things are picking up...buckle up it's going to be a fast ride to the end of the school year.

Please review the upcoming Dates to Remember section and Final Assessment Schedule...the end is in sight.

Senior Parents and students, there will be an email coming your way soon to explain some final graduation details.

Best of luck to all Spring extra-curricular activities participants. The weather is finally changing for the better.

Have a wonderful and safe weekend.

MJK

Dates to Remember

Wed. May 11 - Honors Ceremony @ 7:00 pm in the Auditorium

Wed. May 18 - Athletic Awards Night @ 6:00 pm in the Auditorium

Wed. May 25 -Yearbook Distribution during both lunches

Sun. June 5 - Graduation Ceremony @ 11:00 am in the Gym

STAR Testing

Mark your calendars!

The Spring STAR testing window will be open from May 9th, 2022 - May 20th, 2022. All students in grades 9 - 11 will be taking the test in their content Language Arts and Math classes.

Please email Beth Anderson or Eric Smith with questions. beth.anderson@stoughton.k12.wi.us
eric.smith@stoughton.k12.wi.us

Graduation Page on our website

Please click on the button

Link Crew Needs You!

Next year's upperclassmen (juniors and seniors)
Link Leaders support orient and support next year's freshmen.

Earn up to .5 elective credit or community service for the year
– great for college applications!

Be part of an exciting tradition at SHS!
Complete [applications](https://forms.gle/Tus2Tbx8fgWwntuF8) online NO LATER than May 18th.

<https://forms.gle/Tus2Tbx8fgWwntuF8>

See Mr. Smith or Ms. Mullen if you have questions.



Final Assessments Schedule

Click on the button to open



STOUGHTON HIGH SCHOOL CHOIRS PRESENT THE 46th ANNUAL SPRING CONCERT

On Thursday, May 12, the Stoughton High School Choral Music Department will present the 46th annual Spring Concert.

The concert will begin at 7:00 pm at Covenant Lutheran Church in Stoughton and is free to the public. Featured ensembles for this performance include the Concert Choir, Chorale, Divine, JazzKor, Chamber Strings, and Dive In. The performance will conclude with the recognition of senior choir students.

Alumni are encouraged to join us on the final song of the concert. If you are an alumnus, please email ryan.casey@stoughton.k12.wi.us for a copy of the song and a part recording.

We hope to see you there!



Will you be entering grades 8, 9, 10, 11, or 12 next year? Want to build an electric guitar in the High School Fab Lab this summer? Click the link below for more details and to sign up. Hurray, slots are limited! The deadline for sign-up is May 16.



Click here

Guitar Class Sign-Up

Auditions for SHS fall Musical The Wizard of Oz will be May 9th at the SHS Auditorium.

Follow the link for more information.

<https://www.cognitoforms.com/StoughtonHighSchoolTheatreDepartment/WizardOfOzAuditionPacketHighSchool>

Stoughton High School Theatre Department
Presents

THE WIZARD OF OZ



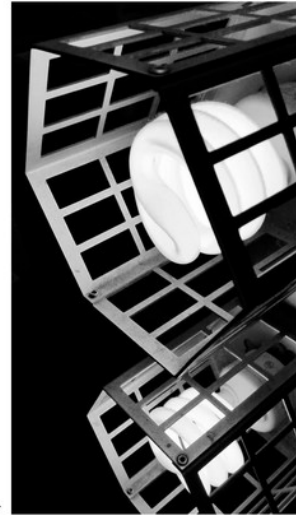
ART News



News from the Art Room BADGER CONFERENCE



The Badger Conference Art Show was held at SHS April 4-23, 2022. Student winners were Kaden Stokstad, 1st



in Sculpture (pictured above left) & June Weier, 2nd in Animation (accepting award in lower right). Photos of other entries, starting top center: Greta Hougan, Elsie Astle, Kalli Venckus, Alex Hefter, Julia Harman, Meliann Sess, Havyn Kretschmann Charlier, and Angela Hark.

SHS Advanced Art students will be hosting an **Advanced Art show** in the Performing Arts Center Gallery May 20-June 5, 2022. The Gallery is open during school hours & an **Open House** is scheduled for **May 31, 6-8 PM**. Closing will take place on **June 5, 10:15 AM-after the graduation**. Mr. Brabender will be conducting a Raku firing in the courtyard May 26, weather pending.





SCAD (Savannah College of Art & Design) visited SHS Drawing & Painting and Computer Art classes on April 28, 2022.

Students learned about Art Portfolio preparation, Art Careers & preparation, Degree programs offered at SCAD, as well as the Savannah, Atlanta and Lacoste campus locations.

