

# Menomonee Falls Messenger

*"Pursuing Excellence One Student At A Time!"*

## From the Desk of the Principal



Mr. Dan Gebauer

Hello Parents and Caregivers,

Our Junior class on March 7th completed the ACT. The ACT shows your child's readiness for post-secondary schooling and gives us good formative feedback on how we are doing as instructors.

We will begin planning our Pre-ACT testing for our Freshmen and Sophomores. The Pre-ACT is new this year and replaces the ACT Aspire test. A nice change is that the Pre-ACT test will report scores that mirror those on the ACT. This lets students know how close they are to scores they may want to attain. The Redefining Ready movement defines college-ready ACT scores as:

- English – 18
- Science – 23
- Reading - 22
- Math - 22

These are only some indicators of college readiness: grades, attendance, advanced placement class participation, and completing Algebra 2 are other strong indicators.

Finally, as we head into the last quarter of the year, I want to reiterate how vital school attendance is for student success. Students who are here 90% of the time or more typically have better grades and are more connected to the learning environment here at school. If you have any difficulties, please get in touch with your child's school counselor.

Best Regards,  
Dan Gebauer  
*Principal*

## 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

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**MARCH 2023**  
**VOLUME 13 • ISSUE 5**

[www.sdmfschools.org](http://www.sdmfschools.org)  
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## From the Art Department

### DISTRICT ANNUAL STUDENT ART SHOW

The School District of Menomonee Falls Art+Design Department is showcasing all grade levels and courses in our district from elementary, middle, and high school with over 150+ pieces of art & design work. All pieces will be on display at the Menomonee Falls Public Library from March 1 - 21.

We will be hosting a CLOSING RECEPTION for all student artists, their families, and the community on March 21, 5:30 p.m. - 7:30 p.m. at the Menomonee Falls Public Library.

### REGIONAL YOUTH ART MONTH EXHIBIT @ WILSON CENTER FOR THE ARTS

The Menomonee Falls District Art+Design Department would like to congratulate the following 13 students representing Menomonee Falls High School at this year's Regional Youth Art Month Exhibit that was held at The Wilson Center for the Arts in Brookfield from February 12 - 25, 2023.

The Youth Art Month exhibit is sponsored by the Wisconsin Art Educators Association and is celebrated throughout the country during the month March. The closing reception and awards

ceremony is Saturday, February 25, 2:00 p.m. at The Wilson Center for the Arts, Brookfield, WI.

Alayah Gordon, 10, Ceramic Cow

Anna Whitty, 12, Charcoal Self Portrait

Anna Whitty, 12, Graphite Surrealism Drawing

Clare Conaway, 9, Color Pencil Horror Drawing

Eli Stueber, 11, Ink Drawing of Closet

Madaelyn Ciske, 12, Graphite Self Portrait

Mady Neumann, 11, Painting of Bike on a Map

Mark Winn, 11, Ceramic Vase with Faces

Mikeala Klumb, 12, Self Portrait Painting

Olivia Schendel, 12, White Charcoal Drawing of Glass

Rylee Gruchow, 9, Ceramic Vase with Wavy Handles

Sophia Wheelock, 12, Self Portrait Painting

Thomas Karczewski, 10, Ink drawing of Eagle

### EARN MONEY & BE A LEGACY @ MFHS

#### Principal's Purchase:

The principal's office will purchase 2 to 5 pieces of artwork (2D and 3D) that are completed by any student who attends Menomonee Falls High School. The artists of the selected pieces will be

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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!



given a \$75.00 honorarium for their artwork. The pieces that are selected by the principal will be hung in the school's art gallery as part of the school's permanent collection with a recognition plaque with artist's name attached to the piece of artwork.

### Senior Class Purchase:

The senior class will purchase 2 pieces of artwork (one 2D and one 3D) that is completed by members of the senior class. The artists of the selected pieces will be given \$75.00 honorarium for their artwork. Selection of these pieces will be made by a committee that will consist of senior class officers. The pieces that are selected will be hung in the school's art gallery as part of the school's permanent collection with a recognition plaque with artist's name attached to the piece of artwork.

### Instructions & Rules

1. Any student that attends MFHS can submit their art and/or design work @ <https://forms.gle/LyPXXqotVzbEnd3P9>
2. Students who are interested in entering their artwork need to complete the online submission form and submit their jpegs of their artwork.
3. Students can submit up to 5 pieces of artwork [seniors= 5 pieces total for both categories]. Please submit separately each time and fill out the submission form online.
4. The google form/ submission form must be filled out completely in order for the piece to be part of the selection process.
5. All uploaded jpegs need to be titled/labeled with students first and last name.
6. All submissions are due by Noon, April 14, 2023
7. Notification will be made via email by April 21 if your work is selected. If you do not receive an email, your email was not selected. Please enter again next year.
8. If artwork is accepted: Digital files- send a high resolution image to Ms. Chmielewski, [chmitter@sdmfschools.org](mailto:chmitter@sdmfschools.org). Non-digital ORIGINAL 2D/ Painting/ Drawing/ 3D/Sculpture delivery to MFHS by April 28.

