DECEMBER, 2021

"CENTRAL PRIDE IS SCHOOLWIDE"

Hello Central High School Families:

As we near the end of 2021, I can't help but reflect on the loss, hardships, and challenges that so many of our families have had to face this year. I am continually amazed at the resiliency of our young people and the way in which they rally together to support each other in times of need. I am truly humbled and grateful for the opportunity to be the principal of a school that serves so many wonderful students and their families.

Please know that our staff of roughly 100 caring adults will do whatever we can to help your student(s) be successful. If your student(s) or family is facing a struggle, please reach out to one of our staff members for assistance. No one person has all the answers for the complex situations so many of our students are facing, but together we can make a difference and overcome any obstacle life throws our way.

Our next Family Roundtable listening session will be Wednesday, December 15th at 5:00 PM in the LMC. If you have an item you would like to add to the agenda, please e-mail me at jaxness@lacrossesd.org. This listening session is open to any and all family members of current Central students. I hope to see you on the 15th!

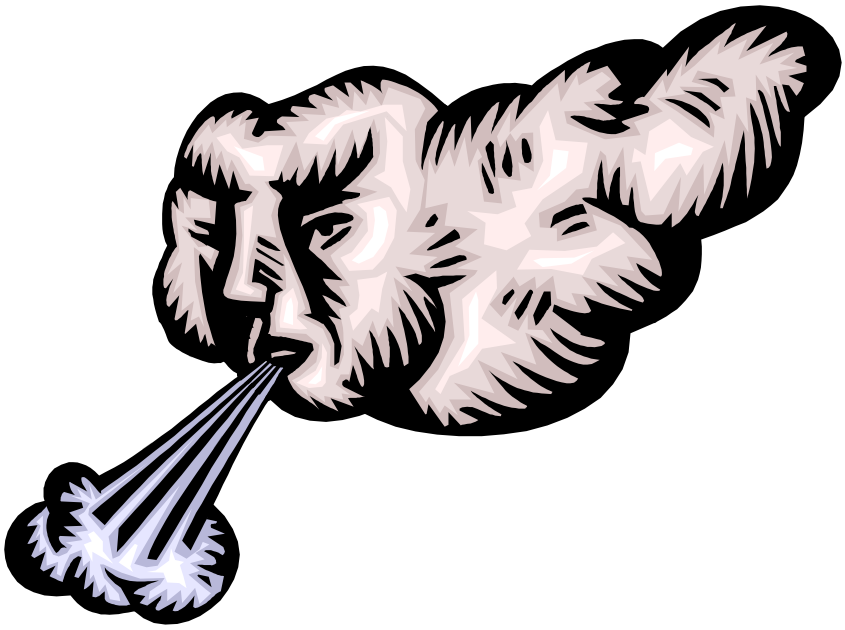
Sincerely,

Jeff Axness
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. 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

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

2021-2022 Early Release Schedule

1st	8:00-8:35
2nd	8:40-9:10
3rd	9:15-9:45
4th	9:50-10:20
5th	10:25-10:55

6th Class 11:00-11:30 & 2nd Lunch 11:30-12:00

Or

1st Lunch 10:55-11:25 & Class 11:25-11:55

7th	12:00-12:30
8th	12:35-1:05

E-Mail Addresses **2021-2022**

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		ZANGL, ZACH	zzangl@lacrossesd.org
Jeff Axness	**jaxness@lacrossesd.org**	**Tony Servais**	**tservais@lacrossesd.org**
Mallory Saurer	**msaurer@lacrossesd.org**	**Mark Ambrose**	**mambrose@lacrossesd.org**

A Message from the Attendance Office

When your student is unable to attend a class, please call the attendance office at 608-789-3008 or email Mrs. Baumler at 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**

Families 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.

TEST AND STAY FOR CLOSE CONTACTS IDENTIFIED AT SCHOOL WITH NO SYMPTOMS.

The **Test and Stay Option** at school is one option that the La Crosse School District Students have to increase their opportunity to attend school but the following guidance has to be met:

WHO IS ELIGIBLE? : Those identified **at school** as being c**lose contacts** to a positive case.

WHY JUST CLOSE CONTACT AT SCHOOL? : Because school close contacts have to meet other mitigation practices such as masking, distancing etc. so this can be monitored by staff.

