

November Newsletter

UPCOMING DATES ...
FOR CURRENT SPORTING
EVENT INFORMATION,
PLEASE GO TO:

[HTTP://WWW.MISHICOT.K12.WI.US](http://www.mishicot.k12.wi.us)

IMPORTANT DATES

November 3rd

Fiddler on the Roof – Opening Night
@ 7pm

November 4th

Fiddler on the Roof – 7pm

November 5th

Fiddler on the Roof – 2pm

November 7th

Election Day

Term 1 Final Exams – Blocks 1 & 3

November 8th

Term 1 Final Exams – Blocks 2 & 4

End of 1st Term

November 13th

School Board Mtg @ 5:30pm

FFA Fruit Sate Kick Off

November 14th

GBB @ Two Rivers

November 15th

Early Release

November 16th

GBB @ Chilton

November 17th

GBB @ Manitowoc Lutheran

BBB @ Brillion

November 21st

GBB @ Cedar Grove

BBB @ Two Rivers

November 24

Wrestling @ Mishicot

November 23rd – 24th

No School

November 27

School Board Mtg @ 5:30pm

GBB vs Gibraltar

November 28

BBB vs Manitowoc Lutheran

November 17th

GBB vs Reedsville



Paul J. Orlich

High School Principal/Director of Instruction

Ms. Terri Risch

Activities Director

Ms. Marci Kuhn

Academic Advisor

Ms. Sara Greenwood

School Counselor

Dear Mishicot parents and students,

As I reflect upon the school year thus far, I find it difficult to believe that we are already entering November. The first two months of the school year have given us much to look back at and admire.

We experienced a wonderful homecoming week in which our students actively participated in a wide variety of activities, culminating in a football win over Ozaukee. Throughout homecoming week our students conducted themselves in a manner which reflects great credit upon themselves as well as Mishicot High School.

Congratulations to our football team in making it to the playoffs, as well as our girls' volleyball team on having a wonderful season. I also had the pleasure of attending the induction of five new members into the National Honor Society. These students have not only distinguished themselves as being leaders in the classroom, but in the community as well.

As we move further into the school year, I often receive questions from parents as to how they can assist their child in improving his or her ACT scores. ACT score improvement not only impacts a student's ability to get into the university or college of their choice, but it can have an impact on the cost of education as well. By improving ACT scores students open themselves up to an increased opportunity to obtain scholarships or grants which can lessen the costs of higher education. In an effort to help families with the rapidly rising costs of college, MHS is looking to partner with parents in increasing MHS student ACT scores. Students will be taking a practice ACT test on November 15th after which staff will provide lessons during academic planning time to bolster student scores on all areas of the test. We want to be clear, we are NOT teaching to the test. Rather, we are sharing solid techniques successful ACT test takers utilize to improve their scores. The free state ACT will be administered on February 27th.

Additionally, we would like to offer ACT workshops on increasing ACT scores in the areas of language arts and math for current juniors. These workshops would be offered either in the evening or on Saturday mornings during January and February. It is anticipated that there would be four sessions, each approximately 3-4 hours long. The workshops would be offered **AT NO COST**, except for the purchase of a low cost preparation manual. If there is ample interest we will offer the no cost workshops. **If you are interested in having your child participate in the workshops please complete the attached interest form and either email it to porlich@mishicot.k12.wi.us or mail it to Mishicot High School, P.O. Box 280, Mishicot, WI 54228.**

As always, if you have any questions or concerns, please contact me any time.

Yours in Education,

Paul J. Orlich

**GRADUATION
ADS DUE
DECEMBER 1ST**

SENIOR PARENTS:
GRADUATION
Ads due Dec 1st.

This is an opportunity to get a personal message in the yearbook. Put those adorable baby pictures plus a comment in the yearbook. Forms are in the office, on HS ART room door and on Facebook.

