JEFFERSON HIGH SCHOOL

EAGLE NEWS

DECEMBER 2019

CHRISTMAS NEIGHBORS

"Every child should know what Christmas is....." –Pop Wendt

Toy & Clothing Giveaway (Distribution) Wednesday, December 11, 2019

The Toy & Clothing Giveaway (also known as the toy, food and clothing distribution), takes place mid-December in the Activity Center at the Jefferson County Fairgrounds (in Jefferson).

Throughout the fall months, the Christmas Neighbors collect and campaign for donations of new toys, gently used, clean winter coats, used children's clothing, wrapping paper, gloves, scarves, hats and blankets in addition to food items. The goal is to not only provide participants with gifts and warm clothes for the holidays but also a complete holiday meal. Aside from donations, the group must also spend thousands of dollars to purchase new toys from discount stores each year.

On the day of distribution, accepted families are assigned an hour to select their items at various stations. From the new toy area, families may select up to 2 new toys per child (a total value of up to $35-$40 per child). From the used toy area, families may also select one additional toy per child.

But distribution doesn't stop with toys...Families may also select an article of used clothing per family member (adults and children) and one item per family from the used housewares and holiday décor area. Each child in the family will also receive a hat, a pair of mittens and a scarf for the cold, winter months.

The family is also sent home with a box of food, complete with canned and dry goods as well as perishable items (such as ham or turkey). The Christmas Neighbors also try to provide each family with a roll of paper to wrap gifts for the children to open on Christmas.

ALSO IN THIS ISSUE

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- JHS Ski Trip to Cascade
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- Calendars

DONATION WISH LIST

New & Gently Used Toys
Perishable & Non-perishable Foods
Mittens, Hats, Scarves & Blankets
New & Gently Used Clothing and Coats
(child & adult sizes)
Rolls of Wrapping Paper & Tape
Household Items & Decorations
Christmas Decorations

11th Grade Writing Assessment

Date:	**December 6, 2019**
Time:	**2nd and 3rd periods**
Location:	**Auditorium**
Bring:	**2 pens and a writing surface**
Questions?	**See an English teacher**

Why are we doing this?

This is our system to consistently monitor students' improvements over time in writing ability. This assessment also allows us to track our own writing instruction over time. Colleges, tech schools and employers regularly feel that high schools in general do not prepare students well enough in the area of writing.

What will you need to know?

This assessment will draw on students' personal experiences and ask them to write about something from those experiences. The essay question will be similar to one they wrote as freshmen, but it will be about reality instead of fiction. They will be given a specific writing prompt and will need to respond to it.

What should students do during the assessment?

- Read the prompt to understand it.
- Underline key questions.
- Pre-write, making sure you answer the question. (This will help ensure that you organize well.)
- Write your response.
- Read through your answer to look for sections you can improve if you have time.

What will the scorers look for?

- Original thesis; has exemplary analytical structure
- Relevant, credible and accurate details
- Clear and appropriate structure. Transitions logically link ideas.
- Clear voice engages audience and is appropriate to purpose
- Sentences vary in length and structure
- Demonstrates strong fluency
- Consistent, specific, and appropriate word choice
- Few errors in sentence structure, spelling, punctuation, capitalization, and/or usage
- Errors do not detract from meaning

What will students do on the day of the writing assessment?

After 1st hour on December 6, all juniors will report to the Auditorium with at least two pens and a hard writing surface, such as a large book. Students will have one hour to write their responses to the writing prompt. Students should bring something to work on quietly until the writing period is over; phones will not be an option. Afterwards, students will report to 4th period.

What does this assessment mean to students?

This score will be incorporated as a grade for students' upper level writing class, regardless of the semester or year they take this class. The score can be part of the prerequisite for taking an AP English course their senior year. This assessment is also an opportunity to showcase their best writing skills.

What about students who receive accommodations?

Students who receive ELL services will report to the auditorium. Students who receive special education services will be contacted by Mrs. Taylor if they will receive accommodations on assessment day.

Counseling News

ACT Prep Course

Jefferson High School

The best preparation for scoring well on the ACT is strong rigorous academic curriculum; however, strategic review and test-taking preparation skills help to enhance the likelihood that students will receive the score that best reflects their abilities. Students taking the ACT Prep course will have the opportunity to gain additional exposure to the ACT subject areas while learning valuable test preparation strategies. This course will share general information on the ACT and provide targeted preparation and instruction in the four academic subject areas.

Registration

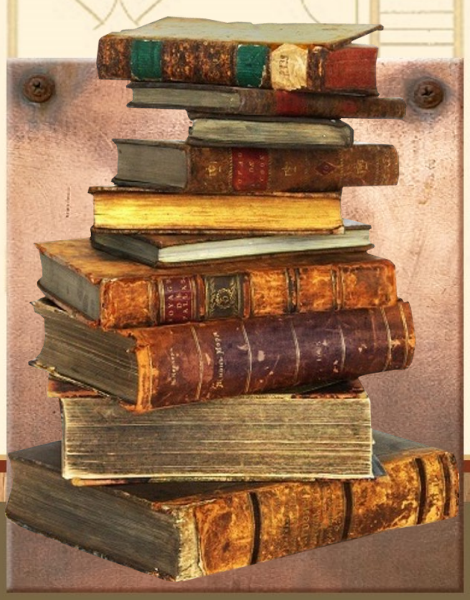
The course will be offered free of charge to currently enrolled Jefferson High School students (a donation is encouraged, but not required). A cost of $250 will be charged for any out-of-district participant. Students are expected to attend all sessions; however, if unable, please inform instructors. All sessions will be from 8:00 a.m. - 10:00 a.m. unless otherwise noted.

