

MENOMONEE FALLS HIGH SCHOOL

Menomonee Falls Messenger

"Pursuing Excellence One Student At A Time!"



Mr. Robert Vitale

From the Desk of the Principal

Hello All,

The school year is coming to an end quickly. As we approach Spring Break and if you are traveling please be safe. When we return we have state testing taking place. Freshmen and sophomores will be taking ASPIRE in their core area classes during the dates listed below. Any student who has scheduled an AP exam will be taking those May 3-14, so a lot of high stakes testing. We are also in the planning stages for spring events, you will be receiving more information for those specific events. Please note, that ALL events will be guided by Waukesha County CDC guidelines. I would also ask that if you are dropping/picking up your student(s) to please pick them up out on Titan Dr., please do not come into the parking lot and pick up.

I ask that you please continue to have conversations with your student(s) with washing hands, wearing your mask, practicing social distancing and being proactive watching for cold and flu symptoms. If your student(s) are not feeling well please keep your student(s) home.

Have a Great Spring Break!

Important Dates

Early Release April 7, 14, 21, 28
May 5, 12, 19, 26
June 2, 7

No School March 29- April 5 Spring Break
May 28, 31
June 10 Last Day of School

Testing WI Forward April 15, 16
ASPIRE April 19, 20, 22, 23
AP May 3-14
Senior Final Exams June 3, 4
Final Exams 8, 9, 10

Check our school website calendar for other dates and times.

Respect Everyone, Respect Education, Respect the Environment! If you have any questions, or if I can be of any assistance, please contact me at 262-255-8444, visit the school during the regular school hours, or email me at uitarob@sdmfschools.org. Thank you for your continued support!

Go Phoenix! Falls Pride!

Mr. Vitale

APRIL 2021
VOLUME 11 • ISSUE 5

ADMINISTRATION

Mr. Robert Vitale,
Principal

Mr. Jeff Haubenreich,
Associate Principal for students with last names, A-J

Mr. Kirk Woosencraft,
Associate Principal for students with last names, K-Z

Mr. Brian Heimark,
Director of Athletics/Activities

ADMINISTRATIVE ASSISTANTS

Mary Zentgraf

Kathy Sanders

Tammy Strupp

Heidi Wood

Heather Slaats

Lisa Seebach-Kolbow



www.sdmfschools.org
262-255-8444

What's New?

Special Education Resources for Families

<http://>



Special Education Resources for Families

Julie Mlagan, SDMF Transition Coordinator, recently launched the **Special Education Resources for Families** web page which offers resources and information to support students with disabilities. Mlagan's vision for the resource page is to connect students and families with community, offer post-secondary opportunities, and assist with funding supports.

For questions or more information, please contact Julie Mlagan, SDMF Transition Coordinator at mlagjul@sdmfschools.org. or (262) 946-2102.

MFHS Art & Design Department

Youth Art Month

Student Show

Youth Art Month is celebrated nationwide during the month of March, to highlight the importance of art and showcase student talent. In years past, the MF Art Department has hosted this event at Menomonee Falls Public Library. However this year due to Covid - 19, we are showcasing student artwork virtually! Click on the link below to view some of the talented artists that are in the Falls.

<https://www.fallsschools.org/divisions/curriculum/youth-art-month>

Important Dates

- National Art Honor Society Applications, Due April 30th

Regional and State Youth Art Month

Continuing with the celebration of Youth Art Month, the Wisconsin Art Educators Association sponsors a WI Regional and a WI state art show. The Menomonee Falls District Art Department would like to congratulate,

Kylie Bowen, 12 - Adobe Illustrator
Rylie Rude, 12 - Adobe Illustrator
Basil Nadolski, 12 - Graphite
Jack Hake, 12 - Analog Film
Isabella Christensen, 11 - Acrylic Paint
Shannon Doherty, 10 - Charcoal
Abigail Gomand, 9 - Charcoal
Charley Brinks, 9 - Charcoal
Emma Molli, 9 - Acrylic
Mady Neumann, 9 - Charcoal
Samuel Ehlert, 9 - Pen & Ink

for having their artwork on display at the Regional Youth Art Month Exhibit. Click on the link to view the SE WI exhibit. **2021 YAM WAEA Virtual Exhibit**

In addition, Menomonee Falls District Art Department would like extend our congratulations to,

Kylie Bowen, Rylie Rude, Basil Nadolski, Charley Brinks, Mady Neumann, Sam Ehlert & Shannon Doherty whose work moved on the WI State Exhibit.



