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TERRY SCHWALLER WINS 2023 EXCELLENCE IN SCIENCE TEACHING AWARD

By Miranda Dahlke and Laura Ramthun, WSST

FOR IMMEDIATE RELEASE—Terry Schwaller was recently recognized by the Wisconsin Society of Science Teachers (WSST) for his outstanding work with Science Education in Wisconsin. WSST recognizes teachers of science annually for their achievements. The Excellence in Science Teaching award is given to persons who have made outstanding contributions to the improvement of science education in Wisconsin. This includes elementary, secondary, or college teachers, and any other active supporters of science education.



Schwaller has been teaching chemistry and physics at Shiocton High School for the past 20 years. He serves as the group leader of the *Ambitious Science Teaching* Book Group, a member of the Superintendent’s Advisory Council, the coordinator of the Shiocton Mentoring Program, and a member of the Principal’s Action Committee. Additionally, he has previously been the chair of the Shiocton ACT Committee, an advisor for Quiz Bowl, the head coach of the Shiocton Golf Team, an advisor for the National Honor Society, and both the president and vice-president of the Shiocton Education Association. Schwaller has also been awarded the “Impact Influencer Award” from the US Navy and has procured funding through “The Wilbert and Evelyn St. John Grant” and the “WSST Learning at Home Grant”.

Other activities that Schwaller has shown leadership in include district-level and regional presentations and trainings for his colleagues and state-level presentations at WSST. He is also a long-standing member of several professional organizations like the Phox Valley Physics Share Group, the National Science Teacher Association, the American Modeling Association, and WSST to name a few. With WSST, Schwaller previously served as the co-chair for the Awards and Recognition Committee and is now the chair of the Document

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WRESTLING TEAM: MAKING HISTORY

By Gage Relien, Student Reporter

It has been 50 years in the making, but Shiocton’s grapplers finally accomplish the coveted feat: team state wrestling. Head Coach Dom Gunderson knew that this year could be something special. “I had a pretty good feeling at the end of last year, knew in the offseason, we returned 12 of 14 starters. Knew you had it once you could see everyone was working hard, freshmen were working hard. We knew in the Dell’s duels, the second tournament, that this could be something special. We’re just proving something to ourselves, knew this team had it in them.”

What helped lead the charge was a great group of senior leaders and a season motto: Create Your Legacy. Coach Gunderson explained the motto means how you want to be remembered. “It’s how you want to be remembered one year, five years, ten years from now. Not just how you do on the mat, but who they were as a team and people and what they were able to accomplish.” Along with the group of senior leaders, the Chiefs were primed for a deep tournament run. “All four were great leaders,” Coach Gunderson said, referring to Bradley Demerath, Dion Helser, Dylan Herb, and Colton Schuh. “They really set the tone of what we wanted this season. Each one individually helped get this team to where they are. Dion is a guy who can lead, take charge, look at the first match of the night. Dylan was hurt at the beginning of the year, and in January gave the team the shot that they needed as a culture and team. Brad gave the team what they needed. Always looking and helping the team be the best. Colton busted his butt to get to 152 and helped the guys make a run at Team State”.

To get to Team State, the Chiefs would first need to take down their

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All residents of the school district are welcome to attend board meetings to keep informed on school issues or to voice any concerns they may have.

The Link is published monthly, from September through June and can be viewed at www.shiocton.k12.wi.us.

If you do not have Internet access, you may request a copy by mail by calling (920) 986-3351 ext. 700. Submit any articles for publication by mail to the school address or by e-mail to: thelink@shiocton.k12.wi.us.

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NEWS FROM GRADES PK-6 OFFICE

April Greetings from the PK-6 Office!



What a magnificent month of March we had here in Shiocton! Thanks so much to all of you who joined us for conferences as well as the Science, Health, and Fine Arts Fair. We hope you enjoyed the beautiful artwork, science exhibits and displays, the musical performances, the Talent Show, the S.P.I.C.E. Book Fair & raffle opportunities, the blood pressure screening, etc. We hope you had an incredible evening!

We have now moved into testing season. The Wisconsin Forward Testing, which is the State testing for Grades 3-6, began for some grades in March and will continue through the end of April. We are so proud of how hard our students worked for the testing last year and know that they will do so again this year, with encouragement from both home and school.

We have also now moved into the fourth quarter with spring break coming up from April 3-7. It is so important that our students return after the break and continue to push hard for the remainder of the year. Students might need a little boost from parents/guardians and teachers in case "spring fever" starts to set in. Our common goal is for the students to persevere and finish the year strong!



We are also in the midst of preparing this year's Summer School program. Summer school classes will run from 8:00 a.m. until noon, Monday through Friday, during the month of June. Online registration will take place the last week of April into the first week of May (April 25-May 2). Watch for more information on this within the next month.

