

December, 2020

Central  
High School



## ***"CENTRAL PRIDE IS SCHOOLWIDE"***

### **Central Students and Families:**

**I hope this newsletter finds you well. As I reflect on the 2020-2021 school year, this has been an interesting 1st quarter to say the least. As a staff, we will continue to do our best to help you through the virtual learning phase and please reach out to your teachers, counselors, and administrators if there is anything that we can do to help. This pandemic has created many issues and a lot of students are struggling with classes and on a personal level. We want to help, in any possible way, to get you through these challenging times.**

**We are working on plans to possibly have students back in school as early as January 20th. As we get closer to that time, we will share what that might look like. It would be great to have students back in the classrooms of Central High School.**

**As challenging as this pandemic is for students, you need to know that you are stronger than the challenges that you are facing, and you will make it through this. If you need help don't be afraid to ask and please take care of yourself.**

**The staff of Central High School misses you and we look forward to seeing you again!**

**Sincerely,**

**Troy McDonald  
Principal**

## 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:

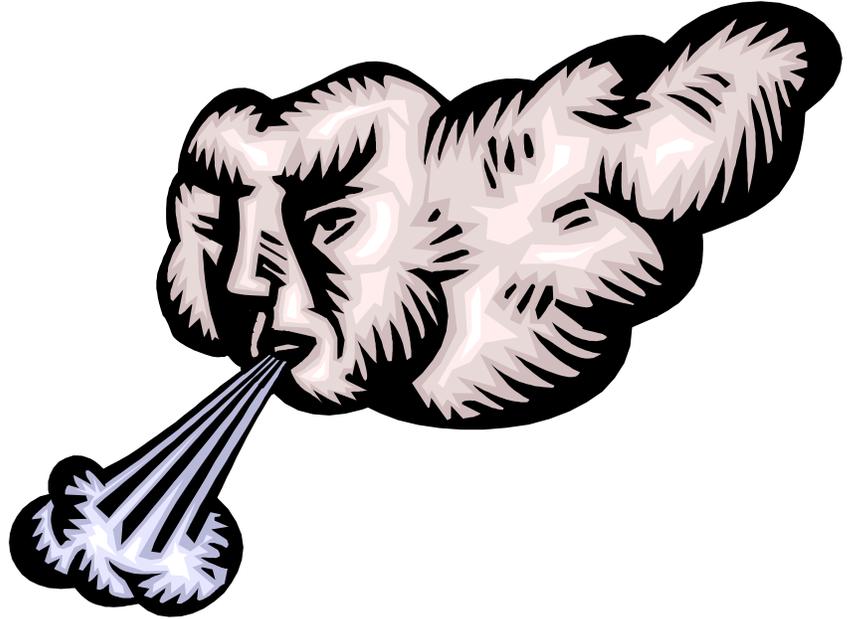
WKBT TV 8  
WEAU TV 13  
WXOW TV 19

### 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](http://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>

## E-MAIL ADDRESSES 2020-2021

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

TEACHERS:	PREFIX:	TEACHERS:	PREFIX:
ANGLEHART, JOE	jangleha	LASZEWSKI, JIM	jaszews
ASCHENBRENER, LORI	laschenb	LAWRENCE, JENNIFER	jlawrenc
ARNOLD, MICHAEL	marnold	LAWRYNK, TOM	tlawrynk
AVERBECK, MICAH	maverbec	LAXTON, BENNETT	blaxton
BANTLE, AMY	abantle	LEREN, JENNY	jleren
BARNHART, SUZANNA	sbarnhar	LI, SHU	sli
BAUER, STEPHANIE	sbauer	LINSSEN, SCOTT	slinszen
BERNS, JIM	jjberns	LOR, LEE	llor
BOTT, RYAN	rbott	LUY, GINA	gluy
BRICKL, JAMIE	jbrickl	MARTIN, DAWN	dmartin
BUTTERFIELD, KIM	kbutterf	MCKEVITT, CAITLIN	cmckevit
BUXTON, JOSH	jbuxton	MCPMAHON, JENNIFER	jmcumahon
CLAUSEN, SAMUEL	sclausen	MILLER, KRISTOPHER	kmiller
COLBURN, KEVIN	kcolburn	MORGAN, JOANNE	jmorgan
COLBURN, LISA	lcolburn	MORRIS, BRYAN	bmorris
COLE, BRIAN	bcole	NEARY, MATT	mneary
CWIAK, ANDREA	acwiau	OLSON, MITCHELL	molson
CRAYTON, JOHN	jocrayto	PETERSON, BETHANY	bpeterso
CZERNIAK, JOE	jczenia	PISCHKE, ISAAC	ipischke
