



Central
High School



"CENTRAL PRIDE IS SCHOOLWIDE"

Central High School is proud to announce that Science teacher Joe Anglehart was awarded a grant from The La Crosse Public Education Foundation in the amount of \$2,995 for a project called "Aquaponics: An Interdisciplinary Approach".

Aquaponics is an excellent means of demonstrating many principles of science, agriculture, math and business in all grade levels. The concept of interdisciplinary education shines when it comes to aquaponics. In addition to plant sciences, aquaponics incorporates and demonstrates many of nature's natural cycles, nitrification, biology, fish anatomy and nutrition and high-tech agriculture. A unit in aquaponics enforces practical uses of chemistry, mathematics, physics, economics and engineering.

The monitoring and care of an aquaponic system by students helps instill a sense of responsibility, inspires creativity and creates excitement in the learning environment. Another goal of the system is a partnership with our school's cafeteria. The hope is that the aquaponics system will be producing quality food (vegetables) that can be used by the school's cafeteria or our food pantry La Cocina. The sky is truly the limit when it comes to this grant. We are all truly thankful for this opportunity provided by the LPEF as well as sponsors Aaron and Rochelle Nicks of Independent Cycle & ATV.

SCHOOL CLOSINGS AND EARLY DISMISSALS

In the event school is closed or dismissed early due to bad weather, the announcement will be made on the following TV and radio stations:

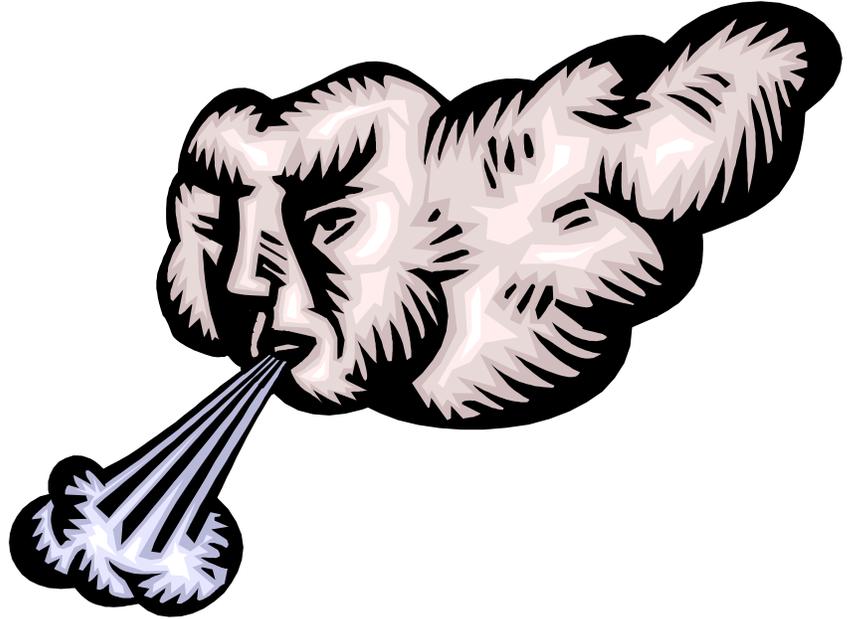
WKBT TV 8
WEAU TV 13
WXOW TV 19

FM STATIONS

WLSU	88.99
WIZM	93.3
KCLH	94.7
WRQT	95.7
COW	97
KQ	98
CLASSIC ROC	100.1
EAGLE	102.7
MAGIC	104.9
CC	106.3

AM STATIONS

WKTY	580
WIZM	1410
WLFN	1490



The announcement will also be listed on the homepage of the school district's website at www.lacrosseschools.org. All after school programs and activities will be cancelled unless otherwise noted. After school programs include *Surround Care*, *Park and Rec Programs* operated in district schools, and the *21st Century Community Learning Center After School Programs*. In the event of an early dismissal the Boys & Girls Club will operate their program at their facility until 5:00 PM. However, there will be no transportation provided from the school to the Boys & Girls Club.

Exceptions for evening events may be made on a case-by-case basis. If an event is to be held, it will be posted on the district's website and cable channel 4 as well as publicized on the media stations listed above.

CENTRAL HIGH SCHOOL DIRECT PHONE NUMBERS

<i>Activities</i>	<i>789-3009</i>
<i>Attendance</i>	<i>789-3008</i>
<i>Kitchen</i>	<i>789-3016</i>
<i>Main Office</i>	<i>789-7900</i>
<i>Student Services</i>	<i>789-3006</i>
<i>Go Riteway Bus Service:</i>	<i>881-6370</i>

A message from La Crosse School District Nurses

Although holidays are often happy times; they can also be increased times of stress. Here are a few things to be aware of:

Holidays are often times of lots of activities—learn to say no to things and allow for “down” time as well as help your teens balance their activities.

Get rest—holiday preparations can be both physically and emotionally stressful and require extra sleep.

Economically many are already stretched thin and may feel burdened to spend extra money that they may not have during the holidays for presents, food, etc. Be realistic with budgets and think of other ways to give that may be less expensive (exchange kindnesses/favors—someone watches a child to give a parent a break, etc.)

Be aware that this may be the first holiday after a loss of a loved one (death or divorce or other loss in the family). Holiday times can often be more difficult because of this.

Take time for individual renewal (read a book, exercise, take a walk, meditate, listen to music or do something else you enjoy just for yourself).

MAY YOU HAVE HAPPY AND HEALTHY HOLIDAYS!!





Congratulations to the fifty-one new members that were inducted into the Circle Chapter of the National Honor Society on Monday, November 12th. Central High School Teacher, Susan Beauchamp, addressed the inductees with an inspirational speech ennobling this group of youth to aspire to uphold the four pillars of the National Honor Society: Scholarship, Leadership, Service, and Character. National Honor Society Officers Ahmad Jandal, Helena Sandy Wehrs, Lauren Lansing, Allyson Fergot, David Hayden, Andrea Tryggstad, and Elizabeth Meyers conducted the ceremony and spoke to each of these pillars.

