

SHS Weekly News

October 25, 2019

CALENDAR OF EVENTS

Friday, Oct. 25

No School

Saturday, Oct. 26

TBD Varsity Cross Country WIAA Sectional @ Kettle Moraine

TBD Girls Varsity Volleyball WIAA Regional

Monday, Oct. 28

9:50 am Senior Class Group Photo in the Gym

Tuesday, Oct. 29

5:00 pm Girls JV Swimming Conference Meet @ Fort Atkinson

Wednesday, Oct. 30

11:05 am-Sophomore Class Ring Orders to be picked up at lunch in Exhibition Hallway

Thursday, Oct. 31

TBD Girls Varsity Volleyball WIAA Sectional @ Burlington

Friday, Nov. 1

No School-Professional Development for Staff

Saturday, Nov. 2

TBD Girls Varsity Volleyball WIAA Sectional @ Elkhorn

1:00 pm Girls Varsity Swimming Conference Meet-South



Thank you

I huge thank you to the SHS Parent Group, for organizing our staff dinner on Wed. Oct. 23rd. The teaching staff greatly appreciates the meal that is provided.

Winter Sports Team Meetings

Winter Sport Athletes - there will be an important player/parent meeting for all winter sports teams on Monday, November 4th at 6:00 p.m.

Locations:

BBB - PAC

GBB - Main Gym

Cheer - Room 428

Dance - Room 426

B Hky - Small Cafe

G Hky - Multi-Purpose Room

Boys Swim - Room 424

Wrestling - Large Cafe

Safety Drills

Dear Families:

At the Stoughton Area School District, the safety and welfare of our students and staff are our highest priorities. That is why we practice a variety of safety drills throughout the school year: so that our students and staff know how to keep themselves safe in different kinds of emergencies.

Consequently, we wanted to let you know that during the first week of November our District will be working with the Stoughton Police Department to conduct active threat drills in all five Stoughton schools to ensure the safety of our students and to align with annual State requirements on school safety drills.

During these drills, our staff will be communicating with our students in an age-appropriate manner. Students will NOT be asked to practice any countering strategies during the upcoming exercises, and there will NOT be a simulated "shooter" during these drills.

Stoughton High School is tentatively scheduled to have its active threat drill on Tuesday, November 5.

In preparation for these drills, our staff have been trained on how to prepare students to make this drill as smooth and stress-free as possible. Our staff will also have age-appropriate conversations with our students before and after the drill so they have a chance to ask questions. The drills will take place under the supervision of school staff and Stoughton police, and your child(ren)'s building principal also will send out a message to families as soon as the school's drill is complete.

It is unfortunate that we even have to talk about training for an active threat, but these kinds of safety drills help us evaluate our emergency operations plan, improve our response skills and prepare our students and staff so that we know what to do in the event of an actual emergency. If you would like resources to talk with your child(ren) at home about any of these types of issues, [I am including this link to a site that we believe could be helpful](#). You can also feel free to reach out to your child(ren)'s principal if you have any questions about our safety program or the upcoming drills. Our District staff are here for you.

Sincerely,
Tim Onsager
District Administrator

Counseling Services News

CAP for Junior Families

Families with 11th graders have been sent an email inviting them to schedule a Career and Academic Planning (CAP) conference with their student's counselor. The 60-minute conferences cover the student's talents and interests, academic progress, 12th-grade registration, graduation requirements, and post-secondary plans. Conferences begin November 4th.

UW-Madison and U of M Deadlines

UW-Madison's early action deadline for fall 2020 new freshmen is November 1. Students applying by that date will receive their admission decision by the end of January. However, UW-Madison continues to accept applications until February 1, which is their regular decision deadline for fall 2020. Students applying by February 1 will receive their decision by the end of March.

Similarly, the **University of Minnesota-Twin Cities' early action deadline is also November 1st.** Students will receive a reply of Admit, Defer or Deny by January 31, 2020. By March 31, deferred applicants will receive either an Admit, Waitlist, or Deny decision. All students who complete an application by the January 1 regular deadline, will receive a decision by the end of March.

SHS Orchestra News

SHS Orchestras are off to a great start this year! Preparing for our first concert on November 14th, we have been practicing a variety of music - from compositions by Bach to Celtic Woman. These students have been working so hard on this fun collection of music, and it would be wonderful to see you there! November 14th at 7 PM in the SHS Performing Arts Center.