Click on the link to see all of the work. **2021 Youth Art Month State Exhibit**

A special congratulations to Shannon Doherty who took 2nd place for the Arnold Grummer award for her self-portrait drawing! Great job.

Apply to Become a Member of the National Art Honor Society

The MFHS chapter of the National ART Honor Society is now accepting applications Students must have completed 2 art classes with an A-average and a B average overall GPA can apply. Applications can be found by going to <https://forms.gle/6VnJ3FxbdjG1PPJU8>

Completed applications are due by April 30th. If you have any questions, please contact Ms. Gonyer gonycor@sdmfschools.org.



Contact Information

Ms. Chmielewski, chmitter@sdmfschools.org
Ms. Gonyer, gonycor@sdmfschools.org
Ms. McKendry, mckebon@sdmfschools.org



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At Ridgeview Dental Group, we've made it our mission to help families prepare for the adventure ahead. We provide great dental care that supports their aspirations and helps them take control of their oral health. In light of the current pandemic, we made changes to our protocols to ensure the safety of our patients and staff. We look forward to getting to know you and your family!



Bowling State Champions

The MFHS Bowling program had another very successful season.

The Varsity Boys took 1st Place during the STATE Tournament in Green Bay March 5, 6, & 7th.

The Varsity Girls made the semifinals in their division and ended up taking 4th Place.

Junior Varsity was undefeated the entire season, which will help make 2021-2022 exciting as well!

Congratulations to all the athletes and coaches! It was a great way to end the 2020-2021 Season.

Congrats!

Top: Coach Robbins, Zach Lauer, John Ligman, Sam Wieland, Coach Wright

Bottom: Brendon Zimdars, Zach Milos, Connor Robbins



MFHS Writing Center

The Writing Center is available both in-person and virtually for help with essays and writing projects at all levels. Students can drop in to the LMC or to a Google Meet for assistance with brainstorming, outlines, rough drafts and revisions. Students can also submit a draft or questions to the Google classroom for feedback within 24 hours.

Seniors: Drop by and Mrs. Kollm will help you brainstorm ideas for scholarship essays as well review your drafts before you submit your applications.

Writing Center

Hours

Monday-Friday
5th-8th periods

Access

In-person: In the LMC, by Tech Help
Google Meet: Writingcenter
Google Classroom: 7st5egp

Make an

Appointment

calendly.com/
mfhswritingcenter

If you want to utilize the Writing Center, but are not available during 5th, 6th, 7th or 8th period, email Mrs. Kollm at kollste@sdmfhschools.org to arrange a time that works for you.

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From the Desk of Associate Principal, Mr. Kirk Woosencraft

The 20-21 school year continues to move on. We are rapidly approaching the end of the school year. Our students continue to amaze me with their work ethic, and character. We have great kids at MFHS and I am proud to be a part of it! Parents, please continue your support of your students and reach out to us if you need anything. We appreciate the teamwork.

A few ideas below on some study strategies.

Study Strategies that Work

Whether it's for a unit assessment, an AP test, or a final exam, knowing and using effective study techniques can make a huge difference in your performance and confidence. Test anxiety is generated from a number of factors, but one of the biggest is the lack of study skills and time devoted to studying. The following strategies will not only help you get a better grade on the test, but you will retain more of the information you're learning as well.

