



## ¿CONOCE FAMILIAS DE 8° GRADO INTERESADAS EN AHS?



Las reuniones informativas de selección de cursos para padres/estudiantes actuales de 8° grado se llevarán a cabo el lunes 8 y martes 9 de enero por la noche. Los detalles sobre estas sesiones se enviarán a casa por correo postal a las familias de octavo grado de Parkview.

*Si conoce otras familias que puedan estar considerando Ashwaubenon High School en 2024-25, animelos a que se comuniquen con AHS.*

## Vacaciones de invierno

25 de diciembre de 2023 - 2 de enero de 2024

Todas las oficinas de la escuela secundaria estarán **CERRADAS** durante las vacaciones de invierno.



## DECLARACIÓN DE MISIÓN

La comunidad de aprendizaje de AHS proporciona un entorno seguro y afectuoso que inspira a todos los estudiantes a alcanzar su máximo potencial.





## Exámenes/evaluaciones finales

Los exámenes y evaluaciones finales del primer semestre se administrarán la semana del 18 al 19 de enero de 2024.

Los detalles se compartirán después de las vacaciones de invierno.



### ACTUALIZACIÓN IMPORTANTE:

**La fecha del examen ACT se cambió al martes 12 de marzo de 2024.**



## Fechas importantes:

Las siguientes fechas han sido programadas como días no escolares u otras fechas importantes para la escuela secundaria. Márcalos en tu calendario.



|                     |  |
|---------------------|--|
| 7/12/23             | Conferencias de padres y profesores<br>4-8 p.m.                      |
| 8/12/23             | Salida anticipada de 2 horas   |
| 11/12/23 - 15/12/23 | Selecciones de cursos para el Año escolar 2024-25                    |
| 25/12/23 - 2/1/24   | Vacaciones de invierno - No hay clases - Oficinas de AHS cerradas    |
| 3/1/24              | Currículums Escolares  |
| 12/01/24            | Salida anticipada de 2 horas   |
| 15/01/24            | Día de Martin Luther King - No hay clases                            |
| 18/01/24            | Salida temprana a las 11:30 a. m.                                    |
| 19/01/24            | Prácticas docentes: no hay clases Fin del semestre 1                 |
| 22/01/24            | Servicio de maestros - No hay clases                                 |
| 15/02/24            | Salida anticipada de 2 horas   |
| 16/02/24            | Servicio de maestros - No hay clases                                 |
| 29/02/24            | Conferencias de padres y profesores<br>4-8 p.m.                      |
| 3/1/24              | Salida anticipada de 2 horas   |
| 8/03/24             | No hay clases  |
| 12/03/24            | Gramo. 9, 10 y 12 - Jornada Escolar Virtual Gr. 11 Exámenes ACT - AM |
| 25/03/24 - 29/03/24 | No hay clases - Vacaciones de primavera<br>Oficinas de AHS cerradas  |



## Coros de AHS presentes:

### “Sígueme en Feliz Medida” Una Cena Madrigal

Jueves 7 de diciembre (Coro de  
Concierto y Coro de Agudos)

&

Viernes 8 de diciembre (Coro Concierto y  
Coro Mixto)

Una cena de madrigal es una forma de  
cena teatral con disfraces renacentista  
que se lleva a cabo durante la temporada  
navideña. Incluye una comida dividida en  
platos intercalados con parodias  
cómicas y canciones tradicionales.

Las presentaciones se llevarán a cabo en  
el Centro Comunitario Ashwaubenon  
(900 Anderson Dr.), las puertas se  
abrirán a las 6:45 p. m. y el espectáculo  
comenzará a las 7:30 p. m.

Los boletos para asientos en el salón  
(\$5.00 - solo bebidas y postres) están  
disponibles para la venta hasta el 4 de  
diciembre a las 3:00 p. m., pero también  
estarán disponibles en la puerta la noche  
del viernes.



## Sorteo de libros navideños de AHS

Cada estudiante de AHS puede  
participar en este sorteo una vez. Por  
cada día escolar (¡más algunos días extra  
antes de Navidad!), se entregará al  
menos un libro a un estudiante que  
complete el formulario de Google  
vinculado en los anuncios diarios.

