

MENOMONEE FALLS HIGH SCHOOL

# 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 nearing the end of our first semester at MFHS. Our students are to preparing for their final exams or final class projects. Students have worked diligently so far this year and their hard work is paying off. Moving into the second semester I do want to highlight our supports that are available to all of our MFHS students.

Beyond classroom instruction, our most universal support is our new Phoenix Time. Students are able to choose, or be chosen to spend a 30 minute period of time with any teacher they need to connect with in the building. Phoenix Time is from 9:24 to 9:54 every Monday, Tuesday, Thursday and Friday. Students are able to sign up for teachers multiple days in advance. It is a great way for them to get help on concepts that need review, make up missed tests and quizzes, or work collaboratively with groups on projects.

Students who have a study hall can go to the math center to get additional help from a certified math teacher.

We also have our Writing Center which is staffed by an MFHS English/Language Arts teacher where our students can get additional help on writing projects.

If you are concerned about your child's academic progress, please do not hesitate to reach out to their school counselor.

Thank you for your continued support.

Dan Gebauer  
Principal

**JANUARY 2023**  
**VOLUME 13 • ISSUE 3**

## 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**



SCHOOL DISTRICT OF  
MENOMONEE FALLS

*Pursuing Excellence  
One Student at a Time*

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

## MFHS Computing Challenge Winners

The Bebras® Computing Challenge introduces computational thinking to students. It is organized in over 30 countries and designed to get students all over the world excited about computing. At MFHS we hosted a competition in November and had over 25 students participate. Our top 3 teams earned prizes sponsored by our MFHS Booster Club.

**1st Place - Scott Casper & Alex Grant**

**2nd Place - Caitlyn Grant & Olivia Oswald**

**3rd Place - Cade Kenny & Gavin Loucks**



**Auto Body**  
acesautobodyllc@wi.rr.com  
5236 N 124th St • Milwaukee • 414-393-3370

## New Course in Computer Science

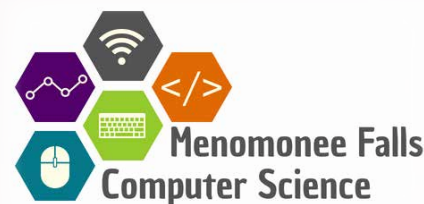
Many STEM related jobs such as software developer, data scientist, information security analyst, java developer, IT manager, etc. are in high demand and considered some of the Best Jobs in America<sup>1</sup>. In order to keep up with the high demand of STEM careers, MFHS offers multiple courses in Computer Science to prepare our students for a future in technology.

Our newest course, **Tech Force**, prepares students to be technology leaders who offer first-level technology support for the students and staff. Students enrolled in the course will also work towards professional certifications in the areas of: IT Fundamentals, Hardware, Software and Networking. Students will work at our IT Help Desk and can repeat this course over several semesters to earn different certifications.

As students and families prepare for 2023-24 scheduling, consider enrolling in one of these MFHS courses to jump start your future in many technology career fields. More information can be found in our [MFHS Course Guide](#).

- **Computer Science 1 - Python (semester)**
- **Computer Science 2 - Game Development (semester)**
- **AP Computer Science – Principles (year)**
- **AP Computer Science – Java (year)**
- **Advanced Programming (semester)**
- **Cybersecurity (semester)**
- **Tech Force (semester)**

<sup>1</sup>Source: 50 Best Jobs in America for 2022 and 2022's 100 Best Jobs




**Educators CREDIT UNION**

Earn gift cards as you learn with

**zogo**

Zogo is a user-friendly app<sup>1</sup> that combines rewarding games with lessons about finances.



Scan or visit [ecu.com/financial-tools](https://ecu.com/financial-tools) to learn more.

<sup>1</sup>The Zogo app is for members 13 years old and up.  
Financial Tools | Educators Credit Union, Wisconsin  
Resources powered by GreenPath and Zogo to help you master your personal finances.  
Insured by NCUA | 262.886.5900



**Ridgeview  
Dental Group**



 Kids
  Adult
  Orthodontics
  Cosmetic

**p.262.251.8704**

W178 N9201 Water Tower Place, Suite 100  
Menomonee Falls, WI  
[RidgeviewDentalGroup.com](https://RidgeviewDentalGroup.com)

Julia Stacey, DMD  
Jeffery Rhody, DDS  
Matthew Pruhs, DDS  
Brian Specht, DDS  
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!