Keep the following tips in mind the next time you have a big exam:

- **FREQUENCY** - Cramming all of your studying into a short period of time is bad practice. Studying should happen in 20-40 minute increments with short breaks in between. Walk around, do some pushups, stretch, and then get back to work.
- **SLEEP** - All-nighters are still a thing for some students, but research has clearly found them to be detrimental. If your body cannot sink into a deep sleep and achieve R.E.M., the result will be a drop in retention, focus, and reasoning - the exact opposite of what you're shooting for.
- **TIMING** - On that note, scientists have found that reviewing difficult material right before bed will help in retention. Skip the social media and review some notes before flipping the lights off.
- **MIX IT UP** - Games, flashcards, rhymes, pictures, and practice tests all contribute to the retention of material. Don't just re-read your notes or texts, but rather challenge yourself to take good notes, create visual cues, and use flashcards to quickly review important topics and vocabulary.

- **DIET** - Avoiding junk food and choosing healthy proteins (nuts), fruits, and vegetables can help feed your body and brain. Eating a filling breakfast is important as well as having healthy snacks on hand. Your brain consumes glucose as you study and perform hard tasks, so make sure you're feeding it!
- **DISTRACTIONS** - Studying with music has proven to be distracting at the subconscious level, so finding a quiet space is important. Other distractions like cell phones, TV, and conversations with friends are even more of a deterrent.
- **ANXIETY** - If you are stressed out, your brain cannot perform well on difficult tasks. Working on stress relief techniques, taking study breaks, and avoiding the temptation to cram will allow you to approach exams with more confidence and less stress.

Always give your best and make everyday a new day! If you have any questions, please contact me at (262) 255-8444, visit the school during the regular school hours, or email me at wooskir@sdmfschools.org.



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Menomonee Falls Scholarship & Educational Foundation

The Scholarship Foundation is a non-profit organization formed to raise money for scholarships and provide funds to help with teacher classroom projects. As part of the Community Scholarship Program the Foundation donated \$65,000 for scholarships to the Class of 2020. The Foundation is the organization who plans and implements the Community Scholarship Program for Menomonee Falls High. The community organizations, families, businesses will also be part of the program.

The Menomonee Falls Scholarship & Educational Foundation has decided to hold a Community Scholarship Night on Tuesday, June 8, 2021.

Community Scholarship Program 2021 Timeline

- **Donor selection:** Donors have applications from March 25 until April 29 to read and determine their recipient.
- **Names turned into Foundation Secretary-Friday, April 29.** Foundation Secretary will complete the spreadsheet and written program.
- **Notables:** Seniors who are receiving scholarships from outside the community are asked to turn this information in to the Foundation Secretary to be included in the booklet by Friday, May 14.
- **Students will be notified by email or phone call Monday, May 17** if they will be receiving a scholarship and invited to attend the program.



The Community Scholarship Program will be Tuesday, June 8 at 7 p.m. in high school gym. At this time only seniors, donors, administrators, and Scholarship Foundation will be in attendance. The program will be live streamed in compliance with the CDC guidelines.

If the requirements change and we are able to open to parents, we will gladly do so.

*****ANNUAL SCHOLARSHIP FUNDRAISER UPDATE-** for Friday, November 5, 2021 at the Hilton Garden Inn. Something for everyone! New ideas!

If you have any questions about the scholarship process, or any events please call Lynn Zindl, Scholarship Foundation Secretary, @ 414.651.8681.




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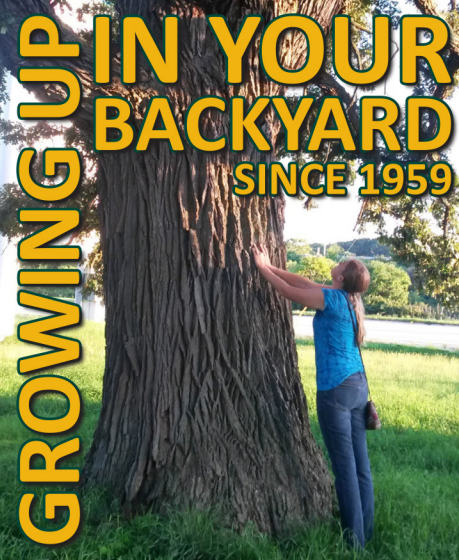



