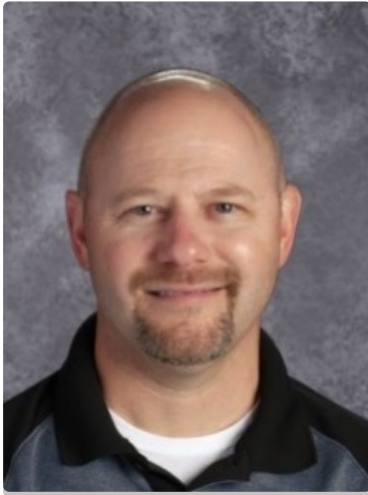


# SHS Weekly News

March 18, 2022



## Message from Mr. Kruse

Students and Families,

I hope everyone is doing well. Spring Break is almost here...March 28-April 1!!

SHS is buzzing, Spring athletics and activities have started already. LaCrosse and Track/Field have already had contests this week.

The 4th quarter is fast approaching. The 3rd quarter will be ending on the first Tuesday (April 5th), after Spring Break. For Juniors who missed the ACT Testing, make-ups will be on March 22. We are going to post-pone next week's ALICE (Table-Top Discussion) Drill. We will be re-scheduling it for some time during the 4th quarter.

Students, you have done an amazing job transitioning to masks being recommended and not required. Thank you for respecting everyone's personal choice.

Keep up the great work!!

Have a fantastic and safe weekend!!!

GO BADGERS!!!

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](#)

## The Annex

As Spring Break approaches, we want to inform and remind students and families that SHS has a food pantry, The Annex. The purpose of The Annex is to supply food to any student or family who feels they need to supplement the available food at home. Students can ask any staff member for this assistance and the request will be filled in a confidential manner.

## Breakfast Service

As we all make transitions to return to "normal" life and business, I've been asked that we return our breakfast program to the traditional style of service upon our return from spring break. This means that we will no longer offer breakfast in the hallway or entrance areas but offered in your respective cafeterias. The breakfast will be served and students will need to enter their number upon receiving. To clarify, breakfast is still free for students.

## Nurtured Heart Approach

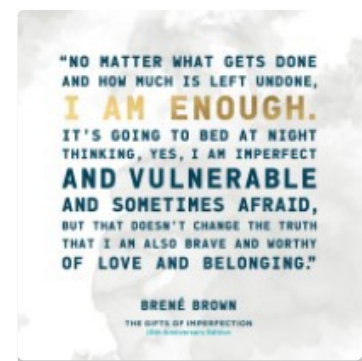
One of the tenets of Nurtured Heart is building our child's inner wealth so that when they go out into the world they are strong on the inside, resilient, and know that they are enough. Inner wealth is cultivated on noticings, one example at a time, year after year after year. It is spoken into being.

This week my now 20-year-old daughter was able to manifest this herself when she did something that was relationally really hard- she set her boundaries, expressed them to her friends, and stuck to them even when she knew that they would be upset with her. It was a difficult conversation for her to have but because she knows herself, knows her worth, spoke from her heart, and did what she knew was right for her.

She called me after the conversation elated that it went really well but was mainly proud of herself for knowing what would make her happy and being brave enough to speak her truth.

Her inner wealth reminds her that she is enough as she is.

To your GREATNESS, HUMANITY, & SIGNIFICANCE...  
Amy, (Karla & Sara Jane )



## 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.

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.

## 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 Week's Theme*

# Ways to eat more fruits and vegetables



**Make 2 cups fruit and 2 ½ cups vegetable your daily goal.** Here are some tips to enjoy more fruits and vegetables every day.

- Add veggies to your pizza and sandwiches.
- Mix up a smoothie made with low-fat milk, frozen strawberries and a banana.
- Make fruit your dessert.
- Keep cut vegetables handy.
- Stock your freezer with frozen vegetables and fruits.
- Stuff an omelet with vegetables.
- Place colorful fruit where everyone can easily grab some.
- Mince fresh spinach and put it into baked dishes like lasagna and spaghetti.

*Next Week: Personalize Your Plate*

**20 ways to eat more fruits and vegetables**



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

*Question of the week:*

How many cups of vegetables should an average adult aim to eat daily?

**Answer:** 2 ½ cups. Remember to eat a variety from all the subgroups: red/orange, dark green, bean/lentil, starchy and other.

TAHER



## Prom-Website Information

Click on the button



## High School Contact Information

Main Office: 877-5600 or [julie.sackmann@stoughton.k12.wi.us](mailto: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](http://stoughton.k12.wi.us)