The new inductees are: Ruby Blake, Parker Blumentritt, Devin Bocoock, Isabel Burgos, Abbey Carter, Katerin Church, Catherine Cunningham, Anna Durall, Emma Ehlers, Julia Gasper, Emma Gerke, Julian Goldstein, Cecilia Hall, Maggie Hass, Peyton Haug, Madeline Heffernan, Russell Heise, Lillian Herling, Elizabeth Hicke, Abby Hilby, Alexis Holter, Elise Howard, Heleyna Kammel, Kaitlyn Koll, Caelen Lansing, Doua Chong Lee, Charles Masewicz, Avery Miles, Lauren Patterson, Emma Peterson-Johnson, Max Popp, Adian Roth, Maria Rudrud, Emma Scott, Ava Shively, Rayhan Siddiqui, Mari Stafslie-Dumale, Kaylee Streeton, Vibsake Thao, Katelin Thompson, Avery Torgerud, Simone Toribio, Kierstyn Turzinski, Trevon Van Egtern, Jules Vang, Rohit Vurity, Allison Weinberger, Charles Winkers, Zena Xiong, Evan Yang, Leila Yang.

IMPORTANT DATES

December 17.....	Holiday Concert 7:00 P.M., Auditorium
December 24-January 1.....	Winter Break No School
January 2.....	Classes Resume
January 11.....	Early Release Day
January 15-17.....	Final Exams
January 17.....	End of Semester
January 18,21.....	No School-Staff Development
January 28.....	Curriculum Fair—Hackett Gym 6:00—7:00 PM
January 28.....	8th Grade Orientation Meeting 6:00 PM—Auditorium
January 28– February 1	2018-2019 Class Registration
February 3.....	Mid-Winter Band Concert 1:30 PM, Auditorium
February 8,11	NO SCHOOL

ACADEMIC EXCELLENCE CEREMONY

On November 5th, the La Crosse Board of Education recognized 565 Logan/Central/7 Rivers/LaCrossoroads students for achieving a 3.5 grade point average for one or both of the past semester grading periods. The recognition took place at Viterbo University. Student addresses were given by Ezechukwu Nduka, Central and Sophie Baggett, Logan. Teacher responses were given by Central counselor, Ellen Montenero, and Logan teacher, Rhonda McGowan. The awards ceremony was followed by an ice cream social in the Main Theatre Lobby.



Thank a Teacher, or any staff member, with a gift to the La Crosse Public Education Foundation.

Looking for a way to shorten your holiday shopping list? Instead of purchasing a gift for your child's teacher, consider making a donation to the La Crosse Public Education Foundation in their honor. The Education Foundation supports the School District of La Crosse by: awarding Classroom Innovation Grants for creative classroom projects; funding Random Acts of Kindness for students who need financial support; supporting Teacher Excellence through staff development training. The foundation will send the staff member a card letting them know of your gift. Make a gift by visiting the LPEF website at www.lpefonline or by calling 608-787-0226.

Students: How are your plans going for your successful future? Come to the Future Center (Room 243) to talk with Mrs. Moe about your college and career plans. We can help with college enrollment, career exploration, essays, job shadows, FAFSA completion and scholarship application.

2019 Campus Visits

January 18th: Winona State University and St. Mary's
February 11th: Viterbo University
March 12th: UW– Stout

Future Center “Explore Your Future” Fair

March 26th from 10:00 AM—1:00 PM in the Gym.

CENTRAL HIGH SCHOOL

SEMESTER I FINAL EXAM SCHEDULE

2018-2019

Tuesday, January 15

7:40 - 9:10 AM	-	Period 1
9:25 - 10:55 AM	-	Period 2
10:55 - 11:40 AM	-	Lunch
11:40 AM-1:10 PM	-	Period 8
1:10- 3:25 PM	-	Grading

Wednesday, January 16

7:40-9:10 AM	-	Period 3
9:25-10:55 AM	-	Period 4
10:55-11:40 AM	-	Lunch
11:40 AM-1:10 PM	-	Period 5
1:10-3:25 PM	-	Grading

Thursday, January 17

7:40-9:10 AM	-	Period 6
9:25-10:55 AM	-	Period 7
10:55-11:40 AM	-	Lunch
11:40 AM-3:25 PM	-	Grading & Make-ups

WORLD FOOD PRIZE

High school students from 27 U.S. states and territories and ten countries were selected to attend the 25th Annual Global Youth Institute on October 17-20 in Des Moines, IA. Our own Madeline Lund was among the 210 students selected to attend this prestigious three day conference. Maddie engaged with global leaders in science, policy, and industry to discuss the world's most pressing challenges in hunger and poverty.

In order to participate students research and write a paper on a topic affecting food security within a specified country and provide recommendations on how to better the lives of a typical family in that country. Once accepted, they engage in hands-on sessions and service-learning projects that allow them to reflect on their unique role in addressing challenges related to agriculture, policy, science, industry, and hunger relief efforts both in the U.S. and abroad.

The Global Youth Institute is held in conjunction with the World Food Prize Borlaug Dialogue International Symposium.



Central will be holding its Annual Curriculum Fair on Monday, January 28th from 6:00-7:00 PM in the Hackett Gymnasium starting with a parent meeting at 6:00 in the auditorium. The Curriculum Fair is for all current and potential Central students and their parents. Information about curricular and co-curricular options will be available along with the opportunity to discuss specific questions with the teachers and advisors from Central. Class registration for the following year corresponds with the Curriculum Fair so this is a great opportunity to receive guidance in selecting classes for your future. Teachers will be in their classrooms to field any questions.