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Important Dates 2020-2021

MARCH

26 End of Quarter 3
29-April 5 ***No School*** Spring Break

APRIL

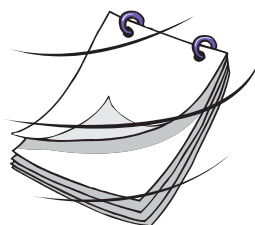
6-17 TBD WI Forward Testing – sophomores during Social Studies Classes
7 Sophomore Blast – Schoology/Send to Parents
19, 20, 22 & 23 Aspire Testing-Block Schedule

MAY

TBD Senior Athletic Awards
3-17 AP Testing – TBD - (Gray Gym) No AP Testing May 13th
10 Academic Awards – TBD (possible only seniors) Main Gym
18-21 AP Exam - Late Testing - TBD
20 Senior Pennant Signing Celebration – Outside – Time TBD
20 NHS Induction – Auditorium 6:00pm - TBD
21 Senior Holiday – Davian's/Only Senior Class allowed – more details to follow
28 ***No School*** Built in snow day
31 ***No School*** Memorial Day

JUNE

2-4
8
8-10
10
11
11
12
12
12
Seniors Final Exams
Scholarship Award Night – 7:00 – 9:00 pm – MFHS Burgundy Gym
Final Exams – 9, 10, 11 grade
Last Day of School – Half Day
Seniors – Grad Practice 11:30 am - 12:30 pm
Graduation – 7:00 – 9:00 pm – Schumann Stadium – Distribution of Diplomas/Grad Grams after ceremony in Gray Gym
Graduation Rain Date – 11:00 am – Schumann Stadium
Junior Prom – 7:30 pm – 10:00 pm – Schumann Stadium – Grand March 7:30 pm Rain date June 13 Schumann Stadium
ACT Exam offered at MFHS (Saturday)



2021 Advanced Placement Exam Schedule

Week 1	Morning Session – 8:00 a.m.	Afternoon Session – 12:00 (or 2:00 p.m. if specified)
Monday, May 3	United States Government and Politics (Gym/Grey)	Physics C: Mechanics (Gym/Grey) Physics C: 2:00 p.m. Electricity & Magnetism (Library)
Tuesday, May 4	Calculus AB – (Gym/Grey) Calculus BC – (Library)	German Language & Culture – (Library) Human Geography – (Gym/Grey)
Wednesday, May 5	English Literature and Composition – (Gym/ Grey)	Physics 1: Algebra Based (Gym/Grey) Studio Art Portfolio – (Art Room)
Thursday, May 6	United States History - (Gym/ Grey)	Art History – (Library) Computer Science A – (Gym/Grey)
Friday, May 7	Chemistry – (Gym/ Grey)	Physics 2: Algebra – Based – (Gym/Grey)
Week 2	Morning Session – 8:00 a.m.	Afternoon Session – 12:00
Monday, May 10	World History: Modern – (Student Services)	Macroeconomics - (Gym/Grey)
Tuesday, May 11	Spanish Language & Culture – (Library)	Psychology – (Gym/Grey)
Wednesday, May 12	English Language and Composition - (Gym/Grey)	Microeconomics – (Gym/Grey) Music Theory – (Library)
Thursday, May 13	No Exams	No Exams
Friday, May 14	Biology – (Gym/Grey)	Chinese – (Student Services) Environmental Science – (Gym/Grey)
Monday, May 17	Computer Science Principles – (Gym/ Grey)	Statistics – (Gym/Grey)

Absences

Did You Know You Can Now Report Absences Using Email?

Email Address:
attendancemfhs@sdmfschools.org

Please state the following:

1. Student Name/Grade
2. Time arriving/departing if partial absence
3. Date of Absence
4. Reason for Absence

