

**Aquinas Middle and High Schools**  
315 South 11<sup>th</sup> Street  
La Crosse, WI 54601  
(608) 784-0156

**Upcoming Calendar Items to Note:**

**SEPTEMBER**

- 19-24      AMS STAR Assessment  
Charity Dress Down - Free will donation for the Willenbring Family  
***(Dress code bottoms and shoes, appropriate top and hat)***
- 20          Mid 1st Quarter
- 22          Applefest Parade 1:00 pm Marching Band
- 23          AMS Honor Level 1 \$10 Auction Buck Day
- 24          AMS Honor Level 1 Principal's Raffle
- 25          All School Mass - No Shorts  
9th Grade Class Retreat
- 26          Torchlight Parade 7:00 pm Marching Band  
AMS Honor Level 1 and 2 \$20 Auction Buck Day
- 27          No School-Diocesan In-Service  
6th - 8th grade dance team clinic
- 28          Maple Leaf Parade 10:00 am Marching Band
- 30          11th Grade Career Fair  
Parent/Teacher/Student Conferences

**OCTOBER**

- 2          All School Mass - No Shorts  
AMS Honor Level 1 & 2 \$20 Auction Buck Day  
Music Association Meeting 5:30 pm in 1st Floor Conference Room  
Financial Aid Night in Theater  
Parent/Teacher/Student Conferences  
Foundation Meeting at 5:00 pm in 1st Floor Conference Room
- 4          AHS Star Assessment-Math  
AMS Fall Pep Rally
- 5          Pins & Pirouettes in Theater

**Congratulations and Thank You to:**

- **Thank you** to those parents (and grandparents) who have signed up as substitutes for our schools. If you are interested in learning more about becoming a sub please contact [lisa.caya@aquinasschools.org](mailto:lisa.caya@aquinasschools.org)

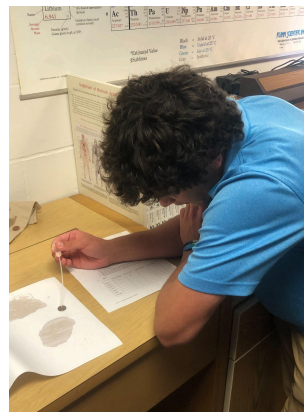
### **News and Upcoming Events 7-12:**

- **Home Athletic Events:** As we continue to enjoy ACS extracurricular activities, particularly on and off site events at the high school level, I kindly remind you to keep a close eye on your children throughout the event. Ensuring their safety is a top priority, and your attentiveness helps us maintain a secure and enjoyable environment for everyone. Our staff is dedicated to ensuring a safe and fun environment for all in attendance. Your assistance will help maintain that safe and enjoyable experience for all. Thank you for your cooperation and support!
- **TISSUES:** It's that time of the year again, and everyone is needing tissues. Middle school is stocked, but high school is in desperate need. If you can get an extra box on your next grocery store run, we would greatly appreciate it. Your child can bring it to the office. Thank you!!
- **ROBOTICS:** There will be a middle school/high school Robotics parent meeting on **Tuesday, 9/24/2024 at 6:00 pm** on the 3rd Floor in the library.
- **Pins and Pirouettes** tickets on sale now in the office! \$10/student and \$20/adult.
- **LOCKER ROOM PROTOCOL:** Students who utilize the locker rooms are responsible for the security of their own belongings. We highly recommend that students bring their own locks. All students are provided with a secure hallway locker to use during the school day and should only be using the locker rooms for athletics or P.E. classes.
- **SAVE THE DATE:** Pins and Pirouettes will be **Saturday, October 5th at 7 pm.** Tickets on sale soon!
- **October 16th** we will have a presentation from Mike Domitrz from the Center for Respect. Please see the information attached below on the presentation.
- **AP EXAM INFO:**
  - AP Exam ordering deadline is **October 4th**, the fee is \$99 per exam. All AP exams will be taken electronically on school issued chromebooks
  - Exams canceled after Nov 15th will be charged \$40
  - If you have any questions please contact the AP coordinator, Mr. Wissing at [john.wissing@aquinasschools.org](mailto:john.wissing@aquinasschools.org)
- **ADVERTISING:** Are you interested in advertising your business with ACS? Contact the Booster Club today!
- **WEIGHT ROOM OPEN HOURS FOR FALL**

- M, T, W, TH 6:00-7:30 am
- T/TH 3:00-4:30 pm

**Student Spotlight:**

- In the Environmental Class, Rase Bakalars, Eli Horstmann, and Isaac Schelfhout are applying the scientific method skills they learned on which coin will hold the most number of drops of water and if it mattered which side of the coin is used in this process too. Students were amazed at the numbers of drops of water that could hold onto the coins based on the water's hydrogen bonds that increase its surface tension property.




