OCTOBER, 2018

Central
High School

"Central Pride is School Wide"

Area Interact Clubs will again team up for the annual iFeed event at Logan High School. This is a major 2-part food drive that we do every year. Local businesses and schools form teams and pack literally tens of thousands of nutritious meals to ship to economically disadvantaged areas around the world. For the second part, we also do a local food drive where we collect several thousand pounds of non-perishable food items to stock the Hunger Task Force and local food pantries.

PARENT TEACHER CONFERENCES

Parent-Teacher Conference times this year will be on the following dates:

Wednesday, October 10th
4:00 - 8:00 PM

Monday, October 15th
12:00 PM—8:00 PM

Monday, March 11th
12:00-8:00 PM

Wednesday, March 13th
4:00—8:00 PM

ALL CONFERENCES WILL BE WALK-IN ONLY

STUDENT MESSAGES

*Messages for students will be delivered only on an **emergency** basis. We are not able to get students out of class or disrupt a classroom in session for phone calls or messages unless it is an **emergency**. Please plan ahead and thank you in advance for your cooperation!*

DECA NEWS

Welcome to another year, and another great DECA season! DECA is a business-orientated club that focuses on preparing emerging leaders and entrepreneurs in marketing, finance, hospitality and management. It looks great on applications and helps you prepare for future jobs through building confidence in public speaking skills, interviews, and communication. On Saturday, October 13th, we will be taking a trip to the Mall of America as well as to ValleySCARE as part of a club bonding activity. See Mrs. Hinkel in Room 118 to reserve a spot as they are limited. Also coming up is the Emerging Leaders Conference that takes place October 29th and 30th at the Kalahari in Wisconsin Dells. It focuses on building leadership skills while also networking with DECA members from around the state. Wisconsin DECA is the 6th largest DECA Association in the world. World DECA is an International Student Organization.

2018-2019 Early Release Schedule

1st- 7:40-8:15

2nd- 8:20-8:55

3rd- 9:00-9:35

4th- 9:40-10:15

5th- 10:20-10:55

6th- 11:00-11:35

7th- Class 11:40-12:15 and Lunch 12:15-12:45

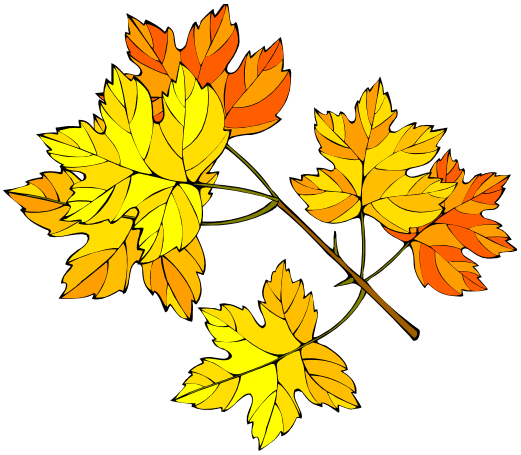
OR

Lunch 11:35-12:05 and Class 12:05-12:40

8th- 12:45-1:20

2018-2019 Yearbook Information

- **Buy your 2019 Yearbook now for the lowest price. Yearbooks are selling for $49.00 until November. Get your yearbook at jostensyearbooks.com. They offer payment options and it would make a great holiday gift!**
- **There are a limited number of 2018 Spring Supplements containing spring sports, graduation, prom and the Memorial Day service available for purchase. The cost is $15.00. Contact Mrs. Colburn at 789-3085 to purchase one.**
- **Senior pictures are due to Mrs. Colburn by November 8, 2018.**
- **Yearbook staff is once again accepting younger year photos from seniors for the yearbook. Younger year photos are groups of seniors from elementary field trips, birthday parties or sports teams. Photos of individuals will not be included in the younger year section. Submit younger year photos with the owner's name on the back to Mrs. Colburn by December 7, 2018.**
- **Senior Parent Ad order forms will be mailed this fall. You have the option to design your ad online or send in the materials. Details will be provided in the mailing. The deadline for Senior Parent Ads will be December 19, 2018.**



AVID

Decades *of* College Dreams

Advancement Via Individual Determination (AVID) is a researched based academic and leadership development elective class that prepares students for college readiness and success, and is scheduled during the regular school day as a year long course. AVID targets students in the academic middle who have a desire to go to college and the willingness to work hard. Students enrolled in the AVID elective will be enrolled in rigorous courses that will enable them to fulfill the sequence of 4 year college entrance requirements.

AVID's mission is to close the achievement gap by preparing all students for college readiness and success in a global society. Each week in the AVID Elective course, students receive instruction utilizing a rigorous college preparatory curriculum, tutor facilitated study groups, motivational activities and academic success skills. In AVID, students participate in activities that incorporate strategies focused on writing, inquiry, collaboration, organization and reading (WICOR) to support their academic growth and success.

IMPORTANT DATES

October 10 ..... Parent/Teacher Conferences
4:00 PM—8:00 PM
WALK-INS ONLY
October 15 ..... Parent/Teacher Conferences
12:00 PM—8:00 PM
WALK-INS ONLY
October 26 ..... Student Picture Re-Take Day
October 29 ..... NO SCHOOL

November 5 ..... Academic Achievement Ceremony
6:30 PM, Viterbo University
November 6..... End of First Quarter
November 9 ..... Early Release Day
November 21-23 ..... No School
Thanksgiving Break

