

Menomonee Falls Messenger

“Pursuing Excellence One Student At A Time!”

From the Desk of the Principal



Mr. Dan Gebauer

We are already one quarter into the school year. It is simply amazing how quickly everything gets underway! As a school, we consistently look at metrics that help us define success. Success always looks a bit different for each and every student, but this year we are looking at metrics from “Redefining Ready.” Redefining Ready (www.redefiningready.org/) is a group that has spent time looking at what factors are in place for a successful high school experience. An area that we are concentrating on right now is attendance. Students who leave MFHS who are college, career, and life ready typically are at school 90% of the time or more. Some statistics from the Redefining Ready:

- Attendance and GPA positively correlate with each other
- Attendance is the strongest predictor of failing grades
- Attendance predicts success Freshman year better than standardized test scores

Of course we are not asking you to send students to school who are sick. From the beginning of the pandemic (2020) to now we have seen a significant decrease in students who are attending school 90% of the time or more. If you are having difficulties getting your child to school, please contact us. We recognize that when we partner together we will ultimately be more successful.

As always, reach out with any questions.

Dan Gebauer
Principal

DECEMBER 2022
VOLUME 13 • ISSUE 2

ADMINISTRATION

Mr. Dan Gebauer,
Principal

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

Ms. Christina Taylor,
Associate Principal for students with last names, M-Z

Mr. Brian Heimark,
Director of Athletics/Activities

ADMINISTRATIVE ASSISTANTS

Jennifer Watzka

Kathy Sanders

Heather Slaats

Lisa Seebach-Kolbow

Heidi Wood

Tammy Strupp



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Student Services Staff

Administrative Assistant
Tammy Strupp

School Counselors
Bobbie Johnson
Mike Taylor
Stacy Schuster
Jenny Thom

School Social Worker
Felicia Perkins

School Psychologist
Chelsea Crane

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Jeffery Rhody, DDS
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Manika Patwari, DMD

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!



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-SCHR
schusta@sdmfschools.org
 Jenny Thom - Counselor - SCHU-Z
thomjen@sdmfschools.org
 Felicia Perkins - School Social Worker
perkfel@sdmfschools.org
 Chelsea Crane - School Psychologist
cranche@sdmfschools.org
 Tammy Strupp - Administrative Assistant
strutam@sdmfschools.org

SCHOOLGY message us!

Message us and we will respond!

Bobbie Johnson:

https://calendly.com/johnbob_school_counselor

Mike Taylor:

https://calendly.com/taylmic_school_counselor

Jenny Thom:

https://calendly.com/thomjen_school_counselor

Felicia Perkins:

<https://calendly.com/perkfel>

Stacy Schuster:

coming soon!

Chelsea Crane:

calendly.com/cranche

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

Chelsea Crane 262-946-2295

Tammy Strupp 262-255-8465



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2022-2023 FAMILY CALENDAR

July 2022

M	T	W	TH	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

August 2022

M	T	W	TH	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

September 2022

M	T	W	TH	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

October 2022

M	T	W	TH	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

November 2022

M	T	W	TH	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

December 2022

M	T	W	TH	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

January 2023

M	T	W	TH	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

February 2023

M	T	W	TH	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28			

March 2023

M	T	W	TH	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

April 2023

M	T	W	TH	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

May 2023

M	T	W	TH	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

June 2023

M	T	W	TH	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

2022

September 1 First Student Day (5K-12)
September 5 Labor Day
September 6 First Student Day (4K)
October 21 Fall Break
November 4 4K P/T Conferences
November 4 Teacher In-Service
November 23-25 Thanksgiving Break
November 28 Teacher In-Service
Dec 23 - Jan 2, 2023 Holiday Break

2023

January 16 Martin Luther King, Jr. Day
January 23 Teacher In-Service
February 17 Teacher In-Service
March 3 Teacher In-Service
March 27-31 Spring Break
April 7-10 Holiday Break
May 29 Memorial Day
June 8 Last Student Day (4K)
June 9 Last Student Day 1/2 Day (5K-12)

Color Key:

- First and Last Days of School - School Days
- Holidays and Breaks - No School
- In-Services/Work Days - No School
- Parent Teacher Conferences - See Below