January 25 - English/Reading
February 1 - English/Reading
February 8 - Math/Science
February 15 - Science/Math
February 22 - ACT Post-Test (8:00-12:00)

Please register online at ACT Test Prep

"This is a great opportunity to create strategies that work for you for different subjects and find your strengths. The best part for me was finding out why I would get things wrong so I could learn to fix my problems and boost my score."
Graduate 2017

"The ACT prep course offered information on both the structure of the test and strategies on how to take it. Practice tests were given to provide insight on the individual's current level of ability and which areas he/she may need to improve on."
Graduate 2016



JEFFERSON HIGH SCHOOL

700 W. Milwaukee Street
Jefferson, WI 53549

Method Test Prep

Another option for students preparing for the ACT is Method Test Prep. This is a self-guided program and FREE to JHS students. Method Test Prep has two full length practice ACT tests, lessons, and quizzes. Each question in the quizzes has a video explaining the correct way to find the answer. Students preparing for the ACT will learn how to access to Method Test Prep through a homeroom lesson in December.

Developmental School Counseling Program

DECEMBER TOPICS

FRESHMEN

Tessera Results
Positive Self-Identity: Identifying
Career Exploration
Community Compassion

SOPHOMORES

World of Work: Employment
Positive Self-Identity: Developing
Community Compassion

JUNIORS

Positive Self-Identity: Evaluating
Community Compassion
Pre-ACT Results
ACT Test Preparation

SENIORS

Positive Self-Identity: Acknowledging
Post-Secondary Checklists
Community Compassion
Scholarships

Parent Resources

Building Resiliency in Kids

All freshmen completed the ACT Tessera assessment of social emotional learning on October 8 to determine at what levels our students possess the following characteristics: grit, leadership, resiliency, curiosity, and teamwork. Research shows a positive correlation between higher levels of these five attitudes and academic success.

Through our Developmental School Counseling homeroom curriculum, we will be infusing lessons for all grade levels covering skill development in these areas. On November 26, the students engaged in tiered resiliency lessons in the areas of self-regulation, impulse control, and self-talk. Multimedia tools including student interaction and discussion are used. The following link is provided for parents to continue to support their children in resiliency skill development: https://www.fatherly.com/love-money/build-resilient-kids-prepared-for-life/

Teens and Stress: How to Help Kids Cope

Parents can help their teen in these ways:

- ⇒ Monitor if stress is affecting their teen's health, behavior, thoughts, or feelings
- ⇒ Listen carefully to teens and watch for overloading
- ⇒ Learn and model stress management skills
- ⇒ Support involvement in sports and other pro-social activities
- ⇒ Decrease teen use of social media

Parents of Seniors

Your student will be getting a copy of the Senior Application Checklist (link below) in homeroom on December 3. Please review these general steps with your student.

Senior Application Checklist

2019-20 Senior Scholarship Booklet

The 2019-20 Jefferson High School Scholarship Booklet will be available and presented to all seniors during homeroom on December 10. In addition to the booklet itself, students will learn about the procedures to apply for scholarships and how to access the necessary forms. Following the presentation, the booklet will be available on our website.

Additional Resources

It's never too early to start planning for college. Here are some questions to think about when it comes to your future.

20 Questions to Ask Your School Counselor - For Sophomores and Juniors
https://bigfuture.collegeboard.org/get-started/building-support-network/20-questions-to-ask-your-school-counselor

Encouraging Self-Control in Tweens and Teens
https://www.parentmap.com/article/how-to-encourage-self-control-in-tween-and-teens

JHS Drama is proud to announce the spring musical, *The Addams Family, in production on the JHS stage April 24, 25, and 26, 2020. For those of us familiar with the old TV show, we will see many familiar characters, including Gomez and Morticia Addams, their children Wednesday and Pugsley, Grandma, Uncle Fester, and of course, Lurch. However, the musical is largely based on cartoons by Charles Addams. A synopsis of the play appears on the Theatrical Rights Worldwide website:*

> "THE ADDAMS FAMILY, a comical feast that embraces the wackiness in every family, features an original story and it's every father's nightmare: Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family – a man her parents have never met. And if that wasn't upsetting enough, Wednesday confides in her father and begs him not to tell her mother. Now, Gomez Addams must do something he's never done before – keep a secret from his beloved wife, Morticia. Everything will change for the whole family on the fateful night they host a dinner for Wednesday's "normal" boyfriend and his parents."

The musical premiered on Broadway in June of 2010 starring Bebe Neuwirth as Morticia and Nathan Lane as Gomez. It closed on December 31, 2011. Since then, the production has had numerous international productions, national tours, and regional theatre performances. Notably, it is one of the most popular musicals for high schools to produce in the US.

JHS students have the opportunity to participate as part of the cast, crew, or pit orchestra. Additionally, students can contact Mrs. Steib to work with publicity and box office. This year, JHS Drama has a new costumer, Ms. Alison Forystek, elementary music teacher at Sullivan. Students who want to participate on costume crew should email her at forysteka@sdoj.org. Students interested in the set crew should contact Ms. Lynn Weyer, Scenic Designer. Band students should inquire about pit orchestra possibilities through Mrs. Denise Reichhoff.

Director Mr. Ryan Clarksen, Assistant Director Ms. Kim Hart, Music Director Mrs. Kathy Schereck, and Choreographer Mrs. Kim Clarksen will hold auditions on Monday, December 2 at 3:30 pm and Tuesday, December 3 at 6:30 pm. Students only need to attend one audition session. Students should get an audition packet from Mr. Clarksen or Ms. Hart on Monday, November 25 for specific preparation instructions, character descriptions, and other pertinent information. See Mr. Clarksen or Ms. Hart with any questions.