## MFHS Healthcare Academy: Saving Lives & Making a Difference

Amidst the holiday season, students, staff, and community members gathered to give the gift of life. The Healthcare Academy hosted a blood drive with The American Red Cross in which 100 units of blood were collected, surpassing results from previous years. The 100 units collected translates into the ability to save up to 300 lives!

In conjunction with coursework, the HCA offers opportunities to apply knowledge and skills, builds on experiences, and develops leadership over a 3-year span. Blood drives are a significant component to this programming. During their first year in the academy, sophomores learn about blood donation, prepare materials for the drive, help recruit donors, and volunteer on the day of the drive. Juniors gain more experience as they serve as volunteers and mentors to the sophomores. They may also choose to apply for an "apprentice" position and serve as an assistant to a senior leader to prepare for the responsibilities of the Capstone year. Senior students plan and orchestrate the entire event! They mentor underclassmen, work on committees for each aspect of planning (Donor Recruitment, Communications, Refreshment Coordination, and Volunteer Scheduling), provide leadership for volunteers assigned to each stop-point during the blood drive appointment process on the day of the event, and conduct debriefing sessions to gather and document feedback for future drives.

Each phase allows opportunity to plan strategically, problem solve, collaborate, and provide a positive "patient" experience through good customer service.

The Healthcare Academy will partner with Versiti Blood Center to host a blood drive April 6, 2023. Look for more information in March to learn how you can join us by making an appointment to donate this spring.



One blood donation can save up to three lives. These donors know the importance of their gift and the profound impact they are making in the lives of others. What a great feeling!



Senior HCA Capstone students take complete control of event planning and coordination in addition to making sure everything runs smoothly the day of the drive.



### Expressing Gratitude and Spreading Joy

Junior Healthcare Academy student, Eliana Brofsky, volunteers at Froedtert Menomonee Falls Hospital. Working with Kelly Lorenz, Volunteer Services Coordinator at the hospital, she coordinated a service project for the academy which resulted in nearly 2,000 cards that were delivered to hospital employees for the holidays.

Great work, Eliana!

**96% First-time  
NCLEX Pass Rate**

May 2022 Graduating Class

**On Ground • Direct Entry**

Apply now! [www.marianuniversity.edu/apply](http://www.marianuniversity.edu/apply)

**MARIAN UNIVERSITY**    



This is where kids come to catch up and get ahead in math.

Get a Free Assessment  
Limited time only  
**MATHNASIUM**



**Mathnasium of Menomonee Falls**  
N78 W14569 Appleton Avenue • 262-251-5600  
[mathnasium.com/menomoneefalls/about](http://mathnasium.com/menomoneefalls/about)

**Enroll by 1/31/2023**  
**and pay only \$20.23 for Lifetime Startup Fee!**



**BLAU SUDDEN SERVICE**  
Family Owned and Making Friends Since 1960

**PLUMBING - HEATING - COOLING**

**1-800-BLAU-NOW**  
[www.blauplumbing.com](http://www.blauplumbing.com)

TRANS COMFORT SPECIALIST  
A+ rating  
TOP CHOICE AWARD

**FREE STUDENT CHECKING**

**guardiancu.org** f t in @

**GUARDIAN CREDIT UNION**

Students ages 13-17 require an adult 18 years or older to be joint on membership. Joint member may be removed when the minor turns 18. Student checking accounts will automatically change to Free 4 U checking at the age 21 of the primary member. No member privilege allowed. \$25 cash reward earned for having a GPA Grade Point Average of 3.0 or higher. To claim reward, proof of GPA with current report card and/or transcripts including numerical score and course credits must be provided. If you are unable to provide this documentation, contact your local branch for further guidance. Reward must be claimed within 60 days from end of grading period date and can be claimed up to 2 semesters per year. Reward only available for the grading period during the account opening and thereafter. Program rules and qualification may change at any time at the discretion of Guardian Credit Union. If a school GPA is not available, student must provide a current school transcript, report card, class schedule or state registration at time of account opening. Membership eligibility applies for all individuals on account. A \$3.00 savings account is required. Guardian Credit Union membership is open to those living or working in Milwaukee, Waukesha, Washington, Ozaukee, Racine and Kenosha Counties. Student ID must be provided at account opening.