CZERNIAK, TIA	tczenia	ROBERSON, QUARTELL	qroberso
DAMMEN, DOUG	ddammen	RODRIGUEZ, EDGAR	erodrigu
DITTMAN, CRAIG	cdittman	ROTH, AIMEE	aroth
DITTMAN, KRISTIN	kdittman	SCHAMS, GREG	gschams
ELLENBECKER, JESSICA	jellenbe	SHECKEL, DON	dschecke
ESSER, MIKE	messer	SCHELLENGER, NICHOLAS	nschelle
EUBANKS, CHRISTIE	ceubanks	SCHIELDT, JENNIFER	jschield
FERGOT, TODD	tfergot	SCHMIDT, JOHN	aschmidt
GEORGE, NAHMIE	ngeorge	SCHULTZ, IAN	ischultz
GILLITZER, BOBBI	bgillitz	SCHWARZ, AMY	aschwarz
GREEN, KATLYNN	kgreen	SERVAIS, TONY	tservais
GRUNOW, EMILEE	egrunow	SKALESKI, JIM	jskalesk
HALTER, CINDY	chalter	SOPER, KAY	ksoper
HAMBURGER, BEN	bhamburg	STEELE, JOSEPHINE	jsteele
HAVLICEK, JOHN	jhavlice	STOFLET, CHARLIE	cstoffle
HEILMAN, GRETCHEN	gheilman	STRAINIS, KURT	kstraini
HILL, LESLIE	lhill	TOMESH, MEREDITH	mtomesh
HINKEL, NICOLE	nhinkel	VALDEZ ESPINOSA, KRISTIN	kvaldeze
HUTSCHENREUTER, JESSICA	jhutsche	VOIGT, JENNIFER	jvoigt
JANDRIN, KIRSTEN	kjandrin	WILKINSON, CHAD	cwilkins
JANDRIN, LUCAS	ljandrin	WILKINSON, JENNIFER	jwilkins
KACZMAROWSKI, DAN	dkaczmar	WILCOX, ALYSON	awilcox
KALINA, NICHOLAS	nkalina	WIRKUS, SHEILA	swirkus
KLINGBEIL, JACOB	jklingbe	WOLF, TATIANA	twolf
KUSTER, LISELOTTE	lkuster	YOUNG, ELIZABETH	eyoung
		ZANGL, ZACH	zzangl
MCDONALD, TROY	tmcdonal		
AXNESS, JEFF	jaxness		
AMBROSE, MARK	mambrose		
BERAN, JOE	jberan		

# CELEBRATE SAFELY DURING THE HOLIDAYS

## SAFE

### Celebrate at home



Prepare food with people in your house



Host a virtual dinner and share recipes with family and friends



Shop for gifts online instead of in stores



Put up decorations and share photos with friends



Watch parades, sports, and movies at home

## LESS SAFE

### If you gather, be wise



Keep it small, short, and local; don't share food or utensils



Stay outside if possible (maybe try a bonfire!)



Ensure proper ventilation if indoors



Wear masks and social distance



Wash or sanitize hands regularly



Quarantine for 14 days before and after gathering

## UNSAFE

### Avoid...



Avoid large gatherings, especially indoors



Avoid potlucks, buffets, or sharing food and utensils



Avoid places with crowds, such as stores, parades, running events, and sports



Avoid contact with anyone who is sick or may have been exposed to COVID-19

The winter break is upon us, and many may be looking for some fresh ideas that can be done at home, to break up the monotony of TV & video games. Here are a few:

Walk or drive through Rotary Lights in Riverside Park. What a fun way to enjoy a lot of light displays.

