

SHS Weekly News

October 12, 2018

CALENDAR OF EVENTS

Friday, Oct. 12

11:35 am Midwest Scholastic here during lunch to pick up graduation orders

1:00 pm Boys Var Cross Country Conf. meet

1:30 pm Girls Var Cross Country Conf. meet

2:00 pm Boys JV Cross Country Conf. meet

2:40 pm Girls JV Cross Country Conf. meet

7:00 pm Var Football (Senior Night)

GO BREWERS!!!!

Saturday, Oct. 13

8:00 am Girls JV/JV 2 Volleyball Tournament @ Watertown

Monday, Oct. 15

Tuesday, Oct. 16

Wednesday, Oct. 17

4:15 pm Math Meet @ LaFollette

Thursday, Oct. 18

TBD Boys Var WIAA Soccer Regional

11:35 am Book Club in LMC

3:30 pm GSA meets in room 122

3:30 pm Fiber Arts Club in the LMC

Friday, Oct. 19

3:25 pm Badminton @ Yahara Gym

3:30 pm GSA meeting in Room 122



***** All dates and times
subject to change.
Check the calendar often.***

FFA News

The Stoughton High School FFA chapter attended the World Dairy Expo in Madison on Saturday October 6. We worked in the GEA ice cream booth and scooped ice cream and got the opportunity to speak with the many people attending from all around the world. It's always a great experience that we get to attend every year!

The Stoughton High School FFA chapter also got to attend a meeting hosted by Mr. Wendt. It was held at his farm "Shady Nook Farm." We dressed up for the Halloween themed meeting and played pumpkin bowling. Mr. Wendt was also generous enough to give out many of his pumpkins that he grew. Thank you so much for hosting! We look forward to this meeting again next year.





Counseling Services News

ACP for Junior Families

Families with 11th graders have been sent an email and postal letter inviting them to schedule an Academic and Career Planning (ACP) conference with their student's counselor. The 45-minute conferences cover the student's talents and interests, academic progress, 12th grade registration, graduation requirements and post-secondary plans. Conferences begin October 30th.

UW-Madison and U of M Deadlines

UW-Madison's early action deadline for fall 2019 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 2019. Students applying by February 1 will receive their decision by the end of March.

Similarly, **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, 2019. 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.

Financial Aid Night

Join us on Wednesday, October 24th from 6:30-7:30 in the Multipurpose Room to receive information about planning and paying for college. While all families are welcome, parents and guardians of seniors are strongly encouraged to attend.

During this session, information will be shared concerning:

- **Scholarships, grants and loans**
- **Applying for financial aid**
- **Completing the Free Application for Federal Student Aid (FAFSA)**

FAFSA

Families of seniors – the online application for the Free Application for Federal Student Aid is now available at [FAFSA.gov](http://fafsa.gov).

College Goal WI will be hosting events in October and November to help students and their families through the FAFSA process. There are locations across the state and more information is available at

<http://collegegoalwi.org/>

Did you know?

Combined, our three school counselors have **over 53 years** of experience at SHS! Andrew Burke (A-G) has been with the high school for 16 years, Kristin Natzke (O-Z) is celebrating 17 years, and Ann Ash (H-N) holds the longevity record with 20 years.

What great resources for our students and families!

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:

Remind your child:

- o Wash hands with soap and water frequently. Alcohol-based hand rubs can be used if soap and water are not available.
- o Avoid touching eyes, mouth and nose.
- o Cover coughs and sneezes with a tissue.
- o 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 are some additional resources from the Centers for Disease Control (CDC) regarding the flu:

<http://www.cdc.gov/flu/keyfacts.htm>

Guidelines for Assessing Your Child's Health

Helpful information

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.
5. RASHES: A rash may indicate an allergic reaction or an infection. Parents/guardians should contact a health care provider if a rash is "itchy", is raw or weepy, or is spreading. The school will contact parents/guardians if a rash is observed, and we encourage you to have any rash evaluated by a health care provider.
6. EYES: Students with red eyes and drainage can come to school unless there is a fever present, behavior change, or unable to avoid touching eyes.
7. SORE THROAT: Students should stay home if there is a fever present or if the sore throat is persistent. Otherwise, students are encouraged to stay in class. If a student is diagnosed with strep throat, he/she must receive antibiotics for 24 hours before returning to school.
8. EARACHE: Students should stay home if an earache is accompanied by fever or drainage. We encourage parents/guardians to have a child evaluated by a healthcare provider.

Revised 1/2016

Academic Coaching

Academic Coaching is now available on Monday & Thursday after school from 3:25-4:25 pm in the LMC.

Graduation Order Packets

Midwest Scholastic graduation material order packets are available in the Main Office. They will be back to pick up orders on Friday, Oct. 12 during lunch in exhibition hallway.

Yearbook

The senior photos and grad ads are due December 7. You may send it to me at dan.nortwen@stoughton.k12.wi.us or to the stoughton yearbook email, which is as follows:

shsyearbook201819@gmail.com

Thanks!



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  608-877-5600
 stoughton.k12.wi.us