AFS Chili Cook-Off

The Jefferson High School AFS Club along with the Jefferson Area Student Exchange Programs hosted its annual Chili Cook-Off on Saturday, November 9. More than 50 students were involved in the Cook-Off by making chili or working at the event. Nine chili teams were judged on the taste of chili, the creativity of table decorations and the team name. **Best Team Name** was awarded to *Root N' Toot N': Liberty Cunningham, Phoenix Juneau, and Alyssa Mindemann.* ***Best Decorations*** *went to Chilisius Odysseus: Carrie Yerges, Italian exchange student Francesca Volpe, and her host parents, Brandon and Rebekah Kellogg.* ***Best Tasting Chili*** *went to Red Hot Chili Preppers: Ms. Penza, Mrs. Bollinger, Mrs. Ritter, and Mrs. Snyder. AFS Club and Jefferson Area Exchange Programs would like to thank the high school staff members who attended the Cook-Off and all of the AFS Club members who worked so hard at the event.*

The participating teams were sponsored by local businesses, friends, and family of the Jefferson Area Student Exchange Programs and School District of Jefferson staff. The Jefferson High School AFS Club along with the Jefferson Area Student Exchange Programs thanks the sponsors and donors for making this Chili Cook-Off a success: William Beil, Kathy "Key" Cornelison, Steve and Cathi Dinkel, Tanya Dwyer, Wayne Ellinghausen, Dick and Piech Emmerich, Barb Johnson, Jason Marin, Jefferson Veterinary Clinic, McDermott Top Shop, Mark and Ann Rollefson, Craig and Georganne Schacht, Nick and Samantha Skretta, McDonald's (Jessica and Chris Walker), and Alesa Wontor. Special thanks also go to Tim Graffin, Bob Anderson, Troy Hebbe, and Mike Snodgrass for their maintenance and custodial help. If you missed this event, we hope to see you next year! The cook-off will be Saturday, November 14, 2020, at Jefferson High School.

SkillsUSA Fall Leadership Conference

On November 3, 2019, several members of the Jefferson High School SkillsUSA Leadership team attended the SkillsUSA Fall Leadership Conference. Members participating in the conference were: Brock Pinnow, President, Noah Schultz, Vice President, Jordan Kolehouse, Secretary, Kelly Boettcher, Reporter, Tia Rios, Parlimentarian, and Mr. Pilarski, Advisor. The two-day journey began at JHS with an hour and a half drive to Chula Vista in the Dells. Upon arrival at the conference, our group was split into five different groups, called color chapters. The goal of the color chapter teams is to attain gold level status for their respective chapters. This was a bit nerve-racking for three of our students because this was their first leadership conference. These students quickly moved past their discomfort and several chose to run as leaders in their new groups. Working with students from all over the state helped us deepen our understanding of the framework of SkillsUSA, personal skills, workplace skills, and technical skills rooted in education. We participated in formal meetings, played games, chose group committees, decorated our color chapter rooms, and met for dinner. Our first day wrapped up at 10:30 and students were glad to break for the day.

Day two began early with breakfast followed by formal meetings and then teams disbursed to finish decorating their color chapter rooms. A group photo was taken and with the little bit of extra time we had left, we shared more about ourselves and why we are involved in SkillsUSA. Students discussed their dream jobs and their hopes for the future. Afterward, we toured all of the color chapter rooms and discussed ideas we had learned during the conference. As lunch-time rolled around, some of us sat with our home chapter members and others sat with new friends. After lunch, most of the color chapter team members went back to the rooms to take down decorations and receive their pins for completing their statesmanship awards. Students that didn't go back to the color chapter rooms went to talk about the Chapter Excellence Program (CEP) and how they can help move their home chapters up a level to gain the gold level of the CEP. Once done, all FLC Ambassadors (home chapter leaders became the ambassador) went to the closing ceremony where all color chapter teams received the gold level for the color chapter rooms completed at the conference. Our Club is very excited to begin implementing some of the ideas we learned at the leadership conference in pursuit of our gold level status.

WANTED

HOST FAMILIES

for

2019-20 school year

AFS Exchange Students

REWARD:

LIFE-CHANGING EXPERIENCE

You choose the country, a male or female student with an age of 15-18 years old and personal interests and lifestyle that would match your family.

For further information, please contact

Georganne Schacht at the Jefferson High School.

© Teacher Created Resources

JEFFERSON HIGH SCHOOL

Yearbooks from the PAST

Available for Sale

$25 each

Contact Mr. Beil, JHS Yearbook Advisor at

beilw@sdoj.org

Payment due Upon Receipt at the JHS Main Office.

1930	1970	1988	2003
1933	1971	1989	2004
1935	1973	1990	2005
1936	1975	1991	2007
1937	1977	1992	2009
1938	1979	1993	2011
1939	1980	1994	2012
1942	1981	1995	2013
1943	1983	1996	2014
1948	1984	1997	2015
1951	1985	1999	2017
1953	1986	2001	2018
1969	1987	2002	

UNLOCK YOUR STUDENT'S POTENTIAL

WITH

ZAPS
FOCUSED TEST PREP

Doorway to College Foundation™ (D2CF) Is the exclusive provider of *ZAPS*® Focused Test Prep.

In this five-hour ACT seminar, your student will get to:

- **Learn tips to improve scores in all subtests**
- **Practice strategies to eliminate wrong choices**
- **Take short practice tests that mirror the real test experience**
- **Reduce test anxiety and gain confidence**
- **Receive extensive materials for home practice**

And much, much more!

Reserve a Spot for Your Student Today!

