



Resilience & Mental Health

We are excited to provide a learning opportunity about mental health and resiliency for all ages. Caroline Mihalski, past School Psychologist and current Director of Student Services for Wrightstown Community School District, has made this her life passion to study and encourage resiliency for all of us. The National Association of School Psychologists states that "Resilience is the ability to bounce back from setbacks, learn from failure, be motivated by challenges, and believe in your own abilities to deal with the stress and difficulties in life." In life, we all hope that we don't have bad things that happen to us, our children, our parents, our family, and our friends. In reality, all of our lives will have "seasons" where life is going really well and "seasons" where life is tough. This informal learning opportunity will not be stuffy! It will be a great opportunity to learn about some of the practical and research-based strategies to be resilient ourselves as well as how we encourage resilience for our loved ones, including our children. Resilience enables us and our loved ones to thrive no matter what life puts in our path.

It's not what happens to you that counts, it's how you respond to it." - Victor Frankl

Please join us at the Wrightstown Wellness Center on Tuesday, October 16th from 6-7pm. This presentation will be held in the Health Classroom on the upper level of the Wellness Center, but if assistance is needed getting to the second floor we are happy to help!

Advance registration is requested. Please email wellnesscenter@wrightstown.k12.wi.us or call 920-532-0314 x6700 to register.

Blood Drive

On **Wednesday, October 31st**, WHS will be hosting its first blood drive of the year. Come out and help those in need! Students, 16 and older, and parents and grandparents of students are welcome to donate. The more pints donated, the more scholarships that we can give! See you there!
[Mrs. Federwitz](#) with any questions and to book an appointment!

Sources of Strength

We are excited to announce a new student group that we have formed this year! Sources of Strength is a student-led group who teach others about the "sources of strength" in the wheel image above. Students will campaign during the year to teach peers about hope, help, and strength. This evidence based program is being implemented by many schools across the state and country and is now an opportunity to Wrightstown School through the support of a WI DPI grant. Sources of Strength is a best practice youth suicide prevention project designed to harness the power of peer social networks to teach others about "sources of strength" (protective factors) so that when times get hard, they have strengths to rely on. These sources are: positive friends, mentors, healthy activities, generosity, spirituality, medical access, mental health, and family support. For more information about this program that Wrightstown is starting, please check out the following website:



<https://sourcesofstrength.org/>

Music News

Congratulations to the band and choir on an excellent performance at Homecoming! You all worked hard and should be very proud of our first performance of the year. The band is now preparing for our upcoming Pep Concert at the elementary school in October, date and time TBA.

Upcoming Dates:

Wrightstown Music Department **Fruit Sale:** The annual music department fruit fundraiser will begin on **October 15th** and end on **November 12th**. All WMS & WHS music students will be taking orders and fruit payments. WHS students will also be selling **cheesecake**. Orders will be available for parents to pick-up on *Thursday, December 6th (3:30-7:30 pm)* and *Friday, December 7th (3:30-6:00 pm)*.

Winter Concert—**Monday, December 10, 2018 at 7:00 pm** in the high school auditorium. All band and choir students should arrive by 6:30 pm.

WHS Musical 2018

Kiss Me, Kate

Rehearsals are well underway for this year's high school theatrical production. Join us **November 8, 9, and 10** for a toe-tapping reimagination of William Shakespeare's *The Taming of the Shrew*, where the women are feisty, the men are pig-headed, and even the goofy gangsters sing! Tickets go on sale **Wednesday, October 17.**

ACT

Wrightstown High School is a test site again this year for one of the national testing dates on **December 8, 2018**. The registration deadline for this is **November 2, 2018** at act.org. A letter will be going out soon to Junior class parents regarding mandatory ACT testing for those students.

Outside Test Dates 2018-19

Check www.actstudent.org for test locations

Register by:

November 2nd for December 8th Test

January 11th for February 9th Test

March 8th for April 13th Test

May 3rd for June 8th Test

June 14th for July 13th Test

"Preparing for the ACT" booklets can be picked up in the Guidance Office.

What is a FAFSA?

FAFSA stands for **Free Application for Federal Student Aid**. The **FAFSA** is the application students fill out in order to determine their **financial aid** eligibility. **FAFSA** needs to be filled out each academic year, and this year you can start applying on **October 1st**. You can submit a **FAFSA** at www.fafsa.gov. Wrightstown will not be offering a Financial Aid night how to, but there are some great opportunities in our area through [College Goal WI](#) to get help filling out the FAFSA.

Dental Care at School

Bridging Brighter Smiles, Inc. is back again for the 2018-19 school year to provide preventative dental care right at school! This program is open to all students in the district 4K through 12th grade. Visits are held throughout the school year.

To enroll your children, simply go to your family access account in skyward (Family Access, Online Forms, Bridging Brighter Smiles form) to complete the enrollment form right online!