Theme night dinners – pick a country to research some dinner ideas & recipes. Picking even 1 country a week or try a new recipe you have been wanting to make can be re-energizing. If you do the cooking, everyone else can clean up!

Take time to read a book or listen to an audio book. Many of these can be found at school libraries as well as the public libraries.

Have your family help rearrange furniture – give a new perspective on a room. Games that can be played virtually with friends and/or family:

### **Scattergories**

It's everything you love about the game Categories, but online. Set up your game by choosing from topics like TV\_shows, things that can found in a desk, or even pizza toppings. Create the game and send a link to all the players to join. If you're the last person standing with words to add to the category, you win!

### **Farkle**



### **Pictionary**

The classic party game, Pictionary is perfect for a long-distance dinner party or night in with friends. With Zoom's whiteboard feature, you can play virtually or you could play separately and hold up your drawings for the other team.

**Jackbox Games** (can be purchased online for \$20 or under)

### **Online Bingo**

Using the website [Bingo Maker](#), create a virtual game with as many players as you please. They all just have to have the password from you to log into the game. Best part? You can enjoy the game from any device.

\*Please remember as school resumes, to call Mrs. Baumler for attendance if your student(s) are going to be missing class for any reason at 608-789-3008.

Kim Mahlum, School District Nurse  
Laura Eber, Central HS Health Assistant

## **A Message from the Attendance Office**

**When your student is unable to attend a class, please call the attendance office 608-789-3008 or email [pbaumler@lacrossesd.org](mailto:pbaumler@lacrossesd.org).**

**Please provide the students name - your name and relation to the student - the reason for the absence and a callback number.**

**For appointments leave the excusal time and the estimated time of return. Doctor notes for appointments or illness may be submitted by email or dropped off in the office to be medically excused.**

**Due to the spread of Covid-19 the School District is looking for the following when reporting an illness:**

**Has student:**

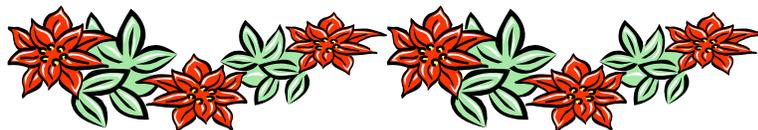
- \*tested positive for Covid-19**
- \*been in contact with someone diagnosed with Covid-19**
- \*exhibited any of the following symptoms:**
  - \*Cough**
  - \*Diarrhea or vomiting**
  - \*Difficulty breathing**
  - \*Fever**
  - \*Headache**
  - \*Muscle pain**
  - \*Nausea**
  - \*New loss of taste or smell**
  - \*Sore throat**

**Parents and students can monitor attendance on Skyward Family Access. Students should email their teachers if they think their absence is an error.**

**Thank you for your cooperation in maintaining accurate attendance records.**



**Congratulations to the thirty-four new members that were inducted into the Circle Chapter of the National Honor Society on Monday, November 16th. Central High School Administrator, Troy McDonald, 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 conducted the ceremony and spoke to each of these pillars.**



**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; and 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](http://www.lpefonline) or by calling 608-787-0226.

## 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.



*If you would like to have the Central Link mailed to your home, please contact Mrs. Bergemann at 608-789-3005 or [ABergema@lacrossesd.org](mailto:ABergema@lacrossesd.org) and we will add you to our mailing list.*



## DECA NEWS

DECA will be hosting a Virtual Districts Competition this year. If you are interested in competing please contact Mrs. Hinkel at [nhinkel@lacrossesd.org](mailto:nhinkel@lacrossesd.org) by December 11th so that you can get registered. Video Submissions and Online Tests are due the first week in January. Any questions, please reach out to Mrs. Hinkel.