Hiking/Adventure Club

A few times each month students have the opportunity to hike the Coulee Region. Transportation is provided. In the Winter we may replace hiking with activities like Snowshoeing, Sledding, or Cross Country Skiing. In the Spring, if conditions allow, we might canoe instead of hike. Students (and parents that request to be on the e-mail list) will be notified of adventure details and cancellations as the dates approach.

A Parent/Guardian needs to sign a waiver form. Your student can obtain one from Mr. Pischke or one can be e-mailed to you. One waiver works for all dates. Students may do as many or as few adventures as they wish once the waiver is returned. If your student chooses to join, please help remind them to dress in layers, wear shoes/boots that are appropriate and hydrate before the activity.

Departure and Arrival Times: Tuesday hikes will be a 3:45 PM departure. Students will arrive back at Central around 5:30 PM. Wednesdays (winter activities) will be a 2:45 PM departure and be back around 4:45 PM.

Remaining Dates

Wednesday, December 19th—Lower Hixon

Wednesday, January 9th—Lower Hixon, MVC Land off of Farnam or Marsh

Wednesday, January 30th—Lower Hixon, MVC land off of Farnam or Marsh

Wednesday, February 13th—Lower Hixon, MVC land off of Farnam or Marsh

Tuesday, March 5th—TBD

Tuesday, April 2nd—TBD

Tuesday, April 16th—TBD

Tuesday, April 30th—TBD

Saturday, May 11th—TBD

Tuesday, May 14th—TBD

Saturday, May 25th—TBD

Tuesday, May 28th—TBD

Thanks to Mayo Clinic Health System, Franciscan Health Care and the La Crosse Public Education Foundation for this opportunity would not be possible without a generous transportation and equipment rental grant received.

Parents/Guardians can reach Mr. Pischke at ipischke@lacrossesd.org or 608-789-3126. Parents can also request to be put on the e-mail contact list to obtain more information.

Congratulations to the following "Students of the Month". Students are nominated by the various departments at Central and voted on by all Central faculty.

SEPTEMBER



Shannon Finn



Hamza Al Jawhar



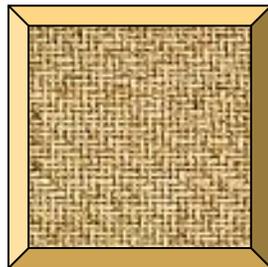
Elle Shuda



Simon Kleinertz



Heleyna Kammel



Jamar Davis



Megan Hefti

STUDENT OF THE MONTH NOMINEES

The following students were nominated for Student of the Month in September of this school year. Although they were not elected as Students of the Month, it is an honor just to be nominated.

Freshmen: Cameron Carver, Kennedy Hanifl, Isaac Robinson, Tyler Wise

Sophomores: Nathan Arndt, Nadja Elston, Kimberly Gloede, Jack Kramer, Dawson Lease, Madeline Masewicz, Sydney Wall

Juniors: Claire Ivens, Halle Schams

Seniors: Hannah Vang



Congratulations to the following "Students of the Month". Students are nominated by the various departments at Central and voted on by all Central faculty.

OCTOBER



Kayla Holman



Easton Skelton



Natalie Linebarger



Lewis Bingol



Madison Squires



Mathew Feyen



Ezechukwu Nduka



Elizabeth Caucutt

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The following students were nominated for Student of the Month in October of this school year. Although they were not elected as Students of the Month, it is an honor just to be nominated.

Freshman: Maya Goede, Sydney Heise, Makayla Kramer, Alexia Moua

Sophomores: Benjamin Greenley, Audrey Groves, William Head, Jack Kramer, Abigail Lisick, Amos Magnuson, Emily Starch, Ava Taylor, Abby Youngbauer

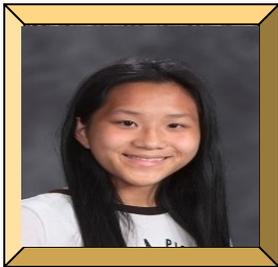
Juniors: Maddison Dwyer, Madeline Heffernan, Chia Mee Yang

Seniors: Lily DeLap, Kaytlinn Kennedy, Taylor Kirschbaum, Jerrett Netzer, Anna Plumer



Congratulations to the following "Students of the Month". Students are nominated by the various departments at Central and voted on by all Central faculty.

NOVEMBER



Alexia Moua



Quinn Servais



Madeline Masewicz



Mahari Randle



Jordan Davis



Julia Gasper



Jake Prieur



Andrea Tryggestad

STUDENT OF THE MONTH NOMINEES

The following students were nominated for Student of the Month in November of this school year. Although they were not elected as Students of the Month, it is an honor just to be nominated.

Freshman: Jakyra Abraham, Alyssa Deml, Lauren Finn, Sydney Lockley, Abigail Rosenstein, Keelyn Slaby, Xai Thao, Uyen Thoang, Flora Zaccone

Sophomores: Emily Carroll, Maximilian Clark, Alex Fisher, Aurelius Galaviz, Brooke Gray, Audrey Groves, Cha Lee Moua, Chukwuma Nduka, Jasper Pervisky, Julia Schumaker, Isabella Seymour, Gramt Steidl, Jessica Subera, Ronnie Vue, Calvin Welsh, Joshua Wolfe Meng Xiong

Juniors: Zach Acklin, Cole Denzer, Emma Ehlers, Maximillian Hein, Sydney Montalvo, Kate Munson, Ashtin Rittenhouse

Seniors: Joshua Evans, Dayanera Goodshield, Kaytlinn Kennedy, Lean O'Neill



OUR TRADITION: HOLIDAYS AT CENTRAL!

Once again, the entire CHS Music Department is going to showcase their talents and spirit as we come together for a concert featuring all the curricular performing ensembles.