WHAT DOES A PARENT/ GAURDIAN NEED TO DO BEFORE THIS CAN OCCUR? :
If your child has been identified as a **close contact at school** you will be notified via **email** and/or **Skylert**. Please make sure you are checking these daily.

BEFORE your child can Test and Stay at school there are certain things you must do:

1. Complete the **consent form** in Skyward Famiily Access to allow your child to be tested at school - this is good until the end of the year and can be done at any time. This form is found by logging in to Family Access, choosing your child's name--->Online Forms--->COVID School Based Testing Consent.

2. **REGISTRATION** via COVID Connect needs to be done **DAILY** on the days that the student will be tested to be eligible for the Test To Stay Program. (to save time answer the required questions only, they have an asterisk* indicating this. Skip over all other questions). The lab will link the child's registration to their test so you get the results approximately 15 minutes after the test is taken.

IF the above 2 steps are not done, your student will not be eligible for the Test and Stay and will need to quarantine at home for the full 14 days or have a test outside of school on day 6 or 7 to return with a negative test on day 8.Testing at school will be done from the day of close contact through day 7 on students that are NOT having symptoms.

WHERE CAN I GO TO BE TESTED?

In addition to Gundersen and Mayo testing sites, there are several drive-up sites offered by the School District of La Crosse where family members can be tested. Please refer to the testing sites below and fill out the pre-registration form identified in the following instructions.

TESTING REGISTRATION

We highly recommend pre-registration before testing at a district drive-up testing site. Pre-registration is needed **prior to each time** you are tested and for each individual being tested. While registering, you will be asked for a testing location; please be sure to indicate that you are being tested at a **non-public site**. You can use the same email address to register all family members. Each person registered will have their own unique QR code which will be emailed to the address given during registration.

HOW DO I PRE-REGISTER? **(SAME REGISTRATION FOR TEST AND STAY)

Scan this QR code, or go to this URL: register.covidconnect.wi.gov

- Register by answering a short questionnaire
- Parents/guardians will be prompted to consent for minor students and children
- Receive an email confirmation with a QR code. **Have this code ready when you get to the testing site.**

PCR test results take 48-72 hours or longer

Negative results: You will be emailed a secure link to view and print results

Positive results: You will be emailed a secure link to view and print results and may be called by contact tracing

WHAT TYPE OF TEST SHOULD MY CHILD GET AT THE DRIVE-UP SITES?

PCR-

- If your child becomes sick before or after school with symptoms which would require testing. Your child should not come to school while waiting for test results.
- If your child becomes sick while at school and you prefer testing occur at a test site in the community

ANTIGEN-

- If your asymptomatic child is a close contact seeking to return under a shortened quarantine
- If you want to assess risk of any asymptomatic family member following an exposure, or if they are near other members in the family who are sick (please note, a confirmatory PCR test may be necessary)

SCHOOL DISTRICT OF LA CROSSE
Dream • Believe • Achieve

COVID DRIVE-UP TESTING

Open for School District of La Crosse students and staff, as well as members of their household

MONDAY-FRIDAY (5 DAYS PER WEEK ON DAYS SCHOOL IN SESSION)
Hogan Admin Center 807 East Ave S
7:00am-11:00am AND 2:00pm-5:00pm
Testing location has moved indoors due to the changing weather. Testing location can be accessed through the Gym doors on the north west corner of the Hogan building.

GUNDERSEN HEALTH SYSTEM DRIVE-UP TESTING **BY APPOINTMENT ONLY

Location: 1207 Mulberry Lane, La Crosse, WI 54603
Hours: 8:00am-4:30pm Monday-Friday, 8:00am-Noon Saturday and Sunday
Patients should make an appointment through My Chart or by calling the Gundersen Covid Nurse line at 608-775-4454.
PCR test results may take 24-48 hours or less

MAYO CLINIC HEALTH SYSTEM DRIVE-UP TESTING **BY APPOINTMENT ONLY

Location: Located on the corner of 10th and Market Street, La Crosse, WI 54601
Hours: 8:30am-5:30pm Monday-Friday
Patients should make an appointment through Patient Online Services or by calling 507-293-9525 prior to arrival.
PCR test results may take 24-48 hours or less

UW-LA CROSSE TESTING

FREE testing for COVID-19 is available to anyone in the La Crosse area
Location: UW-La Crosse Campus, Cartwright Center
Hours: Monday-Friday 10:00am to 2:00pm
Families should pre-register for your rapid antigen test at: https://www.wihealthconnect.com/ and logon to your profile to view your test results at portal.uwlax.vivi.healthcare
Any questions regarding your test results, or to obtain a printed copy call 608-350-9722.

