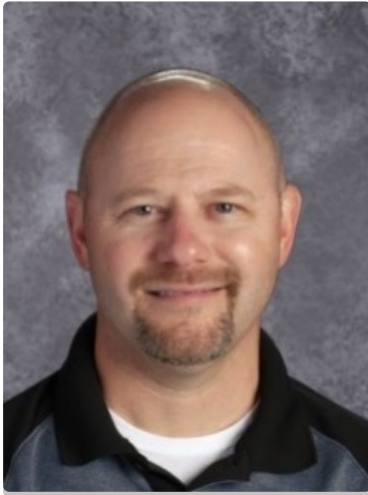


SHS Weekly News

October 22, 2021



Message from Mr. Kruse

Students & Parents,

Thank you to all that attended P/T Conferences. Also, a special thank you to the Parent Group for providing lunch for our staff on Thurs. Oct. 21.

Remember, that school will start at 8:25 am on Mon. Oct. 25.

Thank you for all your support these first couple of months of school.

Enjoy a well-deserved long weekend.

M. J. Kruse

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

Graduation packets will be handed out to students after they have their Senior Group Photo taken on Wed. Oct. 27. Extra packets will be located in the Main Office. Midwest Scholastic will be back in the building during both lunches on Thurs. Nov. 11 to pick up your orders.

Senior Group Photo

The Senior Class Group Photo will be taken on Wed. Oct. 27 at 11:00 am. Seniors will be called via the PA announcements to report to the Collins Field bleachers for the photo.



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)

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.

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.

Stoughton High School Theatre Department

PRODUCTION OF

LITTLE SHOP OF HORRORS



Book & Lyrics by
Howard Ashman

Music by
Alan Menken

Based on the Film by Roger Corman, Screenplay by Charles Griffith

Originally produced by the WPA Theatre (Kyle Renick, Producing Director)

Originally produced at the Orpheum Theatre, New York City by the WPA Theatre, David Geffen, Cameron Mackintosh and the Shubert Organization

October 29, 7pm SHS Performing Arts Center
October 30, 7pm \$12 adult, and \$8 students and seniors
October 31, 2pm Tickets available online or at the door.
Www.Showtix4u.com

Costume Contest During Intermission!

Presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI (mtishows.com).



SHS Upcoming College Visits

October 25th
University of Dubuque-10:30

October 27th
Drake University-9:30
Paul Mitchell School, Madison-10:30

October 28th
UW-Green Bay-10:15

Sign up online or in the Counseling Office

Wisconsin State Forward Exam: Information about Accessing Spring 2021 Student Scores

Families of students in grades 3-8 and 10, please click below for information about how to access your student's Wisconsin Forward Exam Scores.

[Please click here for information in English](#)

[Please click here for information in Spanish](#)

[Please click here for information in Albanian](#)

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

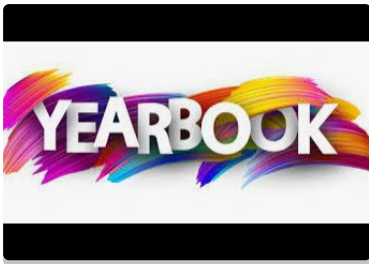
survey, please contact Teresa Hermanson at 877-5613. If you would not like your child to participate, please complete the form below.

Passive Parental Permission Form in English

Click on the button

Passive Parental Permission Form in Spanish

Click on the button



Order your 2022 Yearbook

Please order your Yearbook [here](#).

Nurtured Heart Approach

You may have noticed that kids are just not the same as they were pre pandemic. COVID has shown us how important it is to teach specific socio-emotional learning skills. In particular, self-regulation.

The good news is that like connecting 3 seconds at a time, regulation can be taught in 3 minutes (over and over and over again). By taking 3 minutes throughout the course of the day, you can teach your children to regulate, they will be able to access their thinking (front) brain and make better choices. They will also benefit from more regulation throughout the course of the day and week.



***Doing the activities with your children gives you the opportunity to model that this is important, and you gain the same benefits.

Some ideas:

- 4 x 4 breathing- 4 count inhale- 4 count hold- 4 count exhale (repeat)
- Square breathing is similar to 4X4. Use a Smartboard or bulletin board to move your eyes as you inhale and exhale around the shape.
- Guided meditation is available on Youtube.
- GoNoodle has videos that can help. They are geared towards younger audiences, but an older class with a sense of fun could also benefit.

No matter the age, we need to give children the language of regulation and teach them how to do it until they can do it for themselves.

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

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📞 608-877-5600
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