Like last year, there will only be one night for this performance. The date is Monday, December 17th starting at 7:00 PM. Featured in this concert will be the Sinfonia Orchestra, Chamber Orchestra, Symphonic Band, Wind Ensemble, 9th Grade Treble Choir, Bass Clef Choir, Upper Treble Choir, and the Robed Choir. Each ensemble will be performing their own set of music. The concert will finish with all students playing or singing the finale: World Anthem. There will be winter poetry readings during the transitions between groups. Holiday treats will be available to purchase. Please join us for an eclectic program of music.

Congratulations to Anna Jansson and Erik Berg for their success at the National Association of Teachers of Singing fall auditions held at UW-Whitewater. Anna was a finalist in the HS Girls Music Theatre Division, and Erik placed 2nd in the HS Boys Classical Division. Over 100 high school singers attended this event. Also, congratulations to Connor Bush for being selected as a finalist at the Viterbo HS Vocal Competition. A special congrats to Anna and Erik for tying for 3rd in both the Classical and Music Theater Divisions at this event. 48 (mostly local) high school singers participated in this event with 16 students being chosen as finalists.

Robed Choir was honored to be a part of the Prayer Vigil/Ecumenical Service held at English Lutheran Church in homage to the victims of various tragic massacres over the years.

Central's GRAND RIVER CONCERT AND SHOW CHOIR COMPETITION will be held on January 25th and 26th. Check the CHS Webpage for future music performance dates and information.

Laptop Need a Good Cleaning?

It is important to keep laptop keyboards and displays clean. It is especially important during cold and flu season. It's easy and will only take a minute.

Follow these general rules when cleaning the keyboard, display and outside of your computer.

- ◆ Shut down and detach the power adapter.
- ◆ Use a damp, soft, lint-free cloth to clean the computer's keyboard, display and outside.

Water will damage your computer. Do not get any moisture in any openings on the keyboard.

Do not spray any type of liquid directly on any part of the computer.

Do not use any aerosol sprays, solvents or abrasives.

- ◆ Wipe the computer dry with a soft, lint-free cloth after wiping it clean with a damp cloth.



UPCOMING DATES FOR 2018-2019

December 1 Central Scholarship Applications Available
January 4 Central Scholarship Application due by 3:30 PM
January 11 Deadline to register for February 9th ACT
January 22-25 2019-2020 High School Registration info distributed
January 28 Curriculum Fair, 8th Grade Orientation, 6:00 –7:00 PM
January 28-February 1 2019-2020 High School Registration
February 6-7 ACT pre-admin work with Juniors in Math Class
February 8 Deadline to register for March 9th SAT
February 20-21 ACT and WorkKeys for Juniors
March 1 Deadline for Early College Credit Program for Fall, 2019
March 8 Deadline to register for April 13th ACT
March 11 Parent/Teacher Conferences 12:00—8:00
March 13 Parent/Teacher Conferences 4:00—8:00
March 20-21 10th grade WI Forward Testing
April 10-11 10th Grade Aspire Testing
April 24-25 9th Grade Aspire Testing

FEE WAIVERS—Students who qualify for free or reduced lunches may receive two fee waivers for the ACT/SAT tests, all college applications, and up to four transcripts. See your counselor if you think you may qualify.

COLLEGE APPLICATIONS – TIPS & HINTS

Seniors who plan to attend college should have their applications submitted before winter break. Every college varies on their application deadline. Check with the specific schools your student is interested in to find out their deadline. Make sure to send your ACT scores to the college. If you did not have your scores sent to the college you are currently applying to, you will need to have them sent. To do so, contact ACT at www.actstudent.org/scores. In addition, be sure to have your transcript sent to each college. Go to the Central website, under Student Services and Request Transcripts. This will take you to the Parchment website which is where you will make your request.

TRANSCRIPT REQUESTS



Seniors: If you are still working on your college applications, remember that your high school transcript needs to be sent. Please note that transcripts may not be processed over the winter break. Therefore, transcript requests must be made by 3:30 PM on Thursday, December 20th.



ON THE SCHOLARSHIP TRAIL?

1. Check the Scholarship Display located in the Student Services Office. It contains applications and/or information for all the scholarships that have been mailed to Central. A list will be posted on top of the display including the scholarship name, a brief description, and a deadline for each scholarship. Applications are located in the slots in the display. New scholarship opportunities arrive frequently and the list is updated every two weeks.
2. The above mentioned scholarships posted through the Student Services Office are also posted on the Student Services page on the Central Website. Go to Central's webpage, www.lacrosseschools.org/central. Click on Office and then Student Services.
3. Brainstorm lists of sources such as clubs, insurance companies, businesses, union, churches, and other organizations to which you or your family are affiliated. They might have scholarship money available for students; inquire directly to those organizations.
4. Browse through the Scholarship Books located in the Student Services Office.
5. Seniors planning to go on to any school following graduation should apply for the Central High School Scholarship. The scholarship application will be available on the Central High School (Student Services) webpage on Saturday, December 1st. Applications must be submitted online by Friday, January 4, 2019 at 3:30 PM. LATE APPLICATIONS ARE NOT ACCEPTED. The CHS Scholarship includes dozens of scholarships for two and four year schools. The scholarship is designed for many types of students. For example, some are for students with a high GPA and some are for students with a middle or low GPA. One considers GPA and athletic letters earned in high school. Some take into consideration community service involvement. Some are only for students applying to programs in health related areas. There are many possibilities so all students should apply!
6. Check directly with the schools/colleges you are applying to. They may have scholarships available.
7. File the Free Application for Federal Student Aid (FAFSA). We encourage all students to complete the FAFSA even if they are not likely to receive federal funds. Some programs/colleges may require filing the FAFSA before they will consider a student for other scholarships.

Good Luck! Please stop in Student Services if you have questions. We're here to help!