Please visit the La Crosse County Health Department community testing page for updates on dates, times, locations, and testing guidelines.
https://www.lacrossecounty.org/covid19/testing-information

SCHOOL DISTRICT OF LA CROSSE
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COVID-19 SYMPTOMS

WHEN DOES MY SICK CHILD NEED TO STAY HOME AND BE TESTED?

1 SYMPTOM OF:

- Cough
- Shortness of Breath
- Difficulty Breathing
- New loss of taste
- New loss of Smell

OR AT LEAST 2 OF THE FOLLOWING:

- Fever
- Body Aches
- Sore Throat
- Fatigue
- Nausea or vomiting
- Diarrhea
- Chills
- Headache
- Runny Nose or Congestion

If your child has a fever, vomiting, or diarrhea as a single symptom, they should stay home for 24 hours after the last episode, but other family members may attend school if they are feeling well. If your child has symptoms above that require testing, siblings may still attend school for up to three days while awaiting results. If test results are not received by the school district within three days after notification, siblings will have to remain at home until a negative PCR test result is received.

COVID (+) in household:
All family members should stay home and notify the school for further instructions.

November 2021

Congratulations to the fifty-one new members that were inducted into the Circle Chapter of the National Honor Society on Monday, November 22nd. Thomas Thibodeau (Associate Professor of Servant Leadership at Viterbo University), 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 or by calling 608-787-0226.

Students of the Month

OCTOBER

Sierra Fried
Grade 9

Shelton Tomlinson
Grade 9

David Bene
Grade 10

Adam Manka
Grade 10

River Fife
Grade 11

Ryland Zietlow
Grade 11

Abigail Rosenstein
Grade 12

Nicholas Teff
Grade 12

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 key board.

  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 at ABergema@lacrossesd.org and we will add you to the mailing list.

SUBSTITUTES NEEDED

The La Crosse School District is looking for Substitute Teachers, Substitute Teacher Assistants and Substitute Cooks.

To be eligible to substitute teach, you need either an Associates or Bachelors Degree in any field. It does not need to be in Education to be a short-term substitute teacher (less than 45 days in the same role). Substitute teachers can choose the school, subject, and/or grade that they are interested in working in and have the flexibility on what days they would like to work.

To be eligible to be a Substitute Teacher Assistant, you need to have 48 post high school credits in any field or you can take a program through the district that allows you to be certified upon completion. The district can usually be flexible with start/end times for Teacher Assistant subs to accommodate parent schedules. Parents who are looking for a short term shift in the middle of the day that allows flexibility can also apply to be a Substitute Cook.

If interested, contact Heidi Mellem at 608-789-7953 or at hmellem@lacrossesd.org.

STUDENT SERVICES NEWS

UPCOMING DATES FOR 2021-2022

December 20..... Central Scholarship Application Available
January 7 ..... Deadline to Register for February 12th ACT
January 13 ..... End of 2nd Quarter/1st Semester
February 4..... Central Scholarship Application Closes at 3:00 PM
February 11..... Deadline to Register for March 12th SAT
February 25..... Deadline to register for April 2nd ACT
March 1 .....Deadline for Start College Now & Early College Credit
March 7 .....Family/Teacher Conferences: 11:00—7:00 PM
March 8 .....ACT for Juniors at Central
March 9 .....Family/Teacher Conferences: 4:00—8:00 PM
March 25 .....End of 3rd Quarter

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 you are interested in to find out their deadline. Many colleges are going test-optional regarding the ACT, so make sure to check with your college of choice to see if you need to send your ACT scores to the college. To send them directly from ACT to your college, 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 3:00 PM on Friday, December 17th.

STUDENT SERVICES NEWS

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. Click on **Student Services** then **Scholarships.**

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.

