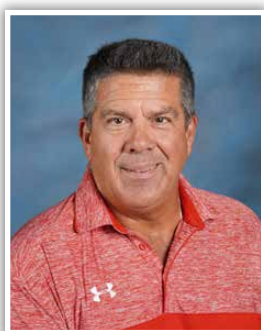


# Menomonee Falls Messenger

*"Pursuing Excellence One Student At A Time!"*

## From the Desk of the Principal



Mr. Robert Vitale

Hello All,

We are approaching Thanksgiving and the Holiday's. I would like to extend my best wishes to all families. If you are traveling during the Holidays please travel safe. We are also fast approaching the end of Semester 1. The dates for semester exams are listed below. We will be running our semester exam schedule during those days. The schedule and an explanation will be coming. Students need to make sure they are looking at their grades and any missing assignments. Students need to have conversations with their teachers and make sure all assigned work is completed and turned in.

Please take note of a couple points:

1. Students have ten minutes of passing time in between classes. There is a 2 minute warning bell. Please arrive to class on time.
2. Your student must be in quarantine to be eligible for virtual class.
3. Continue to drop off/pick up your student on Titan Dr., **please do not come into the parking lot before or after school.**
4. I ask that you please continue to have conversations with your student(s) with washing hands, 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.

Thank you for your continued support and have a wonderful Holiday!

## Important Dates

**Early Release**      December 1, 8, 15, 22  
January 5, 12, 19, 26

## No School

Thanksgiving Break – November 24, 25, 26, 29  
Winter Break – December 23-31  
Martin Luther King Day – January 17  
District In-service – January 24

*Check our school website calendar for  
other dates and times.*

*continues on page 2...*

**DECEMBER 2021**  
**VOLUME 12 • ISSUE 2**

## 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](http://www.sdmfschools.org)  
262-255-8444

## Principal's Corner

continues...

### Important Dates

December 2	Parochial Night
January 19-21	Semester Exams (Testing schedule to follow)
January 21	Semester 1 ends
January 25	Semester 2 begins
January 26	Transition Day for NMS
January 31	SPIN Night

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 vitarob@sdmfschools.org. Thank you for your continued support!

### Go Phoenix! Falls Pride!

Mr. Vitale

Principal



## MFHS Student Services Team

### Mental Wellness Tip

With the holiday season approaching, consider creating a mental wellness plan. Make room for mental health in your workout. There is no health without mental health.



### What's Your Plan?

- ★ On a scale between 1 and 10, how are you doing?



- ★ Who is your support team? Who are some of the people you can turn to when you need help or support?
- ★ What bite-sized behaviors can you practice to promote a healthy mind? (i.e. sit in the car to catch your breath)
- ★ Energize: What routines/traditions give you energy? Which ones drain your energy?



## Ways to REACH out to us!

### EMAIL us!

Bobbie Johnson - Counselor - A-FO  
johnbob@sdmfschools.org  
Mike Taylor - Counselor - FR-LEE  
taylmic@sdmfschools.org  
Stacy Schuster - Counselor - LEF-SA  
schusta@sdmfschools.org  
Jenny Thom - Counselor - SCHU-Z  
thomjen@sdmfschools.org  
Felicia Perkins - School Social Worker  
perkfel@sdmfschools.org  
Erin Devenport - School Psychologist  
deveeri@sdmfschools.org  
Tammy Strupp - Administrative Assistant  
strutam@sdmfschools.org

### CALENDLY LINKS: Click Here

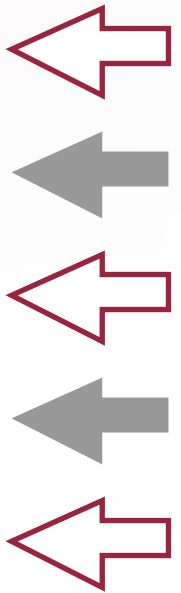
Bobbie Johnson:  
[https://calendly.com/johnbob\\_school\\_counselor](https://calendly.com/johnbob_school_counselor)  
Mike Taylor:  
[https://calendly.com/taylmic\\_school\\_counselor](https://calendly.com/taylmic_school_counselor)  
Jenny Thom:  
[https://calendly.com/thomjen\\_school\\_counselor](https://calendly.com/thomjen_school_counselor)  
Felicia Perkins:  
<https://calendly.com/perkfel>