Happy Holidays





La Crosse 2019 Give Kids a Smile Day

On February 1, 2019, several La Crosse area dentists will be providing free dental care to underserved and uninsured children (up to age 17).

Sign Up: To receive care for your child(ren), sign up at bit.ly/gkaslacrosse

After you submit the form, we will contact you in early January to schedule your appointment on February 1.

More Information: www.facebook.com/gkaslacrosse/

Each year, thousands of dentists across the country help underserved children get the oral health they need. Give Kids A Smile is an annual volunteer program that provides free educational, preventative and restorative services to children. Last year, we worked together to provide care to more than 350,000 kids. Give Kids A Smile is an American Dental Association event.

Questions? gkalacrosse@gmail.com / 608-782-5675

Harvest of the Month



Pick:

- Choose winter squash with firm skin that is free of nicks, cracks, or soft areas.
- Select squash with an attached stem.

Store:

- Fresh, whole squash can be stored in a cool dark place for several weeks to months, depending on the variety.
- Store cooked squash for a few days in the refrigerator or freeze up to 6 months.

Prepare:

- Winter Squash is versatile. It can be baked, microwaved, roasted, sautéed, boiled, and/or steamed.
- Use a very sharp knife to cut or peel squash.

December



Winter Squash

Nutrition Info

One cup of cooked, cubed squash has 115 calories and provides vitamins A & C and fiber.

Fun Facts

In Native American folklore, winter squash was one of the "three sisters," along with corn and beans. These were staple foods in the Native American diet.

There are over 15 different types of winter squash including: butternut, Delicata, Hubbard, banana, acorn and spaghetti squash.

The heaviest squash ever recorded was 1234 pounds!

Uses

Puree cooked squash and add to soups for a creamy texture. Squash seeds can be roasted and eaten just like pumpkin seeds.

Try stuffing squash with a blend of rice, apples and kale, adding roasted squash cubes to a savory pizza, or using a spiralizer to make squash noodles. No spiralizer? Try a spaghetti squash!

Family Friendly Activities

Have your child help scoop out a cooked spaghetti squash; show them that the flesh looks like spaghetti noodles!

Let your child find, pick out and count the seeds in the squash. Then roast them and enjoy as a healthysnack!

Harvest of the Month

Autumn Roasted Squash Soup

Serves 6 (1 cup per serving)

Ingredients

- 1 Tbsp. olive oil
- 1 butternut squash (approx. 2 pounds) peeled and cubed (reserve seeds for roasting)*
- 1 medium onion, peeled and quartered
- 1 small head of garlic, peeled
- 1 medium tart apple, peeled and cubed*
- 4 cups chicken or vegetable broth
- ½ tsp. salt
- ¼ tsp. cayenne pepper
- ½ cup half and half

Directions:

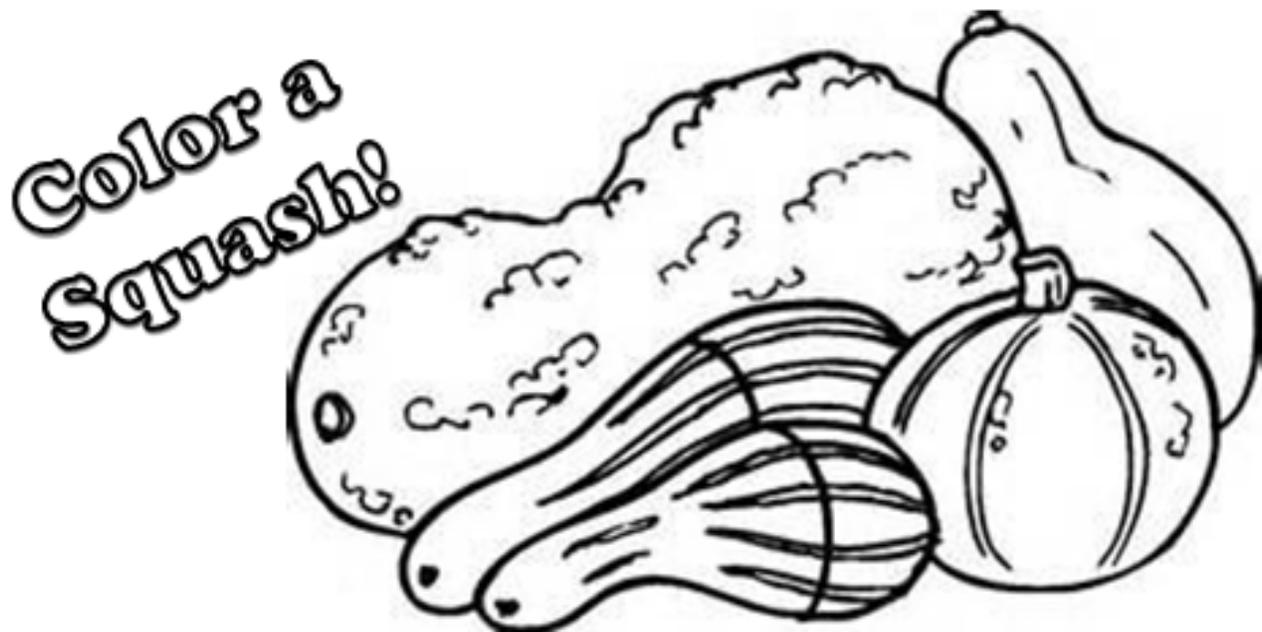
Preheat oven to 350 degrees. Lightly brush the surface of squash, onion, garlic and apple with the olive oil and place onto sheet pan. Roast for 30-45 minutes or until fork tender. Place all the roasted items into a large pot with the chicken broth, salt and pepper. Bring to a boil then reduce to a simmer for 15-20 minutes. Meanwhile, rinse and dry squash seeds. Lightly spray with olive oil and a sprinkle of salt. Place on sheet pan and roast for 10-20 minutes, stirring every few minutes, until evenly brown. Once soup is done, purée with an immersion blender, food processor or blender. Stir in the ½ and ½ and serve. Garnish with roasted squash seeds.

