

Menomonee Falls Messenger

“Pursuing Excellence One Student At A Time!”

From the Desk of the Principal



Mr. Dan Gebauer

Hello Parents and Caregivers,

We are off to a great start for our second semester. On Monday we met with the 8th grade students and parents for their orientation to high school. One of the topics that we talked about is our systems of support at MFHS. Last week I reminded our students that the new semester is a great opportunity to start fresh and apply lessons learned from the first semester. Below are the supports our students have access to.

- **Phoenix Time:** Opportunity to meet with a teacher of your choice Monday, Tuesday, Thursday, and Friday for 30 minutes
- **Resource Study Hall:** Supervised by an Education Assistant. Needs administration/counselor approval.
- **Math Resource Center:** Math teacher available every hour for support.
- **ITI:** Available for students with an IEP or a 504 plan
- **Writing Center:** Writing Specialist available for help.
- **Student Services:** Meet with your counselor, social worker, or school psychologist as a resource.

As an administrative and student services team, we meet every few weeks to look at student data and see which students are in need of more support. As always, please contact your child’s counselor if you have questions about your child’s progress or needs.

Thank you,

Dan Gebauer
Principal - MFHS

FEBRUARY 2023
VOLUME 13 • ISSUE 4

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

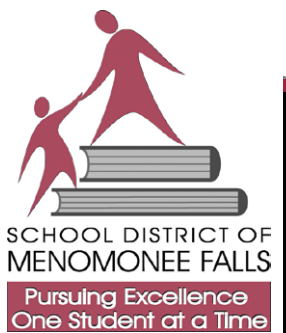
Kathy Sanders

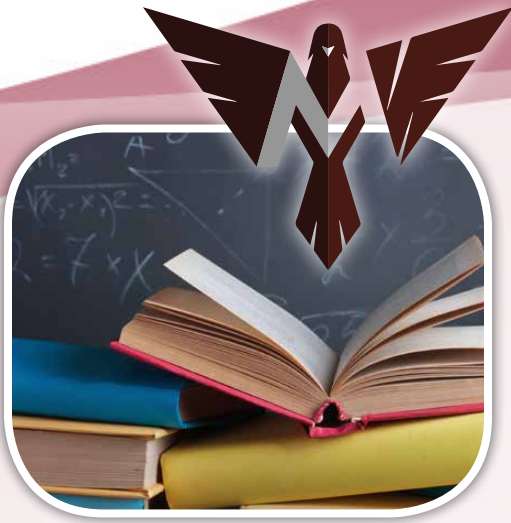
Heather Slaats

Lisa Seebach-Kolbow

Heidi Wood

Tammy Strupp





Student Services Team

HOW TO: NOT FALL BEHIND AT SCHOOL

By: Study-Hack.com

- 1. DO NOT SKIP CLASSES**
- The easiest step + key to success
- 2. PREPARE IN ADVANCE**
- to avoid the shock of new info
- simply reading through the chapter the night before can be helpful
- 3. "SOAK IN" NEW INFO IN CLASS**
- while everything is still fresh in your memory
- 4. ASK QUESTIONS RIGHT AWAY**
- before the teacher moves on
- while you remember what you don't get
- 5. STUDY A BIT AFTER CLASS**
- To help the new material settle in your head
- To avoid cramming before tests

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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!

Are You Getting Enough Sleep?

Sleep is not a luxury! It is a necessity for optimal functioning of human body and mind.



- MFHS Student Services Team

How can I help support good sleep habits for my high schoolers?

- Create consistent sleep schedule during the school week and weekends.
- Adolescents whose parents set their bedtimes are more likely to get enough sleep.
- Consider using a Bedtime Calculator.
- Limiting light exposure and technology use in the evenings.
 - » Other tips for better sleep are available at CDC's Tips for Better Sleep.

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Heather Slaats
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*From the Desk of Associate Principal,
Ms. Christina Taylor*

Attendance Matters!