High School Choral Department News

On Thursday, November 7, the Stoughton High School Choirs will present a Fall Concert. The concert will begin at 7:00 PM in the SHS Performing Arts Center and is free to the public. Featured ensembles for this performance include Concert Choir, Chorale, Divine, Dive In, and the Madrigal Singers. Immediately following the concert will be a brief meeting for all choir parents regarding choir boosters and Madrigal Dinner invitations. Please have a least one parent or guardian at this meeting if your son or daughter is a member of any choir at SHS.



43rd ANNUAL SHS MADRIGAL DINNER DECEMBER 14, 15 AND 16, 2019

The choir program at Stoughton High School puts on a Madrigal Dinner every December. This dinner creates an atmosphere of joy, festivity, and conviviality of the English Renaissance holiday celebrations in the manors and castles. The dinner is presented three nights, with a seven-course meal served each evening. Along with the meal, the students provide theatrical entertainment, storytelling, and music. Over 150 students, as many parents and community members, put in hundreds of hours each year cooking, decorating, serving, performing, promoting, sewing, etc. People giving their time, adults working side by side with students, and everyone's willingness to share their labors are what make the Madrigal Dinner a success. This sharing and generosity is certainly a positive model for the students to emulate. Please click the following link if you would like to volunteer:

<https://www.signupgenius.com/go/4090849ABAF29ABFD0-2019>

This year's Madrigal Dinner will take place at Stoughton High School on December 14, 15, and 16 at 6:00 PM. If interested in attending, please email Ryan Casey at ryan.casey@stoughton.k12.wi.us. Parents of students in the SHS music department will automatically receive an invitation. Please remember, seating is done on a first-come, first-served basis... so get your invitations in (or call) quickly if you would like to attend.



RENAISSANCE COSTUMES

The SHS Choir Department is looking for Renaissance costumes that you may have at your home and are willing to donate or sell. Please call Ryan Casey at (608) 877-5746 for more information.

SHS Band News

The Stoughton High School Band wrapped up their fall season this past Friday at the home football game. At the Friday night pep band performance, the band, and community recognized seniors and welcome this year's 8th-grade band students.

The Viking Marching Band concluded their fourth season after performing their show, titled "Spin," in marching invitationals at Milton and Sauk Prairie High School. The band performed in exhibition, received comments from adjudicators, and had the opportunity to see performances of other marching ensembles from Columbus, Portage, Antigo, and Waukesha West among others. Thank you to all of the support from the community, parents, and SHS administrators for helping make this program a success.

Concert Band and Symphonic Band are now hard at work preparing for their Winter Concert performance which will take place at the SHS PAC on Thursday, December 5 at 7 PM. The SHS Bands will also perform with the River Bluff Bands on their winter concert Thursday, December 12 at the SHS PAC.



**SHS Band @
Homecoming**



**Viking Marching
Band @ Milton
Invite**



**Senior Band
Members**

FROM THE DISTRICT NURSE/SCHOOL HEALTH SERVICES

GUIDELINES FOR ASSESSING YOUR CHILD'S HEALTH

Students need to be in school to be successful in classes; however, we certainly encourage students to remain at home when they are sick. The patterns children develop regarding health and illness often carry on into later school years as well as into adulthood and the work world. We consider school your child's "job", and attendance is very important for success.

Below are some suggested parameters for parents/guardians to use when deciding if a child should be at home or school.