Registration for Four-Year-Old and Five-Year-Old Kindergarten for the 2023-2024 school year took place in February. If you know anyone who has a child who would be eligible to attend next year, but has not yet registered their child, please have them contact Mrs. Felten in the PK-6 Office at 920-986-3351 ext. 721.

Wishing you and your family a wonderful month of April!

Kim Griesbach, PK-6 Principal :)



Mark your Calendar:

- Friday, May 5 - No School
- Monday, May 29 - No School - Memorial Day
- Friday, June 2 - End of Quarter 4; 12:10 Early Dismissal

Terry Schwaller Wins 2023 Excellence in Science Teaching Award (continued from page 1)

Review Committee as well as a member of the Finance Committee. He continually strives to improve learning for his students, Shiocton School District students, and students across Wisconsin.

Mrs. Schweitzer, Shiocton School District Administrator, calls Schwaller a "a dedicated educator and learner with a passion for fostering teaching and learning in others, students and staff alike." Marcia Spaulding, a colleague, notes that "his ability and drive to create an academically successful classroom is what impacts students the most". In addition, Gen Gunderson (a former student of Schwaller's who is now a teacher), writes that "his work ethic, wisdom, and reliability both in and out of the classroom has been the reason I became even half the teacher I am today."

Shiocton School District and congratulates and thanks Terry Schwaller for all his contributions to science education in Wisconsin.



FIRST GRADE

It may seem as though spring will never come, but here in first grade, we're hoping for the best! In the next few months, we'll be reading and writing about spring. We'll be keeping our fingers crossed that it'll help bring sunshine and warm weather back to our area. Speaking of reading, please keep up that nightly routine of reading with your child. It's one of the most important stepping stones to a successful school year.

In math this last quarter, we'll be concentrating on the following units: time, fractions, 2D and 3D shapes, graphing, and solving addition and subtraction facts where there is an unknown partner ($13 + \underline{\quad} = 18$). Here are a few ideas to help your child connect math to the real world:

Time—Telling time to the hour and half hour on both analog and digital clocks.

Fractions—when making/cutting sandwiches or fruit, etc. ask your child to cut the food in half or fourths. Give your child 8 slices of an apple. Ask him/her to divide the slices in half (2 groups), or give you a fourth of the slices (2 slices).

Shapes—play "I Spy" with common objects around the rooms. For example, say "I spy a circle" (clock), "I spy a cylinder" (can of soup), "I spy a rectangular prism" (shoe box).

Graphing—have your child take a poll of family members about which vegetable to have for dinner or which movie to watch at night. Have them tally the results and ask them to report them to you. You can always ask them other questions like, "How many more people wanted peas than broccoli," or "which movie choice was like the least?".

Unknown Partner Equations—present everyday type problems: when shopping, tell your child you need 9 cans of soup, but you already have 4 cans at home, so how many should you buy right now? When cutting fruit, tell your child you had 10 slices of an apple, but now there are only 3, so how many did I eat? By involving your child in these everyday type situations, he/she will see how important math is in our lives and how we use it in the real world.

It's hard to believe that we're heading into our 4th quarter already. The students have come a long way. We're so proud of them! Give your child a hug and express how you feel too.

Mrs. Bellin, Mrs. Behnke and Mrs. Nikolai



HOORAY FOR
FIRST GRADE!

SECOND GRADE

The second grade enjoyed an exciting day of new experiences for many by attending a live musical at the Weidner Center in Green Bay before heading over to the Children's Museum of Green Bay. We explored with peers, problem solved, engaged in pretend play, and learned a great deal about cause and effect with so many different real life examples. Here are a few students working and learning together at the Children's Museum where hands on learning is all around!



Second graders are working with 3-digit numbers this month. They will be writing and reading numbers in expanded form using Secret Code Cards! They will be comparing 3-digit numbers and counting on by tens and ones to continue the pattern. In this math unit, second graders will also use a variety of methods to add and subtract 3-digit numbers. It is impressive to hear them explain their thinking to partners! Keep working hard, second graders!

In our Writing Workshop, our second graders have been learning more about non-fiction texts. They have filled their book boxes with informational books to read and discuss. Now that they are familiar with this type of text, each second grader was able to research a habitat and make his/her own nonfiction book. First, each student did research on a habitat using the Pebble Go website or books from our library and took notes. Then they wrote down what they learned, remembering to include cool facts and other information that would interest a fifth grade audience. The books also included a Table of Contents, headings, labels, captions, bold print, and even a glossary! When finished, the students got to share their nonfiction texts with their fifth grade buddies! It was exciting to share their knowledge with a new friend!