Our strategy intensive seminar is the perfect companion to content-based test-preparation your student may be utilizing.

Wisconsin public school juniors will be taking the ACT test on March 3rd, 2020

ZAPS ACT Test-Prep Seminar

Jefferson High School

Friday, February 21, 2020
Time: 9:00 AM–3:00 PM

Your seminar fee: $55.00
Register in the Counseling Office

The seminar fee is normally $70.00. (Non-JHS students must pay $70). The $55 fee is subsidized by the school-ONLY JHS students who register and attend on this date will be paying the fee of $55. In a continuing effort to support academic excellence, we have been able to offset the cost of this test prep by $15 per student. We hope you take advantage of this great opportunity.

Doorway to College Foundation

For additional test prep resources, go to www.doorwaytocollege.com

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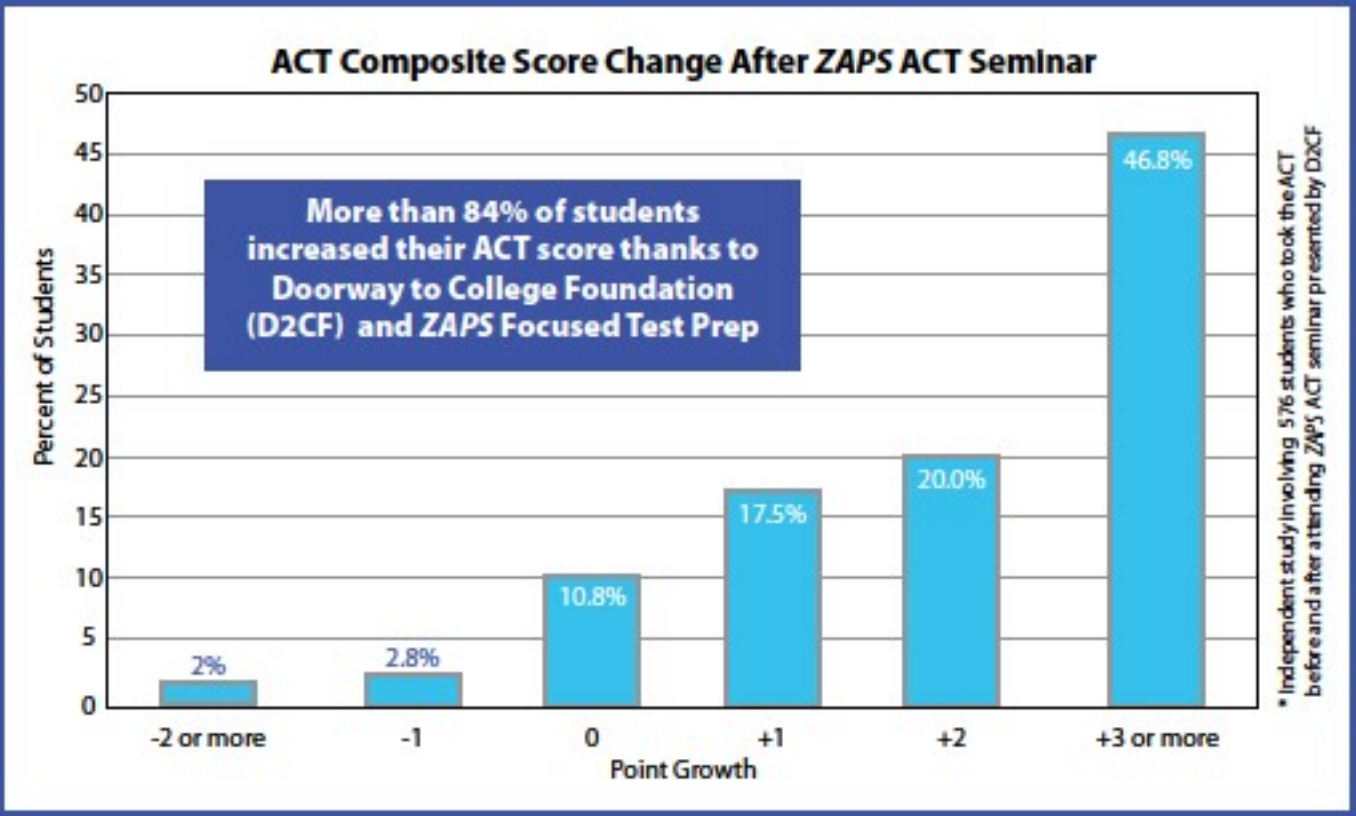
PROVEN RESULTS



WHAT STUDENTS ARE SAYING

"I took a month-long class last year, and I thought that this one seminar was as useful and productive, if not more so, than the month-long class."

–Matthew,
Dos Pueblos H.S., CA

"Most test practice seminars are very boring and not that helpful. This one is the first where I learned valuable tips and information, and, I actually can say I enjoyed."

–Jillian,
Manhattan H.S., KS

"I found this seminar very useful! I appreciate the time and enthusiasm that was put into the presentation, and now feel 100 times more confident about testing. Thank you!"