Class of 2022 Officers

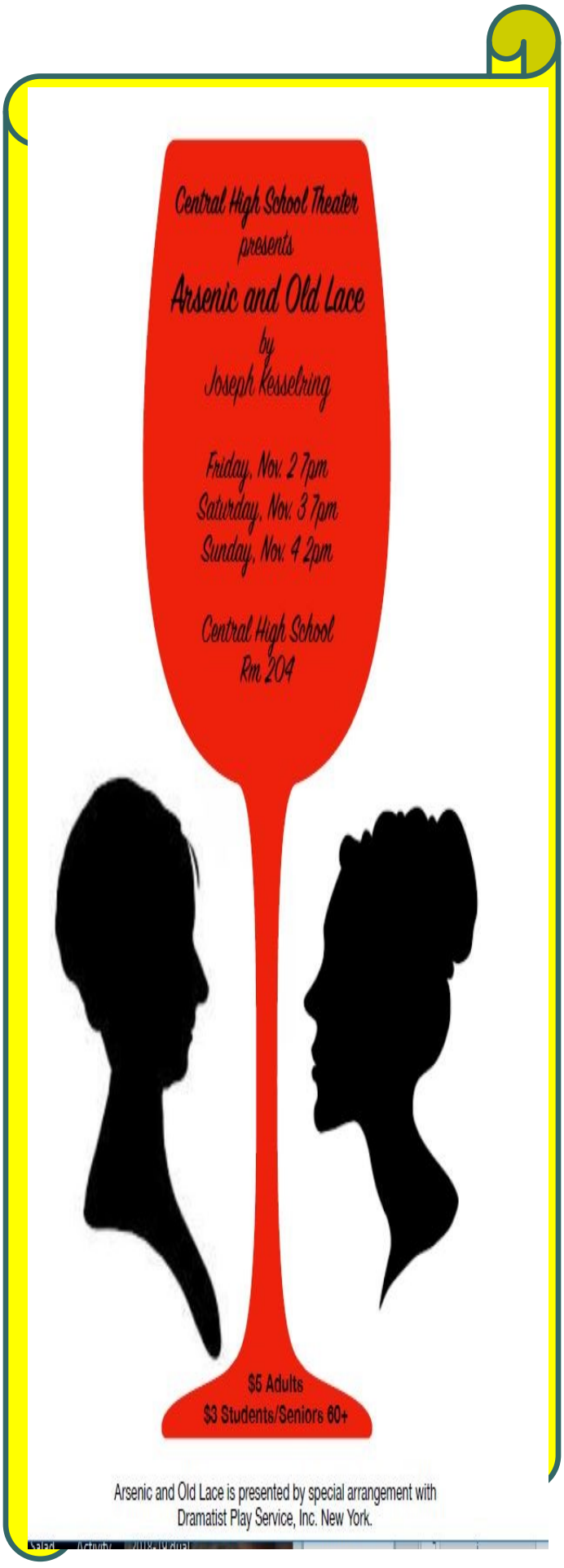
***President*—Grant Gerke**

***Vice-President*— Uyen Thoang**

***Secretary*—Liam Miller**

THIRD FRIDAY ENROLLMENT

Freshmen 245
Sophomores 288
Juniors 255
Seniors 314
Total Enrollment 1102



RANDOM ACTS OF KINDNESS DONATIONS

Many of you have been generous with donations to our District's Random Acts of Kindness Fund. The fund covers education-related costs for students whose families are experiencing difficult financial times. In the past we have helped purchase eye glasses, cover field trip and college entrance exam fees, and similar expenses families need assistance with as they work with tight budgets while helping their children excel academically.

The La Crosse Public Education Foundation generously contributes approximately $20,000 annually to this fund. Due to collaborative work between the School District and the Education Foundation, we kindly request that all future checks to the Random Acts of Kindness Fund be made payable to the "La Crosse Public Education Foundation". If you wish, your contribution can be targeted for a specific school or program, just specify your preference. Your donation will be receipted by the Foundation and will continue to be tax deductible as allowable by law.

Please contact Patricia Sprang, Executive Director of Business Services with the School District of La Crosse, at psprang@lacrossesd.org (phone 789-7652) or David Stoeffler, Executive Director of the La Crosse Public Education Foundation at 608-789-0226 if you have questions.

Donations can be made on-line at www.lpefonline.org. Thank you for your past and future support.

PBIS

Have you been wondering if PBIS continues into high school? The answer is Yes!

PBIS– Positive Behavior Interventions and Support does continue at the high school level. The Central acronym is:

CRR

COMMUNITY
RESPECT
RESPONSIBILITY

All those expectations you learned in the past are still with us, but this year we are implementing CharacterStrong which will focus on building positive character. PBIS may look and feel different at Central but it is still here. One behavior that is rewarded is attendance. Listen for your name to be called in perfect attendance drawings to win a prize.

DISTRICT INSURANCE COVERAGE

It is important that all parents realize that the District does **not** carry student medical insurance or student accident insurance. If a student is injured at school, your health carrier will be responsible to cover that injury. As a convenience to parents we do offer student medical coverage through Student Assurance Services, Inc. This information was included on -line with the other school documents.

It is also important to remember that the school has **no** insurance covering personal belongings of students. If a coat, book bag, bike, gym clothes or any other item is lost or stolen, the District will not be responsible for repayment or recovery.

If you would have any questions about District insurance coverage, please call Davita Molling at 789-7631.

Attention Seniors!

Senior photos are due by November 8th!! You can submit a printed photo, a cd, a flash drive or e-mail a jpeg file to lcolburn@lacrossesd.org

Student Services News

ORDERING TRANSCRIPTS

Central High School uses an electronic transcript service called Parchment. It is quick, easy, safe, and secure. You can order transcripts 24/7 from home, school, or anywhere you can access the internet. You may track your request online and will receive email notifications when CHS approves your request, and again when your transcript is delivered electronically or by mail. To order transcripts you will need a credit or debit card for payment. The cost is $3.75 for each electronic delivery or $5.83 for each paper delivery. If you qualify for free or reduced lunches, stop in Student Services and let our secretary know before ordering your transcripts so that she can give you a fee waiver. To set up an account, please visit www.parchment.com. Once you have an account set up, you are able to request transcripts by logging in and following the directions. If you have any questions, please contact Diane Silha at 789-3006.

SCHOLARSHIPS

A new scholarship list is published each **Friday** containing all the scholarships that Student Services receives. You can access the list by stopping in Student Services or via the school website. Once at the website, the following path will get you to the scholarship listings: "The Office", "Student Services", "Scholarships".

Career Cruising

Career Cruising is an internet-based system that students have access to in order to explore careers, complete an interest inventory, investigate colleges, and so much more. To check it out, go to www.careercruising.com. Student's passwords are the same as their Skyward account. If you need help logging in, please see a counselor.

College Applications–Tips and Hints

1. Your application gives a first impression; make it a good one by doing your best work.

2. Forgetting steps can delay the college's decision.

3. Make sure to have your ACT/SAT scores sent to the college. Some colleges require "official test scores". If they require official, you will need to make the request through ACT. If unofficial is accepted, please see Mrs. Montenero. This information is not provided on your transcript.

4. Check to see which schools received your scores by looking at your ACT/SAT score report. If you need to send additional scores, you can do so online at:
www.actstudent.org
www.collegeboard.com

5. When providing an email address on your application, make sure it is one you check often.

Before submitting a college application:

- Check the admission requirements of all the schools you plan to apply to.
- Pay attention to deadlines.
- Complete all sections of the application.
- If letters of recommendation are required, give the letter writers plenty of notice and provide them with the Letter of Recommendation Form (this was e-mailed to all students. Extra copies are available in Student Services).