We accept the Forward Health (BadgerCare) Card

(We do not bill/accept other private dental insurances)

Services Provided Include:

- Oral Screenings
- Cleanings
- Fluoride Varnish Applications

- Dental Sealants (Prevents Cavities)
- Dental Health Education
- Referral Assistance

Questions? Call 262-896-9891 or visit us on the web at www.bbsmiles.org

Respect Retreat

The freshmen class will be participating in a retreat put on by Youth Frontiers on **October 19th**. The retreat centers around the theme of "Respect". The retreat is described as "a day for students to experience what school would be like if everyone was respected, and to challenge them to respect themselves and others". The retreat takes place at the high school during the school day. School lunch will be provided or they can bring a bag lunch. This event is a favorite of the students, and we are excited to be able to provide them this amazing experience again this year! Please contact **Mrs. Van Dyke** with any questions.

From the Counseling Office

In the last newsletter we mentioned the new google classroom for seniors. Almost all seniors have joined but we would like to invite parents to join and get updates of what we are sending out as well. If you would like to join the new code for the Senior google Class is **rxzteq**.

National Honor Society

The fall 2018 applicants experienced the new and improved application process, and the advisors want to make the process more transparent for those eligible to apply in the fall of 2019 (those with a 3.6 cumulative GPA following an academic year). One component and change, which was optional this year but will be a requirement starting in the fall of 2019, is that applicants must be able to verify 10 hours of community service completed in the past 12 months. Applicants must also demonstrate ACTIVE involvement in a minimum of 2 activities (in or outside of school) with verification of involvement from advisors. Finally, one other significant change is that

applicants have to be able to demonstrate their leadership (might be as captain of a sport, but can also be assuming responsibility within a club or even a classroom) and have that verified. Abiding by national policy, the applications will be reviewed by an anonymous faculty council to determine which students best fulfill all four pillars of scholarship, service, character, and leadership. Advisors hope to have the applications ready for the 2019 eligible applicants by the August orientation night.

FREE student health career exploration opportunity!

NURSING

Thursday, October 18, 2018 – 5:30 to 7:00 PM

Aurora BayCare Medical Center / 2845 Greenbrier Road, Green Bay, WI 54311 Park outside the Main Atrium Entrance (Entrance A), use visitor parking

Students will have 2 stations, they will tour the Emergency Department 1st and then will break off into 2 groups; 1 group will be working hands on in the Emergency Department in a simulation type setting (a manikin that nurses train/orient with) and the 2nd stop will be learning how to give injections (on a mannequin arm). **Plan to arrive 10 minutes early for check-in.** For questions, please contact Tricia Eichhorn, tricia.eichhorn@aurora.org or (920) 288-3015

RADIOLOGY

Tuesday, November 13, 2018 – 5:30 to 7:00 PM

Aurora BayCare Medical Center / 2845 Greenbrier Road, Green Bay, WI 54311 Park outside the Main Atrium Entrance (Entrance A), use visitor parking

Students will get a tour of the department and view the different equipment used for each modality and they will also get to view pictures of x-rays taken in the department. **Plan to arrive 10 minutes early for check-in.** For

questions, please contact Tricia Eichhorn, tricia.eichhorn@aurora.org or (920) 288-3015

Online REGISTRATION is required. The parent/guardian consent form must be completed/signed and brought to the group career exploration site by any student under the age of 18 years.

You can also visit the Greater Green Bay Healthcare Alliance website to register. Visit ggbha.org. Hover over the "K-12 Outreach" tab. Click "Group Career Exploration" from the drop-down menu.

Junior Class Fundraiser

The Junior Class will have their fundraiser beginning **November 12th** and running through **November 26th**. They will once again have the option of either participating in the fundraiser or paying class dues. This is the only fundraising activity the class has planned prior to prom. Please look for more information coming home in early November and contact Mr. McDonald if you have any questions.

Class of 2019

Senior Photos need to be emailed to Mrs. Ulman by **January 1st!**
ulman@wrightstown.k12.wi.us

Scholarships and More

Check out our [Scholarship Page](#) on our [Counseling Website](#) to find scholarship information, [College and Career Events](#), [Job Opportunities](#), as well as other useful information.

PSAT at WHS

Attention Sophomores and Juniors: The PSAT will be offered at Wrightstown High School on **October 10th**, during **hours 1 through 4**. This test is a requirement if you want to be considered for the National Merit Scholarship. If you are interested in taking the test, please stop in the counseling office and sign up. The cost of the exam is \$16.

22nd Annual WHS Craft Sale

The big day for our annual craft sale this year is Saturday, **October 13, 2018**, from **9am-2pm**. Admission is \$2.00 while children 12 and under are free. Come see over 125 displays of craft items, as well as home-made baked goods, and raffle items donated by our crafters.