### Contact us by PHONE

Bobbie Johnson 262-946-2356  
Mike Taylor 262-946-2325  
Stacy Schuster 262-946-1012  
Jenny Thom 262-946-2405  
Felicia Perkins 262-946-2228  
Erin Devenport 262-946-2295  
Tammy Strupp 262-255-8465

### SCHOOLGY message us!

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## *From the Desk of Associate Principal* **Mr. Kirk Woosencraft**

The 21-22 school year continues to move forward. We are getting closer to the end of 1st semester. Our students continue to amaze me with their work ethic, and character as they go through challenges along the way. 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.

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**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](mailto:wooskir@sdmfschools.org).




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Manika Patwari, DMD

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## *From the Desk of Associate Principal* **Mr. Jeff Haubenreich**

### **Social Media and Teens**

The current generation of teens, sometimes referred to as Generation Z or iGen, have grown up taking for granted two humongous society-changing innovations: social media and smartphones. According to a 2018 Pew Research study, today almost 95% of young people in the U.S. have access to a smartphone and 45% of teens are online "almost constantly". Most of the online activity revolves around the current big three of social media: SnapChat, Tik Tok, and Instagram. According to a 2018 Harvard study, most teens have mixed views on social media. Many stated that it gives them increased opportunities to connect with others, but concerns among teens were raised about online bullying and harassment.

It often seems that safeguards and warnings lag behind the pace of innovation, and in the case of these two technologies we are starting to see some concerning trends. One of the biggest is the growth of mental health disorders. According to an international 2016 study, the United States has the highest rates of mental health or substance abuse disorders among both males and females in the world with over 20% of both genders suffering. One researcher found a 50% increase in mental health incidents among U.S. teens between 2011 and 2015. She noted that the trend mirrored the rise of smartphone and social media use among teens. Anecdotally, if you talk to school counselors and teachers, many will point to these technologies as definite factors in the rise of mental health disorders among our students. In light of the research that is catching up to current usage trends, here are some commonly mentioned suggestions to help students monitor their own usage of technology and its effect on their lives:

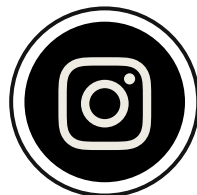
**Turn off notifications** - For at least part of the day turn off dings and buzzes that draw you back to your phone. Everyone needs to take breaks from the constant stimulus that a phone can provide.

**Block bullies** - The best way to keep yourself mentally healthy is to avoid people and groups that humiliate or bully you on social media. Unfollowing or blocking prevents the 24/7 stress of dealing with negative peers.

**Take breaks** - A day or even a week or two away from social media is one of the best things you can do to reclaim your other interests and face-to-face friendships.

**Meet up** - Speaking of face-to-face friendships, fewer and fewer teens are actually meeting in person these days. Schedule time each week to sit down and hang out in the same space. Physical proximity and eye contact are essential in the development of true relationships.

**Seek help** - technology addiction is a real thing, and so is anxiety and depression. If you feel you are being affected by phones and social media see a counselor or trusted adult and tell them. Many times the power and allure of technology is more than one person can handle individually.



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Heather Slaats  
slahea@sdmfschools.org

## Microsoft Word Certifications

Congratulations to the 23 students who have earned their Microsoft Word Certification in Info Tech. This certification demonstrates a thorough knowledge of Microsoft Word and how it functions in the professional world. These certifications are issued by Microsoft and each one validates a student's skillset in the application. This credential stands out on a student's resume and helps improve their chances in securing internships and scholarships. Students are now pursuing their Excel certification which has proven to be the most valuable of the Microsoft Office Certifications. In addition, these students are earning college credit through the partnership with Waukesha County Technical College.

## You Are Needed!

Earn volunteer hours and leadership experience by joining the Teen Library Council at the Menomonee Falls Public Library! Visit [www.menomoneefallslibrary.org/teens/tlc/](http://www.menomoneefallslibrary.org/teens/tlc/) for more information and to apply.