School Counselors

Mrs. Jandrin: Grade 9

Mrs. Tomesh: Grade 10

Mr. Schmidt: Grade 11

Mrs. Montenero: Grade 12

Student Services News

UNIVERSITY OF WISCONSIN SYSTEM HELP LINE

UW HELP (Higher Education Location Program) is a program that provides information related to the UW System. It is available to help you locate a program, speak with an advisor, request literature, and receive information on admission, financial aid, majors, residence life, and more. Please visit their website at uwhelp.wisconsin.edu.

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PARENT MEETING FOR JUNIORS

During Parent/Teacher Conferences on October 10th at 7:00 PM and October 15th at 7:00 PM. This presentation is to provide academic and career planning information to Juniors and their families. Students and their guardians are encouraged to attend one of the two evenings.

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FINANCIAL AID MEETING

During Parent/Teacher Conferences on October 10th at 6:00 PM and October 15th at 6:00 PM, Mrs. Montenero and financial aid advisors will present and provide time to complete the FAFSA (Free Application for Federal Student Aid). Seniors and their guardians are encouraged to bring their financial information and their computer to complete their FAFSA.

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WISCONSIN COLLEGE EDUCATION FAIR OCTOBER 4TH

Juniors can visit with representatives from colleges and the military. Transportation will be provided. This field trip also includes career speakers and a college tour to one of the local colleges. Seniors will have the option to attend just the WEF to meet with college representatives to make final decisions about where to apply.

IMPORTANT DATES

ACT TEST-COLLEGE ENTRANCE EXAM
$42.50/$58.50 (ACT with optional writing)

All juniors are now required by the State of Wisconsin to take the ACT and WorkKeys tests. These tests will be given at Central on February 20th and 21st. Students may use their score from the State Assessment for college admissions. Students can also choose to retake the ACT on their own.

Upcoming ACT Test Dates:
October 27th—Late Registration Deadline is October 14th
December 8th—Registration Deadline is November 2nd
Go to the college website for a list of schools requiring the writing portion.

SAT TEST—COLLEGE ENTRANCE EXAM
$43.00/$54.50 with Essay

Upcoming SAT Test Dates:
November 3rd—Registration Deadline: October 5th
December 1st—Registration Deadline: November 2nd

PSAT/NMSQT—Juniors
$15.00 (Checks made out to CHS)
Wednesday, October 10th at 7:45 AM
This is the qualifying exam for National Merit Scholarships. Sign up deadline is October 5th.

This is first come, first serve for sign up. This test is highly recommended for all juniors that are in the top 20% of their class. Fee waivers are available for students receiving free/reduced lunch. Please see your counselor to get this form. If you have questions, contact the Student Services Department at 789-3006.

La Crosse High School Students Travel to China

From June 7 to 23, thirty Logan and Central High School students traveled to China. They visited four major Chinese cities, learning about Chinese culture, language, and people.

Their first stop was Beijing,a city of more than 20 million people. Beijing provided students with many cultural, historical, and natural sights. Everyone was in awe of the Great Wall, which goes up and down craggy mountains and is a challenge for almost any hiker. In the Beijing zoo, students had the opportunity to watch giant pandas playing, eating, and looking very adorable. In addition to sightseeing throughout Beijing, students enjoyed many shopping opportunities where they bought souvenirs for family and friends and showed off their bargaining skills with the locals.

In Xi'an, an ancient capital of 13 dynasties, students viewed thousands of life sized soldiers and horses in the archeological museum of the Terracotta Warriors. This is the site where the first emperor Qin was buried and is considered very significant in Chinese history. Many students also took a bicycle tour of the ancient city wall overlooking the city's skyscrapers. Of course, the tour would not be complete without shopping! Students shopped and tried street foods at the Muslim street, and some got a glimpse of Chinese Muslims practicing their faith in a mosque.

In the city of Shanghai, students spent two days exploring the fascinating mix of modern and ancient architecture. Students enjoyed visiting the Yuyuan garden, observing Chinese artisans create silk quilts, and mingling with locals at a park doing their daily Chinese outdoor exercises.

During their stay in the sister city of Luoyang, students were guests of the Luoyang #2 Foreign Language School. They lived in the homes of host students and attended school with them from 7 a.m. to 6 p.m. In addition to tasting the everyday life of China, the Luoyang teachers and administrators arranged for many educational and cultural experiences that included learning to make traditional Chinese paintings, a traditional tea ceremony, and visiting the Luoyang Museum. As Luoyang was another ancient capital of many dynasties, students had opportunities to see significant historical and cultural sights. Students enjoyed the Longmen Grottos, where Buddhist sculptures are carved into the cliffs, and the famous Shaolin Temple, where they watched a show of expert martial arts skills and stunts put on by Shaolin monks.

The friendly people of Luoyang and welcoming atmosphere made for a great experience that left the students with many wonderful memories.

La Crosse Promise Future Center

FUTURE CENTER ANNOUNCEMENTS

ESSAY WRITING WORKSHOP

Seniors: Are you struggling with your essays for your college applications and scholarships? Joins us for an Essay Writing Workshop on Wednesday, October 3rd at 6:00 PM in Room 125 at Logan High School. This workshop is open to all students in the district and will be conducted by the UW-L Associate Director of Admissions Sam Pierce.

FAFSA WORKSHOPS

If you are applying to college, you need to fill out the Federal Financial Aid Form—which is called a FAFSA. We will be holding a FAFSA Workshop in the LMC on October 10th at 5:00 PM and on October 15th at 6:00 PM to help. Please bring a laptop, 2017 tax return information, social security numbers, birth, death, and divorce certificates, recent bank statements, amounts of additional income, and values of any other assets. You can start today by creating your FSA ID at FSAID.ed.gov.

If you have any questions, stop by the Future Center.

CAMPUS VISITS—SIGN UP IN ROOM 243

Monday, October 15th—University of Wisconsin Madison
Monday, October 29th—St. Olaf, Northfield, Minnesota
Friday, November 9th—Winona State and St. Mary's University in Winona, MN

The Future Center advisor is here to help with all your post-high school plans. We can help you with career exploration, college enrollment, financial aid and more!