1. TEMPERATURE: The child's temperature should be below 100 degrees F (37.8 degrees C) without the assistance of medication to reduce fever (like Tylenol or ibuprofen) before returning to school. If a child has a temperature of 100 degrees F or over, it usually indicates an infection of some nature. We will contact the parent/guardian if we are aware that a child has an elevated temperature and ask that they be taken home.
 2. COLDS (Upper Respiratory Infection): A virus usually causes upper respiratory infections. Healthy children may have between 6 and 9 viral infections each year. We recognize that no one feels good when they have a "cold", yet viruses tend to hang on for as long as three weeks. It is difficult to be successful in school when frequent absences occur. We encourage children to get extra rest at home and drink plenty of fluids. If, however, the upper respiratory infection is accompanied by persistent cough or runny nose that interferes with learning, the student should stay home or will be sent home.
 3. HEADACHES: We encourage students to remain in school with headaches. If a child has frequent headaches, we encourage parents/guardians to contact their child's health care provider. Parents/guardians may wish to have their child receive an over-the-counter pain reliever at school. The Health Assistant at each of the schools can provide the appropriate forms and procedures.
 4. STOMACHACHES: For stomachaches, we encourage students to remain in school **unless** the pain or discomfort is accompanied by a temperature greater than 100 degrees F, vomiting, diarrhea, or if the student is too ill to participate in school activities. Children who are anxious or feeling stress can experience stomachaches. For these students, it is important to stay in school to find and deal with the source of the anxiety. Although only a small portion of children who have recurrent stomachaches have a physical problem, recurrent stomachaches may need to be evaluated by a health care provider.
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HEALTH NEWS

HEAD LICE

At any given time during the school year, there may a student(s) with head lice. Please continue to check your child(ren)'s head periodically and inform the health office if your child has head lice. Health staff can help with identification, provide instruction on treatment, and provide follow up. If there are financial challenges associated with providing treatment, the family resource specialist can help. Please call the health assistant @ 877-5664 or the district nurse, Laurel Gretebeck, at 877-5405 if you have questions or need assistance. Thank you.

For more information: http://www.cdc.gov/parasites/lice/head/gen_info/faqs.html

See attached informational brochure.

Seasonal flu (influenza)

Seasonal flu (influenza) typically peaks between December and February but can start as early as October. Influenza or the flu is an infection of the nose, throat and lungs caused by influenza viruses. Flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk and the droplets land in the mouth or nose of another person. A person may get the flu by touching an object that has flu virus on it and then touching their mouth, nose or eyes but this type of spread occurs less often. Symptoms of the flu may include fever (some will not have a fever), cough, sore throat, runny or stuffy nose, body aches, headache, chills, and feeling very tired. Some people may experience diarrhea and vomiting.

Here are some ways to prevent the flu and other respiratory illness:

- Remind your child:
 - Wash hands with soap and water frequently. Alcohol-based hand rubs can be used if soap and water are not available.
 - Avoid touching eyes, mouth and nose.
 - Cover coughs and sneezes with a tissue.
 - That he/she shouldn't share drinks or eating utensils.
- If your child is sick, he/she should stay home from school for at least 24 hours after the fever is gone without the use of fever-reducing medication.
- Try to avoid close contact with sick people.
- Clean and disinfect surfaces that may have flu germs.
- Consider and consult with your health care provider about getting the flu vaccine.

Here is additional information from the Centers for Disease Control (CDC) regarding the flu:

<https://www.cdc.gov/flu/index.htm>

Guidelines for Assessing Your Child's Health

Helpful information is attached.

Head Lice Symptoms

- The most common symptom is itchiness of the scalp.
- Other symptoms may include:
 - *Tickling feeling or feeling of movement in hair
 - *Sleeplessness or irritability, as head lice are more active in the dark
 - *Sores on the head caused by scratching
- By the time lice is discovered or symptoms appear, lice may have already been present for four or more weeks
- It is easier to see lice in natural sunlight

For More Information:

<http://www.cdc.gov/parasites/lice/head/index.html>

References:

Parasites-Lice-Head Lice. (2013). Retrieved from:
<http://www.cdc.gov/parasites/lice/head/index.html>

Headfirst Lice Lessons. (2014). Retrieved from:
<https://www.nasn.org/ToolsResources/HeadLice/PediculosisCapitis/HeadfirstLiceLessons>

Contact Information:

Please contact the building health assistant at your child's school, or the district nurse at 877-5405 if you have any questions or to report a case of head lice. The health assistant and district nurse can help with identification, and provide information and assistance.