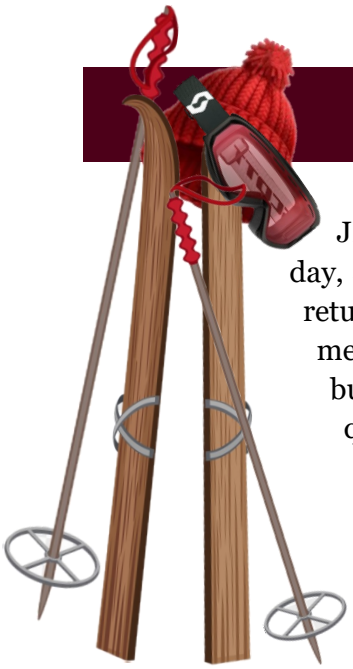
–Olivia, Westford Academy, MA

Help Your Student Even More

Check out other helpful prep resources available on our website:
www.doorwaytocollege.com/shop-doorway-to-college

Doorway to College Foundation

877-927-8378 prep@doorwaytocollege.com Doorway to College @Doorway2College www.doorwaytocollege.com



JHS Ski Trip

JHS is sponsoring a skiing/snow boarding trip to Cascade Mountain near Portage on Friday, January 31, 2020. We will travel by bus, so the trip is limited to the first 50 students to return their paperwork and payment in full. The cost is $40, which includes rental of equipment (including a helmet), lift passes, and busing. Students may bring their own equipment, but the cost will still be $40 because we are contracting a group rate. Everyone will be required to wear a helmet.

We will leave JHS at 2:30 p.m., and return at approximately 10:30 p.m. Students who bring their own equipment may leave it in the Agriculture Shop during the school day. Cascade does sell food items, or students may also bring their own food items. Food items that need refrigeration may be left in the Agriculture Department's Food Lab during the day if clearly marked with the student's name.

Interested participants must return the completed JHS permission form, the Cascade Mountain Responsibility Waiver, and full payment to the Main Office. We will accept requests until Winter Break with priority given in the order that requests are received.

Please contact Mr. Olson (olsong@sdoj.org) if you have any questions and to pick up permission slips and waivers.

JHS Team Trivia Night

The inaugural JHS Team Trivia Night on November 9th, 2019 was a success! Sixteen teams comprised of 54 adults and 32 students competed in the JHS Commons in what turned out to be a fun-filled night! The JHS History Bowl team made up of Jarrett Schneider, Taylor Phillips, Ian Sande, Reese Gee, Jordan Wiesen, Hawk Blackedge, and James Monogue emerged victorious.

On behalf of Wayne Ellinghausen and Cory Militzer, we would like to thank everyone who came out to support the JHS Clubs. We're already busy at work planning for the Second Annual JHS Team Trivia Night in November 2020!

Attendance Works

www.attendanceworks.org

Pay Attention to Attendance: Keep Your Child On Track in Middle and High School

Showing up for school has a huge impact on a student's academic success starting in kindergarten and continuing through high school. Even as children grow older and more independent, families play a key role in making sure students get to school safely every day and understand why attendance is so important for success in school and on the job.

DID YOU KNOW?

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other potentially serious difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, regular and high attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10 percent, or about 18 days, of the school year can drastically affect a student's academic success.
- Students can be chronically absent even if they only miss a day or two every few weeks.
- Attendance is an important life skill that will help your child graduate from college and keep a job.

WHAT YOU CAN DO

Make school attendance a priority

- Talk about the importance of showing up to school everyday, make that the expectation.
- Help your child maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and medical appointments during the school day.
- Don't let your child stay home unless truly sick. Complaints of headaches or stomach aches may be signs of anxiety.

Help your teen stay engaged

- Find out if your child feels engaged by his classes and feels safe from bullies and other threats. Make sure he/she is not missing class because of behavioral issues and school discipline policies. If any of these are problems, work with your school.
- Stay on top of academic progress and seek help from teachers or tutors if necessary. Make sure teachers know how to contact you.
- Stay on top of your child's social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- Encourage meaningful afterschool activities, including sports and clubs.

Communicate with the school

- Know the school's attendance policy – incentives and penalities
- Talk to teachers if you notice sudden changes in behavior. These could be tied to something going on at school.
- Check on your child's attendance to be sure absences are not piling up.
- Ask for help from school officials, afterschool programs, other parents or community agencies if you're having trouble getting your child to school.

Attendance Works

www.attendanceworks.org

Ponga atención a la Asistencia Escolar: Mantenga a su hijo por el buen camino en la Secundaria y la Preparatoria

La asistencia escolar tiene un gran impacto en el éxito académico de un estudiante. Aún cuando los niños crecen y se vuelven más independientes, las familias siguen jugando un rol clave en asegurarse que asistan diariamente a la escuela, porque la asistencia es importante para el éxito escolar y en el trabajo.

¿Sabía usted que...?

- Los estudiantes no deberían faltar más de 9 días a la escuela durante el año escolar, para permanecer motivados y exitosos.
- Las ausencias pueden indicar que el estudiante pierde interés en la escuela, tiene problemas con el trabajo escolar, está siendo acosado por otro estudiante o enfrenta algún otro problema.
- En el sexto grado, el ausentismo es un indicado de que el estudiante pudiera abandonar la secundaria.
- En el noveno grado, la buena asistencia escolar es mejor pronóstico para los índices de graduación, que los resultados de los exámenes del octavo grado.
- Faltar a la escuela un 10% o alrededor de 18 días durante el año escolar, puede afectar el éxito académico.
- Se considera ausencia crónica si el estudiante falta uno o dos días en varias semanas.
- La asistencia escolar es un hábito de vida importante que ayudará a su hijo a graduarse de la Universidad y a mantener un empleo.

¿Qué puede hacer usted?

Hacer que la asistencia escolar sea una prioridad

- Hable sobre la importancia de ir a la escuela todos los días, haga que se convierta en una expectativa.
- Ayude a sus hijos a mantener rutinas diarias, como terminar la tarea y dormir bien por la noche.
- Trate de no programar citas con el dentista y el médico durante el día escolar.
- No deje a su hijo en casa a menos que realmente esté enfermo. Las quejas de dolores de cabeza o de estómago pueden ser signos de ansiedad.

Ayude a su adolescente a estar involucrado.