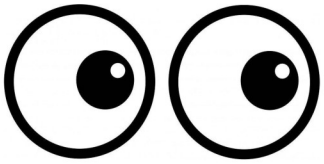
4. Browse through the Scholarship Books located in the Student Services Office.

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 20th. Applications must be submitted online by Friday, February 4, 2022 at 3:00 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!



Have You Seen Me?

Check those bookshelves. Look under beds. Lift the couch cushions. Peek in the car trunk. We are missing books!

Central's English Department **and** Library need your help in finding lost books. During the pandemic, books went home with students and didn't make their way back.

How do you know if it's from Central?

1. ***Check the inside covers or first pages.*** If there is a CHS along with a number code in Sharpie, it's ours!
2. ***Check the spine and the bar code.*** If it has a sticker with call numbers on it, or the bar code says Central, that's ours, too!

Oh boy! We have Central's books. What do we do?

If found (and we sure hope you do), return them to the Book Dropbox outside the doors off the main parking lot. Easy!

Here are some titles to look for:

Animal Farm by George Orwell

There There by Tommy Orange

Fahrenheit 451 by Ray Bradbury

Hamlet by William Shakespeare

The Outsiders by S.E. Hinton

Thank you for looking!

La Crosse Promise

Hayley Moe
Future Center Advisor, Room 243
hmoe@lacrossepromise.org
(608) 789-2054

In the know...

Once a month, during resource class, students log into Xello, a platform designed to help students think critically and reflectively about how their interests and skills align with careers and the student's plans for the future. Students will continue to work in Xello on a monthly basis to further develop their Academic and Career Plans.

xello

College applications are in full swing this time of year and your Future Center Advisor is here to help you get those applications done.

All college-bound seniors need to maximize their financial aid options. To do this, they should be filing the FAFSA, seeking out, researching, and applying for scholarships. Seniors should visit the Central Student Services webpage to review the many scholarship opportunities available!

La Crosse Promise is an independent non-profit partnered with the School District of La Crosse to provide crucial services at no cost to families of La Crosse. We believe in improving access and equity in education for all students. Find out more about La Crosse Promise online at www.lacrossepromise.org

COULEE REGION FARM TO SCHOOL
LOCAL FOODS, HEALTHY KIDS

HARVEST OF THE MONTH
NEWSLETTER 12/2021

FUN FACTS

- Cabbage is one of the oldest known vegetables! Red cabbage is one of the many varieties grown around the world.
- Cabbage is Russia's national food. Russians eat about seven times as much cabbage as the average North American.

NUTRITION INFO

One cup of raw cabbage has 22 calories and provides fiber and vitamins A & C.

PICK

Choose firm, heavy cabbage heads with unblemished leaves. Cabbage can be found as whole heads or shredded near bagged salad mixes.

STORE

Store cabbage tightly wrapped in the refrigerator and use within a few weeks. Once cut, place the remainder in a plastic bag or covered container and use within a few days.

PREPARE

To prepare cabbage, remove the thick outer leaves, slice in half, and remove the hard white core. Wash thoroughly and slice into desired thickness.

USE

Cabbage can be steamed, microwaved, boiled, roasted, or made into coleslaw or sauerkraut. Cabbage is a great addition to casseroles, stews, salads and soups.

Savory Roasted Cabbage

Serves 5

Ingredients:

- 1-pound cabbage, roughly chopped with core removed
- 2 Tbsp. olive oil
- ½ tsp. salt
- ¼ tsp black pepper

Directions:

Preheat oven to 400°F. Place cabbage in a large bowl. Add olive oil, salt and pepper; toss until evenly coated. Spread seasoned cabbage onto a sheet pan and place in oven for 10-15 minutes, stirring occasionally. When edges begin to brown, remove from oven and serve warm.

Per serving (1/2 cup): 70 calories, 6g fat, 1g saturated fat, 1g protein, 5g carbohydrate, 2g fiber, 250mg sodium

for more information visit www.laxf2s.org

Coulee Region Farm to School 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

MAYO CLINIC HEALTH SYSTEM GUNDERSEN HEALTH SYSTEM

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

The Cost of College Life

One of the many mysteries of college, especially freshman year, is what being there is actually going to cost. Sure, you know there's tuition. But how much will you need to make it through the first semester? The first year?