## ACTRESS, ELAINE BROMKA RETURNS (Well.....sort of)



Elaine Bromka is an Emmy Award-winning actress with a career on Broadway, film and television, as well as a Phi Beta Kappa graduate of Smith College (A. B., magna cum laude; M.A.T. Smith College). She shared her talents with us in the spring of 2016 and is now returning on Dec. 10 and 17 to do it again.

Ms. Bromka will be offering two 90 minute virtual workshops where she will work with students to improve their acting. Both workshops will be her "Making Your Monologue Hot" sessions where students will come with a 1-3 minute memorized piece. Detailed analysis of intention, impulse, circumstances and interpretation is offered in the monologue workshop – highlighting individual strengths, noting what blocks might be apparent, and pointing the way to inspire each student's imagination. Dec. 10 will highlight 12 district high school students and Dec. 17 will highlight 12 middle school students.

Students who are interested in the tech side of things will have an opportunity to create virtual backgrounds for the actors.

Students who would like to do a monologue, but are not chosen to perform for Ms. Bromka because of time constraints, will still be encouraged to prepare that monologue. All the monologues will be put together for publication as our winter theater production. This production, entitled--"One Voice" will be posted sometime in January. The date is yet to be determined.

## UPCOMING DATES FOR 2020-2021

December 21 .....	Central Scholarship Applications Available
January 8 .....	Deadline to Register for February 6th ACT
January 26 .....	TENTATIVE—PSAT for Juniors
February 5 .....	Central Scholarship Application Closes at 3:00 PM
February 12 .....	Deadline to Register for March 13th SAT
March 1 .....	Deadline for Start College Now & Early College Credit
March 8 .....	Parent/Teacher Conferences: 12:00—8:00 PM
March 10 .....	Parent/Teacher Conferences: 4:00—8:00 PM
March 12 .....	Deadline to Register for April 17th ACT
March 30 .....	TENTATIVE—ASVAB

**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](http://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 Friday, December 18th.**



## 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 webpage. Go to Central's webpage, [www.lacrosseschools.org/central](http://www.lacrosseschools.org/central). Click on **Office** and then **Student Services**.
3. Brainstorm lists of sources such as clubs, insurance companies, businesses, unions, 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 Student Services webpage on Monday, December 21st. Applications must be submitted online by Friday, February 5, 2021 at 3:30 PM. **LATE APPLICATIONS ARE NOT ACCEPTED**. The CHS Scholarships include dozens of scholarships for two and four year schools. The scholarships are 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 e-mail your counselor if you have questions! We're here to help!**



*Happy Holidays*





## Future Centers

### **LA CROSSE PROMISE: A CATALYST FOR COMMUNITY VITALITY THROUGH EDUCATIONAL OPPORTUNITY.**

La Crosse Promise is committed to improving access and equity in education. La Crosse Promise [Future Centers](#) provide high school students in the district with individualized academic and career advising resources to ensure they graduate ready to seize their goals. We empower students to go as far in education as they desire and to discover rewarding careers. Future Centers are located in both Central and Logan High Schools and are available for outreach and virtual sessions.

Please reach out to Hayley Moe, Future Center Advisor at Central High School at [hmoe@lacrossepromise.org](mailto:hmoe@lacrossepromise.org) or (608) 789-2054.

In addition, La Crosse Promise operates an innovative neighborhood program that ties the revitalization of challenged areas with educational opportunities. You can find out more about both programs at [www.lacrossepromise.org](http://www.lacrossepromise.org).

**Hayley Moe, MSW**  
**Future Center Advisor**  
**La Crosse Promise**  
**(608) 789-2054**  
**PGP's: she/her/hers**  
[hmoe@lacrossepromise.org](mailto:hmoe@lacrossepromise.org)  
[www.lacrossepromise.org](http://www.lacrossepromise.org)

**Future Center Advisors remain available via email, googlechat, and meet during COVID-19. We are here to help!**

**Text @laxpromise to the number 81010 to be connected with the Future Center Advisors.**



## Future Centers

Future Center Advisor Hayley Moe is available for your post-high school planning needs and Questions. Get help with college applications and essays, financial aid/FAFSA, scholarships, and career exploration. Email is the most efficient way to reach her. Contact [hmoe@lacrossepromise.org](mailto:hmoe@lacrossepromise.org) to set up an appointment.