- Averigüe si su hijo se siente motivado por sus clases y profesores y si se siente a salvo del acoso de estudiantes y de otras amenazas. Asegúrese que no está perdiendo clases debido a una mala conducta. Si tiene cualquiera de estos problemas, trabaje con personal de la escuela.
- Manténgase al tanto de su progreso académico y busque la ayuda de maestros o tutores si es necesario.
- Manténgase al tanto de los contactos sociales de su hijo. La presión de grupo puede llevarlo a faltar a la escuela.
- Fomente actividades relevantes después de la escuela, incluyendo deportes y clubes.

Comuníquese con la escuela

- Conozca las reglas de asistencia de la escuela - incentivos y sanciones.
- Hable con los maestros si nota algún cambio repentino en el comportamiento de su hijo.
- Verifique la asistencia de su hijo para asegurarse que las ausencias no se están acumulando.
- Pida ayuda a las autoridades escolares, recurra a programas después de clases, otros padres o agencias de la comunidad, si está teniendo problemas para conseguir que su hijo vaya a la escuela.

Perfect Attendance

FRESHMEN

Sara Cabrera Torres
Stephanie Cervantes
Noah Clifton
Hunter Dearborn
Brandie Duran
Jaden Gallenberg-Staffeil
Madeleine Griffith
Aaron Johnson
Logan Merz
Abigail Moreno
Paden Phillips
Jerrette Ramirez
Brian Siegler
Cayden Smith
Danny Tyloch
Alexander Vasquez Lopez
Rachel Weber
Ryan Werni
Ty Westenberg
Colleen Wilson
Ava Yost

SOPHOMORES

Broderic Bredlow
Lauren Dempsey
Joanna Guevara
Abby Helmink
Nicholas Hottinger
Antony Klein
Rebekah McKenzie
Luisa Mendez Cadena
Andrew Pettegrew
Isabel Tackman
Darien Vang
Emmanuel Weber
Emily Zilisch

Perfect Attendance

JUNIORS

Kelly Boettcher
Allison Boos
Alivia Dearborn
Heather Fox
Tanner Graf
Aaron Heine
Emily Hollenberger
Makenzie Hottinger
Ainsley Howard
Brianna Hutchinson
Kayla Krueger
Jjuliana Lira
Tiffany Maron
Jennifer Martin
Isaiah McKenzie
Aaron Meixner
Claire Ostopowicz
Cameron Patterson
Patrick Peterson
Samuel Stigler
Laura Traver
Jose Vasquez Lopez
Tylor Witter

SENIORS

Talia Bartosch
Jacob Brawders
Jesse Brawders
Alexander Carrera Velazquez
Osiel Dominguez
Reese Gee
Jayden Golz
Dean Neff
Dennise Saenz
Ella Yost

Fort HealthCare For Health

Backpack News Teens

December 2019

Winter Sport Safety

Winter in Wisconsin is full of activities that will keep you busy, and having fun. It's also important to remember safety to avoid injuries, and prevent being sidelined while other kids play in the snow.

Staying Warm

By wearing the right gear when playing in the cold and snow, you can spend more time having fun outside and being comfortable. By incorporating different layers of clothing, warm socks, hats, scarves and gloves, the risk of cold-related illnesses and frostbite are decreased, which means more time for fun!

Sledding

Sledding is a great winter activity, but has a few safety reminders to go with:

- Only use sleds that are free of sharp/jagged edges or broken parts.
- Pick hills that are designated for sledding, and an area that is free of trees, bushes, buildings, rocks, roads, cars, and other obstacles.
- If you are sledding together with friends, be aware of the weight limit on the sleds
- Never ride on a sled that is being pulled by a car, truck or snowmobile

Skating

Ice skating or playing hockey is a great way to get exercise, and should ONLY be done on approved ice. It's also important to make sure ice skates fit properly, and are snug but not too tight. Other tips for skating include:

- If playing hockey, make sure the proper padding and helmets are worn
- Skate in the same direction as others
- Don't skate or play with candy or gum in their mouths

Ice Fishing

Ice fishing is a great Wisconsin pastime, but there are a few important safety tips to remember:

- Ice near the shore can be weaker than ice that is farther out
- Ice formed over flowing water and currents is often dangerous
- Recommended ice thickness for activities on foot is 4"; 5" for an ATV or snowmobile; and 8"-12" for a car/small pickup

Protecting your Hearing

Did you know that the ear is made up of 3 different sections that work together to collect sounds, and send them to the brain? It's important for kids to keep their ears healthy and protected:

- **Keep Objects Out**

Don't stick things into the ear, such as cotton swabs or fingernails, because this can scratch the ear canal, push earwax deeper, and even rupture the eardrum.

- **Watching loud sounds**

Keep the volume at an appropriate level on video games, TV, and portable music devices. Wear hearing protection (earplugs, headphones, etc.) if you'll be around loud noises, such as a concert, car race or machinery, like shop tools and tractors.

Hearing damage happens slowly, but it doesn't take long for a problem to come up.

Healthcare Provider Tip of the Month

From Lisa Koeppel, School Nurse at the Deerfield School District:

"Ice skating, sledding, cross-country skiing, snowboarding or shoveling snow are great ways to keep active during the winter. These activities are also a great way to give your heart a workout. "

Wellness Corner

Although it's cold out, being outside for a short amount of time can help improve your mood, cure cabin fever, and give you a little rejuvenation!