#### LINK TO APPLY :

<https://forms.gle/LyPXXqotVzbEnd3P9>

### EMPTY BOWLS FUNDRAISER FOR THE FALLS AREA FOOD PANTRY

The MFHS Art Honor Society raised \$845 at their Empty Bowls fundraiser for the Menomonee Falls Food Pantry that was held on February 10th. Art students from throughout the district created the ceramic bowls that serve as a reminder that there are often empty bowls in our community. 100% of the money raised was donated to the food pantry. In the past 12 years, the NAHS has raised \$20,506.00 for the food pantry.

### STATE ART+DESIGN AWARDS AT THE MILWAUKEE ART MUSEUM

Please help us congratulate our outstanding MFHS Art + Design students for earning 12 State Awards in the Wisconsin Regional Scholastic Art Competition. The exhibit is on view from February 4 – March 19, 2023 in the Schroeder Gallery of the Milwaukee Art Museum. Gold Key Award art pieces are sent onto the national competition in New York City. A Silver Key Award earns 1st in state, and Honorable Mention earns special state recognition.

Eli Stueber, 11, Foreshortening, Painting, Honorable Mention

Ella Ceden, 11, A Gleaming Sleep, Digital Art, Honorable Mention

Gianna Carlino, 9, Reflection, Photography, Honorable Mention

Keara McMahon, 12, City Girls, Digital Art, Gold Key

Kyra Abshire, 9, Tiny Shoes, Photography, Silver Key

Madaelyn Ciske, 11, Looking Through, Drawing & Illustration, Gold Key

Madeline Dunne, 9, Flamingo, Drawing & Illustration, Honorable Mention

Madeline Dunne, 9, Living in the Froggies, Drawing & Illustration, Honorable Mention

Madylin Neumann, 11, Its Shadow, Painting, Honorable Mention

Madylin Neumann, 11, Translucent, Drawing & Illustration, Gold Key

Meagan Worske, 12, Pinky, Painting, Honorable Mention

Olivia Schendel, 12, Natural Beauty, Photography, Honorable Mention

### IMPORTANT DATES:

Student Art Show Closing Reception, **March 21**

Art & Design Purchase Submissions, **Due April 14**

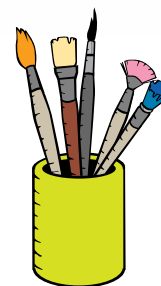
AP Art & Design Annual Exhibit and Silent Auction, **May 18**

### CONTACT INFORMATION

Ms. Chmielewski, [chmitter@sdmfschools.org](mailto:chmitter@sdmfschools.org)

Ms. Gonyer, [gonycor@sdmfschools.org](mailto:gonycor@sdmfschools.org)

Ms. Kelly, [kellbri@sdmfschools.org](mailto:kellbri@sdmfschools.org)



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## From the Desk of Associate Principal, Ms. Christina Taylor

### MFHS CRISIS PROTOCOL: COMMON LANGUAGE

#### PARENTS AND GUARDIANS:

Safety and security are a top priority at MFHS. Although we all hope many of these protocols will never be necessary, school leaders, staff, and students must be prepared for a crisis. I wanted to share the terminology we use when discussing crisis situations to build a common language.

MFHS uses the "I Love U Guys" Foundation's Standard Response Protocol (SRP). The Standard Response Protocol has five actions: HOLD, SECURE, LOCKDOWN, EVACUATE, and SHELTER. These protocols guide our drills and crisis planning.

TERM	WHAT IT MEANS	ACTIONS / WHAT HAPPENS	WHAT COULD CAUSE THIS
<b>HOLD</b> 	Get into room/area and clear the halls	Students immediately clear hallways and return to their class/ area. "Business" continues as normal.	Student needs privacy, illness in the hallway,  Unsafe situation in common space
<b>SECURE</b> 	Get inside and lock outside doors	Students immediately return to the inside of the building; outside doors are then locked. Students are accounted for. "Business" continues as normal.	Threat outside the building
<b>LOCKDOWN</b> 	Locks, lights, out of sight	Staff and students move away from sight, sit quietly, prepare to blockade, evade, or defend. Students are accounted for.	Immediate threat inside the building
<b>EVACUATE</b> 	Students and staff leave to a safe pre-determined location	Staff and students move to a predetermined safe location (this location depends on the incident). Students are accounted for.	Unsafe for students and staff to be in the building. Potential incidents: gas leak, threat in building, chemical spill, flooding
<b>SHELTER</b> 	Hazards and Safety Strategies	Depends on hazard: Tornado = shelter, Fire= evacuate. Students are accounted for.	Tornado, Fire, Hazmat, Earthquakes



**FREE STUDENT CHECKING**

[guardiancu.org](http://guardiancu.org) f t i n


**GCU**  
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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/Guardian Point Award 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 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.