**DEANNA TAYLOR**  
Real Estate Agent

N80 W14808 Appleton Ave  
Suite 100  
Menomonee Falls, WI 53051  
Cell: 414-218-4062  
Office: 262-251-7200  
[dtaylor@firstweber.com](mailto:dtaylor@firstweber.com)

[deannataylor.firstweber.com](http://deannataylor.firstweber.com)  
[facebook.com/deannataylorfirstweber](https://facebook.com/deannataylorfirstweber)

**FIRSTWEBER REALTORS**  
a Berkshire Hathaway affiliate

**JASKOWIAK CHIROPRACTIC**  
JOURNEY TOWARDS A MENDED LIFE

**262-255-9636**

Receive a doctor consultation, exam, any necessary x-rays, and a detailed report of findings for a fee of only \$40\*. As our commitment to the community, we will donate a percentage of new patient fees to local charities!

\*Offer valid for new patients only. This office complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

## From Student Services

**When Studying a Foreign Language...**

1. Read Out Loud. Don't worry about speed, focus on pronunciation and accuracy.
2. Study vocab with flashcards. There is no quicker way to memorize all those words.
3. Apply new grammar rules in practice problems (more than one!) and do them over the next couple of days.
4. PRACTICE, PRACTICE, PRACTICE! join a club, get extra help, make an international friend, watch movies, talk to yourself, etc.

studyhack.

**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

## School Calendar

### 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

| 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 |  |

**CREATE YOUR LEGACY**

ADULT FITNESS CLASSES  
NINJA & OCR TRAINING  
BIRTHDAY PARTIES

PERSONAL TRAINING  
YOUTH NINJA TEAMS  
OPEN GYM

[www.LegacyGymMKE.com](http://www.LegacyGymMKE.com)

Legacy Falls: N50W13740 Overview Dr, Suite E, Menomonee Falls, WI 53051  
Legacy Tosa: 1535 Underwood Ave, Wauwatosa, WI 53213

**Froedtert & MEDICAL COLLEGE of WISCONSIN**

[froedtert.com](http://froedtert.com)

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



### Supporting Teen Mental Health: Sleep

Teen mental health has been a major topic among schools and parents over the last several years as increases in anxiety, depression, and self-harm have risen dramatically among young people. Researchers are still piecing together studies pointing to various causes (social media, in-person connections, screen time, exercise, etc.). To help parents connect to solutions, I'd like to devote a couple of newsletter articles to practical things that can be done at home that can have a dramatic effect on teen brain health.

This month's topic: Sleep

Consider these results released recently by the World Happiness Report:

The average teen today sleeps between 7 and 7.25 hours a night despite the recommendation from experts to get at least 9-9:30 hours a night. Lack of sleep among adolescents can cause mood disorders, increases behavioral problems, slows motor and cognitive processing, and has been shown to affect academic grade performance.

- As much as possible teens should keep a regular schedule and resist the urge to oversleep on the weekends as a way to make up for the lack of sleep during the week. Unfortunately, the body cannot "bank" hours of sleep, and Mondays are even more difficult if students get way off schedule on the weekends.
- Avoid screen time right before bed. We all know the blue light emitted from screens is bad for sleep, but phones can also keep you up with dings and buzzes from notifications. It is recommended to avoid electronics 1-2 hours before bedtime.
- Afternoon naps can be good for rejuvenation, but should be limited to 20-30 minutes.
- Regular exercise is recommended for sleep, but limit your activity in the hours right before bedtime.
- Don't go to bed hungry. Eat a light snack before bed and you'll be more likely to sleep through the night.

To do well in school students need adequate sleep, so get your Z's kids!

Figure 5.4: Time spent on the internet, sleeping more than 7 hours a night most nights, frequency of in-person social interaction across 7 activities, and general happiness, standardized (Z) scores, 8th and 10th graders, Monitoring the Future, 2006-2017





**STUDIOVIA**  
School of Dance

Ballet | Contemporary | Jazz | Tap & more  
Join our dance family and experience the FUN!  
Call Us Today at 262-510-3552  
www.studioviallc.com  
N56 W16743 Ridgewood Dr. • Menomonee Falls, WI 53051

*Quality Over Quantity in Dance Education!*

PROVIDING FAMILIES  
THE **BEST VALUE** FOR  
BRACES AND INVISALIGN  
SINCE 1993



SCHEDULE YOUR FREE CONSULTATION!  
BUBONORTHO.COM | 262-522-7447

**BUBON**  
ORTHODONTICS

**Wisconsin Vision**



**\$100 OFF**  
Complete Pair  
(frame and lenses)\*

\*Must \$100 when you purchase complete frame with a minimum retail value of \$200 per frame. Cannot be combined with other offers. See store for complete terms and conditions. Offer expires 12/31/2017.