Attention Athletes and Parents/Guardians of Athletes

On-line sports registration for the 2018-19 School Year is open for registrations.

Process: Go to the Central High School website and click the link to *Athletic Registration*. Follow the steps outlined on the website. A blank Sports Physical Clearance form can be found under #3: Submit your physical form, at the on-line registration site.

Each Sport will have a meeting prior to the start of the season but on-line sport registration must be completed and a current sports physical must be on file with the Activities office in advance of the first day of practice. You only need to complete the on-line registration once per year.

WINTER 2018-19 SPORTS MEETING DATES

Winter Sport Meeting	Date	Time	Location
WINTER DANCE TEAM	October 22	5:00 pm	Rm. 124
GIRLS BASKETBALL	October 23	6:00 pm	Rm. 124
POWERLIFTING	October 23	6:30 pm	Rm. 126
BOYS HOCKEY	October 29	6:30 pm	at Onalaska HS
WRESTLING	October 29	6:00 pm	at Logan HS
BOYS SWIMMING	October 29	6:00 pm	at Logan HS
GYMNASTICS	October 29	6:00 pm	at Logan HS
BOYS BASKETBALL	October 30	7:00 pm	Rm. 124
SKI/SNOWBOARD	TBD	TBD	TBD
GIRLS HOCKEY	TBD	TBD	TBD

Save the Date: Vaccination Clinics!

The La Crosse County Public Health Nurses will be holding vaccination clinics on **Monday, October 15th, 2018.**

Clinic locations and times:

- **Longfellow Middle School in the LMC from 12-2 pm;**
- **Logan Middle School in the Office from 3-5 pm;**
- **Lincoln Middle School in the West Conference Room from 6-8 pm.**

Vaccine to be offered at these clinics include:

- Tdap and DTaP (tetanus, diphtheria, pertussis)
- HPV (human papillomavirus)
- Meningococcal
- Hepatitis B
- Hepatitis A
- Varicella (chicken pox)
- MMR (measles, mumps, rubella)
- Polio
- Influenza

This is a great opportunity for students to catch up on vaccinations they may need!

- Vaccines will be available for children who qualify for the VFC (Vaccines for Children) Program. Eligibility requirements are child:
  - Has no health insurance OR has Medical Assistance or Badger Care (must present Forward cards/MA cards); or
  - Has private health insurance that does not cover vaccines or has a cap on vaccines; or
  - Are American Indian or Alaskan Native.
- Vaccines for children (thru 18 years old) will be provided, at no charge for families. There is a $17.00 administration fee, although no child will be turned away due to inability to pay.
- No administration fee if child is only receiving an influenza vaccine and no other vaccinations.
- Elementary school age children must be accompanied by a parent or legal guardian.
- Middle and high school students may present to the clinic without a parent if their "Vaccine School Consent Form for Middle and High Schoolers" is completed and signed by their parent or legal guardian.
  - Consent form and other vaccine related information can be found on the La Crosse County Health Department website at http://www.lacrossecounty.org/health/docs/ForYourHealth/Immunization.pdf.

Call the La Crosse County Health Department-
Public Health Nursing at 608-785-9723 with questions.

Harvest of the Month

October **Apples**

Pick:

- Choose apples that are firm with no bruises or soft spots.
- Color may vary depending on variety - it is not an indicator of ripeness.
- Depending on variety, apples can be sweet, tart or in between!

Store:

- Apples can be stored at room temperature for a few days or in a plastic bag in the refrigerator for a few weeks.

Prepare:

- Wash before eating; for the best nutritional value leave the skin on!
- To prevent browning, dip sliced apples in a mixture of lemon juice and water.

Nutrition Info

One medium apple has 95 calories and provides vitamin C, potassium and fiber.

Fun Facts

La Crescent, Minnesota is the Apple Capital of the USA!

Did you know that Thursday, October 11th is the Great Lakes Great Apple Crunch? Schools, preschools, daycares, hospitals, worksites and other organizations across Minnesota, Wisconsin, Illinois, Indiana, Michigan and Ohio will be celebrating National Farm to School Month by crunching into locally grown apples on this day! For more info visit: https://www.cias.wisc.edu/applecrunch/

Uses

Make a peanut butter and apple sandwich! Cut thin apple slices, spread with peanut or other nut or seed butter and top with another apple slice!

Sliced apples can also be added to other sandwiches & wraps. Try granny smith apple slices on a grilled cheese sandwich!

Make your own apple dipping bar. Apple dips can include peanut butter, yogurt, caramel, a pumpkin spice mix, and fruit dip; be creative!

Family Friendly Activity

Plan a weekend visit to a local apple orchard and pick your own apples.

Set up an apple taste test. Try a variety of apples such as Gala, Pink Lady, Granny Smith, and Honey Crisp. Which apple has the best flavor? Some local apple vendors may offer taste tests in store!

Coulee Region Farm2School is a partnership between La Crosse County Health Department, Mayo Clinic Health System – Franciscan Healthcare, Gundersen Health System, and the School Districts of Bangor, Holmen, La Crescent-Hokah, La Crosse, Onalaska, and West Salem.

