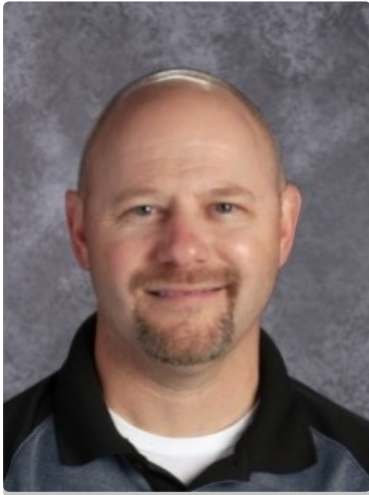


# SHS Weekly News

April 29, 2022



## Message from Mr. Kruse

Students and Families,

I hope everyone is well!! Thank you for a fantastic week at SHS. Students and staff did a wonderful job throughout our Threat/Evacuation Drill yesterday.

This weather is crazy! Please be advised that May will be filled with many activities due to weather-related rescheduling. May is also a fast-paced month full of celebrations. Please review the **Dates to Remember** section below.

In our upcoming SHS Weekly News, we will be including our End of the Year information on Semester Assessments and Schedules.

Thank you for all of your continued support!!

Have a wonderful and safe weekend.

MJK

## Dates to Remember

Wed. May 4 - Senior Class Meeting @ 1:00 pm in the Auditorium  
Wed. May 11 - Honors Ceremony @ 6:00 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 9thth, 2022 - May 20, 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](mailto:beth.anderson@stoughton.k12.wi.us)  
[eric.smith@stoughton.k12.wi.us](mailto: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](#) online NO LATER than May 18th.

<https://forms.gle/Tus2Tbx8fgWwntuF8>

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



## 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>



## 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>



## April Antiracism Resources

April is Autism Awareness Month and Arab-American Heritage Month! Check out our compiled resources for elementary, middle, and high school students at

<https://www.stoughton.k12.wi.us/explore-sasd/equity/antiracism-project/april-resources>

## Middle School to present HONK! Jr.

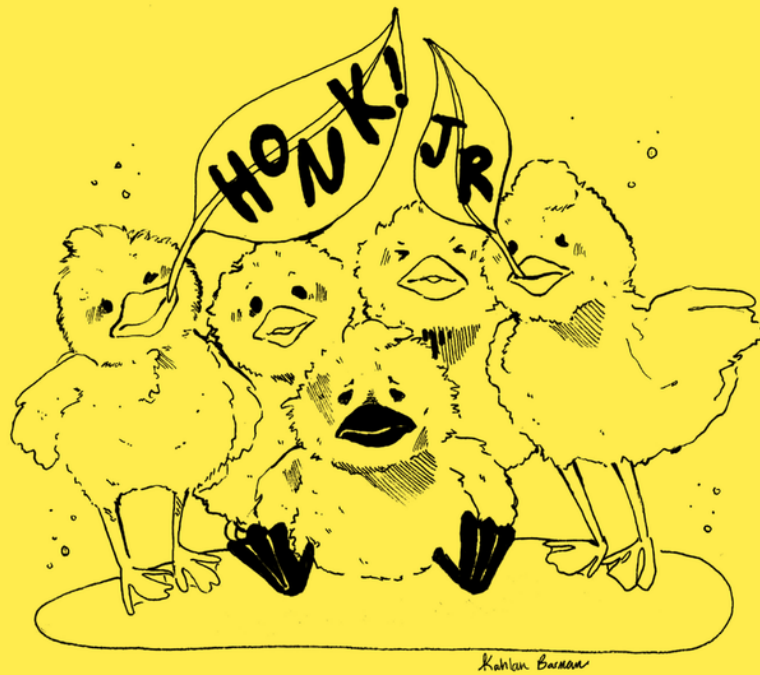
River Bluff Middle School is proud to present HONK! Jr. this Friday and Saturday at 6 pm in the SHS Performing Arts Center.

6th-8th grade students bring to life the Ugly Duckling story through their fun, funny, and joyful performance!

We'd love to have you join us on Friday, April 29th at 6 pm and Saturday, April 30th at 6 pm at the SHS PAC. Tickets are \$5 for students and seniors and \$8 for adults. They can be purchased at [ShowTix4U](#) (search Stoughton) or at the door.

# River Bluff Middle School

PRESENTS



APRIL 29TH & 30TH, 2022





## Harvest of the Month

### Mushroom

**Nutrition Facts:**

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.

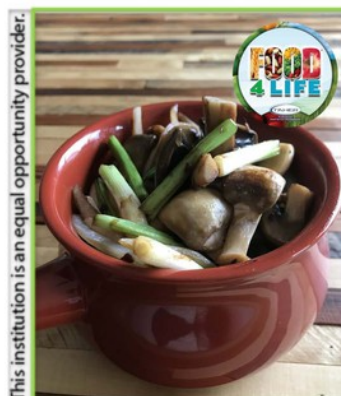
### Your body has an increased need for water when you are:

- 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.*



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## 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](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

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