5 Ways to Fight the Flu

1. Get the flu vaccine
2. Wash your hands often
3. Keep your distance if someone is sick
4. Cough or sneeze into a tissue or your elbow
5. Stay home if you have the flu

Fort HealthCare
For Health

Noticias de Mochila

Adolescentes

Diciembre 2018

Seguridad en los Deportes del Invierno

El invierno en Wisconsin está lleno de actividades que lo mantendrá ocupado y divertido. También es importante recordar la seguridad para evitar lesiones y evitar ser marginalizado mientras otros niños juegan en la nieve.

Mantenerse Caliente

Al usar el equipo adecuado cuando juega en el frío y la nieve, puede pasar más tiempo divirtiéndose al aire libre y sentirse cómodo. Al incorporar diferentes capas de ropa, calcetines cálidos, sombreros, bufandas y guantes, se reduce el riesgo de enfermedades relacionadas con el frío y la congelación, lo que significa más tiempo para divertirse.

Trineo

El trineo es una gran actividad de invierno, pero tiene algunos recordatorios de seguridad para acompañarlo:

- Utilice únicamente trineos que no tengan bordes afilados o dentados o piezas rotas.
- Elija las colinas designadas para trineos y un área libre de árboles, arbustos, edificios, rocas, carreteras, automóviles y otros obstáculos.
- Si anda en trineo con amigos, tenga en cuenta el límite de peso de los trineos.
- Nunca viaje en un trineo que esté tirado por un automóvil, camión/camioneta o motonieve.

Patinaje sobre Hielo

Patinar sobre hielo o jugar al hockey es una excelente manera de hacer ejercicio, y SÓLO debe hacerse sobre hielo aprobado. También es importante asegurarse de que los patines de hielo le quepan correctamente y que estén ajustados pero no demasiado apretados. Otros consejos para patinar incluyen:

- Si juega al hockey, asegúrese de usar los protectores y los cascos adecuados.
- Patina en la misma dirección que los demás.
- No patines ni juegues con caramelos o chicles en la boca.

Esquí / Snowboard

Cuando se esquía o se practica el snowboard, los esquís, tablas, gafas y cascos ajustados correctamente son importantes para garantizar la seguridad y el movimiento cómodo. Puede ser una buena idea tomar algunas lecciones antes de llegar a las pistas para aprender la forma y las habilidades adecuadas, como girar y detenerse.

Usando Auriculares de Manera Correcta

La pérdida de audición por los auriculares es un ejemplo de una condición llamada pérdida de audición inducida por ruido (NIHL, por sus siglas en ingles) y, lamentablemente, el daño es irreversible.

Es importante consultar a su proveedor de atención médica si comienza a tener signos de pérdida de audición, como:

- *Pitido, zumbido, rugido después de escuchar un fuerte ruido*
- *Silenciamiento o distorsión de los sonidos.*

La buena noticia es que NIHL se puede prevenir, y hay algunos consejos para mantener su audición controlada:

- *Escuche música/películas/videojuegos a no más del 60% del volumen máximo*
- *Limite a 60 minutos la cantidad de tiempo que pasa con los auriculares*
- *Los auriculares con cancelación de ruido pueden ayudarlo a bloquear otros ruidos, lo que significa que no tiene que subir el volumen tanto*

Consejo del Mes del Proveedor de Servicios de Salud

De Miranda DeThier, Asistente Certificado para Ejercer la Medicina (PA, por sus siglas en ingles) en el Jefferson Clinic:

"Senderismo/ir de excursión con o sin raquetas de nieve es una excelente manera de estar activo en el invierno; Tu corazón consigue un gran ejercicio como resultado de las caminatas por la nieve. Es divertido ver los parques y senderos locales cubiertos de nieve y buscar evidencias de huellas de animales en el camino."

Rincón del Bienestar

¡La temporada de la gripe y del resfrío está aquí! Cúbrase la nariz y la boca con un pañuelo o una manga si necesita toser o estornudar, y recuerde lavarse las manos con frecuencia.

Tecnología: 4 Maneras de Reiniciar/Recomponerse Antes de Acostarse

1. Cierre la sesión de aplicaciones de mensajería, redes sociales y correo electrónico.
2. Apague su teléfono o configúrelo en "No molestar" por la noche.
3. Retire su teléfono o tableta de su habitación por completo.
4. Tómese el tiempo suficiente antes de acostarse para desconectarse de la tecnología y relajarse.

