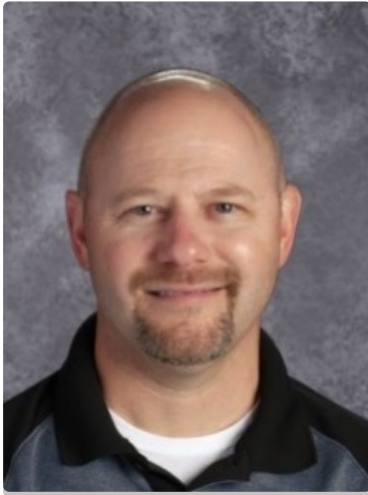


SHS Weekly News

February 4, 2022



Message from Mr. Kruse

Students and Families,

I hope all is well. I wanted to start by reiterating my email from earlier this week.

We are aware of recent student harassment incidents in our high school. We have policies in place and are currently and actively investigating. We are working with students to understand the incident, address any harm caused, and determine the next steps.

The Stoughton Area School District denounces all instances of bullying, harassment, and racism. We encourage students to reach out to their counselor or another staff member in the building. You may also complete a [Bullying/Harassment Form](#). To submit an [anonymous tip](#), use Speak Up Speak Out.

Thank you for your continued support as we address these situations. SHS has always and will always strive to have a safe, student-centered, and supportive learning environment for all students, staff, and families.

SHS Virtual and In-Person Parent/Teacher Conferences

Parent/Teacher Conferences will take place on Feb 16-17 from 4:00-8:00 pm. We will use Sign-up Genius to schedule 10-minute Conference appointments with a five-minute transition time between meetings. Parents have an option to meet with you via Zoom or In Person. SignUpGenius details to staff and parent notification information will be coming next week.

Graduation Information

As foreshadowed in last week's E-News, I also want to address our upcoming Graduation Ceremony. Our district has had the good fortune of outstanding community support with our Collins Field renovation project. We have done a fantastic job fundraising and preparing for the start of construction. This is such a great thing for our students and community! Over the past 12 years, we have attempted to hold the ceremony outside on Collins Field, depending

on the weather. This year, because the Field renovations need to start, in early May, the ceremony will be held on **Sunday, June 5 in the SHS Gym at 11:00 am**. As you know the SHS Main Gym is a fantastic indoor space with air conditioning, a great sound system, and has streaming capabilities. Because of seating capacity, each graduate will be given 6 tickets. Seating in the gym will be on a first come first served basis with a ticket. On-site overflow seating will be provided in the Performing Arts Center, with the ceremony being projected onto the big screen. The ceremony will also be streamed so it can be viewed from home. We are so fortunate to be able to host such an event on-site with the ability to include our Band and Choir. I understand that some people may have wanted an outdoor ceremony. That is understandable, but take it from someone who tries to outsmart Mother Nature each year to hold Graduation outside. I am looking forward to the planning and stability of hosting graduation in our gym this year. Please feel free to contact me if you have any questions.

Thank you for all your efforts and support to make SHS a great place for all students, families, and staff.

Have a wonderful and safe weekend.

MJK

2nd Semester Course Fees

All second-semester course fees have been downloaded into Infinite Campus. Please check your portal for new fees for your student.

Reminder: Masks Required at SASD for Foreseeable Future

On December 28, we communicated that masks at SASD are required for the foreseeable future. This is still the case. Additionally, this week PHMDC extended their mask mandate through March 1, which applies to SASD. We will get through this together!

SHS Parent Group-To bring in Desserts & Soda

On Wednesday, February 16 our SHS Parents/Families will be bringing in desserts or soda for the SHS staff meal. Please help us show our appreciation for all our staff does for our students by supporting this event.

Drop-off: Wednesday, Feb. 16 from 7:30 am - 3:30 pm at the high school main office.

Please only bring your items in disposable containers.

If you have any questions, please call/text Linda Schaefer at (608) 235-8934.

If you would like to contribute a dessert or soda to this meal, please sign up [here](#).



Counseling News

Students can now view the most recent copy of their transcript through the Campus Portal under the document tabs. Parents also have viewing rights. Please note that this is considered an unofficial transcript. Official transcripts must still be requested through Parchment.