E-MAIL ADDRESSES 2018-2019

Note: When addressing e-mail use the following prefix plus @lacrossesd.org

TEACHERS:	PREFIX:
ANGLEHART, JOE	jangleha
ASCHENBRENER, LORI	laschenb
AVERBECK, MICAH	maverbec
BANTLE, AMY	abantle
BARNHART, SUZANNA	sbarnhar
BARRETT, JAMIE	jabarret
BAUER, STEPHANIE	sbauer
BEAUCHAMP, SUSAN	sbeaucha
BERNS, JIM	jiberns
BOTT, RYAN	rbott
BUTTERFIELD, KIM	kbutterf
BUXTON, JOSH	jbuxton
CLAUSEN, SAMUEL	sclausen
COLBURN, KEVIN	kcolburn
COLBURN, LISA	lcolburn
COLE, BRIAN	bcole
CRAYTON, JOHN	jocrayto
CZERNIAK, JOE	jczernia
CZERNIAK, TIA	tczernia
DAMMEN, DOUG	ddammen
DITTMAN, CRAIG	cdittman
DITTMAN, KRISTIN	kdittman
ELLENBECKER, JESSICA	jellenbe
ESSER, MIKE	messer
EUBANKS, CHRISTIE	ceubanks
FERGOT, TODD	tfergot
GEORGE, NAHMIE	ngeorge
GILLITZER, BOBBI	bgillitz
GOETHEL, ANGELA	agoethel
GOLDEN, NAOMI	ngolden
HALTER, CINDY	chalter
HAMBURGER, BEN	bhamburg
HANSBERRY, NICK	nhansberr
HARNED, RIC	rharned
HARTMAN, ANDREW	ahartman
HAVLICEK, JOHN	jhavlice
HEILMAN, GRETCHEN	gheilman
HINKEL, NICOLE	nhinkel
HUTSCHENREUTER, JESSICA	jhutsche
JANDRIN, KIRSTEN	kjandrin
JANDRIN, LUCAS	ljandrin
JUSTIN, LINDA	ljustin
KACZMAROWSKI, DAN	dkaczmar
KALINA, NICHOLAS	nkalina
KLINGBEIL, JACOB	jklingbe
KUSTER, LISELOTTE	lkuster
LASZEWSKI, JIM	jlaszews
LAWRENCE, JENNIFER	jlawrenc
LAWRYNK, TOM	tlawrynk
LAXTON, BENNETT	blaxton
LEREN, JENNY	jleren
LI, SHU	sli
LINSSEN, SCOTT	slinssen
LOR, LEE	llor
LUY, GINA	gluy
MARTIN, DAWN	dmartin
MCMAHON, JENNIFER	jmcmahon
MEYER, ALEXANDRIA	ameyer
MONTENERO, ELLEN	emontene
MORGAN, JOANNE	jmorgan
MORRIS, BRYAN	bmorris
NEARY, MATT	mneary
OLSON, MITCHELL	molson
PAAREN-SDANO, ANIKA	apaarens
PISCHKE, ISAAC	ipischke
POGREBA, BETH	bpogreba
ROBERSON, QUARTELL	qroberso
ROTH, AIMEE	aroth
SCHAMS, GREG	gschams
SCHELLENGER, NICHOLAS	nschelle
SCHIELDT, JENNIFER	jschield
SCHMIDT, JOHN	aschmidt
SCHMIDT, THOMAS	tschmidt
SCHWARZ, AMY	aschwarz
SCOTT, KRISTIN	kscott
SERVAIS, TONY	tservais
SHIVELY, KIM	kshively
STEELE, JOSEPHINE	jsteele
STOFLET, CHARLIE	cstoffle
STRAINIS, KURT	kstraini
TOMESH, MEREDITH	mtomesh
VOIGT, JENNIFER	jvoigt
WHITE, JOHN	jwhite
WILKINSON, CHAD	cwilkins
WILKINSON, JENNIFER	jwilkins
WIRKUS, SHEILA	swirkus
WOLF, TATIANA	twolf

MCDONALD, TROY	tmcdonal
AXNESS, JEFF	jaxness
AMBROSE, MARK	mambrose
BERAN, JOE	jberan

MEMO

To: Parents/Guardians of High School Students enrolled in Self Awareness

From: Mr. Jon Baudek, Supervisor of Health and Physical Education

School Year: 2018-2019

Subject: Information Concerning the School District's Sexual Health Curriculum

A state statute requires that all public schools shall provide parents with an outline of the above noted topic. The information stated below represents the major topics that will be taught to your student this year. If you have any questions concerning this aspect of our Health Curriculum, you may contact the appropriate teacher or principal as soon as possible. Our expectation is that all students should be taught this information.

However, if you wish to exempt your student from this part of the curriculum you are required to file a written statement to that effect with the school principal. Also, parents are reminded that the entire School District's Health Curriculum is available for review by contacting the appropriate teacher.

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Student Learning Benchmarks

Analyze characteristics of healthy relationships.
Evaluate effective strategies for dealing with difficult relationships with family members, peers, and boyfriends or girlfriends.
Evaluate the negative consequences of sending sexually explicit pictures or messages by e-mail or cell phone or posting sexually explicit pictures on social media sites (e.g., chat groups, e-mail, texting, websites, phone and tablet applications).
Justify why abstinence from sex and drugs are the safest, most effective risk avoidance methods of protection from HIV/AIDS, other STDs, and pregnancy.
Summarize ways to prevent pregnancy and the sexual transmission of HIV/AIDS and other common STDs.
Summarize the importance of setting personal limits to avoid risky sexual behavior.
Analyze the relationship between using alcohol and other drugs and sexual risk behaviors.
Summarize how common STDs are transmitted.
Summarize how HIV/AIDS is transmitted.
Summarize the signs and symptoms of common STDs.
Summarize the signs and symptoms of HIV/AIDS.
Summarize the problems associated with asymptomatic STDs and HIV/AIDS.
Summarize the short- and long-term consequences of common STDs.
Explain the value of using a condom at the same time as using another form of contraception to reduce the risk of infection of HIV/AIDS and common STDs, as well as to reduce the risk of pregnancy.
Describe the increased risks associated with having multiple sexual partners including serial monogamy.
Analyze situations that could lead to being pressured to having sex.
Explain why it is an individual's responsibility to verify that all sexual contact is consensual.
Explain the importance of contraceptive counseling and services if sexually active.
Explain why it important to know the STD/HIV/AIDS status of oneself and of a potential sexual partner.
Summarize the relationship between the menstrual cycle and conception.
Analyze the emotional, social, physical and financial effects of being a teen parent.
Summarize the benefits of respecting individual differences in aspects of sexuality (such as sexual activity, sexual abstinence, sexual orientation, gender expression, or gender identity), growth and development, and physical appearance.
Summarize why it is wrong to tease or bully others based on aspects of their sexuality (such as sexual activity, sexual abstinence, sexual orientation, gender expression, or gender identity).

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Student Learning Objectives

Analyze how peers and perceptions of norms influence healthy and unhealthy sexual health practices, behaviors, and relationships.
Differentiate the relevant influences, including family, culture, peers, school, community, media, technology and public health policies, on sexual health practices and behaviors.
Analyze the factors that influence opportunities to obtain safe, accessible, equitable and affordable products and services that support sexual health for oneself and others.

Standard 3: Students will demonstrate the ability to access valid information and products and services to enhance health.

Student Learning Objectives

Evaluate the validity and reliability of sexual health information.
Determine when professional sexual healthcare services may be required.
Use resources that provide valid and reliable sexual health information..