Mishicot High School to Present – Fiddler on the Roof

Save the date for Fiddler on the Roof! It is a journey following Tevye the diaryman in a Jewish, Russian village that celebrates the ups and downs of family and tradition while staying hopeful for future prosperity, good health, and happiness in life. The score includes enduring classics such as "Matchmaker," "If I Were a Richman," and "Sunrise, Sunset." November 3rd and 4th at 7:00PM and November 5th at 2:00PM in the Performing Arts Gym. Event parking located in the back of the school near the varsity gym lobby. Tickets are \$8 at the door - general admission. Come be a part of tradition!



**1st TERM EXAM
SCHEDULE**

Tuesday, November
7th – Blocks 1 & 3

Thursday, November
8th – Blocks 2 & 4



MUSIC THEATER STUDENTS VISIT FOX PAC

Music Theater students had the opportunity to travel to the Fox Cities Performing Arts Center as a part of the Center Stage Awards program to work with three individuals from DIAVOLO, most recently known for their performances on America's Got Talent. During the workshop, students participated in several exercises about movement, dance, teamwork, and trust.

Just a few days later, students also listened in on a live Skype session with former Center Stage Awards program member, Joshua Gross, from the Broadway tour of Les Miserables. In 2012, he was named winner of the Jimmy Award for Best Performance by an Actor through the National High School Musical Theatre Awards, a program our Mishicot students are a part of through the Center Stage awards. During the Skype interview, he discussed life on tour and what it took to get him from a high school Center Stage program to performing with a roadway tour, including advice for high school performers.



Healthy Snacking

submitted by Chris Krepline, MS/HS P.E. Teacher, MS Athletic Director

Defining and Timing Healthy Snacks – Excerpts from article by Andrea Q. Vintro, MS, RD, CSSD, LD for ncaa.org

The Mishicot athletic department believes that proper nutrition is important for all athletes at all levels!

The Importance of snacking for student-athletes Collegiate athletes have higher energy needs than nonathletic peers, making it harder to consume their required daily calories through a typical three-meals-per-day structure. This places importance on snacks as a strategy for obtaining additional nutritious foods. Moreover, demanding schedules of classes and sports make it unlikely to have three sit-down meals each day, so planned snacks may be even more important to ensure optimal nourishment.

Defining and timing healthy snacks “Snack” has no clinical definition, but it is commonly known as smaller amounts of food eaten between larger meals. Heavy marketing by food manufacturers has influenced the public’s perception that snack foods are highly processed and come in packages, but in reality, snacks can consist of healthy, whole foods. Snacking on healthy, whole foods such as fruit and vegetables has been shown to have a positive impact on weight, whereas persons who snack on processed foods between meals have an increased risk for obesity.^{5,6} Snacks can be packaged for convenience, but most snacks should consist of the same foods recommended for an athlete’s daily diet: whole foods including fruits, whole grains, vegetables, lean protein, and healthy fats.⁷ To ensure nutrient variety, most snacks should be mixed (e.g., contain more than one food group), with the exception of snacks consumed very close to exercise.

Snacking situations

Before exercise. Snacking before exercise helps maximize glycogen stores and maintain glucose levels so the body is prepared for, and can adapt to, training; it also minimizes exercise-associated muscle damage.

During exercise. For most athletes, it is unnecessary to ingest nutrients other than water during low- to moderate-intensity activities lasting 90 minutes. However, in endurance-type or high-intensity sports lasting longer than 60 to 90 minutes, consumption of about 30 to 60 g of carbohydrates per hour (predominantly high-glycemic carbohydrates) has been repeatedly shown to extend endurance performance.

After exercise (recovery). Ingesting a combination of protein and carbohydrate within 30 minutes after exercise is important for recovery. The amount depends on duration and intensity of exercise, but for most athletes 15 to 30 g of protein and 2 to 4 times that amount of carbohydrates are recommended.

Snack mishaps

Athletes should be encouraged to avoid these common snacking mistakes:

- **Skipping a snack because timing or type of food isn’t ideal.** Generally, eating something is better than nothing. Athletes should stash extra portable snacks in gym bags, lockers, and cars – and replenish regularly.
- **Eating too large of a snack before exercise.** This often happens if meals earlier in day did not supply enough nutrition, resulting in super-sized appetites before activity.
- **Not planning snacks for the day.** Unplanned meals and snacks often result in less-than-optimal choices, because impulse eating can take over when hunger sets in.
- **Skipping recovery snacks after exercise (thinking it will help with weight loss).** Delaying recovery nutrition not only misses the window for maximum glycogen re-synthesis priming the body for the next workout, but also limits muscle growth, reducing total lean body mass.
- **Eating only processed sport foods as snacks.** When only highly processed sport foods replace whole foods at snack time, a great opportunity to consume fiber, vitamins, minerals and phytochemicals is missed.