Nutrition Facts

Serving Size 1 cup (388g)	
Servings Per Container 6	
Amount Per Serving	
Calories 150	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 840mg	35%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	16%
Sugars 9g	
Protein 3g	
Vitamin A 8%	Vitamin C 60%
Calcium 10%	Iron 8%
*Percent Daily Values are based on a diet of 2,000 calories per day. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 90g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 370g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information on Farm2School visit:

www.laxf2s.org



How Your Parenting Style Measures Up for Success

(Information taken from "Know! Empowering Parents to Raise Their Children to be Substance-Free")

Information provided by: Rita Von Haden – Prevention Specialist, Coulee Council on Addictions

Did you know that depending on your parenting style, you are likely increasing or decreasing your child's odds for drinking, smoking and using other drugs? In fact, your parenting style affects everything from your child's social skills and self-esteem to their school performance and overall decision-making. A family's parenting style serves as a huge influence for who the child is in the present and the adult he or she will become. Read on to determine your parenting style and how your parenting style measures up for your child's success.

There are four basic parenting styles: Authoritarian, Authoritative, Permissive and Uninvolved.

Authoritarian

- Very strict and very controlling
- Rules are clearly stated and, if broken, punishments are harsh so that the child "suffers" for his or her poor choices
- It's the mindset of "my way or the highway – period"
 - Children tend to be rule-followers; however, researchers say these children may become hostile or aggressive toward other youth;
 - Known to be fearful and shy, associate obedience with love, have lower self-esteem, lack spontaneity;
 - Many times, become accustomed to lying to avoid punishments.
 - These youths are at increased risk for substance use.

Authoritative

- This parent maintains control and authority while being understanding and supportive
- Reasons behind the rules are explained and expectations are clearly known
- If rules are broken, logical consequences follow
- This parent is high on warmth, communication and expectations
 - These children tend to fare the best
 - These children are usually better at recognizing safety risks and tend to make better choices; they know they can turn to their parents for non-judgmental advice and guidance
 - These children are the least likely to engage in risky behaviors, including drinking, smoking and using other drugs

Permissive

- This parent is non-controlling and indulgent
- Rules may exist, but are rarely enforced or may be easily compromised to avoid conflict
- Parent vs. child roles are "blurred"
- This parent is high on warmth and communication, low on expectations
- It's the mindset of "Pals before parents"
 - Though unlikely to admit it, children crave structure, because knowing what is expected of them and being held to it creates a sense of safety – Permissive parenting does not provide this; in fact, it creates the opposite
 - These youths tend to be insecure and self-centered, lacking self-discipline and self-control
 - Teens of Permissive parents are 3 times more likely to engage in heavy underage alcohol consumption – likely due to their lack of consequences (According to the *Journal of Early Adolescence*)

Uninvolved

- This parent is indifferent toward their child, known to reject and neglect
- There are no set rules or consequences
- These children are on their own, raising themselves without the emotional support or guidance of a loving parent
- Warmth, communication and expectations are virtually non-existent
 - This type of parenting is dangerous and damaging, but not always intentional – due to mental health issues or substance misuse problems or they may be overwhelmed in other areas of their lives like work, paying bills, and managing the household.
 - These children typically struggle academically and socially, have low self-esteem, and a high risk for substance misuse and other problem behaviors

Know! The Risk Factors Associated with Drug Addiction

Information provided by: Rita Von Haden – Prevention Specialist, Coulee Council on Addictions (with help from KNOW – Empowering Parents to Raise their Children to be Substance-Free)

According to SAMHSA in 2017:

- *An estimated 20.7 million people aged 12 or older needed substance use treatment in the US.
- *This translates to 1 in 13 people ages 18-25 – 1 in 7 needed treatment.
- *2 in 5 people needed treatment but were not ready to stop.
- *1 in 3 had no health care coverage and were not able to afford the cost. (SAMHSA)

Six million people live in WI – roughly 600,000 have substances use disorder – 10% population – only an estimate of 60,000 are seeking help.

Over 20 million Americans are currently in recovery from addiction, which is something to celebrate! Tragically, however, more than 20 Million more Americans are currently facing addiction. Have you ever wondered why some people become addicted to alcohol and drugs, while others don't?

Many people believe those who are addicted to substances lack moral principles or willpower and make the conscious choice to continue to use. The TRUTH is more complicated, however. While people may initially choose to use alcohol and other drugs, the brain changes over time from repeated drug use. These changes severely impact their self-control and hinders their ability to stop using.

Just like any other disease, vulnerability to addiction is different for each person. No single factor determines if someone will become addicted to substances or not. What we do know is that the more risk factors a person has, the greater the likelihood for abuse and addiction. And on the flip side, the probability for substance abuse and addiction decrease in people who possess more protective factors.

A person's age of first use is a critical factor in determining one's risk for addiction. The earlier the onset of drinking, smoking, or using other drugs, the greater the likelihood for addiction later in life.

It is important that parents and other caregivers **KNOW** that **every child** is at risk for substance use. It is also important to keep in mind that family history does not determine one's destination and that awareness is the first step toward prevention.

Addiction is harmful and destructive to not only the individuals using but their family and friends as well. However, the message SAMHSA (Substance Abuse Mental Health Services Administration) wants people to hear is that addiction is a treatable disease. Prevention works, treatment is effective, and people **CAN** and **DO** recover!