Head Lice



Information for parents

Stoughton Area School District

HEAD LICE

Quick Facts:

- Head lice are tiny wingless insects found on the head
- Lice survive by feeding on human blood
- Not known to spread disease
- Head lice can be tan or grayish-white in color, and are 2.1-3.3 mm long
- Lice are most commonly found at the back of the head at the neckline and behind the ears
- Head lice move by crawling; they do not fly or hop
- They are usually spread by direct head-to-head contact
- Head lice can infest anyone
- Personal hygiene or cleanliness has nothing to do with getting lice
- It is uncommon, but head lice can be spread by:
 - Wearing clothing such as hats, coats, scarfs of an infested person
 - Using an infested comb, brush or towel
 - Lying on a bed, couch or pillow or stuffed toy of an infested person

Treatment:

- We encourage you to check with your child's pediatrician or family doctor for guidance on treatment
- Treatment is recommended for presence of live lice or nits within ¼ inch or less from the scalp
- When using over-the-counter or prescription treatments, follow all of the directions carefully
- Follow all of the directions for retreatment
- There is no scientific evidence that home remedies are effective
- Put on clean clothing after treatment
- If there are no dead lice and lice are still active, call your child's doctor for further directions
- Use nit combs to remove lice and nits; you may also manually remove nits
- Continue to check hair every two to three days for two to three weeks after treatment
- Check other household members and treat if lice is found

Prevention:

To prevent infestation:

- Machine wash and dry clothing and bed linens that the infested person wore or used two days before treatment. Wash on the hot water cycle, and dry on high heat. Another way to prevent infestation is to place all items into a sealed plastic bag for two weeks.
- Wash combs, brushes and hair clips in hot soapy water or throw them away
- Vacuum all floors and furniture; car seat cloth cushions. (discard vacuum bag)
- Avoid head-to-head contact during play and activities
- Do not share clothing, such as hats, scarves, coats and hair ribbons
- Do not share combs, brushes and towels



Applying With Host A Family



Program Description

Host A Family matches families in need with sponsors to provide holiday gifts, all done anonymously. Host A Family is volunteer-run, non-profit organization where donations go directly to families in need. Today, with the ongoing assistance from DCHS, schools, churches, various organizations, many families, and dozens of volunteers, the HAF program now serves more than 300 families in need in its program area including the school districts of Stoughton, Oregon and McFarland.



Program Requirements

- You must reside with your children/dependents (18 and under) within one of the following school districts: McFarland, Stoughton or Oregon and be struggling financially.
- If hosted, you must be able to pick up your gifts at LakeView Church in Stoughton on Friday, December 13 or Saturday, December 14. Times will be posted closer to the event.
- You must consent to the anonymous posting of gift requests and thank you note to the hostafamily.org website to facilitate host matching.
- You must provide address verification, an ID, and if requested, identification for the dependents living with you.



Applying

To receive gifts from Host A Family please complete and submit an online application. Go to <https://hostafamily.org/apply/login.asp>

Your application will be reviewed and you will be notified that you have been hosted with a postcard mailed to the address provided on the application form about a week before the scheduled gift pickup.

The deadline for applying is November 15, 2019. If you apply after November 15th we will do our best to match you with a host but there is no guarantee.

To claim your gifts at the arranged pick up in December, you will need:

1. The POSTCARD mailed to you
 2. A PICTURE ID and
 3. PROOF OF ADDRESS (a bill mailed to you, a rental agreement, school documentation)
 4. You may be asked for identification for the dependents you list on your application.
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Madison WI Request Toys

Toy Distribution will be held at the Alliant Energy Center Dec 18-20

Nov 1st- 15th we will open up the online registration.

To register to receive a toy

<https://madison-wi.toysfortots.org/local-coordinator-sites/lco-sites/local-toy-request-single-form.aspx>


All documents listed on the Registration Instructions and Application link will need to be brought to the toy distribution.

Contact the local Toys for Tots Coordinator via email or phone for additional information.

Local Coordinating Officer: Sgt Nicholas Hultman

Email: toysfortotsmadison704@yahoo.com

Phone: 608-241-2022 ext 5012



34th Annual Koats for Kids! 2019

Coats and Accessories Available for All Ages

Distribution Location
Community Action Coalition for South Central WI, Inc (CAC)
1717 N Stoughton Rd. Madison, WI 53704

From
(Tuesday) October 15 - (Thursday) November 7, 2019

Distribution Days and Hours
Tuesdays and Wednesdays 10-3pm
Thursdays 10-7pm
Saturdays 10-3pm

For more information call CAC 608-246-4730
For information about volunteering use ext.241
or visit VolunteerYourTime.org

ID REQUIRED
Registration requires one of the following forms of identification for each individual (including children) in need of a coat.
Photo ID Card
Social Security Card
Insurance Card
Referral from another agency
Medical Card



Senior Photo Information

Senior parents,

The yearbook is ready to start collecting senior photos. Photos will be accepted until January 31st but we hope to see most of them by October 31.