JHS Calendar

December 1	ACCESS 2.0 Online Testing: English Language Learners (ELL) K-12 Begins
December 2-10	X-Mas Neighbors Collections - Special Schedules
December 3	*Basketball: Boys JV 1/2/Varsity vs. McFarland @ Home - 5:40/7:15 pm*
December 3	*Basketball: Girls JV 1/Varsity vs. Burlington @ Burlington High School - 5:15/7:00 pm*
December 3	*Wrestling: JV / Varsity vs. Cambridge @ Cambridge High School - 6:30/7:00 pm*
December 6	Junior Writing Assessment (Grade 11)
December 5	*Basketball: Girls JV 1/2/Varsity vs. Edgerton @ Edgerton - 5:40/7:15 pm*
December 5	*Swimming: Boys Varsity vs. Wayland Academy @ Wayland Academy - 5:00 pm*
December 6	*Basketball: Boys JV 1/2/Varsity vs. Brodhead @ Brodhead - 5:40/7:15 pm*
December 6	*Gymnastics: Varsity Invitational vs. Multiple Teams @ Home - 6:00 pm*
December 7	*Wrestling: JV Tournament vs. Multiple Teams @ Waunakee High School - 9:00 am*
December 7	*Wrestling: Varsity vs. Multiple Teams @ Johnson Creek High School - 9:15 pm*
December 9	Parochial 8th Grade HS Tour – 8:15 am
December 9	HS Holiday Band Concert - 7:00 pm
December 10	*Basketball: Girls JV 1/Varsity vs. Turner High School @ Turner High School - 5:40/7:15 pm*
December 10	*Swimming: Boys Varsity Triangular vs. Multiple Teams @ Home - 6:00 pm*
December 10	X-Mas Neighbors Set Up Day
December 10	JMS 8th Grade Tours
December 11	X-Mas Neighbors Distribution Day
December 11	JMS 8th Grade Tours
December 12	*Basketball: Boys JV 1/2/Varsity vs. Edgerton @ Home - 5:40/7:15 pm*
December 12	*Wrestling: Varsity vs. East Troy @ East Troy High School - 7:00 pm*
December 13	*Basketball: Girls JV 1/Varsity vs. Clinton @ Home - 5:40/7:15 pm*
December 14	*Swimming: Boys Varsity Invitational vs. Multiple Teams @ Milton Middle School - 10:00 am*
December 14	*Wrestling: Varsity Tournament vs. Multiple Teams @ Waunakee High School - 10:00 am*
December 16	HS 2nd Quarter Progress Reports Due
December 16	HS Holiday Choir Concert - 7:00pm
December 17	*Basketball: Boys JV 1/2/Varsity vs. Turner High School @ Home - 5:40/7:15 pm*
December 17	*Gymnastics: Varsity vs. Markesan @ Markesan High School - 6:00 pm*
December 17	*Swimming: Boys Varsity vs. Badger @ Home - 6:00 pm*
December 18	Board of Education Meeting - 7:00 pm
December 18	Holiday Choir Tour, All day (snow date – December 19)
December 19	*Basketball: Girls JV 1/Varsity vs. Big Foot @ Big Foot - 5:40/7:15 pm*
December 19	*Wrestling: Varsity vs. Edgerton @ Edgerton High School - 7:00 pm*
December 20	*Basketball: Boys JV 1/2/Varsity vs. Clinton @ Clinton High School - 5:40/7:15 pm*
December 21	*Wrestling: JV Tournament vs. Multiple Teams @ Home - 10:00 am*
December 23 - January 3	No School - Winter Break
December 27	*Basketball: Boys JV 1/Varsity vs. Multiple Teams @ Lakeside Lutheran HS - 1:30 pm*
December 28	*Basketball: Boys JV 1/Varsity vs. Multiple Teams @ Lakeside Lutheran HS - 1:30 pm*

Jefferson High School

Passion · Purpose · Pride

700 West Milwaukee Street, Jefferson, WI 53549

Continually recognized as one of the best high schools in Wisconsin

Attendance Office:
(920) 675-1115

Main Office:
(920) 675-1100

School Year Office Hours:
7:30am– 4:00pm

Counseling Office:
(920) 675-1126

Office Fax:
(920) 675-1120

JHS Daily Bell Schedule

Block Schedule (Mon-Thu)

(ODD classes meet M/W, Even classes meet T/Th)

(The first 2-3 minutes of block periods 1/2, 3/4, & 7/8 may be used for announcements/pledge

		P1 / P2	7:45	to	9:15	(90 minutes)
		P3 / P4	9:20	to	10:50	(90 minutes)
P5A/ P6A	Class (40)		10:55	to	11:35	
	Lunch (30)		11:35	to	12:05	
	Class (45)		12:05	to	12:50	
P5B/ P6B	Lunch (30)		10:50	to	11:20	
	Class (90)		11:20	to	12:50	
		P7 / P8	12:55	to	2:25	(90 minutes)
		Homeroom(M) or I/E Time(T,W,Th)	2:30	to	3:05	(35 minutes)

Full Schedule (Friday)

		P1	7:45	to	8:28	(43 minutes)
		P2	8:32	to	9:15	(43 minutes)
(Announcements 9:19)		**P3**	9:19	to	10:05	(46 minutes)
		P4	10:09	to	10:52	(43 minutes)
P5A	Class (43)		10:56	to	11:39	
	Lunch (30)		11:39	to	12:09	
P5B	Lunch (30)		10:52	to	11:22	
	Class (43)		11:22	to	12:05	
		P6	12:09	to	12:52	(43 minutes)
		P7	12:56	to	1:39	(43 minutes)
		P8	1:43	to	2:26	(43 minutes)
		I/E Time	2:30	to	3:05	(35 minutes)

2019-2020 High School Calendar

KEY: No School · Staff Development (No School) · P/T Conferences & Staff Dev. · Evening P/T Conferences (Feb. Course Selection) · ◇ = Special Testing Schedule

September

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

1st Day
9/3- Orientation (9th and new students) 9/4- First Day for all

October

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Homecoming:
Game 10/4, Dance 10/5

November

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

1st Semester Exams
1/22– 1st, 2nd, 3rd 1/23—4th, 5th, 6th 1/24– 7th, 8th

February

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

March

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Junior ACT Test- 3/3- No School Gr. 9,10 &12

April

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

ACT Aspire- 4/28 & 4/29 Late Start Gr. 11 & 12

May

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

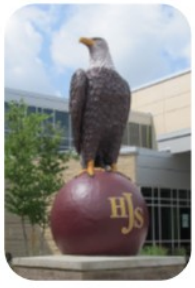
Junior Prom- 5/2

June

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13

2nd Semester Exams (Underclassmen)
6/5- 1st, 2nd, 3rd 6/6- 4th, 5th, 6th 6/7- 7th, 8th
6/7: Graduation Ceremony

Other Important Dates:
Choir Concerts: 10/21, 12/16, 3/26, 5/20
Band Concerts: 12/9, 2/24, 5/11
Spring Musical: 4/24- 4/26
Soaring to Service Day: 5/29
Academic Awards: 5/29



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