**Menomonee Falls**  
N85 W16033 Appleton Avenue  
(262) 251-1900

www.wisconsinvision.com CONNECT f t p

COMPASS

**RESULTS THAT  
MOVE YOU.**

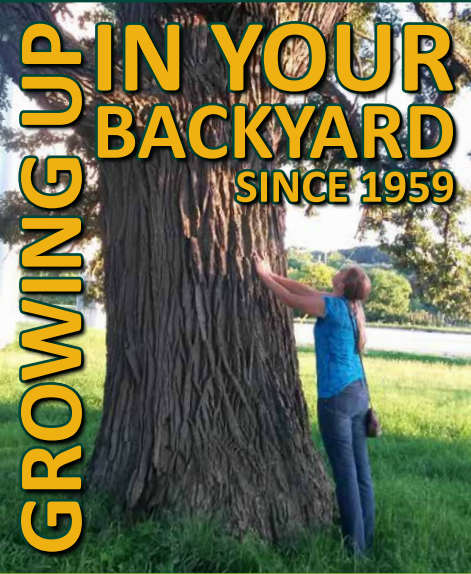


**RT**  
Rebecca Turley  
Realtor®

**CONTACT ME**



**GROWING UP IN YOUR BACKYARD SINCE 1959**



**JOHNSON'S NURSERY INC™**

www.jnplants.com ➤ 262.252.4988

Trees ➤ Shrubs ➤ Evergreens ➤ Perennials

## Attendance

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

**Email Address:**

attendancemfhs@sdmfhschools.org

Please state the following:

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



**New to Menomonee Falls and Germantown!**



**414-881-0010 (call or text)**

**www.uniteddrivingschoolWI.com**

**UNITED DRIVING SCHOOL**

## Important Dates 2022-23

### JANUARY

|       |  |
|-------|--|
| TBD   | WCTC Dual Enrollment Presentation (Student Service)  |
| 16    | <b>*No School*</b> - Martin Luther King Jr Day   |
| 17    | Jazz Concert   |
| 18-20 | <b>Final Exams – End of Semester 1</b>   |
| 23    | <b>*No School*</b> - Teacher In-Service  |
| 25    | <b>Semester 2</b> begins   |
| 26-27 | School Counselors Present <b>Registration Info</b> to NMS Students                         |
| 30    | Student/Parent Info Night ( <b>SPIN</b> )-Incoming 9th grade students 6:00 pm - Auditorium |

### 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 | <b>*No School*</b> - Teacher In-Service  |
| 23 | Course Request Verification<br><b>SENIORS</b> Local Scholarship Meeting (Auditorium) |

### MARCH

|       |   |
|-------|---|
| TBD   | 2023 Graduation Cap, Gown/Accessories Pick Up   |
| 3     | <b>*No School*</b> - Teacher In-Service   |
| 7     | <b>ACT Test</b> - All 11 graders<br>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    | <b>End of Quarter 3</b>   |
| 27-31 | <b>*No School*</b> - Spring Break   |

### APRIL

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

### MAY

|       |  |
|-------|--|
| 1-12  | <b>AP Testing</b> (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    | <b>*No School*</b> - Memorial Day  |
| 31    | Scholarship Night – 7pm  |

### JUNE

|       |  |
|-------|--|
| 1     | MFHS Spring Choir Concert  |
| 1 & 2 | <b>Senior / Final Exams</b>  |
| 3     | Band Bunch Metals Recycling Drive 8:00am-12-Stadium Parking lot  |
| 7-9   | <b>Grades 9, 10, 11 / Final Exams</b>  |
| 8     | <b>Graduates</b> Elementary Visits 12:00-1:30  |
|       | <b>Grad Practice</b> -Seniors/Burgundy Gym 1:45 -2:45pm  |
| 9     | Last Day of School – *Half Day   |
|       | <b>Graduation</b> – 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  |