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



## **SOCIAL MEDIA AND TEENS**

The current generation of teens, sometimes referred to as Generation Z or iGen, have grown up taking for granted two humongous society-changing innovations: social media and smartphones. According to a 2018 Pew Research study, today almost 95% of young people in the U.S. have access to a smartphone and 45% of teens are online "almost constantly". Most of the online activity revolves around the current big three of social media: YouTube, Tik Tok, and Instagram. According to a 2018 Harvard study, most teens have mixed views on social media. Many stated that it gives them increased opportunities to connect with others, but concerns among teens were raised about online bullying and harassment. Since the era of Covid-19, teen use has only increased.

It often seems that safeguards and warnings lag behind the pace of innovation, and in the case of these two technologies we are starting to see some concerning trends. One of the biggest is the growth of mental health disorders. According to an international 2016 study, the United States has the highest rates of mental health or substance abuse disorders among both males and females in the world with over 20% of both genders suffering. One researcher found a 50% increase in mental health incidents among U.S. teens between 2011 and 2015. She noted that the trend mirrored the rise of smartphone and social media use among teens. Anecdotally, if you talk to school counselors and teachers, many will point to these technologies as definite factors in the rise of mental health disorders among our students. In light of the research that is catching up to current usage trends, here are some commonly mentioned suggestions to help students monitor their own usage of technology and its effect on their lives:

- **Turn off notifications** - For at least part of the day turn off dings and buzzes that draw you back to your phone. Everyone needs to take breaks from the constant stimulus that a phone can provide.
- **Block bullies** - The best way to keep yourself mentally healthy is to avoid people and groups that humiliate or bully you on social media. Unfollowing or blocking prevents the 24/7 stress of dealing with negative peers.
- **Take breaks** - A day or even a week or two away from social media is one of the best things you can do to reclaim your other interests and face-to-face friendships.
- **Meet up** - Speaking of face-to-face friendships, fewer and fewer teens are actually meeting in person these days. Schedule time each week to sit down and hang out in the same space. Physical proximity and eye contact are essential in the development of true relationships.
- **Seek help** - Technology addiction is a real thing, and so is anxiety and depression. If you feel you are being affected by phones and social media see a counselor or trusted adult and tell them. Many times the power and allure of technology is more than one person can handle individually.



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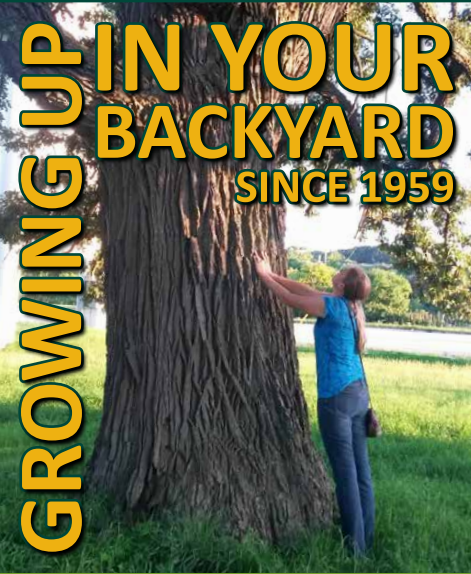
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Please state the following:

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



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## Important Dates 2022-23

### 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 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) <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

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## School Nutrition Family Survey

School Nutrition would like to ask for input for menu ideas for a new spring menu rotation. Please complete a short survey that will take just a few moments time. <https://forms.gle/B9KEkdvpr44Rsbs5>

## School Nutrition Team Looking for Help

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## Student Services Team

See link for more resources: <https://www.fallsschools.org/parents/mental-wellness>



*Mental Wellness Tip:* Consider creating a mental wellness plan. Make room for mental health in your workout. There is no health without mental health.

*What's your plan?*

- ★ On a scale between 1 and 10, how are you doing?



**Resources  
available  
here!**

- ★ **Who is your support team?** Who are some of the people you can turn to when you need help or support?
- ★ **What bite-sized behaviors can you practice to promote a healthy mind?** (i.e. sit in the car to catch your breath)
- ★ **Energize:** What routines give you energy? Which ones drain your energy?

— MFHS Student Services Team