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**AHS/AMS Student Services Weekly News**

***The Past Few Weeks***

- Google Classrooms - Juniors and Seniors should be checking their "Class of" Google Classroom often for announcements regarding college applications, deadlines, rep visits and other general information important to future planning!
- WTC is hosting their High School Manufacturing Day on Tuesday, October 15th. We were offered 8 spots for this unique opportunity. We have filled our spots, however, we'll accept two more in case one of the eight cannot make it. Please see Mrs. Reuteman if interested.

***Next Week***

- Viterbo Nursing Showcase, September 27th, 8:30 AM - 11:00 AM in the Viterbo University Nursing Center. Sign up to attend at [www.viterbo.edu/visit](http://www.viterbo.edu/visit)
- September 27th registration for the ACT Prep Class is needed. Class dates would be October 1st and 3rd from 3:30 PM -6:30 PM. This six-hour workshop emphasizes specific test-taking strategies for each of the five ACT subject tests. Through hands-on practice with each section and different types of questions, students will learn how to be successful on this unique and challenging college entrance exam. The course is \$100 total, \$80 for the class and \$20 for the book. There is a sign up form in Student Services. When you sign up you will get a registration form to take home and fill out. Once you have that filled out, please return with a cash or check payment to Student Services.
- Viterbo dual credit opportunity is available. The contracts will be located in Student Services. If the student is interested in completing the dual credit option to earn Viterbo credit they have until October 15th to complete and submit the contract. If they have questions, please see student services.

### ***In the Future***

- Viterbo Nursing Showcase, September 27th, 8:30 AM - 11:00 AM in the Viterbo University Nursing Center. Learn about Viterbo's nursing program, admissions requirements and direct admission track, local healthcare partnerships, scholarship opportunities, transferring college/AP credit, and visit Viterbo's simulation center. SIGN UP TO ATTEND at [www.viterbo.edu/visit](http://www.viterbo.edu/visit).
- Financial Aid Night, October 2, 6:00 pm in Aquinas Theatre
- WESTERN OPEN HOUSE, October 9, 4:00-7:00 p.m. Apply for free and enter for a chance to win a \$500 scholarship. More information at [www.westerntc.edu/openhouse](http://www.westerntc.edu/openhouse)
- Attention Junior Parents - Student Services will be holding Junior Conferences the last week of October and the month of November. This is a time for the student, parent and counselor to discuss progress towards graduation, career exploration and post high school planning. More information will be sent out soon to sign up for a meeting time.
- **Wisconsin Educators Fair** - Monday, September 30th. All juniors will attend this event at the La Crosse Center. Students will have access to over 100 colleges, universities, military branches, and specialty schools.

- **Career Exploration - Open house information below!**
  - Tuesday October 1 5PM – **ENGINEERING & MORE** - <https://www.facebook.com/events/394278923423785/>
  - Wednesday October 9, 4PM – **AVIATION** - <https://www.facebook.com/events/487740927376852/>
  - Monday October 14, 6PM – **LAW ENFORCEMENT** - <https://www.facebook.com/events/8424708267589061/>
  - Thursday October 17, 5:30PM – **FIRE & EMS** - <https://www.facebook.com/events/847140197522976/>

<b><i>College/Workplace Visits (Junior/Senior)</i></b>
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- UW Eau Claire - September 24, 1:30-2:30 in Student Services
- Western - September 25, 11:48-12:59 in Commons during lunches  
Please fill out this Google doc if you are interested in connecting with Western  
[Aquinas High School - Western Technical College Lunch Hour Sign-Up](#)
- UWL - October 3, 11:16-12:35 in Commons during lunches
- Grand Canyon University - October 8, 11:48-12:59 in the Commons during lunches
- Viterbo - October 10, 11:16-12:35 in the Commons during lunches
- The Salon Professional Academy - October 10, 11:16-12:35 in Commons during lunches
- US Army & Army Reserve, October 21, 11:16-12:35 in Commons during lunches
- Ripon - October 23, 11:48-12:59 in Commons during lunches
- Western - October 23, 11:48-12:59 in Commons during lunches

**Student Services**

Ms. Mackenzie Hallett    mackenzie.hallett@aquinasschools.org  
 Mrs. Callie Reuteman    callie.reuteman@aquinasschools.org  
 Mrs. Tanya Vaughn      tanya.vaughn@aquinasschools.org



# ART NEWS

STAY IN THE LOOP WITH AQUINAS ART ANNOUNCEMENTS!

