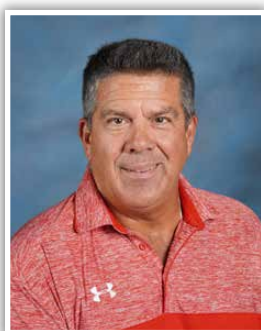


Menomonee Falls Messenger

"Pursuing Excellence One Student At A Time!"

From the Desk of the Principal



Mr. Robert Vitale

Hello All,

As we approach 4th quarter there are numerous "things" going on at MFHS. Spring sports have been underway since March 7, please be aware of more outdoor student activities. Students have completed registering for the 2022-23 school year. The schedule is being built for next year. The first two weeks in May students who have participated in AP courses will begin testing. If your student needs to attend Summer Academy be watching for sign up information coming through Community Ed and Recreation. The 4th quarter will go by quickly. If your student is struggling please have conversation with them to advocate for assistance. They can see their teacher, counselor or administration for assistance. Please do not wait until the end of the semester to receive help. Senior parents please have conversations with your student to finish up strong. Let's finish the school year on a GREAT note!

Important Dates

Early Release	April 6, 13, 20, 27 May 4, 11, 18, 25	No School	April 15, 18 May 30	Easter Break Memorial Day Weekend
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Important Dates

April 4, 5	WI Forward Testing (10 graders)	May 20	Senior Holiday
April 5	End of 3rd Quarter	May 21	Junior Prom
April 25-29	ASPIRE Testing (9th & 10th graders)	May 23	Senior Athletic Awards
May 2-13	AP Testing	May 25	Scholarship Night
May 9	Academic Awards Night	May 26	NHS Induction
May 18	SOE Breakfast		
May 19	Senior Pennant signing		

Check our school website calendar for other dates and times.

continues on page 2...

MARCH 2022
VOLUME 12 • ISSUE 5

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
262-255-8444

Principal's Corner

continues...

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



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Important Dates 2021-22

MARCH

- 16 Junior Jump 1st Period (Auditorium) **ODD A-L** 7:55-8:25 / **M-Z** 8:30-9:05
- 21-25 ***No School*** Spring Break
- 31 Local Scholarship Applications Due/Drop off Gray Gym 8-2pm (ODD Day)

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
- 15-18 ***No School*** Break
- 25-29 **Aspire Testing** (9-10)

MAY

- 2-13 **AP Testing** (Gray Gym) TBD
- 9 Academic Awards – 6:00-7:30pm Burgundy Gym
- 11 Senior Athletic Awards 6:30 pm
- 16-20 AP Late Testing
- 18 SOE/Youth Apprenticeship Employer Appreciation Breakfast (7:15am-9:15am)
- 19 Senior Pennant Celebration – Burgundy Gym 2nd Period **EVEN** 9:45-10:30
- 20 Senior Holiday – Davian's
- 21 Junior Prom
- 25 Scholarship Night – 7pm
- 26 Transition Day – 8th Grade Tours
- 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 or Burgundy Gym if rain (tickets required –limit 4 inside)
Graduates pick up Diploma/Grad Grams after ceremony in Gray Gym



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Student Services

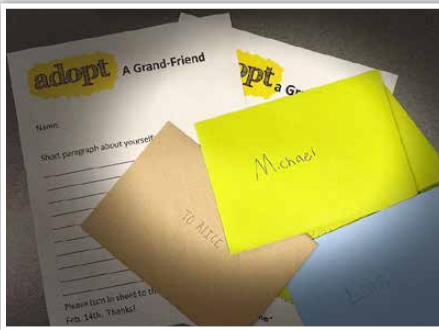
Mental Wellness Check In: What's one thing you can do this month that will improve your mental health?

What is Grounding?

Grounding is a practice that can help you create space from distressing feelings by refocusing on what's happening in the present moment.

- ★ **Physical Techniques** Use five senses or things we can touch to help move through distress
- ★ **Mental Techniques** Use mental distractions to help redirect thoughts away from distressing feelings and back to the present
- ★ **Soothing Techniques** Help provide comfort in times of emotional distress and to promote good feelings

— MFHS Student Services Team



National Business Honor Society

You can never have too many friends and with that in mind, **National Business Honor Society** is partnering with Presbyterian Homes and Services in Germantown to extend friendship through the Adopt a Grand-Friend program!

In February, interested residents shared a little bit about themselves through a written note and sent it over to MFHS. NBHS had a meeting and each student picked a Grand-Friend and wrote a note back. We also took pictures and included them in our cards. These cards will be delivered soon with a small "care package" put together by NBHS students. Students plan on doing this in March and April and then we hope to have an outdoor gathering in May to meet our new friends in person!



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

We are well into 2nd semester and students are really thriving. Let's continue as a school district and as a community to persevere through all the challenges we continue to face. I also want to let our families know that I am very thankful for the great communication I have had this school year with all them. The teamwork is much appreciated. We all want the best for our students at MFHS.

Some ideas below in helping your teenager balance real life with cell phone use.

- **Get Active.** Make sure your kids do something active frequently. Even if it's just 10 star jumps every half an hour, bodies need to move and habits form young. So get them in the habit of being active. I aim for 10 minutes of running around in every hour. It's good to break up screen time rather than allow your kids to sit there for hours and hours.
- **Work First.** If your kids have homework, reading, house work to do, make sure they do it before they get on the mobile device.
- **Not Right Before Bed.** Kids need sleep and screens can keep you awake. Not only do you get addicted to whatever you're doing, the artificial light can interfere with your sleep patterns. Best not to use mobile devices for the hour before you go to sleep.
- **Set Family Rules.** Perhaps they have to behave well during the week, not squabble and bicker with each other to be allowed the privilege of playing with a mobile. Or actually turn it off when their time is up. Set rules and stick to them.
- **Set Limits.** When children nag it's easy to slip into letting them spend hours and hours playing on a mobile device. If you agree what the limits are, there is no room to maneuver. Just calmly state the limits.
- **Natural Stop.** My kids get so frustrated when they have to stop a game in the middle of a level. I give them a 5 minute warning before they have to stop. Enough time to get to the end of a level. When that time is over, they know they have to turn it off. And if they don't, they get 10 minutes deducted from their next allocated session.
- **Family Fun Time.** Spend your weekends doing fun family activities. Have fun being active together and your kids will get into healthy habits. Then you won't worry about them chilling out for a bit on a mobile device.
- **Smart Phone Free Time.** Even if your teen is more in control of their own phone, it's good to teach them to have some smart phone free time to show them that the world does continue even when they aren't hooked up.



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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.





MFHS Academic Awards Night

MARK YOUR CALENDARS!

MFHS Academic Awards Night is Monday, May 9th @ 6pm. Please join us in celebrating our outstanding Phoenix scholars.

Attendance

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Menomonee Falls Scholarship & 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. This year as in the past, the Foundation is very happy to add new scholarships from families in honor of loved ones. This is an integral part of our program and continues to grow every year. 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, 2022
at 7 p.m. in the high school gym.**

Donor selection: Donors have applications from March 31 until April 29 to read and determine their recipient and submit their recipient's 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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