Here are a few pointers to make sure that the photos will print successfully. These are recommended guidelines that work well in a yearbook but there is room for flexibility.

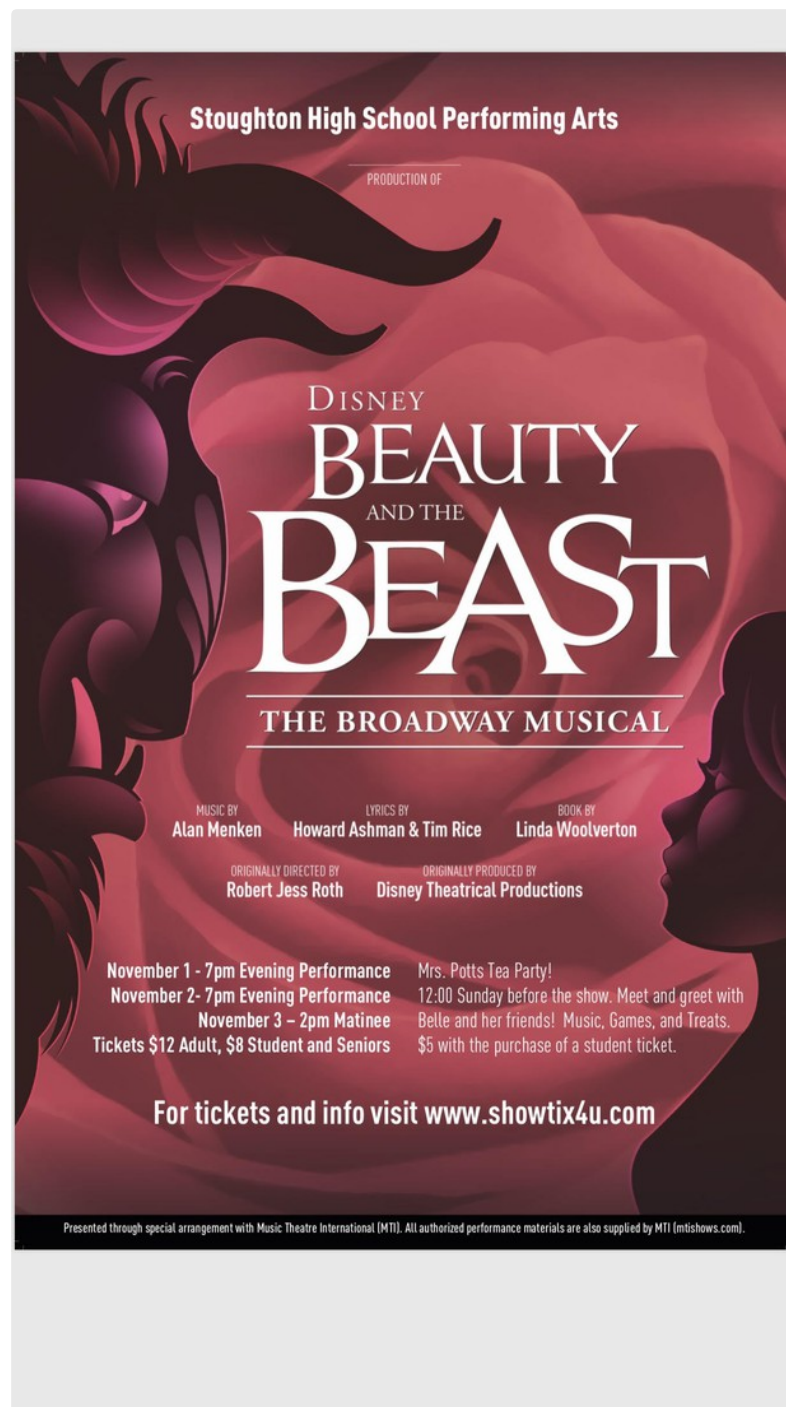
Ideally, we need...

