

Menomonee Falls Messenger

"Pursuing Excellence One Student At A Time!"

From the Desk of the Principal



Mr. Robert Vitale

Hello All,

We are fast approaching the end of semester 1. Semester 1 exams will begin Wednesday January 19 and finish Friday January 21, please look at the exam schedule and expectations which were sent home. The start of semester 2 will begin Tuesday January 25. Student schedules should be available by January 20. The registration process for the 2022-23 school year will begin in February, please see dates below and watch for information coming home. Please have a conversation with your student and the importance of choosing classes. If your student needs any assistance with the registration process to see their counselor. I will be retiring after the 2022 school year. I cannot say Thank you enough to our staff, students and community. I have LOVED serving the school district and MFHS these last twenty-four years.

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 to 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	January 5, 12, 19, 26
	February 2, 9, 16, 23
No School	Martin Luther King Day – January 17
	District In-service – January 24
	District In-service – February 18

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page 2...*

JANUARY 2022
VOLUME 12 • ISSUE 3

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

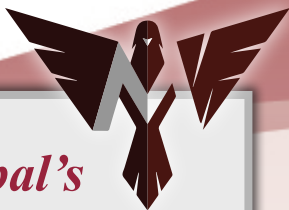
Heidi Wood

Heather Slaats

Lisa Seebach-Kolbow



www.sdmfsschools.org
262-255-8444



Principal's Corner

continues...

Important Dates

January 21	Semester 1 ends
January 19-21	Semester Exams (Testing schedule to follow)
January 25	Semester 2 begins
January 26	Transition Day for NMS
January 31	SPIN Night
February 15	Registration portal opens

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

Menomonee Falls Scholarship and 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 2021. 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.

- **Community Scholarship Program will be Wednesday, May 25 in high school gym at 7 p.m.**
- **Senior Scholarship Meeting: Thursday, February 24—auditorium. Foundation will explain to all seniors the scholarship application process.**
- **Local Scholarship Applications Due: Thursday, March 24 9 a.m.-2 p.m.**
- **Donor selection: Donors have applications from March 24 until April 29 to read and determine their recipient and turn names into Foundation Secretary.**
- **Notables: A special section in the program is to honor students who are being recognized from colleges and universities. Seniors will turn in outside scholarship info to be included in program to Foundation Secretary by Friday, May 6.**
- **Students will be notified by email, phone call or letter if they will be receiving a scholarship by Friday, May 13 to come to the program.**

The community believes in the students of Menomonee Falls High School and has supported the Scholarship Foundation since 1989 with various amounts of money for students to further their education at a college/university or career/technical school. Every year families, friends, organizations, clubs some together and offer scholarships to the senior class.

If you also know of anyone interested in starting a scholarship, please let us know. 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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From the Desk of Associate Principal Mr. Kirk Woosencraft

We are moving into second semester. It is amazing how time flies! Let's continue to display Falls Pride as a community as we move through this school year. There have been many obstacles along the way but we continue to push through. I have been so impressed by our student's perseverance through it all. Let's make it a great second semester!

Another update for Freshman, Sophomores, and Juniors as you will begin making course selections for the 2022-23 school year. Students when making your selections please remember to:

- check what required courses you need to take
- check your total credits earned
- take classes that challenge you but you are able to do

PARENTS: Some Tips For Second Semester Below

Each year, during the second semester all schools experience an increase in absences and late arrivals, and a gradual decline in academic performance. So prevalent is this trend, it has been referred to as the "Second Semester Slide". We are determined to improve this trend and **you the parents** can play a major role. Absences and tardiness are two of the reasons that grades decline. **Please be vigilant in making sure your student attends school every day and arrives on time.** Your attention to this issue will have a positive effect on your student, reinforcing the importance you place on attendance.

To assure continued academic success, **re-establish your student's homework and study routine. Help him/her to reclaim the space and time meant for this important purpose.** Determine if any supplies or devices are needed. They make great holiday gifts. Also, **monitor your student's grades, attendance, and classwork by accessing Power School.** Again, your attention to your student's school work will have a tremendous positive effect. When students are prepared for class each day, they will attend each day, arrive on time, and perform with confidence.

These efforts; **staying informed about your student's progress, re-establishing a solid home-study routine, and making certain that your student attends every day and arrives on time** will have an enormous positive result and help us all overcome "Second Semester Slide".

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.



Microsoft Excel Certified!

Congratulations to the following students for passing the Microsoft Excel Certification Exam in InfoTech:

Angelina Anagnostopoulos

Tim Berglund

Ethan Block

Brendan Bonenberger

Abigail Bosch

Chloe Bosch

Isabella Bussler

Mia D'Amato

John Gaynor

Immanuel Goveas

Sophia Heuss

Brooklyn Jones

Jack Kanitz

Ellie Klun

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MFHS Art & Design Department

Youth Art Month 2022

The Menomonee Falls Annual Youth Art Month opening reception will be held on Thursday, March 3, 2022 at the Menomonee Falls Public Library. The opening reception is 6:30 p.m. to 8:00 p.m., with the student awards ceremony at 7:00 p.m.

This year's reception will feature face painting by MFHS Art Honor Society, wonderful hors d'oeuvres and awards ceremony presented by the Friends of the Library. Last year's annual event hosted over 2,000+ fantastic pieces of student artwork.

Empty Bowls Fundraiser

National Art Honor Society will sponsor their annual Empty Bowls Fundraiser on Friday, February 11th. All proceeds raised are donated to the Falls Area Food Pantry, so mark your calendars to support this event!