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid *or reduce health risks.*

Student Learning Benchmarks

Demonstrate effective communication skills to promote sexual health and healthy relationships.
Demonstrate effective communication strategies to prevent, manage, or resolve interpersonal conflicts.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Student Learning Objectives

Determine the value of applying thoughtful decision making regarding a potentially risky sexual health-related situation.
Analyze how family, culture, media, peers, and personal beliefs affect a sexual health-related decision.
Predict potential short-and long-term consequences of alternatives of sexual health-related decisions.
Evaluate the effectiveness of sexual health-related decisions.

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Student Learning Objectives

Assess personal practices and behaviors related to sexual health
Develop a plan to attain a personal goal to avoid or reduce the risk of pregnancy and transmission of HIV/AIDS and other STDs.

Standard 7: Students will demonstrate the ability to practice self-enhancing behaviors and avoid or reduce health risks.

Student Learning Objectives

Analyze the role of individual responsibility for sexual health.
Evaluate personal practices and behaviors that reduce or prevent sexual risk behaviors

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

Student Learning Objectives

Use peer and societal norms, based on accurate health information, to formulate a health- enhancing message about avoiding or reducing risky sexual behaviors.

Health & Physical Education
MEMO

TXOG: ***Niamtxiv/Tus Saib Xuyas ntawm cov menyuam***

High School

LOS NTAWM: Mr. Jon Baudek, Thawj Coj Saib Health and Physical Education

XYOO KAWMNTAWV: 2018-2019

YAM KAWM: ***Ntsiab Lus Hais Txog Tsev Kawmntawv Qhia Txog Kev Noj Qab Nyob Zoo Kev Pw Ua Niamtxiv***

Lub xeev no txoj cai muaj hais tias txhua lub tsev kawmntawv uas kawm ntawv pub dawb yuav tsum qhia rau cov niam thiab txiv kom paub txog cov kev kawm uas hais saum toj. Cov ntsiab lus hauv qab no qhia meej hais tias yuav muab coj los qhia rau koj tus menyuam rau xyoo no. Yog tias koj muaj lus dab tsi nug txog yam uas yuav qhia no, hu tau rau tus nais khu los yog tus thaj khu sai li sai tau.. Peb lub hom phiaj yog yuav tsum muab qhia rau txhua txhua tus menyuam.

Yog li ntawd, yog koj tsis xav cia tus menyuam kawm txog tej yam zoo li no koj yuav tsum tau sau ib daig ntawv tuaj rau tus thaj khu. Ntxiv thiab, yog niam txiv xav saib tej ntaub ntawv no los tau tsuav yog hu tuaj rau tus nais khu uas qhia paub tau.

Lub Ntsiab Lus 1: **Cov menyuam kawm yuav totaub txog cov tswvyim nrig txog ua kom kev noj qab haus huv zoo dua qub thiab kev tiv thaiv cov kab mob los yuav zoo tuaj txog kev noj qab haus huv.**

Menyuam Cov Homphiaj Kawm:

- Soj ntsuam cov cim rau txoj kev sib raug zoo uas tsis muaj teebmeem.
- Nrhiav fawb ntau yam kev pab rau txuj kev phoojywg uas nyuaj nrog cov tibneeg hauv yus tsev neeg, phoojywg, thiab hluas nraug lossis hluas nkauj.
- Nrhiav fawb qhov phem thiab yuav raug teebmeem li cas yog hais tias yus xa duab liab qab lossis sau ntawv rau e-mail lossis xov tooj ntawm tes lossis tso duab liab qab rau hauv ntau lub chaw saum fuab cua.
- Paub qhov tseeb hais tias yog vim li cas kev zam kom dhau kev sib daj sib dee thiab haus yeeb haus tshuaj kom tsis muaj teebmeem, yog qhov tiv thaiv los ntawm HIV/AIDS, lwm yam STDs thiab kev muaj menyuam.
- Kawm ntau yam tseem ceeb txog kev tiv thaiv kom txhob muaj menyuam thiab kab mob kis thaus pw ua niamtxiv xws li HIV/AIDS thiab lwm yam kab mob uas txeev kis STDs.

- Kawm txog yam tseemceeb uas yug yuav tsum tau paub tswj yus tus kheej rau kev sib daj sib deev kom txhob muaj teebmeem.
- Soj ntsuam kom paub kev sib xws ntsuab ntsab ntawm kev haus cawv thiab haus yeeb haus tshuaj thiab kev sib deev.
- Kawm kom paub tias yam kab mob uas txeev kis STDs sib kis li cas.
- Kawm kom paub tias yam kab mob HIV/AIDS sib kis li cas.
- Kawm kom paub tias thaus yus kis kab mob txeev kis STDs lawm yuav ua cas yus thiaj paub.
- Kawm kom paub tias thaus yus kis HIV/AIDS lawm, yuav ua cas yus thiaj paub.
- Kawm kom paub txog cov kab mob STDs thiab HIV/AIDS uas thaus ib tus neeg kis lawm tabsis nws tsis mob qhov twg li.
- Kawm kom paub saib qhov kab mob STDs yuav siv sijhawm ntev los lus thiab thaus kawg yuav xaus zoo li cas.
- Yuav piav txog qhov tseem ceeb ntawm uas siv hnab looj tib lub sijhawm uas siv lwm yam khoom los tiv thaiv kom txhob kis kab mob HIV/AIDS thiab yam mob txeev kis STDs, thiab pab kom txhob muaj menyuam.
- Piav txog cov teebmeem uas yuav tsav ntxiv uas yog nrog ntau tus tibneeg pw ua niamtxiv.
- Soj ntsuam txog tej lub caij nyoog uas muaj tus quab yuam kom sib daj sib deev.
- Piav tias yog vim li cas kev sib daj sib dee yuav tsum yog tus neeg ntawd txaus siab thiab tso cai thiaj muaj tau.
- Piav tias yog ib qhov tseem ceeb uas yuav tau nrog ib tus neeg lossis ib qhov chaw uas muaj kev pab tham txog kev yuav tiv thaiv kom txhob muaj menyuam yog hais tias nws nrog neeg pw heev.
- Piav tias yog ib qhov tseem ceeb uas yuav tsum tau paub txog STD/HIV/AIDS ntawm ib tus neeg lossis tus uas nws nrog pw ntawm saib puas muaj cov kab mob no.
- Kawm kom paub txog qhov sib xws nyob ntsuab ntsab ntawm kev coj khaub nkaws thiab kev muaj menyuam.
- Soj ntsuam kom paub txog kev xav, kev hais lus, lub cev ntaj ntsug, thiab nyiaj txiag yuav zoo li cas yog nws yog leej niam lossis leej txiv thaus tseem yau tshaj 20 xyoo rov hauv.
- Kawm kom paub txog tias yuav tau hwm lwm tus neeg txoj kev xav nyiam pw nrog lwm tus, kev loj hlob, thiab nws lub cev ntaj ntsug rog los yuag. (such as sexual activity, sexual abstinence, sexual orientation, gender expression, or gender identity)
- Kawm kom paub tias yuam kev lawm yog ib tus neeg twg pheej hais lus lossis saib tsis tau tus tibneeg uas nws nyiam kev nkauj kev nraug txawv. Xws li poj niam nyiam poj niam, txiv neej nyiam txiv neej, ntxhais hloov ua tub, tub hloov ua ntxhais (such as sexual activity, sexual abstinence, sexual orientation, gender expression, or gender identity)