- 300 DPI high-resolution image
- Vertical orientation
- 2.25 x 3.25 or 2.5 x 3.5 inches
- Head should measure approximately 1.5 in
- No hands if possible
- Jpeg format

Email photos or questions about photos to adrienne.stahl@stoughton.k12.wi.us or shsyearbook20192020@gmail.com

Thank You

19-20 SHS Yearbook Staff



Badger Girls State

Applications are now available for Badger Girls State. Badger Girls State a week-long summer experience where girls from all around the state of Wisconsin get together to learn about our government and the democratic process in a fun and interactive way. It is open only to current juniors. Any interested juniors can stop by the Counseling Office for an application. Spots are limited.

AP Exam Ordering

If you have a student that is enrolled in an AP course, you should have received an email from me about two weeks ago and your student was given a letter in class. But since there are several new rules this year, I thought a reminder would be useful.

A. ORDERING AN AP EXAM THIS YEAR IS A 4-STEP PROCESS.

1. Students are required to create an account at myap.collegeboard.org and it is through their account that they will indicate that they want an exam ordered.
2. Parents will need to go to Infinite Campus and pay for each exam that is ordered. Currently, you will see a fee listed for each AP course your student is in. Only pay a fee if an exam is ordered. For example, if your student is in two (2) AP courses, then you will see two (2) exam fees owed. If your student only orders one (1) exam then only pay one (1) of the fees. The other fee will be removed by December 1, 2019. If your student qualifies for free/reduced lunch, there is no fee listed for them because of **Wis. Stat. sec. 120.12 (22) Advanced placement examinations, which states that any student that qualifies for free/reduced lunch will have their exam fee paid by the district. If you have questions about fee payment, you may contact me - email is best but you can leave me a voicemail and I will return your call as soon as I can.**
3. I will print off a list of exams ordered and a list of fees paid on November 8, 2019. I will compare the two lists.
4. On November 14, 2019, **I will order exams** for any student that is on both the "order me an exam" list and the "I have paid my fees" list. Just because a student indicates they want an exam ordered on their myap account, does not automatically mean one will be ordered. There needs to be a payment for each exam ordered. Anyone that is not on both lists will not have an exam ordered for them. It is possible to order exams after November 14, 2019, but the CollegeBoard will charge an additional \$40.00 late fee.

B. Speaking of the CollegeBoard. They are the ones that determine the exam dates and times. These are nation-wide testing dates and I cannot change them. Before your student orders an exam, make sure there are no conflicts with the testing dates.

C. There is a \$40.00 cancellation fee. If your student orders a test and then decides not to take it, you will be refunded the difference (\$54.00) in June after the AP exams are completed regardless of when the student decides they are not taking the exam.

Lisa Schneeberger

AP Coordinator

lisa.schneeberger@stoughton.k12.wi.us

877-5763

2019-20 AP Exam Schedule

MORNING EXAMS: 7:30 am – 12:30

AFTERNOON EXAMS: 12:30 – ending time depends on the exam (can be anywhere from 3:15 to 4:15)

WEEK 1:	Morning		Afternoon
Monday, May 4, 2020	US Gov't & Politics		Physics C: Mechanics
Tuesday, May 5, 2020	Calculus AB & Calculus BC		German Language & Culture
Wednesday, May 6, 2020	English Lit & Comp.		
Thursday, May 7, 2020	Chemistry		
Friday, May 8, 2020	US History		

WEEK 2:	Morning		Afternoon
Monday, May 11, 2020	Biology		
Tuesday, May 12, 2020	Spanish Language & Culture		Psychology
Wednesday, May 13, 2020	English Lang. & Comp.		Music Theory
Thursday, May 14, 2020	World History: Modern		
Friday, May 15, 2019	Computer Science Principles		Statistics

Academic Coaching

We will again be offering Academic Coaching, for students after school on Mondays and Thursdays, in the LMC from 3:25-4:25 pm. Please contact Mr. Last at 877-5735 or by email at rob.last@stoughton.k12.wi.us

Outstanding Student Fees

Please check your Infinite Campus Portal to see if your child may have any outstanding class fees. You may pay through your portal or send cash or a check to your student's teacher.



High School Contact Information

Main Office: 877-5600

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 53589-1000 ☎ 608-877-5600

🌐 stoughton.k12.wi.us