MCAD (Minneapolis College of Art & Design) will visit Drawing & Painting class on May 25, 2022.

It's a Scavenger Hunt

1st Annual ABC Rock Scavenger Hunt

ART ROCKS

It's a Scavenger Hunt

1st Annual ABC Rock Scavenger Hunt



Locate the 26 rocks along trails in Anderson Farm Park. Each is painted with the image of an animal, plant or activity associated with the park or Wisconsin.

Fun for all ages.

May 6 - Rain or Shine

4 PM to 7 PM

Anderson Farm County Park
914 Union Road, Oregon, WI

Sponsored by Anderson Park Friends

Contact Jann Kalscheur at (608) 220-8716 or
kalscheurs@charter.net for more information.

**MRS. PHILLIPS &
MRS. STAHL PAINTED
ROCKS FOR THE
ANDERSON PARK
FARM SCAVENGER
HUNT. DETAILS ARE
ON THE FLYERS
POSTED.**



Locate the 26 rocks along trails in Anderson Farm Park. Each is painted with the image of an animal, plant or activity associated with the park or Wisconsin.

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CESA 2 Driver Education Program

Check out our website to learn more about our Department of Public Instruction (DPI) approved Driver Education Program offered to Stoughton High School students. There is a traditional classroom course offered at the high school this summer. Sign up today!

<https://cesa2.com>





Harvest of the Month

Mushroom

Calories 15
Total Fat 0g
Sodium 4mg
Sugars 1g

FUN FACTS:
Lots of flavor for just a few calories.
 Mushrooms are a fungus, not a plant. Unlike plants, mushrooms do not require sunlight. They draw their energy from living or dead organic matter.
 They are made up of around 90% water. The mushroom is known as the "meat" of the vegetable world.

This institution is an equal opportunity provider.

Hydration Nation

60% of your body composition is made up of water. Drinking water is essential to your health. Water has become the second most popular drink (behind soft drinks). According to Mayo Clinic, healthy men should drink 15.5 cups (3.7 liters) of fluids a day, and healthy woman about 11.5 cups (2.7 liters) of fluids a day.

Water helps:

- ⇒ **Maintain the balance of body fluids:** The fluids help maintain, digestion, circulation, and normal body temperature.
- ⇒ **Control calories:** Water doesn't have any magical effect on weight loss, but it helps eliminate high calorie beverages, and makes you feel full.
- ⇒ **Keep your skin looking good:** Dehydration makes your skin look dry and wrinkled. Proper hydration can improve your skin's appearance.

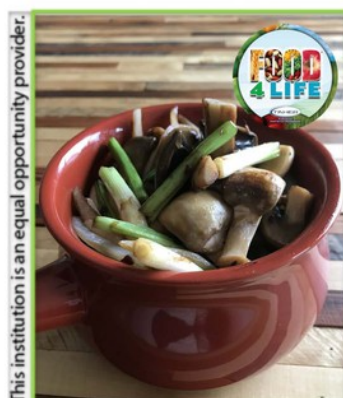
Your body has an increased need for water when you are:

- In hot climates
- More physically active
- Having diarrhea or vomiting
- In high altitudes

Tips to increase your fluid intake:

1. Have a beverage with every snack and meal.
2. Eat more fruits and vegetables. About 20% of our fluid intake comes from foods.
3. Keep a bottle of water with you in your car, at your desk, or in your bag.
4. If you're watching calories, go for non-caloric beverages or water.
5. Avoid sugary beverages, these provide empty calories.

Julianna Corderman, RDN, Corporate Dietitian, Taher, Inc.



This institution is an equal opportunity provider.

HARVEST OF THE MONTH RECIPE—MAY

~ featuring Mushrooms ~

Spring Onion & Mushroom Stir Fry

Yield: 4 servings

- 2 Tbs sesame oil
- 1/4 of yellow onion, julienne
- 8 oz mushrooms, quartered
- 1 Tbs minced garlic
- 5 spring onions or green onions, cut in 1" pieces
- 2 Tbs lite soy sauce
- 1/2 tsp crushed red pepper flakes

1. Heat skillet over medium heat. Add sesame oil. Add yellow onion and cook until soft.
2. Add mushrooms and heat for 1 minute.
3. Add garlic and spring onions or green onions, and heat for 1 minute.
4. Add soy sauce and pepper flakes, and sauté for 30 seconds. **Serve and Enjoy!**

RECIPE NUTRITION SNAPSHOT ~ 1 serving

93 calories, 6.5g total fat, 1g saturated fat
 0g trans fat, 0mg cholesterol, 1g fiber, 1.5g sugar
 309mg sodium, 6.5g carbohydrate, 2.5g protein



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