Cada día se elegirá al azar un estudiante  
ganador. Los ganadores serán  
notificados por correo electrónico y  
tendrán la oportunidad de elegir un libro  
durante la AFP del día siguiente. Si tiene  
alguna pregunta, envíe un correo  
electrónico a la Sra. Hilgemann:  
[lhilgemann@ashwaubenonk12.org](mailto:lhilgemann@ashwaubenonk12.org). ¡Feliz  
lectura!

“  
**¿Está interesado en ganar  
un libro gratis durante  
nuestro sorteo de libros  
navideños de AHS?**  
”





# Fall 2023 All-Conference Student-Athletes

**Cross Country**

2nd Team- Ryan Jadin  
 3rd Team - Ashtyn Andersen, Benjamin Buchmann, Brady Wallace

**Volleyball**

Honorable Mention - Gianna Guarascio

**Football**

1st Team - Mitchell McKinnon OL, Gus Newel RB, Easton Hockers DE  
 2nd Team - Jacob McVane FB & LB, Lucas Popp DB, Ian Aoki ILB  
 Honorable Mention - AJ Uhl K & P, Brady Wilker OL

**Boys Soccer**

Honorable Mention - Carter Bona Midfielder, Gavinn Rein Goalkeeper

**Girls Tennis**

2nd Team - Jordan Domnick Flight 1 singles, Khali Wickert Flight 4 singles  
 Honorable Mention - Elly Kirst Flight 3 doubles, Kaitlyn Hankermeyer Flight 3 doubles, Sarah Beaudou Flight 3 singles

**Girls Swim**

Sienna Nitke- 1st team- 200 Free, 100 Free, 200 Free relay, & 400 Free relay, & Swimmer of the year!  
 Erin Schuch- 1st team 400 Free relay, 200 Free Relay, & 500 Free, 2nd team- 50 Free  
 Emma Kozloski- 1st team 400 Free Relay & 200 Free Relay  
 Charlotte McNicoll- 1st team 400 Free Relay & 200 Free Relay

## State Appearances

**Girls Tennis**

Jordan Domnick - Singles

**Cross Country**

Ryan Jadin - 72nd place

**Girls Swim**

**State Champions!**

Sienna Nitke 100 Freestyle and 200 Freestyle  
 Erin Schuch 500 Freestyle

Sienna Nitke- 200 Freestyle relay (2nd place), 400 Freestyle relay(3rd place)  
 Erin Schuch- 200 Freestyle relay(2nd place), 400 Freestyle relay(3rd place), 200 Freestyle(4th place)  
 Emma Kozloski- 200 Freestyle relay (2nd place), 400 Freestyle relay(3rd place), 500 Freestyle(8th place)  
 Charlotte McNicoll- 200 Freestyle relay(2nd place), 400 Freestyle relay(3rd place)  
 Berritt Herr- 200 Freestyle relay(2nd place), 400 Freestyle relay(3rd place)  
 Nadia Perez- 200 Freestyle relay (2nd place), 400 Freestyle relay(3rd place)  
 Team placed 4th





## ONLINE Code Agreement Required for All AHS Athletes

If you would like to play on a sports team at Ashwaubenon... **ALL 9th-12th grade Student-Athletes & Parents** are required to complete their ONLINE Code of Conduct Agreement and Sports Team Registration at the beginning of **EACH** school year.