Here's what to plan for first: the start-up costs of being a college student.

Starting Out
Typical start-up costs include a lot of different things, but a good place to start is school supplies – consider the following:

- Laptop or tablet
- Textbooks
- Class, lab, and studio fees
- General school supplies, like notebooks and pencils

Consider these purchases if you're moving into a dorm or apartment for the first time.

- Bedding and towels
- Furniture such as a desk, bed, dresser, couch, or dining room table
- Dishes, cutlery, pots, and pans
- Small appliances like a blender or toaster
- Groceries

You may have some things already, like a laptop or bedding. This can reduce the cost of pre-school shopping. IT's always great to avoid buying something that you'll only need for a year or two. To help make the initial cost a little easier, it's wise to focus on the essentials first and then build up to the "nice to have" items as you go. That way you'll have enough to get started but won't be stuck with the bill for everything at once.

Everyday Costs
Heads up: You might be amazed at how fast cash can disappear if you've never lived on your own before. The sheer amount of things that you're suddenly responsible to pay for can be overwhelming. Making a budget will help you spend your money mindfully. Consider starting your budget by splitting your income into three sections: needs, wants, and savings.

A need includes the everyday or vital things that you need to survive like food, utilities, toiletries, and laundry You wants are the other things that can make your college life fun but can be cut in a pinch. Things like event tickets, eating out, and other entertainment options often fall in this category Finally, it's wise to dedicate part of your budget to an emergency fund and long-term savings every month

Being aware of what you're doing with your money can encourage you to save and help you get what you want out of the money you have available.

Information Courtesy of: Banzai

Altra
Federal Credit Union

MEMO

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

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

School Year: 2021-2022

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

A state statute requires that all public schools shall provide parents/guardians 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/guardians 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 email 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 is 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 <u>High School</u>***
LOS NTAWM:	Mr. Jon Baudek, Thawj Coj Saib Health and Physical Education
XYOO KAWMNTAWV:	2021-2022
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.**

<u>Menyuam Cov Homphiaj Kawm:</u>

- 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.

Kev Kawm 3: 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

<u>Kev Kawm 8:</u> 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.

<u>Menyuam Cov Homphiaj Kawm</u>

- 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.

December 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 *Wrestling (V) - vs West Salem 7:00	3 EARLY RELEASE DAY Show Choir Camp *Boys BB (JV) vs Marshfield 5:45 *Boys BB (VR) vs Marshfield 5:45 *Boys BB (V) vs Marshfield 7:15	4 Show Choir Camp *Wrestling (V) -@ Reedsburg 9:30 *Girls BB (VR) - @ Stevens Point 5:45 *Girls BB (V) - @ Stevens Point 7:15
5 Show Choir Camp *ASL Activity—Sutton Gym 2:00—4:00	6 Show Choir Camp	7 *Boys Hockey (JV) 5:00 *Boys Hockey (V) 7:00 *Boys BB (JV) -@Menomonie 7:15 *Boys BB (VR) - @Menomonie 7:15 *Boys BB (V) - @Menomonie 5:30 *Girls BB (VR) - @Onalaska 5:45 *Girls BB (V) - @Onalaska 7:15 *Boys Swimming (V) 7:15	8	9	10 *Boys Hockey (JV) vs Somerset 5:00 *Boys Hockey (V) vs Somerset 7:00 *Girls BB (VR) - vs. Aquinas 5:45 *Girls BB (V) - vs. Aquinas 7:15	11 *Wrestling (V) 9:00 *Boys Hockey (V) vs Madison Memorial 2:00 *Boys BB (V) -@ Hiawatha Collegiate HS vs. Benilde St. Margarets 3:00
12 Choir Concert *ASL Activity—Sutton Gym 2:00—4:00	13 Orchestra/Band Concert 7:00 *Girls BB (V) -vs. La Crescent 6:00	14 *Boys Hockey (JV) 5:00 vs. Sparta *Boys Hockey (V) 7:00 vs. Sparta *Boys BB (JV) - vs. Tomah 5:45 *Boys BB (VR) - vs. Tomah5:45 *Boys BB (V) - vs. Tomah 7:15 *Boys BB (FR) - vs. Tomah 7:15 *Girls BB (VR) - @ Tomah 5:45 *Girls BB (V) - @ Tomah 7:15	15	16 *Wrestling (JV) @ Sparta 5:45 *Wrestling (V) @ Sparta 7:15 *Gymnastics (JV)- @ Tomah 6:00 *Gymnastics (V) - @ Tomah 6:00	17 *Boys BB at Madison College Invite 6:30 *Girls BB (VR) - vs River Falls 5:45 *Girls BB (V) - vs River Falls 7:15	18 *Boys BB at Madison College Invite *Wrestling (V) @Auburndale 10:00
19	20	21 Show Choir Preview Concert 5:30 *Boys Hockey (JV) vs West Salem 5:00 *Boys Hockey (V) vs Baraboo 7:00 *Girls BB (VR) - @ De Forest 5:45 *Girls BB (V) - @ De Forest 7:15 *Wrestling (V) vs Viroqua 7:00	22	23 NO SCHOOL	24 NO SCHOOL	25
26	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL *Wrestling (V) vs Holmen 9:00	30 NO SCHOOL *Boys BB—vs Waytata at Concordia University 4:15	31 NO SCHOOL	