<u>Kev Kawm 2:</u> Cov menyuam kawm yuav los soj ntsuam txog kev tswj fwm los ntawm tsev neeg, cov neeg nrog yus, kab lig kev cai, neeg muab xov xwm, khoom siv fais fab, thiab lwm yam uas txog kev noj qab haus huv no.

<u>Menyuam Cov Homphiaj Kawm</u>

- Soj ntsuam saib cov neeg nrog yus
- Paub qhov txawv uas lwm tus tswj yus, tsis hais yus tsev neeg, kab lig kev cai, cov neeg nrog yus, tsev kawm ntawv, lub zej zog, cov neeg muab xov xwm, khoom siv fais fab, kev noj qab nyob zoo cov kev cai, rau kev ua niamtxiv kom txhob muaj teebmeem.
- Soj ntsuam yam uas pab txhawb kom muaj kev ruaj ntseg, muaj muab siv tau, pab tau, thiab pheej yig kom yuav taus siv thiab tej chaws pab txog kev noj qab nyob zoo kev pw ua niamtxiv rau ib tus thiab lwm tus neeg.

<u>Kev Kawm 3:</u> Cov menyuam kawm yuav muaj peev xwm kawm tau ntau yam thiab muaj khoom siv ntau thiab cov tsev pab los kom pab tau zoo tuaj txog qhov kev noj qab haus huv no.

Menyuam Cov Homphiaj Kawm

- Soj ntsuam yam siv tau thiab muaj tseeb uas siv tau rau kev noj qab haus huv txog kev ua niamtxiv.
- Paub txiav txim siab saib thaus twg yog lub caij uas yuav tau mus nrhiav kev pab los ntawm cov tsev pab txog kev noj qab haus huv.
- Paub siv cov kev pab muaj tseeb uas tsim nyog siv rau yam kev noj qab haus huv rau kev pw ua niamtxiv.

Kev Kawm 4: Cov menyuam kawm yuav muaj peev xwm los siv kev sib txuas lus los pab txog kev noj qab haus huv lossis khiav tawm kom txhob muaj teebmeem.

Menyuam Cov Kev Kawm

- Paub siv kev txuas lus los pab qhia txog kev noj qab nyob zoo rau kev pw ua niamtxiv thiab kev nkauj nraug kom txhob muaj teebmeem.
- Paub siv ntau yam kev sib txuas lus los tiv thaiv, khiav tawm ntawm kev tsis sib haum xeeb.

Kev Kawm 5: Cov menyuam kawm yuav paub siv lawv lub peev xwm los txiav txim siab los pab txog kev noj qab haus huv.

Menyuam Cov Homphiaj Kawm

- Paub siv kev txiav txim siab los xav tej yam uas yuav muaj teebmeem txog kev noj qab haus huv txog kev pw ua niamtxiv rau tej lub sibhawm uas cheem tsum.
- Soj ntsuam txog saib tsev neeg, kab lig kev cai, cov neeg tshab xo, cov neeg nrog yus, thiab yug txoj kev ntseeg puas cuam tshuam txog kev noj qab haus huv txog kev pw ua niamtxiv nrig txog kev txiav txim siab.
- Paub kwv yees saib qhov teebmeem yuav xaus li cas sijhawm ntev lossis luv, txog kev noj qab haus huv los ntawm kev pw ua niamtxiv rau kev txiav txim siab.
- Nrhiav fawb qhov tseeb rau kev txiav txim siab los pab rau qhov kev pw ua niamtxiv txog kev noj qab haus huv.

Kev Kawm 6: Cov menyuam kawm yuav paub siv lub peev xwm los phaj homphiaj los pab txog kev noj qab haus huv.

Menyuam Cov Homphiaj Kawm

- Yus tus kheej paub kwv yees xyaum thiab siv cov yam ntxwv uas nrig txog kev noj qab haus huv.
- Paub npaj homphiaj rau yus kom yus txawj zam dhau kev muaj menyuam thiab kis kab mob HIV/AIDS thiab lwm yam STDs kom tsawg li tsawg tau.

Kev Kawm 7: Cov menyuam kawm yuav muaj peev xwm xyaum tawm yam ntxwv kev loj hlub txog kev noj qab haus huv los ntawm zam kev lossis ua kom tsawg li tsawg tau.

Menyuam Cov Homphiaj Kawm

- Soj ntsuam txog ib tus twg teg num rau kev noj qab haus huv rau kev pw ua niamtxiv.
- Nrhiav fawb txog yus tus kheej kev xyaum thiab tus yam ntxwv los ua kom tsawg li tsawg tau lossis kev tiv thaiv kev pw ua niamtxiv

Kev Kawm 8: Cov menyuam kawm yuav muaj peev xwm los tawm suab tab meeg rau yus tus kheej, tsev neeg, thiab lub zej zog txog kev noj qab haus huv.

Menyuam Cov Homphiaj Kawm

- Siv cov neeg nrog yus thiab lwm yam uas tibneeg xav tias zoo, thiab yam ntaub ntawv soj ntsuam txog kev noj qab haus huv los xa ib lo lus txog kev zam lossis ua kom yau li yau tau kom txhob muaj teebmeem txog tus yam ntxwv rau kev ua nkauj nraug.