## Middle & High School Art Club

- Every Tuesday after school in Mrs. Hancock's classroom.
- Everyone is welcome to these open studio nights.
- Bring or borrow materials.



- Check out the Aquinas Middle/ High School Art Gallery
- <https://www.artsonia.com/schools/school.asp?id=118356>

## What's next?



- Updated information on this will be given the end of September to Mid October for those high school students interested in this competition.
- See Mrs. Arias or Mrs. Hancock if you want to be part of the team of 12 going to UWL.
- For an overview check out [Visual Arts Classic](#).







## THE 3RD ANNUAL GREAT PUMPKIN CARVING/ DECORATING CONTEST

- Bring your own pumpkin.
- Decorate in Mrs. Hancock's Room on October 22 after school or bring already decorated that morning.
- Pumpkins will be judged for small prizes.

## Around Town



	<p>Check on current classes and exhibits here</p> <p><a href="#">🌐 PHRAC Homepage - Pump House Regional Arts Center</a></p>
	<p>Check on current classes and studio times here</p> <p><a href="#">🌐 La Crosse Clay Center</a></p>
	<p>Check on current classes and merchandise here</p> <p><a href="#">🌐 Make It on Market</a></p>
	<p>Check on current classes, hours, and offering here</p> <p><a href="#">🌐 Studio   All glazed Up   La Crosse</a></p>

*Save the Date*

12TH ANNUAL

# Pins & Pirouettes

OCTOBER 5, 2024 ~ 7:00PM

AQUINAS THEATER

Featuring:  
Aquinas Wrestling Team &  
Aquinas Dance Team





**BOYS & GIRLS CLUBS  
OF GREATER LA CROSSE**

# **AQUINAS YOUTH BASKETBALL**

## **3RD-8TH GRADE PROGRAM PARENT MEETING**

**BOYS & GIRLS: WEDNESDAY, OCTOBER 2**

**5:30 PM @ AQUINAS HIGH SCHOOL COMMONS**

**(ONE PARENT FOR EACH ATHLETE MUST ATTEND)**

**REGISTRATION DEADLINE: OCTOBER 9**

## **GIRLS**

### **3rd-6th Grade Girls**

Teams practice 2 times per week from October through February. Teams are scheduled for weekend league games & tournaments mostly occurring Saturdays

### **3rd-6th Grade Tip-Off Camps**

@ Mathy Boys & Girls Club

**Monday, October 21 (3:45-5:15pm)**

**Wednesday, October 23 (3:45-5:15pm)**

### **7th & 8th Grade Girls**

Teams practice 2-3 times per week from October through December. Teams are scheduled for weekend tournaments mostly occurring Saturdays

### **7th & 8th Grade Tip-Off Camp & Evaluations**

@ Erickson Boys & Girls Club

**Sunday, September 29 (2:30-4:00pm)**

**Sunday, October 6 (2:30-4:00pm)**

**Sunday, October 13 (2:30-4:00pm)**

## **BOYS**

### **3rd-6th Grade Boys**

Teams practice 2 times per week from October through March. Teams are scheduled for weekend league games & tournaments mostly occurring Saturdays

### **3rd-6th Grade Tip-Off Camps**

@ Mathy Boys & Girls Club

**Monday, October 14**

**3rd/4th: 4:30-5:30pm - 5th/6th: 5:45-6:45pm**

**Monday, October 21**

**3rd/4th: 5:15-6:15pm - 5th/6th: 6:15-7:15pm**

### **7th & 8th Grade Boys**

Teams practice 2-3 times per week from December through March. Teams are scheduled for weekend tournaments mostly occurring Saturdays