In addition, Future Center Advisors created [virtual video resources](#) for students and parents/guardians to access at any time. Topics covered include the college application process, scholarships, FAFSA and financial aid, Military options, career exploration/Xello, and more. If there is a topic you would like us to cover, don't hesitate to reach out (at the email above).

Finally, we want to call attention to our [Financial Aid Resources and Scholarships](#) page. Students in all grades should look at this resource to become familiar with the different financial opportunities available to them in preparation for paying for higher education.



HARVEST OF THE MONTH  
NEWSLETTER 12/2020



### FUN FACTS

- In Native American folklore, winter squash was one of the “three sisters”, along with corn and beans and were staple foods in their diet.
- There are over 15 different types including: butternut, Delicata, Hubbard, banana, acorn and spaghetti squash.

### NUTRITION INFO

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

### PICK

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

### STORE

Fresh, whole squash can be stored in a cool dark place for several weeks to months depending on variety. Store cooked squash refrigerated for a few days 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.

### USE

Puree cooked squash and add to soups for a creamy texture. The seeds can be roasted and eaten like pumpkin seeds. Try using a spiralizer to make squash noodles. No spiralizer? Try spaghetti squash!



## Roasted Butternut Squash Fries

Serves 6

### Ingredients:

- 1 medium butternut squash
- 1 Tbsp. olive oil
- 1 tsp. dried thyme or 1 Tbsp. chopped fresh thyme
- 1 tsp. dried rosemary or 1 Tbsp. chopped fresh rosemary
- ½ tsp. salt

### Directions:

Heat oven to 425°F. Lightly coat a baking sheet with olive oil. Peel the skin from butternut squash and cut into even sticks, about ½ inch wide and 3 inches long. In a medium bowl, combine the squash, oil, thyme, rosemary and salt; mix until the squash is evenly coated. Spread onto the baking sheet and roast for 15 minutes. Remove the baking sheet from the oven and shake to loosen the squash. Flip squash and place back in the oven for 15-25 minutes until golden brown.

Per serving: 110 calories, 2.5g fat, 0g saturated fat, 2g protein, 23g carbohydrate, 4g fiber, 200mg sodium

for more information visit [www.laxf2s.org](http://www.laxf2s.org)



December, 2020

Altra Federal Credit Union and Central High School  
*A partnership to benefit your student.*

### Scamming

Scamming is becoming more common with the increased usage of technology, especially during the holiday season. Scammers can email, text, call, and even gain information through your apps. It is important to be aware of this and take precautionary steps to keep yourself safe. With your personal information, they can gain access to your account, bank information, and create an entire personal profile!

To help protect yourself, follow some of these tips.

- **Protect passwords and don't blindly trust technology.** Use passwords on all of your accounts and avoid using easily accessible information about yourself. Create a combination of letters, numbers, and special characters to make the strongest passwords.
- **Be careful with online shopping.** Use trusted sites to make sure the website is real before you enter your debit card information. Try to avoid clicking on ads, instead go to the website or app to protect yourself.
- **Be aware of spam calls and texts.** Don't click links from numbers or emails you don't know; instead, delete them. Caller ID isn't always accurate either, so make sure you are talking to your actual financial institution before you give out personal information.
- **Report it.** If you get scammed or lose money, report it to [ftc.gov/complaint](https://www.ftc.gov/complaint) and contact your financial institution to cancel any cards or put a lock on your account.

By being aware of these strategies and implementing them into your own life, you can help keep your information safe!

Happy Holidays, from your friends at Altra.

Follow us on social media for updates and contests!

**Instagram:** @altra.central

**Twitter:** @altra\_centralhs

*Information Courtesy of: [FTC.gov](https://www.ftc.gov)*