Take me out to the ball game! Our Fang Reading Incentive Program has wrapped up! This program was a great way for kids to read some interesting books while working toward a goal and earning a reward! The students had the opportunity to earn a Timber Rattler ticket along with a hot dog/soda voucher. In order to earn the ticket each second grader read 100 minutes each week! Our elementary school will celebrate these achievements by attending the Timber Rattler game on May 20, 2023 at 1:10PM.

~Ms. Schmidt, Mrs. Otto, Mrs. Wickesberg

SPRING PIANO AND GUITAR RECITAL

The recitals for Mrs. Ritchie's piano and guitar students will take place on May 20, 2023 in the school cafeteria. Recital programs and scheduling will be found in the May issue of *The Link*.



ADULTING DAY

On March 7, all seniors participated in “Adulthood Day” at Shiocton High School! This information-packed day helped students prepare for various aspects of adulthood so they can leave Shiocton High School feeling more confident in their ability to succeed as adults. The day began with a question and answer session in which local business leaders shared tips for success in their career fields. Students then engaged in some gym activities to promote physical health and socialization.

Students also chose four break-out sessions on topics including Surviving on Campus, Identity Theft Protection, Insurance, Retirement Savings, Budgeting, Employment Paperwork, and Basic Car Maintenance. These sessions were accompanied by a delicious homemade lunch during which students also learned about proper meal etiquette.



We couldn't make events like this happen without the help of many volunteers. We'd like to thank the following individuals sharing their expertise with our seniors:

- Tammy Powers, Tyson Foods
- Doug Pahlow, Pahlow Masonry
- Missy Van Dyke, Commonwealth Companies
- Mike Sippert, School District of Shiocton
- Dan Gassner, State Farm Insurance
- Bill Bishop, Associated Bank
- Danielle Wahlen, St. Norbert College
- Brad Ritchie, IQ Resource Group
- Kay Hietpas, NAMI of the Fox Cities
- Mitch Nonn, Primerica Financial Services
- Val Lewallen, Wolf River Bank
- Amanda Hayden, Wolf River Bank
- John Bergstreser, School District of Shiocton
- Alex Rubsam, Outagamie County Sheriff's Department

LMC News

Battle of the Books Season Wrap-up— Shiocton High School's Senior Level Battle of the Books team achieved Honors Club status in the online state battle. They scored 435 points out of 520 putting them in 12th place in the state. Congratulations to Alexis Immel, Madison Mansfield, Mallory Oskey, and Tyler Pamperin for a job well done. Madelyn Hinz was the alternate.



On January 26, nine middle school teams competed against each other to determine which team would go on to represent Shiocton Middle School in the state battle. The sixth grade team, named Chezz Burger Lesen (aka The Reading Cheeseburgers) ended up on top. Team members included Brooklyn Drath, Jaydon Reese, Katelyn Riehl, and Kyla Baum. In the State battle, Chezz Burger Lesen scored 210 out of 350 points and ended up in

WELLNESS COMMITTEE

The Wellness Committee had a very productive month. On March 7, the wellness committee hosted a salad bar with a variety of healthy foods for staff during parent/teacher conferences. The salad bar was a success, and the staff was very happy. During the Science and Fine Arts Fair, concessions were opened and ran by the Wellness Committee student representatives. This was also very successful, with the proceeds going to the committee to fund future fun and healthy activities for the staff.

April is

NATIONAL AUTISM AWARENESS MONTH



Did you know?

Every 20 minutes someone is diagnosed with autism

Autistic individuals (speaking and non-speaking) may use a variety of different and unique ways to communicate

Many individuals on the spectrum stay in school until they are 21

People with autism have very special gifts and talents!

**The Autism Society has a resource
for support called Autism Source.**

To reach us call: 800-3Autism

#AutismFriendly #NAAM16

AUTISM SOCIETY

a 3-way tie for 41st place in the state. Thank you to Mrs. Hauser for co-advising all of the 6th grade teams.

Both state-level teams enjoyed a pizza lunch on the day of the state battle. All 33 of the Battle of the Books participants will be invited to celebrate a successful battle season with an ice cream sundae party in May.



CONGRATULATIONS!



Counselor's Corner



Sandee Cornell
scornell@shiocton.k12.wi.us
7-12 School Counselor—ext. 711

Dannielle Kern
dkern@shiocton.k12.wi.us
K-6 School Counselor—ext. 762

KG-6 Students:

We are continuing to practice our Emotion Management strategies: 1. Stop. 2. Name Your Feeling. 3. Calm Down. Students will work to practice calming down with belly breathing, self-talk, and counting. Students will also start learning the appropriate steps to follow when they have a problem.

Students in Grades 5 and 6 will start discussing their future plans. Grade 5 will begin focusing on their skills, hobbies and interests. They will also be learning more about what to expect in Middle School. In Grade 6, students will start their Academic Career Plan activities through Xello, which is a program that helps students plan for their future! Xello allows students to learn more about careers, colleges, and the workforce.