Attention Freshman

Interested in joining the Design, Communication, & Media Academy? To apply, [click here](#) for the application. More information about the Academies can be found by contacting Ms. Fredrich (Career Academy Coordinator) room 139. Applications are due in February during course registration.

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 will be available in April. More information to come. If you have any questions, please contact Ms. Gonyer: gonycor@sdmfschools.org.

Art & Design Website

Love art & design or want to learn more about the Art & Design Department? Now you can! Visit the Art & Design Department's new web page to see the variety of course offerings, galleries of artwork, clubs, contact information and more!

<https://www.mfhs-art-design.com/>

Save the Following Dates

- Empty Bowls, February 11
- Youth Art Month, March 1
- AP Studio Art Exhibit, May 19

Contact Information

Ms. Chmielewski, chmitter@sdmfschools.org
Ms. Gonyer, gonycor@sdmfschools.org
Ms. Kelly, kellbri@sdmfschools.org



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

Anxiety and School Avoidance

For many parents, getting a teenager out of bed and moving toward the door is enough of a challenge, let alone keeping them positive and engaged in their learning and social development at school. Anxiety, stress, angst, and worry are as much a part of adolescence as acne and loud music. Students who suffer from extreme worry or anxiety, however, can become increasingly resistant to school and peer interactions. They want to avoid school at all costs and can create extremely stressful and explosive scenes at home when challenged about it. Mild cases will result in missing school a day at a time, here and there. Extreme cases can paralyze kids in fear and cause them to miss days and weeks at a time.

School avoidance is often observed among students who suffer from excessive or growing social anxiety (worry of what peers are thinking) depression, or excessive stress. Here are some recommendations and suggestions proposed by mental health experts:

- **Evaluation** - Have your student evaluated by a medical professional to determine physical and psychological roots that may be causing their anxiety.
- **Therapy** - Cognitive Behavioral Therapy is a proven approach that teaches kids to adjust their thought patterns and replace bad habits of mind with good ones.
- **Gradual Return** - In some cases, students who have missed a significant amount of school benefit from a strategic, gradual return to their school schedules.
- **Relaxation** - Mindfulness is a buzzword these days, but relaxation practices are effective in reducing stress and calming the mind.
- **Routine** - Regular routines are not just for toddlers! Teenagers can also benefit from evening and morning routines as well as avoiding excessive screen time at night.
- **Sleep** - Teenagers need sleep. Lots more than they're getting, according to most research studies conducted in the last 10 years. Again, limiting electronic usage at night is a key strategy to prepare for restful sleep.
- **Social Media** - Comparison of self to others, unhelpful messages about self, and FOMO (fear of missing out) contribute to lots of added stress in students' lives. Help them limit their exposure to harmful or unhelpful content.

Above all it's important to know that overcoming school avoidance requires a TEAM effort. At MFHS we promote college and career readiness, which is described as having at least 90% attendance at your school or place of work. To prepare teens for their adult lives we want to help build within them the capacity to understand themselves and overcome their anxieties and stressful situations. If you are concerned that your child's stress is affecting their attendance, please reach out to their counselors and administrators to develop a plan for addressing it. We're here to help!

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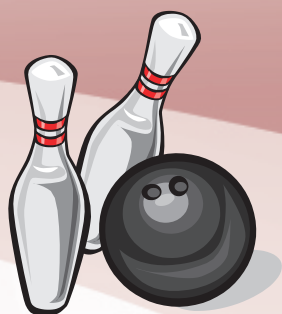
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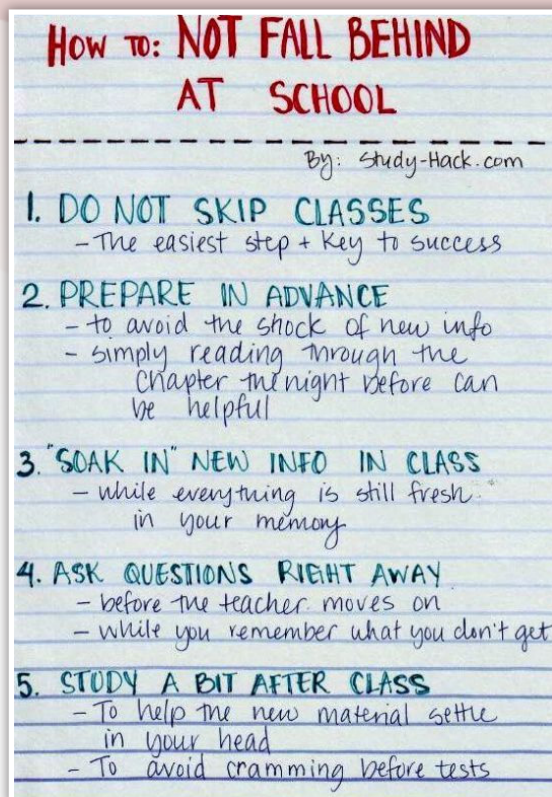
Bowling News

The 2021/2022 HS Bowling season is at the halfway point already! The boys are 4-1 and the girls are 3-2. All our coaches and teams are looking forward to the second half as everyone is getting in the groove and bowling well.

There will be a fundraiser on January 16th at AJ O'Brady's between 4:00pm-9:00pm. 10% of the sales will benefit the MF Middle & High School Bowling teams! Please stop in to support these athletes and enjoy some GREAT FOOD!

From Student Services

For **Study Hacks**, check out:
<https://study-hack.tumblr.com/archive>



Attendance Email

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



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Important Dates 2021-22

JANUARY

- 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