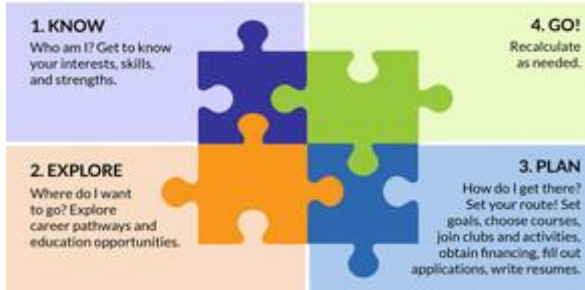
Parents, we need your assistance to pull off this big fundraising event to benefit students at WHS every year. Please sign up to [donate items](#), and/or to [donate your time](#), so we can have another successful year. We are in particular need right now for 2 adult volunteers to grill hamburgers and brats. Please also encourage your student to sign up for a volunteer shift, as well. There is a sign-up sheet for students in the Counseling Office.

NWTC Upcoming Events

- Biomedical Engineering Career Day @ Ki Center: Thursday, **September 27th**
<https://www.baw.org/events/baw-career-day>
- Trades & Engineering Ribbon Cutting: Mon, **October 1st**
<https://www.nwtc.edu/events/2018/september/trades-engineering-technologies-ribbon-cutting>
- NWTC Open House: Thursday, **October 11th**
<https://www.nwtc.edu/events/2018/october/fall-open-house>
- Professional Learning Day (teachers/counselors): Friday, **October 12th**
<https://www.nwtc.edu/events/2018/october/professional-learning-day>
- Utility Preview Day: Tuesday, **October 16th**
<https://www.nwtc.edu/events/2018/october/utility-preview-day>
- Campus Preview Day: Friday, **November 16th**
<https://www.nwtc.edu/events/2018/november/campus-career-day-1>

Academic & Career Planning (ACP)

4 Stages to Successful Academic and Career Planning (ACP)



and Career Cruising Home/Resources

Parent/Teacher Conferences

October 10th will be the first Parent/Teacher Conferences, at Wrightstown High School. Conferences are scheduled from 4:00-8:00 pm that evening. This [link](#) will take you to the sign-up to register with teachers for a specific time, or you can just show up that evening.

Healthcare Field Trip



Bellin College Hands on Healthcare field trip:
Monday November 5th

Sign up will be starting soon and traditionally has filled up very quickly. Please listen carefully for announcements to sign up if interested, first come first served basis. Health careers class will have the opportunity to sign up first, then seniors, juniors and sophomores until the slots are filled.

The field trip is from 9:00 am – 2:00 pm \$5 per student (lunch is provided for all who attend)

Bellin College has a passion for healthcare and wants to help teachers continue to inspire students to pursue such a worthwhile, needed career field. Below is a sample of possible rotations that all students will experience (subject to change):

#	Station
1	Heart Anatomy/3-D Anatomage table
2	PT/LAT (Bellin Health staff)
3	Patient Assessment
4	Trauma Simulation
5	Sterile Technique/Surgery Suite
6	Radiology
7	Ultrasound

Stop in the counseling office with questions.

Activities & Athletics Department

Winter sports are just around the corner, and clubs and activities are underway, with more starting in the near future. To take part, all students must have a valid physical on file with us for sports, while both sports and clubs/activities are required to



complete the [code of conduct process](#). Get ahead of the curve, and complete those steps, so there is no delay in participation for you! As always, contact us if you have any questions: caelwaerts@wrightstown.k12.wi.us or halfman@wrightstown.k12.wi.us.

Sophomore Planning Conferences

Sophomore Planning Conferences will begin soon! Although these meetings are called "planning conferences" I really believe they fit more into the Explore stage of the Academic and Career Planning process. During these sophomore planning conferences, we will meet with groups of students and take some time reviewing their transcripts, entering information into their career cruising accounts, exploring the career clusters they were matched with from their matchmaker assessment and more. We go through the common post high school options: World of work, Military, 4-year university, 2 year technical schools, Transfer Schools and Apprenticeships. It is our hope that as we expose the students to their options and have these conversations, they can start to see a connection between what they are doing presently in school to what they hope to be doing in the future. These meetings will be scheduled during your student's study hall.

Junior Conferences

Parents of juniors, a letter was sent home recently regarding junior conferences. If you haven't already contacted us to set up this 45-minute meeting that takes place during your student's study hall, please do so as soon as possible. You can call 920-532-0525 X6109, or email halfman@wrightstown.k12.wi.us

#WCSDStrong Follow Us and Share

Wrightstown Community School District is a fantastic place for learning. Join us on any of our social media pages to follow the exciting things happening here on a daily basis.



[Facebook - @WrightstownCSD](#)



[Twitter - @WrightstownCSD](#)



[Instagram - @wrightstowncscd](#)



[YouTube - WrightstownCSD](#)

Progress Reports / Oct. 5th (no longer being mailed home)

Progress reports will be available on-line beginning Friday, October 5th. Parents will be able to access their student's progress reports the same way report cards are accessed through Skyward Family Access, under the Portfolio tab. If you need your login, or password reset, please contact the high school office at 920/532-0525.

Wrightstown High School Counseling Department

Michael Olson, Counselor x6108

Amanda Kabat, Counselor x5017

Brenda Halfman, Counseling Assistant x6109

920-532-0525

<http://www.wrightstown.k12.wi.us/high/counseling.cfm>