*Even if you don't plan to play a sport until Spring, please go ahead and complete this online requirement now!*

This online process allows you to provide us with your:

- **Emergency Contact** info
- **Physical Exam** info
- **Concussion / Sportsmanship** info acknowledgement
- **Parental Consent**
- **Co-Curricular Code of Conduct Agreement**

To access the Online Code Agreement/Team Registration, please visit the **ATHLETICS** page on our AHS website: [www.ashwaubenon.k12.wi.us](http://www.ashwaubenon.k12.wi.us)

### *Here's what else you need to participate in an AHS sport:*

- **Physical Exam** – Current WIAA Physical Exam form signed by a doctor must be on file in the AHS Office. NOTE: For the 2023-2024 school year, exams must have taken place **April 1, 2022 or later** to be considered current. Exam forms can be downloaded from the Athletics page on our website (most doctors offices also have them on hand). Signed/dated physical exams may also be scanned and submitted via the new online registration process, or emailed to [akrueger@ashwaubenonK12.org](mailto:akrueger@ashwaubenonK12.org)
- **Co-Curricular Code of Conduct Meeting** – Several Code of Conduct Meetings are held throughout the school year for Freshman Athletes and New Student Athletes to attend with a parent/guardian. It's required for all Freshman Athletes and New-Student Athletes and a parent/guardian attend one of these meetings.

**Next meeting is Wednesday February 28th, 2023 at 6:30 PM in the AHS Auditorium**

*Happy Holidays!*

All Jaguar events are cashless entry!

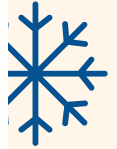


---

# BUY TICKETS ONLINE

---

USE THE QR CODE BELOW, OR  
VISIT GOFAN.CO & SEARCH  
ASHWAUBENON HIGH SCHOOL



# 2024 YEARBOOK



The Ashwaubenon High School yearbook captures today's memories to enjoy for a lifetime.

**Don't miss out — reserve your copy today!**

### WAYS TO ORDER:



**ONLINE**

JOSTENSYEARBOOKS.COM



**SCAN**



**CALL**

1.877.767.5217  
8AM-5PM CST  
MONDAY-FRIDAY

#### OTHER HELPFUL INFO:

Search Ashwaubenon High School. Cost is \$65 if you purchase now!  
Any questions? Contact Ms. Krueger at [akrueger@ashwaubenonk12.org](mailto:akrueger@ashwaubenonk12.org)

**JOSTENSYEARBOOKS.COM**

©2023 Jostens, Inc. 23\_1125038723

Seniors upload your Senior photo to the yearbook today!

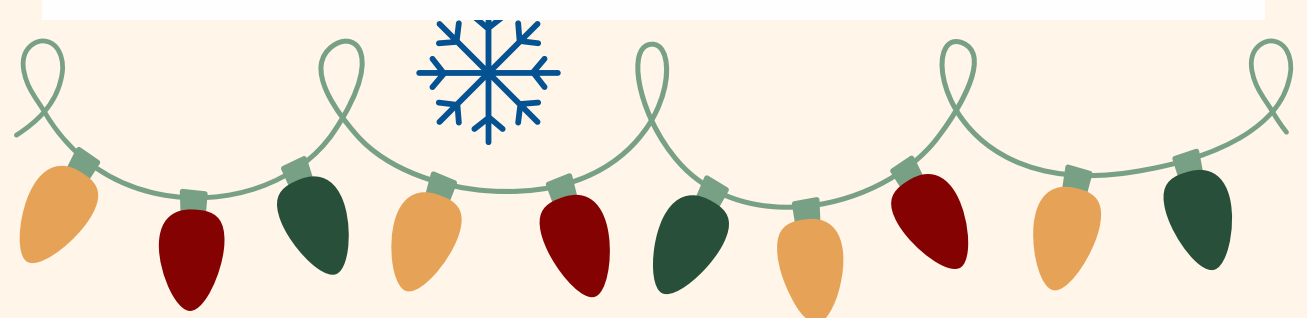
Senior photos must be submitted by March 1st, 2024

Scan the QR code or follow this link to submit -

<https://images.jostens.com/02Foa7pne6sf2IhrSAhiIwg>



if you are prompted for an ID please enter this Id: 02Foa7pne6sf2IhrSAhiIwg



# WELLNESS TODAY

for parents



## HOW TO FEEL GRATITUDE EVEN DURING CHALLENGES

Consciously and consistently practicing gratitude can reduce stress and anxiety, increase happiness, and decrease depression. Despite the goodness that comes from gratitude, practicing gratitude can seem nearly impossible during hard times. Here are some tips for helping your children practice gratitude, even during challenges.