Please review the School District of Menomonee Falls attendance policies:

Families are allowed to excuse their student(s) for **up to 5 days per semester/10 days per school year.**

Excused absences can include:

illness, medical and dental appointments, religious holidays, family trips, court, funerals, family emergencies



Report an Absence

Communication about your student's absence is very important. To report absences, the best method is to email the High School Attendance office: attendancemfhs@sdmfschools.org or call the Attendance Line 262-255-8455. This must be reported by the student's parent/guardian.

Pre-Planned Absences

If your family plans to take a trip that will take your student out of school, please fill out a pre-planned absence form that is available from the attendance office. This allows your student's teacher to plan for their absence and communicate any opportunities to continue learning. However, families should understand that time out of the classroom will mean that valuable academic experiences are missed and these trips are strongly discouraged.



Ask for a Medical Note

After a student has used the 5 days per semester/10 days per year of family-excused absences, further absences will be coded as TRU-KNOWN unless a medical or legal note is provided to the school. In order to avoid issues with truancy, please get into the habit of asking for a medical note for school every time your student visits the doctor, dentist, therapist, or other medical professional... even if it's the first medical absence of the year.

What is Truancy?

Truancy is indicating when a student is absent. When a student has used up all of their family-excused absences, they will be marked Truant-Known (TRU-KNWN) or when families do not contact the school to indicate the reason for the absence they will be marked Truant (TRU). If a pattern of truancy develops, we will contact you to set up a meeting to resolve attendance concerns collaboratively. If you are having trouble getting your student to attend school, please reach out so we can support your family. It is easier to solve attendance issues early on.

MFHS Attendance Codes Cheat Sheet

Why Attendance Is SO Important, Starting Now!

Please review [this information](http://thisinformation.attendanceworks.org) from attendanceworks.org for strategies on how to improve school attendance and why school attendance is so important!

Thank you for your partnership,

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From the Desk of Associate Principal,
Mr. Jeff Haubenreich



Understanding the Adolescent Brain

Why are teens so impulsive? Why so emotional? How can they be so smart and yet make the craziest decisions at certain moments? High school educators, administrators, and counselors engage with these questions every day and appreciate the challenges and growth that kids in this age range experience. Many recent studies on adolescence and how the teenage brain works have revealed fascinating details about the rollercoaster of thoughts and emotions that occur during the teenage years. Below are a few interesting findings about the adolescent brain and how it impacts a student's life at school and at home.

The Powerful and Vulnerable Teenage Brain

The human brain is at its most powerful during adolescence. In this period of life we have more synapses that connect our brain cells, making learning more efficient than at any other time in life. At the same time, the axons that connect different regions of the brain are not as efficient. That means if an area is underdeveloped, strange behaviors can result.

The Risk-Taking Teenage Brain

If an adult were to be asked if jumping off the roof were a good idea, they would answer almost immediately in the negative. Teens take longer to answer this question. They have a logical understanding that drugs are bad, texting and driving can kill, and sharks are dangerous but their frontal lobes haven't fully developed enough to make great decisions "in the moment". The frontal lobe is responsible for impulse control, judgment, empathy, and insight. This region doesn't develop in young people until they are well into their 20's. Adolescent risk-taking is often an indication of an undeveloped brain.

The Anxious Teenage Brain

As teenagers learn to navigate the world with their superbrains, they need to take special care of them. Adolescent anxiety is at an all-time high, and many researchers point to the amount of time teens are spending on the internet and in social media, lack of sleep, and social isolation. The more we understand about brain development, the more we know how important taking care of the mind is, especially during the high school years.

To tend to the adolescent brain, parents can help by setting screen time expectations (i.e. kids not sleeping with their phones, limiting time online, etc.) and helping teens set healthy sleep schedules. Other than that, enjoy the moments of maturity and calm that show themselves here and there as they make their way to adulthood.