If you, your child, or other loved one is in need of help, here are some resources to get you started:

Coulee Council on Addictions – 608-784-4177 – www.couleecouncil.org National Institute on Drug Abuse
Parents. The Anti-Drug - <http://www.theanti-drug.com/>
Partnership for Drug Free Kids - <https://drugfree.org/>

Altra Federal Credit Union

How to Make the Most of your Holiday Budget

Believe it or not, the holiday season is quickly approaching us. Typically, holidays are associated with gift giving or high spending. Of course, you could count on the Black Friday deals that happen each year, but is standing in a line for hours on end really worth it?

By thinking ahead and budgeting for the season, you can make this years holiday season the best one yet and keep your checking account on track.

Hopefully these few, simple tricks will help the shopping season seem less stressful for you and your account:

Make a Money Plan. Start by knowing how much you want to spend. Give yourself a budget to help stay on track and keep you from seeing a larger total on the cash register than you were prepared for. Keeping track of the people on your list and the amount you spend will help keep your budget plan on track.

Make a Shopping Plan by knowing what stores you want to go to. Compare prices from different stores and always ask if the store price matches. You'd be surprised how many stores will now match online prices, including Amazon.

Find an Alternative. What better way to show your love than to create a personal, homemade gift? Sometimes, these are the best gifts and don't require spending a whole lot of cash.

Don't Rely on Credit to Fill in Your Gaps. Staying out of debt will benefit you year-round, not just during the holiday season. Don't open a store credit card at each location you shop. Stick to your budget and don't rely on credit.

Remember the True Meaning of the Holidays: Spend quality time with family and friends!

By following these few tricks, this years holiday shopping doesn't have to be another dreadful chore.

Happy Holidays, from your friends at Altra.

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 ASVAB 7:30 to 12:00 room 232 BBK at EC Mem. 5:45/7:15 GBK EC Mem. 5:45/7:15	5 ELD	6 ELD Longfellow Choir Concert 7:00	7 GBK Tomah 5:45/7:15	8 WRS Logan Invite
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 Con- cert 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 Ski/Snowboard Race	3 WRS at Holmen BBK at Logan 5:45/7:15 GBK JV Cashton 4:45	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 Ski/Snowboard Race	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 JV Luther 4:15 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) Ski/Snowboard Race	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 English Class BBK EC North 4:15/5:45 GBK West Salem 5:45/7:15 GBK JV at Cashton 5:30	23 ELD Registration Materials Handed out in English Class Ski/Snowboard Race	24 ELD Registration Materials Handed out in English Class 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 Curriculum Fair/9th Grade Parent Meeting 6:00	29 GBK Rich. Center 4:15/5:45 BBK vs. Mad. Mem. 5:45/7:15 HKY Aquinas/Hol 7:00 ASL at Onalaska 4:15	30 ELD Ski/Snowboard Race	31 ELD GYM at Tomah 6:00 WRS Tomah (at CHS) BBK at Aquinas 5:45/7:15 ASL Logan 4:15		

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 GBK at Aquinas 5:45/7:15 GBK JV at La Crescent	2 Show Choir Competition #3
3 Band Concert 1:30	4 Ski/Snowboard Race Mount La Crosse Cup	5 BBK Logan 7:15 GBK Logan 5:45 ASL at Logan 4:00	6 ELD ACT Pre-exam Paperwork Room 232 (Math Classes)	7 ELD ACT Pre-exam Paperwork Room 232 (Math Classes) GYM at Onalaska ASL Holmen 4:15	8 No School (Convention) GBK at Sparta 4:15/5:45 BBK at Sparta 5:45/7:15	9 Show Choir Competition #4 WSMA Honors Auditions 7:00 to 6:00
10	11 No School Staff Development Booster Club 6:30	12 Olympic Week BBK at Onalaska 5:45/7:15	13 ELD Olympic Week Ski/Snowboard Race	14 ELD Olympic Week GBK at Onalaska 5:45/7:15 GBK JV at Luther 5:15 ASL Onalaska 4:15	15 Olympic Week BBK at Tomah 5:45/7:15	16 LAMFA at Onalaska Solo Ensemble Ski/Snowboard State Meet
17 Ski/Snowboard State Meet	18 ELD BBK vs. Aquinas 5:45/7:15 Ski/Snowboard State Meet	19 ELD GBK Regional ASL Floor HKY Tournament (hosted by CHS) 3:45	20 No School (9, 10, and 12) ACT	21 WorkKeys ASL Floor HKY Tournament (hosted by CHS) 3:45	22 GBK Regional	23 GBK Regional Final Jazz Band
24	25 Winter Awards Program 6:30 MVC Winter Meeting 8:00 (Sparta)	26 Jazz Band and Show Choir Concert 7:00	27 ELD	28 ELD GBK Sectional Semi		

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>BBK Regional</i>	2 <i>BBK Regional Final GBK Sectional Final (host DS) Show Choir Competition Omaha</i>
3	4 <i>(TRK) Track All-District Show Choir</i>	5 <i>All-City Strings Concert 7:00</i>	6 ELD	7 ELD <i>BBK Sectional Semi (Menomonie)</i>	8 <i>GBK State</i>	9 <i>BBK Sectional Final Wausau East GBK State</i>
10	11 No School <i>Parent/Teachers Conferences 12:00 to 8:00 Booster Club 6:30 (SB) Softball)</i>	12 No School Staff Dev.	13 <i>Parent/Teachers Conferences 4:00 to 8:00 WorkKeys Make-up Robed Choir Performance with Drake University</i>	14	15 Early Release Day <i>BBK State</i>	16 <i>BBK State</i>
17	18 <i>(BB) Baseball) (GCS) Girls Soccer</i>	19	20 ELD <i>WI Forward 10th Grade</i>	21 ELD <i>WI Forward 10th Grade HS Large Group Choir Ona- laska</i>	22	23 <i>TRK at Northern Badger 4:00 UW-Stout</i>
24	25 <i>(BTN) Boys Tennis (BGF) Boys Golf</i>	26	27 ELD	28 ELD <i>BB Caledonia V/VR 4:30</i>	29	30
31						