- **Talk about challenges.** Pick a time of day when you can sit down with your children and encourage them to share their "highs" and "lows" of the day or week. Talk about yours as well. This shows your children that life has ups and downs, and that while your family acknowledges the "lows," you can choose to give more focus toward the "highs" by practicing gratitude.
- **Notice what you do have.** Oftentimes it can be hard to show gratitude because certain aspects of life have been taken for granted. Invite your children to take a few minutes a day to notice what they do have, either by writing it down in a gratitude journal or saying it out loud to themselves. They can also spread gratitude by giving sincere appreciation to others who have done something for them.
- **Serve others.** Help your children get involved in service. Through service, they may see situations that are worse than theirs (which helps them feel grateful for what they do have) and they may also forget their own troubles for a time as they focus on others.
- **Treat gratitude as an action.** Don't wait for the feeling of gratitude to come to you; take action! Encourage your children to keep saying words of gratitude and recognizing things to be grateful for until it becomes second nature. The more they practice, the easier they may find it to practice gratitude, even during challenges.

## HOW TO CREATE YOUR OWN SELF-CARE PLAN

Self-care is how we protect our overall wellbeing. Among other reasons, we need self-care so we are able to build resilience to stressors in life, reduce anxiety and depression, and avoid burnout. There are five different types of self-care:

- **Physical:** Sleep, nutrition, exercise, etc.
- **Social:** Quality time with friends and family
- **Mental:** Activities to keep the mind sharp
- **Spiritual:** Fulfilling spiritual practices
- **Emotional:** Healthy ways to process emotions

A self-care plan is an effective way to find out what you personally need to feel fulfilled in the above five areas. Go through the following tips with your children to create a self-care plan that is right for them.

- Plan what to do for self-care.
- Identify the people you trust that you can call whenever you need to talk.
- Identify family members, coaches, teachers, or mental health professionals that you can call when you feel overwhelmed, anxious, or sad.

For more in-depth details about how you can help your children create self-care plans (and how you can create one for you), visit [Verywell Mind](https://www.verywellmind.com).





**Ashwaubenon Music Parents Association's**

# **HOLIDAY COOKIE SALE**

**Tuesday, December 5th  
5:30 p.m. until all cookies are sold**

**Ashwaubenon Performing Arts Center**

*Open to the public  
homemade cookies  
\$12 per box (pre-boxed)*

**Proceeds benefit all music programs  
in the Ashwaubenon School District**

# Graduation Keepsakes & Announcements

## ASHWAUBENON HIGH SCHOOL SENIORS

◆ APPAREL ◆ JEWELRY  
◆ ANNOUNCEMENTS

For a complete list of keepsakes and pricing, refer to the order form included in your senior packet from school, or go to our website [brickhouse.gradclass.com/](http://brickhouse.gradclass.com/)



### 3 WAYS TO ORDER

#### In-Person at School

- DATE: December 1, 2023
- TIME: 11: 00 AM -1:30 PM
- Place: Fieldhouse Commons
- PAYMENT: In-full at time of order. Venmo @sean-brick, cash, money order, credit card, or personal check (payable to "Brickhouse School Services") are accepted.
- DELIVERY: Orders placed by 1/31/2024 can be shipped to school.

Orders placed after 1/31/2024 must be shipped to your home (shipping charges will apply).

#### Online

- Go to: [brickhouse.gradclass.com/](http://brickhouse.gradclass.com/)
- Full payment is required at time of order including shipping.
- Orders will be sent to the address that you supplied at time of order.
- Announcements and personalized items will ship in early spring; other items will ship based on availability at time of order.
- All orders will ship to your home.

#### By Mail

- Fill out order form that was shared by your school and mail to:  
BRICKHOUSE SCHOOL SERVICES  
1000 ROLLING GREEN DRIVE  
GREEN BAY, WI 54313
- Include credit card information or a personal check payable to "Brickhouse School Services" for full amount.
- Orders placed by 1/31/2023 can be shipped to school.
- Orders placed after 1/31/2024 must be shipped to your home address (shipping charges will apply).