January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 *Boys BB (JV) -@ Holmen 5:45 *Boys BB (VR) - @ Holmen 5:45 *Boys BB (V) - @ Holmen 7:15 *Boys BB (FR) - @ Holmen 7:15 *Girls BB (VR) - vs. Holmen 5:45 *Girls BB (V) - vs. Holmen 7:15	5	6 *Wrestling (JV) - vs. Onalaska 5:45 *Wrestling (V) - vs. Onalaska 7:15 *Girls BB (VR) - @ Logan 5:45 *Girls BB (V) - @ Logan 7:15 *Gymnastics (JV) - @ Onalaska 6:00 *Gymnastics (V) - @ Onalaska 6:00	7 *Boys BB (JV) - @ Logan 5:45 *Boys BB (VR) - @ Logan 5:45 *Boys BB (V) - @ Logan 7:15	8 LCBA/GNBL Tournament
9	10	11 *Boys Hockey (JV) @ Tomah 5:00 *Boys Hockey (V) @ Tomah 7:00 *Boys BB (JV) vs. EC Mem 5:45 *Boys BB (VR) vs. EC Mem 5:45 *Boys BB (V) vs. EC Mem 7:15 *Boys BB (FR) vs. EC Mem 7:15 *Girls BB (VR) @ EC Mem 5:45 *Girls BB (V) @ EC Mem 7:15	12	13 *Wrestling (JV) @ Aquinas 5:45 *Wrestling (V) @ Aquinas 7:15	14 *Boys BB (JV) - @ Sparta 5:45 *Boys BB (VR) - @ Sparta 5:45 *Boys BB (V) - @ Sparta 7:15 *Boys BB (FR) - @ Sparta 7:15 *Girls BB (VR) - vs. Sparta 5:45 *Girls BB (V) - vs. Sparta 7:15	15 *Wrestling (V) - @ Plainview Elgin Millville (PEM) High School *Boys BB (JV) - vs. Medford 2:45 *Boys BB (VR) - vs. Medford 4:15 *Boys BB (V) - vs. Medford 5:45 *Girls BB (VR) - vs. Medford 2:45 *Girls BB (V) - vs. Medford 4:15
16	17	18 *Boys Hockey (JV) vs. Aquinas 3:00 *Boys Hockey (V) vs. Aquinas 5:00 *Boys BB (JV) vs. River Falls 5:45 *Boys BB (VR) vs. River Falls 5:45 *Boys BB (V) vs. River Falls 7:15 *Boys BB (FR) vs. River Falls 7:15 *Girls BB (VR) @ Aquinas 5:45 *Girls BB (V) @ Aquinas 7:15 *Gymnastics (JV/V) 6:00	19	20 *ASL Floor Hockey - vs. Onalaska 4:00 *Wrestling (JV) - vs. Tomah 5:45 *Wrestling (V) - vs. Tomah 7:15 *Boys BB (JV) - @ Onalaska 5:45 *Boys BB (VR) - @ Onalaska 5:45 *Boys BB (V) - @ Onalaska 7:15 *Boys BB (FR) - @ Onalaska 7:15	21 Show Choir Competition *Girls BB (VR) - vs. Onalaska 5:45 *Girls BB (V) - vs. Onalaska 7:15	22 Show Choir Competition *Wrestling (V) - @ Wausau East 10:00 *Boys Hockey (JV) vs. Waunakee 11:00 *Boys Hockey (V) vs. Waunakee 1:00 *Boys BB (V) vs. Hopkins @ Burnsville 6:20
23	24	25 *Boys BB (JV) - vs. Aquinas 5:45 *Boys BB (VR) - vs. Aquinas 5:45 *Boys BB (V) - vs. Aquinas 7:15 *Boys BB (FR) - vs. Aquinas 7:15	26	27 *ASL Floor Hockey - vs. Holmen 4:00 *Wrestling (JV) - @ Holmen 5:45 *Wrestling (V) - @ Holmen 7:15	28 *B Hockey (V) vs. Homestead 5:00 *B Hockey (JV) vs. Homestead 7:15 *Boys BB (JV) @ Tomah 5:45 *Boys BB (VR) @ Tomah 5:45 *Boys BB (V) @ Tomah 7:15 *Girls BB (VR) vs. Tomah 5:45 *Girls BB (V) vs. Tomah 7:15	29 *Boys Hockey (JV) vs. West Bend 11:00 *Boys Hockey (V) vs. West Bend 1:00 *Girls BB (V) @ G-E-T 6:00
30	31					