## Attendance Email

### Did You Know You Can Now Report Absences Using Email?

#### Email Address:

[attendancemfhs@sdmfschools.org](mailto: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




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## Important Dates 2021-22

### NOVEMBER

- 24-29 **\*No School\*** Thanksgiving Break  
 29 **\*No School\*** Teacher In-Service

### DECEMBER

- 2 Parochial Family Night 6:00-7:30 pm – Library  
 8 Junior Jump **1st** Period Odd (Auditorium) **A-L** 7:55-8:25/  
**M-Z** 8:30-9:05  
 15 Senior Rally **4th** Period Even (Auditorium) **A-L** 9:20-9:55 /  
**M-Z** 10:00-10:30  
 23-Jan 3 Winter Break

### JANUARY

- 3 **School Resumes**  
 5 Freshman Spark 4th Period Even (Auditorium) **A-L** 9:20-9:55/  
**M-Z** 10:00-10:30  
 17 **\*No School\*** - Martin Luther King Jr Day  
 19-21 **Final Exams**  
 21 **End of Semester 1**  
 24 **\*No School\*** Teacher In-Service  
 25 **Semester 2** begins  
 26 Transition Day – School Counselors Present to NMS Students  
 31 **SPIN** - Student/Parent Info -Incoming 9th grade students  
 6:00 pm - Auditorium

### FEBRUARY

- 4 Portal for Course Registration Closes for NMS  
 15 Teachers Present Course Registration – Portal Opens Feb 15-21  
 17 Current Students 9-11 – Register in PowerSchool 2nd Period  
 Even 7:50-9:25  
 18 **\*No School\*** Teacher In-Service  
 23 Course Request Verification – 1st Period Odd 7:50-9:05  
 24 **SENIORS** Local Scholarship Meeting (Auditorium/Virtual?) 2nd  
 Period Even

### MARCH

- 8 **ACT Test** (11)  
 9 Parent/Teacher Evening Conferences 3:30-7pm/Gray Gym  
 21-25 **\*No School\*** Spring Break  
 31 Local Scholarship Applications Due/Drop off Gray Gym 8-2pm

### APRIL

- 4-5 **WI Forward Testing** (10)  
 5 **End of Quarter 3**  
 6 Sophomore Blast 3rd Period Odd (Auditorium) **A-L** 9:20-9:55/  
**M-Z** 10:00-10:30  
 TBD 2022 Graduation Cap/Gown/Accessories Pick Up (8:45-10:00 –  
 Guidance Lobby)  
 15-18 **\*No School\*** Break  
 25-29 **Aspire Testing** (9-10)



### MAY

- 2-13 **AP Testing** (Gray Gym) TBD  
 TBD Senior Athletic Awards  
 9 Academic Awards – 6:00-7:30pm Burgundy Gym  
 16-20 AP Late Testing  
 18 SOE/Youth Apprenticeship Employer Appreciation Breakfast  
 (7:15am-9:15am)  
 19 Senior Pennant Signing Celebration – Burgundy Gym  
 20 Senior Holiday – Davian's  
 21 Junior Prom  
 25 Scholarship Night – 7pm  
 26 NHS Induction – Auditorium 7pm  
 30 **\*No School\*** Memorial Day

### JUNE

- 2 & 3 **Senior / Final Exams**  
 4 Band Bunch Metals Recycling Drive 8:00am-12-  
 Stadium Parking lot  
 8-10 **Grades 9, 10, 11 / Final Exams**  
 9 **Grad Practice**-Seniors/Burgundy Gym 1:45 -2:45pm  
 10 Last Day of School – Half Day  
 10 **Graduation** – 7:00 – 9:00pm – Schumann Stadium  
 Graduates to pick up Diploma/Grad Grams after ceremony  
 in Gray Gym  
 11 **Graduation Rain Date** – 11:00am - Schumann Stadium.  
 If rain continues – ceremony will be 11:00am in Burgundy  
 Gym – Tickets Required –Limit 4