### **7th & 8th Grade Tip-Off Camp & Evaluations**

@ Erickson Boys & Girls Club

**Sunday, October 13 (4:00-5:30pm)**

**Sunday, October 20 (4:00-5:30pm)**

**All players trying to make upper level teams must attend evaluations**

### **Activity Fees**

**3rd & 4th Grades: \$125.00**

**5th-8th Grades: \$150.00**

**Custom Uniform Fee\* (all ages): \$60.00**

**Practice Jersey Fee\* (all ages): \$15.00**

*\*if needed, custom uniform & practice jersey are same as last season*

**ONLINE PROGRAM REGISTRATION & PAYMENTS CAN BE COMPLETED AT:**

<https://boys-girls-clubs-of-greater-la-crosse.sportngin.com/register/form/210826248>

Please contact [Toni.Waughtal@bgclax.org](mailto:Toni.Waughtal@bgclax.org) for additional information

Dear Families,

We are grateful for your continuous support of our school community. I would like to inform you about an upcoming assembly for Aquinas High School students. The presentation will feature Mike Domitrz from the Center for Respect. Mike is a nationally known speaker who has been featured on NBC Dateline, has been inducted into the National Speakers Association Hall of Fame and is the author of several books. His presentation is scheduled for Wednesday, October 16 at 9:00 a.m. in the Aquinas Theatre. This important presentation will cover critical topics including:

- Honoring the boundaries of one's self and others
- Understanding the importance of consent (asking first)
- Intervening when disrespect is occurring in front of you
- Supporting survivors of sexual assault
- Addressing today's pressures, such as sexting and pornography
- Building a healthier school culture

Given the serious nature of sexual assault, we believe it is essential for our students to engage in these discussions. If any students feel uncomfortable, counselors will be available before, during and after the presentation for support. Additionally, parents have the option to opt their child out of this assembly if preferred.

For more information please visit the Center for Respect website <https://www.centerforrespect.com/k12/>

If you have any questions or concerns please feel free to reach out to student services. Thank you for your understanding and support in fostering a safe and respectful environment for our students.

# EXPLORING™

DISCOVER YOUR FUTURE

**Discover a career in  
Law Enforcement!  
Join the La Crosse  
Police Department  
through a variety of  
hands-on experience!**



## Explore and learn:

- Patrol Procedures
- Criminal Law
- Search and Seizure
- Basic First Aid & CPR
- Defense & Arrest Tactics
- Traffic Control
- Crowd Control
- Accident Investigation
- Crime Scene Search Techniques and more!

**Meets every other  
Monday from 6-8 PM**

### FIRST SESSION:

Monday October 14th, 2024, 6 PM  
La Crosse Police Department  
400 La Crosse Street, La Crosse, WI

**Contact Officer Jovanna Nedland,  
nedlandj@cityoflacrosse.org**

The program runs from October through May 2025.  
Open to all local area high school students.  
R.S.V.P. to the first session using the  
QR code or learn more at [www.GatewayExploring.org](http://www.GatewayExploring.org)

# EXPLORING™

DISCOVER YOUR FUTURE

**Discover a career in  
Fire and Emergency  
Medical Services!  
Join several local  
departments through  
a variety of hands-on  
experience!**



## Explore and learn:

- Fire Attack
- Engine/Water/ Ladder Ops
- EMS
- Search & Rescue
- Communication Equipment
- Fire Simulations
- CPR & First Aid

## Meets on 2nd & 4th Thursday from 5-7 PM

### FIRST SESSION:

Thursday, October 17th, 2024

5:30 – 6:30pm

Shelby Fire Station

2800 Ward Ave, La Crosse, WI

Contact Sara Horstman at  
[fire.emsexplorers134@gmail.com](mailto:fire.emsexplorers134@gmail.com)

The program runs from October through May 2025.  
Open to all local area high school students.  
R.S.V.P. to the first session using the  
QR code or learn more at [www.GatewayExploring.org](http://www.GatewayExploring.org)

# EXPLORING™

DISCOVER YOUR FUTURE



**Pilot**



**Engineer**



**Firefighter**



**Police Officer**

Check out these hands-on programs with people already working in these fields!

**ONLY 20 SPOTS AVAILABLE IN EACH PROGRAM!**

Open to all local area high school students.

Scan QR Code or learn more at

[www.GatewayExploring.org](http://www.GatewayExploring.org)