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 FB (JV) at Onalaska 5:30 GTN Sub Sectional Host GGF Sectional New Rich-mond	2 BSC Sparta 5:00/7:00 VB Sparta 5:30/7:00 GTN Sub Sectional Host GGF Sectional New Rich. ASL at Holmen 4:15 Lincoln FB 4:15	3 ELD GCH Heritage Night 7:00 CHS Auditorium GTN Sectional Madison	4 ELD FB (Fr) at Tomah 6:30 BSC Onalaska 5:00/7:00 VB at Onalaska 5:30/7:00 GTN Sectional Madison ASL Holmen 4:15	5 FB Tomah (HC) 7:00 RRMB	6 VB CHS Invite Homecoming Dance 8:00 to 11:00
7	8 FB (JV) at Tomah 5:30 Booster Club 6:30	9 Voices of Men Assembly BSC Tomah 5:00/7:00 VB at Tomah 5:30/7:00 ASL Logan 4:15 Lincoln FB 3:45/5:15	10 ELD PSAT 7:40 to 11:00 room 232 Parent/Teachers Conferences 4:00 to 8:00 Financial Aid Parent Meeting 6:00 LMC	11 ELD BSC West Salem 5:00/7:00 FB (Fr) at Sparta 5:30 CC MVC at Maple Grove ASL at Logan 4:00	12 FB at West Salem CHS Debate Invite GCS Weaver Weekend 3:30 to 9:00	13 VB (JV/VR) MVC at Aquinas BSC JV MVC Tomah CHS Debate Invite GCS Weaver Weekend 9:00 to 6:00
14 GCS Weaver Weekend 12:30 to 5:30	15 No School Parent/Teachers Conferences 12:00 to 8:00 Financial Aid Parent Meeting 6:00 LMC	16 MVC Fall Coaches Meeting 8:00 Onalaska ASL at Onalaska 4:15 Fall Review Concert 8:00	17 ELD	18 ELD Lincoln FB 3:45	19	20 CC Sectional Meet Menomonie
21	22 Fall Awards Program 6:30 ASL Tournament 3:45 at Logan	23 Longfellow Band Concert 7:00 ASL Tournament 3:45 at Logan	24 ELD	25 ELD WSMA Madison	26 WSMA Madison	27 CC State
28	29 No School Staff Development Rebuilding for Learning	30	31 ELD			

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 ELD	2 NATS at UW-Whitewater Fall Play 7:00	3 Jazz Band at Lawrence Fall Play 7:00
4 Fall Play 2:00	5 (GBK) Girls Basketball (GYM) Gymnastics (HKY) Hockey	6	7 ELD	8 ELD	9 Early Release Day ACT Practice Exam	10 Show Choir Set-Up 2:00 to 10:00
11 Show Choir Dinner Show 4:00/7:00	12 NHS Induction 7:00 (BBK) Boys Basketball (WRS) Wrestling Booster Club 6:30	13 ASVAB 7:30 to 12:00 room 232	14 ELD Large Group Orchestra Festival CHS	15 ELD Accuplacer 7:30 to 12:00 room 232 MVC Sportsmanship Program 8:00 Logan	16 GCS Weaver Weekend 3:30 to 9:00	17 GCS Weaver Weekend 9:00 to 6:00
18 GCS Weaver Weekend 12:30 to 5:30	19	20 GBK Menomonie 5:45/7:15	21 No School	22 No School Thanksgiving	23 No School	24
25	26	27 GBK at Wi Rapids 5:45/7:15	28 ELD Josten's Meeting 9:00 Sophomores 9:40 Seniors	29 ELD	30 BBK at Marshfield 5:45/7:15 GBK Baraboo 5:45/7:15 GCS Weaver Weekend 3:30 to 9:00	

December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 GCS Weaver Weekend 9:00 to 6:00 BBK (JV) at ECM 10:00
2 GCS Weaver Weekend 12:30 to 5:30	3 WXOW Show Choir Concert Taping MVC AD/AA Meeting	4 BBK at EC Mem. 5:45/7:15 GBK EC Mem. 5:45/7:15 HKY Onalaska 7:00	5 ELD	6 ELD Longfellow Choir Concert 7:00	7 GBK Tomah 4:15/5:45 BBK SPASH 5:45/7:15	8
9	10 Booster Club 6:30	11 BBK at Menomonie 5:45/7:15 GBK at EC North 5:45/7:15 Longfellow Band Concert 7:00	12 ELD	13 ELD WRS at Sparta GBK New Richmond 5:45/7:15 Longfellow Orchestra Concert 7:00	14 GBK at Holmen 5:45 BBK at Holmen 7:15	15 BBK at Brookfield Central 2:00
16	17 Holiday Concert 7:00	18 BBK Stoughton 4:15/5:45 GBK Aquinas 5:45/7:15	19 ELD Middle School Orchestra 9:15 AM (Band Room)	20 ELD GBK at River Falls 5:45/7:15 GYM at Holmen	21 Robed Choir Alumni Day 11:15	22
23	24 No School	25 No School	26 No School	27 No School	28 No School	29
30	31 No School					

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 No School	2	3 WRS at Holmen BBK at Logan 5:45/7:15	4 **CHS Scholarship Applications due at 3:20 Student Services Office** GBK at Logan 5:45/7:15	5 JV BBK/GBK at Caledonia Tournament 9:00 Show Choir Competition #1
6	7	8 GBK Sparta 4:15/5:45 BBK Sparta 5:45/7:15	9 ELD	10 ELD WRS at Onalaska (City Dual) GYM at Sparta 6:00 ASL at Holmen 4:15	11 Early Release Day GBK Onalaska 5:45 BBK Onalaska 7:15 Choir Competition at Onalaska	12 Show Choir Competition #2
13	14 Booster Club 6:30 GBK Black River Falls 5:45/7:15	15 Finals (1, 2, and 8) BBK Wis. Rapids 5:45/7:15	16 Finals (3, 4, and 5)	17 Finals (6 and 7) BBK Tomah 5:45/7:15	18 No School Staff Dev. GBK at Tomah 5:45/7:15 NBA Select Band Students	19 BBK Pepsi Classic LaX Center NBA Select Band Students
20	21 No School MLK	22 **Registration Materials Handed out in Resource** BBK EC North 4:15/5:45 GBK West Salem 5:45/7:15	23 ELD	24 ELD WRS Tomah GBK Holmen 4:15/5:45 BBK Holmen 5:45/7:15	25 Show Choir Competition at CHS	26 Show Choir Competition at CHS
27 **Class Registration room 232 all week.**	28	29 GBK Rich. Center 5:45/7:15 HKY Aquinas/Hol 7:00 ASL Onalaska 4:15	30 ELD	31 ELD GYM at Tomah 6:00 BBK at Aquinas 5:45/7:15 ASL Logan 4:15		