If you are interested in the full article it can be found at:

<http://www.ncaa.org/health-and-safety/sport-science-institute/defining-and-timing-healthy->

ANNUAL FFA FRUIT SALE

The annual FFA Fruit sale runs 11/13 to 11/27 and fruit, meat and cheese can be purchased from any of our 100 FFA members or by contact advisors Jamie

Propson, jpropson@mishicot.k12.wi.us or

Justin

Gerlach, jgerlach@mishicot.k12.wi.us or 920-755-2311.



SENIOR PICTURE REMINDER

The due date for Senior Pictures is Nov 1st please get your photos turned in ASAP to guarantee placement in the yearbook.



Mishicot High School
660 Washington Street
Mishicot, WI 54228

Phone 920 755 2311
Fax 920 755 2390
E-mail
porlich@mishicot.k12.wi.us



We're on the Web!

www.mishicot.k12.wi.us/hs

Non-Discrimination Notice

The School District of Mishicot does not discriminate on the basis of any characteristic protected under State or Federal law including, but not limited to, gender, race, religion, national origin, ancestry, creed, pregnancy, marital status, parental status, sexual orientation, or physical, mental, emotional, or learning disability in any of its student programs and activities. Specific complaints of alleged discrimination in any of the areas noted above should be referred to: Coordinator of Alternative Services, 660 Washington Street, Mishicot, WI 54228 (1-920-755-4633). Complaints may be filed with the Office for Civil Rights – Region V, 300 South Wacker Drive, Chicago, IL 60606 (1-312-353-2520).

Life Skills (TACKLE) Holiday Order 2017

Independent Living Skills Holiday Order 2017
T.A.C.K.L.E.

Teaching And Connecting Kids Learning Environments through Life Skills Instruction

Independent Living is a community-based instructional program for students with special abilities/needs in the Mishicot School District. Its main purpose is to provide extra instruction to students within various community settings and natural environments. These students also create and sell items they make to earn money to help pay for their community outings. The Independent Living program is designed to help increase student independence in life skills areas while developing employability skills. The profits from the sale of our crafts and goods are used to support the program and experiences. If you are wondering what to give someone on your holiday list, consider placing an order. Your order is appreciated! We thank you for your support of a valuable program for some truly special students.

To place an order:

- **School employees:** Please place completed forms in Ms. Hrubecky's mailbox by Wednesday, November 29, 2017.
- **Parent/Guardian of Mishicot School Students:** Please send order with your child and mark the envelope "Life Skills – Ms. Hrubecky" by Wednesday, November 29, 2017.
- **Community member:** Please mail orders or drop them off in either office by Wednesday, November 29, 2017.

You can mail to the attention of:
Theresa Hrubecky
660 Washington St.
P.O. Box 280
Mishicot, WI 54228

Students from the Life Skills class and/or the Life Skills instructor(s) will be in contact with you to make arrangements for pick up once the order is ready. Please make certain your name and phone number are included on the order form. Orders will be ready for pickup December 18th - 22nd. If you need any items earlier than this, please let us know. Checks can be written to the Mishicot School District either upon order or upon delivery.

Thank you, Theresa Hrubecky, High School Independent Living Skills Instructor
(attached copy PDF of the order form)

Graduation Order Information

Jostens will be here in November to take orders for graduation gowns, announcements and other items. Students will receive an order form on Tuesday, November 14 during advisement to take home and share with their family. Jostens will return on Friday, November 17th from 7:15 - 7:55 to pick up order forms. If you are unable to be there that Thursday morning, please get your forms to Ms. Hoffman beforehand. If you have any questions please contact Ms. Hoffman at shoffman@mishicot.k12.wi.us or 755-3297.