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 ASVAB 7:30 to 12:00 room 232 ACT Make-Up SB at Tomah 4:30 BB V/VR at La Crescent 5:00 BB JV PdC 4:30 GSC at Mel-Min 5:15/7:15	3 ELD	4 ELD	5 SB V/VR DeForest 3:30 TRK at Caledonia 4:00 BTN Wausau Invite 12:00	6 BTN Wausau Invite 8:30
7 Band Concert 1:30	8 Booster Club 6:30 BB V/JV at Holmen 4:30 BB VR Holmen 4:30 GSC at PdC BGF at MVC River Run 2:30	9 SB Holmen 4:30 GSC Holmen 5:00/7:00 TRK at Holmen Invite	10 ELD 10th Grade ASPIRE Large Group Band Onalaska	11 ELD 10th Grade ASPIRE BB V/VR Aquinas 4:30 SB at Aquinas 4:30 GSC at Aquinas 5:00/7:00 ASL at Onalaska 4:15	12 GCS Dancing with the La Crosse Stars	13 SB VR/V Middleton(2) 11:00 BB V/VR Wi Rapids (2) 11:00 (UW-L) TRK at Richland Center BTN CHS Invite
14	15 BB V/JV at Logan 4:30 BB VR Logan 4:30 SB V/VR at Arcadia 4:30 TRK at PdC 4:15 Longfellow Track	16 SB Logan 4:30 GSC Logan 5:00/7:00 ASL Logan 4:15	17 BGF at MVC C. Creek 1:00	18 No School BB V/VR Sparta 4:30 SB at Sparta 4:30 GSC at Sparta 4:00/5:45 BTN Sparta 4:30	19 No School	20
21 Easter	22 No School BB V/JV at Onalaska 5:00 BB VR Onalaska BGF at MVC Forest Hills 2:30	23 SB Onalaska 4:30 BB/SB JV at DeSoto 5:00 GSC Onalaska 5:00/7:00 BTN at Onalaska 4:30 TRK at Onalaska 4:00	24 ELD AP Pre Exam Paperwork 9th Grade ASPIRE	25 ELD AP Pre Exam Paperwork 9th Grade ASPIRE SB Tomah 4:30 GSC Tomah 5:00/7:00 BTN at Tomah 4:30 ASL Holmen 4:15	26 GSC at Mauston 5:00/7:00	27 SB Quad at Tomah BB V/VR Eau Claire Memorial 11:00 (UW-L) BTN JV at Tomah 8:00 BGF at Sparta 9:00
28	29 SB at V/VR West Salem 4:00 TRK at Tomah 4:30 Senior Scholarship Night 7:00	30 GSC West Salem 5:00/7:00 BB V/JV West Salem (2) 4:00 BB VR at West Salem (2) 4:00 ASL Onalaska 4:15 Longfellow Band Concert				

May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 ELD	2 ELD TRK Hanson Invite BB V/JV Holmen 5:00 BB VR at Holmen 5:00 SB at Holmen 4:30 GSC at Holmen 4:00/5:45 BTN Holmen 4:30 BGF at MVC Coulee 1:00 ASL at Logan 4:00	3 BB V/VR SPASH (2) 5:00	4 PROM State Solo at Viterbo
5 AP Exam Week	6 BB V/VR at Aquinas 5:00 BGF at MVC Hiawatha 2:00 Vocal Concert 8:00	7 SB Aquinas 4:30 GSC Aquinas 5:00/7:00 BTN Aquinas 4:30 TRK at Onalaska 4:00 ASL at Holmen 4:15 Spence Concert 6:30	8 ELD All School Awards 7:00	9 ELD BB V/JV Logan 5:00 BB VR at Logan 5:00 SB at Logan 4:00/6:00 GSC at Logan 5:00/7:00 BTN at Logan 4:30 Longfellow Vocal Concert 7:00	10 Early Release Day SB at Wis. Rapids 4:00 (2)	11 TRK MVC Championship at UW-L BB at Menomonie (2) 11:00 GSC Quad 10:00/1:30 JV SB at West Salem JV BB at PdC 10:00 (2)
12 AP Exam Week	13 Booster Club 6:30 BB V/VR at Sparta 5:00 BGF MVC Championship 9:00 Orchestra Concert 7:30	14 SB Sparta 4:30 SB/BB JV DeSoto 4:30 GSC Sparta 5:00/7:00 BTN MVC JV (Logan/Onalaska) ASL Tournament at Holmen 3:45 BGF at ECM 9:00 Longfellow Orch. Concert 7:00	15 ELD	16 ELD BB V/JV Onalaska 5:00 BB VR at Onalaska 5:00 SB at Onalaska 4:30 GSC at Onalaska 5:00/7:00 BTN MVC Champ. 4:00 ASL Tournament at Holmen 3:45 BGF Holmen Invite 1:00	17 BTN MVC Champ. 4:00	18 BB VR/V at ECN (2) 11:00 SB at VR/V at Men. (2) 11:00 GSC V/JV at New Rich. 12:00 BTN JV Invite Tomah 8:00 BTN at Sheboygan North 8:30
19 Band Awards Concert 1:30	20 ELD (Senior Finals) BB V/JV Tomah 5:00 BB VR at Tomah 5:00	21 ELD (Senior Finals) GSC at Tomah 5:00/5:00 SB Regional	22 MVC Spring Meeting 8:00 Tomah Spring Awards Program 6:30	23 GSC at W. Salem 5:00/7:00 SB Regional	24 Memorial Day Service 9:20 Graduation 7:00	25
26	27 No School Memorial Day RRMB	28	29	30	31 Finals (1, 2, and 8) TRK State	1 TRK State

June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Finals (3, 4, and 5)	4 Finals (6 and 7)	5 Last Day	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						