****Please include the IC Logo next to the text (attached)**

Junior CAP Presentation

In December, counselors presented Career and Academic Planning (CAP) information to all juniors during their LA 11 classes. During this time, they discussed 12th-grade course selections, graduation requirements, and post-secondary options.

During Parent-Teacher Conferences on **February 16th at 6:00 pm**, there will be an opportunity for all families of 11th-grade students to get additional information and ask questions about the career and college planning process. This will be over Zoom. If you are interested in attending, please pre-register using by filling out this Google Form:

[Junior CAP presentation sign up](#)

Course Registration

Course registration information will be sent to students and families on the morning of **Wednesday, February 9th**. All students will be given time during their 2nd-hour class to review the information. Students will be asked to enter their courses through the Academic Planner feature of the campus portal. The deadline to enter courses will be **Wednesday, February 16th**. Please direct students to their counselor if they have questions or need assistance with course selection.

Upcoming Testing Dates

The testing dates will be as follows:

ACT Testing-March 8 for 11th grade only. Grades 9, 10, 12 will learn virtually on that date.

ASPIRE Testing-April 19 for 9th and 10th grades. Grades 11, 12 will be learning virtually on that date.

Are you interested in being a CNA?

SHS partners with MATC to offer a CNA class. If you have any interest in taking the CNA course next school year based on the description below please fill out the application linked [here](#) and return it to Ms. Schoemer (via email or physical copy) by **Friday, February 25th**. Completing the application does not mean you are locked into taking the course, however, students cannot take the course without it. Again, if you are at all interested please complete the application. If you have any questions please feel

free to email Ms. Schoemer at dana.schoemer@stoughton.k12.wi.us or stephen.stokes@stoughton.k12.wi.us

The Nursing Assistant class is a great jump start to a career in health sciences and is a prerequisite for acceptance into most college-level health science programs. This hybrid course is taught by MATC staff and combines online instruction, on-site lab instruction, and community-based clinical experience. Students who complete the course successfully earn 3 college credits from MATC and are eligible to take the state certification exam (written and skill) and be listed on the Wisconsin Nurse Aide Registry.

Norse Afternoon of Fun

Norse Afternoon of Fun is a big community event featuring the Stoughton High School Norwegian Dancers and will be Sunday, February 6th at 1:30 pm in the high school main gym. Tickets are \$8 and can be purchased at the door. Kids 13 and under are free if part of the SASD or \$1 otherwise. Come for a great time of authentic Norwegian Dancing, skits, songs, an announcement of the 2022 Syttende Mai Royalty, and the Community Appreciation Award!! There will be homemade lefse, Norwegian, and American baked goods for sale! The raffle this year features 23 amazing prizes and tickets will be on sale at the event. Hope to see you there and bring the whole family!!



LMC Spotlight

Chromebook Reminders

It is important that students take their Chromebooks home every night and bring them to school the next day fully charged. The LMC only has a limited number of loaner Chromebooks for students to use.

Students who lose or damage their Chromebook cord are responsible for purchasing a replacement cord. Please contact Mrs. Gargano for more information.

Students should not leave their Chromebooks in their vehicles overnight. The cold can damage the Chromebook's battery.

Book Club

Book Club meets on the third Thursday of each month in the main gym during both lunch periods. All students are welcome to attend. Visit the LMC for a list of titles we are reading this month.

Little Free Library

The LMC sponsors a Little Free Library, which is located in front of the school near the flagpole. Feel free to take a book and share a book.

The LMC will gladly accept donations for our Little Free Library. Please contact

Mrs. Gargano at 77-5721 if you have items to donate.

Printer Cartridge Recycling Program Continues

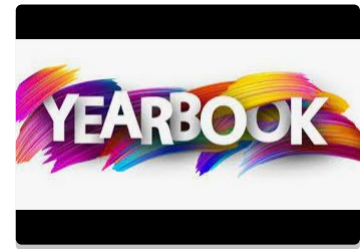
The LMC is still collecting used printer cartridges to be sent to

SHS Yearbook

Hello, Parents and Guardians of SHS Students!