Information collected from a conversation with neuroscientist Frances E. Jensen, M.D. (Educational Leadership, October 2015)

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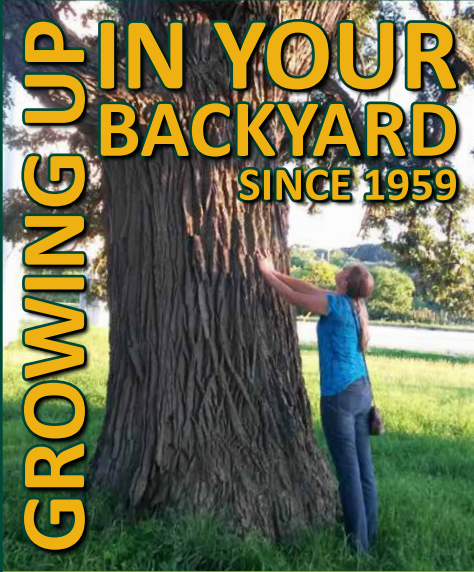
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Attendance

Did You Know You Can Now Report Absences Using Email?

Email Address:

attencancemfhs@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



New to Menomonee Falls and Germantown!



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Important Dates 2022-23

FEBRUARY

- 3** Portal for Course Registration Closes for NMS
- 14** Teachers Present Course Registration
- 15** Bands of the Falls Concert
- 16** Current Students 9-11 – Register in PowerSchool
- 17** ***No School*** Teacher In-Service
- 23** Course Request Verification
SENIORS Local Scholarship Meeting (Auditorium)

MARCH

- TBD 2023 Graduation Cap, Gown/Accessories Pick Up
- 3** ***No School*** – Teacher In-Service
- 7** **ACT Test** -All 11 graders
All 9, 10 & 12 graders will be home asynchronous learning - Schoology
- 8** Parent/Teacher Evening Conferences /Gray Gym
- 11** Choir and Orchestra Solo and Ensemble Festival
- 13-14** Junior Jump 1st Period (Auditorium)
- 18** Jazz 'n Java HS Jazz Ensembles
- 21** Choir festival (all choirs)
- 23** Local Scholarship Applications Due/Drop off Gray Gym 8-2pm
- 24** **End of Quarter 3**
- 27-31** ***No School*** Spring Break

APRIL

- 3-4** Sophomore Blast 3rd Period Odd (Auditorium) **A-L** 9:20-9:55 / **M-Z** 10:00-10:30
- 7-10** ***No School*** Break
- 20** MFHS Musical
- TBD **WI Forward Testing** (10)
- TBD **Aspire Testing** (9-10)

MAY

- 1-12** **AP Testing** (Gray Gym) TBD
- 8** Academic Awards – 6:00-7:30pm Burgundy Gym
- TBD Senior Athletic Awards 6:30 pm
- 13** Junior Prom
- 17-19** AP Late Testing
- 17** SOE/Youth Apprenticeship Employer Appreciation Breakfast (7:15am-9:15am)
- 18** Senior Pennant Celebration – Burgundy Gym 2nd Period
EVEN 9:45-10:30
- 19** Senior Holiday – Davian's
- 22** MFHS Freshman & Symphonic Bands Concert
- 23** MFHS Orchestra & Wind Symphony Concert
- 25** NHS Induction – Auditorium 7pm
- 26** Transition Day – 8th Grade Tours
- 29** ***No School*** Memorial Day
- 31** Scholarship Night – 7pm

JUNE

- 1** MFHS Spring Choir Concert
- 1 & 2** **Senior / Final Exams**
- 3** Band Bunch Metals Recycling Drive 8:00am-12-Stadium Parking lot
- 7-9 **Grades 9, 10, 11 / Final Exams**
- 8** **Graduates** Elementary Visits 12:00-1:30
Grad Practice-Seniors/Burgundy Gym 1:45 -2:45pm
- 9** Last Day of School – *Half Day
Graduation – 7:00 – 9:00pm – Schumann Stadium or Burgundy Gym if rain-same day (tickets required –limit 4 inside)
Graduates pick up Diploma/Grad Grams after ceremony in Gray Gym



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