Parent Teacher Conferences (6-12)
Oct 13 & 19 - School In-Session, Evening Conference
Mar 8 - School In-Session; Evening Conference

Parent Teacher Conferences (5K-5)
Nov 2 & 3 - School In-Session; Evening Conference
Nov 4 - No School; 1/2 Day AM Conference
Mar 8 - School In-Session; Evening Conference

Parent Teacher Conferences (4K)
Nov 2 - School In-Session; Evening Conference
Nov 3 - No School; All School Day Conference
Nov 4 - No School; 1/2 Day AM Conference
Mar 8 - School In-Session; Evening Conference

Start and End Times
Elementary Schools: 8:47am - 3:45pm
North Middle School: 7:15am - 2:34pm
High School: 7:50am - 3:09pm
4K AM: 8:47am - 11:34am
4K PM: 12:27pm - 3:45pm

Wednesday Early Release
Elementary Schools: 8:47am - 2:30pm
North Middle School: 7:15am - 1:20pm
High School: 7:50am - 1:55pm
4K AM: 8:47am - 10:50am
4K PM: 12:27pm - 2:30pm

**** Dates and times above are subject to change ****

Semester 1 Ends 1/23/23
Semester 2 Ends 6/9/23
Quarter 1 Ends 1/14/23
Quarter 2 Ends 1/23/23
Quarter 3 Ends 3/24/23
Quarter 4 Ends 6/9/23
Trimester 1 Ends 11/28/22
Trimester 2 Ends 3/3/23
Trimester 3 Ends 6/9/23

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8 Ways to Lower Stress in High School

- MIFHS Student Services Team

1. Try to get enough sleep. 😴🌙

✦ Set a target number of hours you want to get for a few nights—ideally between 9 + 10, but at least 8.

2. Pick a person. 💡😊😞😡

✦ Plan to check in with them each week to share ups and downs

3. Find your people. 👤👤👤👤

✦ One of the most powerful ways to take care of your mental health is to form meaningful connections.

4. Establish small rituals. 🕯️🐼

✦ These can be little things that help you open and close your day intentionally or just give you a reset.

5. Build in a daily stress relieving activity. 🎸🎮🎧🎹🎨🎧

✦ This can be short and easy.

6. Find a physical activity you actually like to do. 🏃🏊🏏

✦ Moving your body releases chemicals in your brain that boost your mood, relieve symptoms of depression + anxiety, and make you feel good.

7. Get organized. ✅

✦ Spending a little time getting organized before school + making a plan can relieve stress.

8. Know who you can go to when you're struggling. 🏠📱

✦ Reaching out for mental health support from someone trained to help you is another great way to take care of yourself.



Source: <https://jedfoundation.org/resource/8-ways-to-lower-stress-in-high-school/>

Breakfast

We are extremely proud to offer FREE breakfast to all Menomonee Falls School District students. As a district, Menomonee Falls values nutrition, fighting hunger, and prioritizing academic success. With that in mind, we are adding another breakfast line at the high school in order to be able to serve students quicker. Breakfast will stop being served three minutes before class starts to ensure that students are not tardy. Please ensure that your student is getting to school with enough time to get FREE breakfast and getting to class on time.




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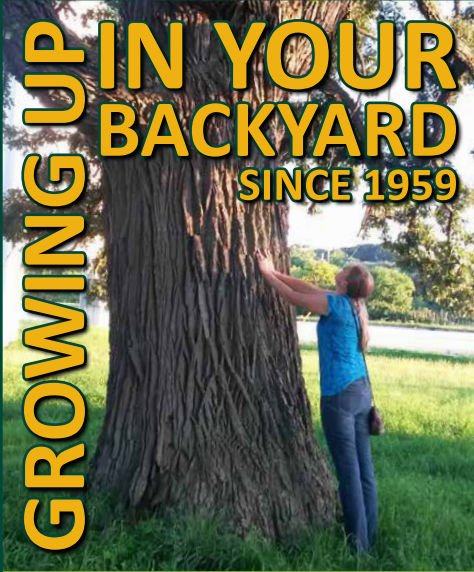
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