February 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 *ASL Floor Hockey - vs. Logan 4:15 *Girls BB (VR) - vs.Wis Rapids 5:45 *Girls BB (V) - vs. Wis Rapids 7:15 *Boys BB (JV) @ Wis Rapids 5:45 *Boys BB (VR) @ Wis Rapids 5:45 *Boys BB (V) @ Wis Rapids 7:15	2	3 *Gymnastics (JV) @ Sparta 6:00 *Gymnastics (V) @ Sparta 6:00	4	5 *FBLA Regional Tournament *Boys Hockey (JV) vs. DC Everest 11:00 *Boys Hockey (V) vs. DC Everest 1:00
6	7	8 *ASL Fl. Hockey vs. W.Salem 4:15 *Boys BB (JV) vs. Holmen 5:45 *Boys BB (VR) vs. Holmen 5:45 *Boys BB (V) vs. Holmen 7:15 *Boys BB (FR) vs. Holmen 7:15 *Girls BB (VR) @ Holmen 5:45 *Girls BB (V) @ Holmen 7:15 *Boys Hockey (JV) vs. Winona 5:00 *Boys Hockey (V) vs. Winona 7:00	9	10 *ASL Fl Hockey @ Onalaska 4:15 *Boys BB (JV) vs. Logan 4:00 *Boys BB (VR) vs. Logan 5:45 *Boys BB (V) vs. Logan 7:15 *Boys BB (FR) vs. Logan 7:15 *Girls BB (VR) vs. Logan 4:00 *Girls BB (V) vs. Logan 5:45 *Gymnastics (JV) - @ Holmen 6:00 *Gymnastics (V) - @ Holmen 6:00	11	12 Show Choir Competition LCBA/GNBL Tournament
13	14	15 *ASL Fl. Hockey @ Holmen 3:30 *Boys BB (JV) vs. Sparta 5:45 *Boys BB (VR) vs. Sparta 5:45 *Boys BB (V) vs. Sparta 7:15 *Boys BB (FR) vs. Sparta 7:15 *Girls BB (VR) @ Sparta 5:45 *Girls BB (V) @ Sparta 7:15	16	17 *ASL Floor Hockey @ Logan 4:00	18 *Boys BB (JV) - vs. Onalaska 5:45 *Boys BB (VR) - vs. Onalaska 5:45 *Boys BB (V) - vs. Onalaska 7:15 *Boys BB (FR) - vs. Onalaska 7:15	19 LCBA/GNBL Tournament
20	21	22	23	24 *ASL Floor Hockey @ West Salem 4:15 *Boys BB (JV) @ Aquinas 5:45 *Boys BB (VR) @ Aquinas 5:45 *Boys BB (V) @ Aquinas 7:15 *Boys BB (FR) @ Aquinas 7:15	25	26 LCBA/GNBL Tournament
27	28 Band Concert 7:00					