Typically, announcements are mailed to family and friends in April or May. Please order announcements no later than 1/24/24 to ensure timely delivery.

BRICKHOUSE SCHOOL SERVICES | GREEN BAY, WI  
920-494-6111 [brickhouse007@newrr.com](mailto:brickhouse007@newrr.com)





# ASHWAUBENON

HIGH SCHOOL SENIORS

## CAP & GOWN

All seniors to wear a cap & gown for their Graduation Ceremony

## ORDER INFORMATION

Order forms provided in school on Order Day

## IN-SCHOOL SPECIALS

### DELUXE PACKAGE

\$115

#### PACKAGE INCLUDES:

- ◆ CAP/GOWN/TASSEL
- ◆ JOGGERS
- ◆ SENIOR HOODIE
- ◆ CHOICE OF JAGUAR TASSEL OR BLING TASSEL

### MEMORY PACKAGE

\$80

#### PACKAGE INCLUDES:

- ◆ CAP/GOWN/TASSEL
- ◆ CHOICE OF JOGGERS OR SENIOR HOODIE
- ◆ CHOICE OF JAGUAR TASSEL OR BLING TASSEL

### CAP, GOWN, & TASSEL PACKAGE

\$30

#### PACKAGE INCLUDES:

- ◆ CAP/GOWN/TASSEL

#### NOT INCLUDED:

- ◆ HOODIE, JOGGERS, JAGUAR TASSEL, OR BLING TASSEL  
*(can be purchased at an additional cost)*



## ORDERING DETAILS

### TIME & PLACE :

Order Days: January 25 & 26, 2024

11:00 AM - 1:30 PM

Fieldhouse Commons

### PAYMENT & DELIVERY:

Payment due in-full on Order Day

Venmo @sean-brick, cash, money orders, or personal checks made out to:

*"Brickhouse School Services"*

Cap/Gown packages will be delivered to school 3-5 weeks prior to Graduation Day

**Late Orders:** *Cash Only* for orders placed after Order Day

BRICKHOUSE SCHOOL SERVICES | GREEN BAY, WI

920-494-6111 [brickhouse007@new.rt.com](mailto:brickhouse007@new.rt.com)





# Big Brothers Big Sisters.

OF NORTHEAST WISCONSIN



*Big Brothers Big Sisters is looking for enthusiastic and dedicated high school students who want to make a big impact on a child's life!*

- Play games, do crafts, and hang out- all while being a role model for a kid
- Meet one hour, once a week during the school year at the YMCA After School program at either Valley View Elementary or Pioneer Elementary (Meeting hours between 3:15-5:30 p.m.)
- Earn service hours and amp up your resume

## Interested?

Contact Nancy Roth at  
(920) 615-9310 or  
nancyr@bbbsnew.org



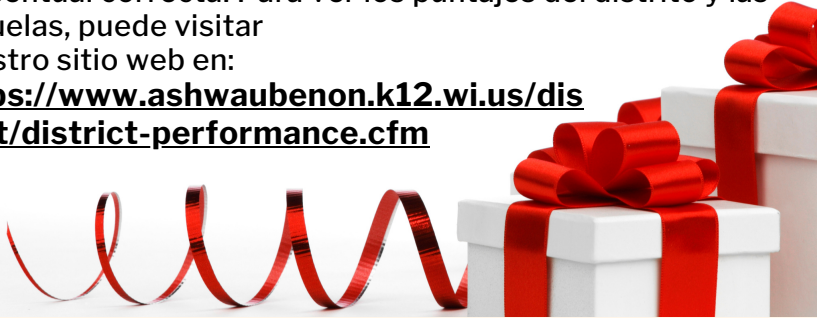
520 N Broadway St.  
Suite 220  
Green Bay, WI 54303

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



Como parte del sistema de rendición de cuentas estatal, el Departamento de Instrucción Pública (DPI) produce boletas de calificaciones de cada escuela y distrito financiado con fondos públicos en Wisconsin. Cada escuela pública y distrito obtiene una "puntuación" de 0 a 100 que se denomina puntuación del índice de responsabilidad. Es importante saber que la puntuación del índice de responsabilidad de 0 a 100 no es una medición porcentual correcta. Para ver los puntajes del distrito y las escuelas, puede visitar nuestro sitio web en:

<https://www.ashwaubenon.k12.wi.us/district/district-performance.cfm>



El Distrito Escolar Ashwaubenon cree que la comunicación efectiva es una de las piedras angulares de una comunidad de aprendizaje de calidad. Se producirán y distribuirán electrónicamente boletines periódicamente durante el transcurso del año para mantener a las familias informadas sobre una amplia gama de temas. Los elementos incluidos en el boletín variarán desde anuncios, actualizaciones, fechas revisadas del calendario, notas de los departamentos de AHS, junto con un artículo ocasional o una sinopsis de algunas estrategias de aprendizaje. Si hay cosas que le gustaría ver publicadas, háganoslo saber llamando al (920) 492-2950. ¡Gracias!



**Manténgase informado y al tanto.**  
**VISITA, dale ME GUSTA y SÍGUENOS en . . .**

| <b>Escuela y sitio web</b>   | <b>Facebook</b>  | <b>Gorjeo</b>                                 |
|--|--|---|
| Distrito Escolar de Ashwaubenon<br><a href="http://www.ashwaubenon.k12.wi.us">www.ashwaubenon.k12.wi.us</a>  | <a href="http://www.facebook.com/ashwaubenonescuelas">www.facebook.com/ashwaubenonescuelas</a> | Sigue a @AshwaubenonSD                        |
| Escuela secundaria Ashwaubenon<br><a href="http://www.ashwaubenon.k12.wi.us/highschool/">www.ashwaubenon.k12.wi.us/highschool/</a>   | <a href="http://www.facebook.com/hs.ashwaubenon">www.facebook.com/hs.ashwaubenon</a>           | Siga a @AshwaubenonHS Siga a @AshwaubenonJags |
| Escuela secundaria Parkview<br><a href="http://www.ashwaubenon.k12.wi.us/parkview/">www.ashwaubenon.k12.wi.us/parkview/</a>  | <a href="http://www.facebook.com/pv.ashwaubenon">www.facebook.com/pv.ashwaubenon</a>           | Sigue a @ParkviewASD                          |
| Escuela primaria Pioneer<br><a href="http://www.ashwaubenon.k12.wi.us/pioneer/">www.ashwaubenon.k12.wi.us/pioneer/</a>   | <a href="http://www.facebook.com/pionero.ashwaubenon">www.facebook.com/pionero.ashwaubenon</a> | Sigue a @PioneerASD                           |
| Escuela primaria Valley View<br><a href="http://www.ashwaubenon.k12.wi.us/valleyview/">www.ashwaubenon.k12.wi.us/valleyview/</a>   | <a href="http://www.facebook.com/vv.ashwaubenon">www.facebook.com/vv.ashwaubenon</a>           | Siga a @ValleyViewASD                         |
| Centro de aprendizaje temprano de Cormier<br><a href="http://www.ashwaubenon.k12.wi.us/cormier/">www.ashwaubenon.k12.wi.us/cormier/</a>  | <a href="http://www.facebook.com/cm.ashwaubenon">www.facebook.com/cm.ashwaubenon</a>           | Sigue a @CormierASD                           |
| Escuela de verano Ashwaubenon<br><a href="http://www.ashwaubenon.k12.wi.us/summer_school.cfm">www.ashwaubenon.k12.wi.us/summer_school.cfm</a>  | <a href="http://www.facebook.com/ss.ashwaubenon">www.facebook.com/ss.ashwaubenon</a>           | Siga @SummerSchoolASD                         |
| Centro de recursos familiares Ashwaubenon y APPL<br><a href="http://www.ashwaubenon.k12.wi.us/family_resources_centers.cfm">www.ashwaubenon.k12.wi.us/family_resources_centers.cfm</a> | <a href="http://www.facebook.com/frc.ashwaubenon">www.facebook.com/frc.ashwaubenon</a>         |   |