The yearbook is ready for presale and we would love your order! Please follow the link below to order this year's yearbook online! This needs to be done in order to get a yearbook, we will not have extras! If you have any questions please email shsyb2022@gmail.com. To purchase a yearbook go to shop.yearbookmarket.com/stoughtonhighschool. Last day to order, April 1, 2022.

Thank you so much,
SHS Yearbook Staff





HEALTHY to a "T"

FEBRUARY 2022

Harvest of the Month

Mango

Calories 99
Total Fat .5g
Sodium 2mg
Sugars 23g

FUN FACTS:
Mangoes are sweet and juicy. They were first found growing in India over 4000 years ago.
Due to their health benefits, mangoes are the 'King of Fruits'. One serving provides 100% of your daily Vitamin C!
Throughout the world more mangoes are eaten every day than any other fruit.
Giving a basket of mangoes is considered a gesture of friendship.

This institution is an equal opportunity provider.

♥ Heart Healthy Month ♥

Having a healthy heart is one key factor to living a long happy life. Heart disease is one of the most widespread and complicated health challenges in the United States and around the world.

Cardiovascular disease — disorders of the heart and blood vessels — statistics according to the CDC:

- ♥ One person dies every 36 seconds in the United States from cardiovascular disease.
- ♥ About 659,000 people in the United States die from heart disease each year—that's 1 in every 4 deaths.

Many risk factors for heart disease can be modified, including lack of physical activity, poor diet, and tobacco use.

Ways to improve heart health

- ♥ **Stop Smoking:** no ifs, ands or butts
- ♥ **Focus on the middle:** Focus on your middle. Excess belly fat is linked to higher blood pressure.
- ♥ **Knit a scarf:** Put your hands to work to help your mind unwind. Woodworking, cooking, or doing a jigsaw puzzle might help take the edge off from a stressful day.
- ♥ **Go Fish:** Eating a diet rich in omega-3 fatty acids can help fend off heart disease.
- ♥ **Move it, move it:** No matter how much you weigh, sitting for prolonged periods of time could shorten your lifespan. If you work at a desk, remember to take regular breaks to move around.

If you are looking to reduce your risk of heart disease, start small. These slight changes could help you lead a long heart healthy life.

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

HARVEST OF THE MONTH RECIPE—FEBRUARY

~ featuring Mango ~

Mango Ceviche

Yield: 4 servings

1	large red onion, diced	Place mangoes in a bowl.
2	ripe mangoes, peeled, pitted, cut in ¾" dice	Add juice from limes. Let sit for 5 minutes.
4	limes (juice of)	Add the rest of ingredients and gently toss periodically for 15 minutes.
¼ tsp	kosher salt	Serve in individual glass bowls.
4 oz	chopped fresh cilantro	Enjoy!

NUTRITION SNAPSHOT ~ 1 Serving
140 calories, 0.5 g total fat, 0 g sat. fat, 0 g trans fat, 0 mg cholesterol, 115 mg sodium, 36 g carbohydrate, 5 g fiber, 26 g sugar, 3 g protein

Antiracism Project: February Resources

We're highlighting two events in February: Chinese New Year and Black History Month. View this month's resources [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.

Nurtured Heart Approach

After doing A LOT of walking on an empty stomach and finding out we needed to walk all the way back from where we started with my 20-year-old daughter, she completely lost it. I haven't seen her in such a state since she was 10. She was overwhelmed, hungry, and tired which made it impossible for her to think clearly. She actually started sobbing in the restaurant we had stopped at for lunch. I caught myself telling her to "calm down" and it is going to be okay" until I remembered how unhelpful that actually is.

Instead, I asked her how I could help. Which got a tearful, "I don't know".

Leaning into a breathing regulation strategy that I know works had her "off the ledge" and regulated in about 5 minutes. Some good Cuban food may have helped a little too.

My daughter is an incredible person. She is kind, stubborn, insightful, helpful, and can sometimes get so dysregulated and not know how to calm herself. It stands to reason that if my 20-year-old needs help regulating sometimes other humans in our worlds may also need our help when they are struggling with big feelings, overwhelm, and all the things that come with just being alive. Sometimes it comes out sideways with behavior that is really inappropriate. The best thing that you can do is to keep yourself regulated, offer some regulation ideas, and walk through the storm with them.

Be kind to each other.

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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