7-12 Students:

Seniors: Scholarship deadlines are fast approaching. Please check the District website to verify application instructions and deadlines at <https://www.shiocton.k12.wi.us/schools/middlehighschool/scholarships.cfm>. The scholarship awards ceremony is May 17, 2023.

Grade 8 Students: Eighth grade students will be attending a Career Fair in Clintonville on April 26. Watch for more information to be coming home.

Eighth grade Chief Chats are being scheduled now. Contact Mrs. Cornell, School Counselor, at (920) 986-3351 ext 711 or scornell@shiocton.k12.wi.us to schedule your conference time for May or June.

Pictured: Junior students talk with a college representative at the Post-Secondary Fair in New London on March 8, 2023.



All Juniors had the opportunity to attend and visit with individuals from universities, technical colleges, military branches, unions, and employers.

GIFTED AND TALENTED

Battle of the Books—Our BOB team's final battle score was 300 with 12 out of 15 tie breaker points totaling **312 points!** Team members Kadence Javoriski and Robert Lauer (Grade 4) and Madilyn Coffeen and Mary Presteen



(Grade 5) earned inclusion in the 300 Honors Club. Out of 238 Elementary Schools in Wisconsin, we placed **19th**. I am proud of all the students who participated this year! I believe the contest is important, but the most valuable part of BOB is that students are introduced to quality literature, read a variety of genres, enjoy the books they've read, have opportunities to broaden their vocabulary, discuss each of the books (plots, characters, themes), and make connections to themselves, to other books read and to the world. The students grow in their knowledge by asking higher level questions and working together as a team. As with all books, some resonate with the reader more than others. All Battle of the Book participants will celebrate their dedication to reading with a pizza party on Friday, March 24. We will be watching the movie "Harry Potter and the Sorcerer's Stone" during this event.

Regional Scripps Spelling Bee News—

Twenty-one elementary and middle schools participated in the Scripps Regional Spelling BEE at JRG Middle School in Kimberly, Wisconsin. Addrienna Zschaechner (Grade 7) and Lana Arneson (Grade 8) competed against 40 students from these various schools and districts, the majority being quite a bit larger than Shiocton. Addy placed 19th on the word "mantra" and Lana place 6th on the word "quittance". Both girls represented Shiocton admirably! They received certificates and beautifully decorated BEE sugar cookies. Lana also received a medal for being in the next-to-final round. Thank you for your dedication, practice, and being fine spellers!



Dr. Pintar Guest Speaker for 7th Grade Science Classes—Students in the 7th grade Science classes have been studying the **Systems of the Body**.

Dr. Pintar was invited by the science enrichment students to share her expertise with Mr. and Mrs. Ludicks' first and second hour Science classes on Tuesday, January 24. The presentation was meaningful and very hands on. Some students prepared their questions beforehand for Dr. Pintar based on their current studies. Other questions popped up during the presentation, which was very engaging and enjoyed by all. Thank you, Dr. Pintar, for volunteering your time to share valuable information on the importance of keeping our bodies healthy!



CESA 6 Grant Project/Problem Based Learning for Middle School Enrichment Science—Gifted and Talented teachers/coordinators in the CESA 6 area wrote and received a grant to assist Middle

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APRIL CALENDAR OF EVENTS

- April 3-7 NO SCHOOL; Spring Break
- April 13 Sports Dress Up Day
- April 27 Movie Character Look-alike Dress Up Day
- Stay tuned for the date of our "Spring for Shiocton" Wellness Walk in May



S.P.I.C.E.

S.P.I.C.E. would like to send a reminder that we are still looking to fill **two board positions**: Vice-Chairperson and Secretary. Please visit our school webpage for more information (under "Other Events").

Also, we were able to have another **quilt raffle** this year along with a donated basket raffle, which continues through April 11. Tickets are available in the District Office if you did not get a chance to purchase them at the Book Fair. Flyers are hanging by the District Office so you can see the items you have a chance to win. Please put your name and phone number on the tickets and put them in the buckets of your choice (or write the bucket number on your ticket). We will draw for the raffle at our April 12, 2023 meeting.

We would like to send a **thank you** to Jenny Schroth, Michael Olson, and Robert Brouillard for the Thrivent Choice dollars donation.

S.P.I.C.E. would also like to extend a special **thank you** out to all of the book fair volunteers and to Alissa Mueller for all her hard work putting the book fair together. We couldn't have done it without her.

Reminder: please watch for wristbands to come home for **Fundset Boulevard** night the week prior to the even on May 4, 2023. The event is scheduled to go from 4:00PM to 8:00PM.

Feel free to visit our website <https://www.shiocton.k12.wi.us/parents/spice-pta.cfm> and our Facebook page (Shiocton Partners in Childrens' Education—SPICE) for up-to-date information.

Our **next meeting** is April 12, 2023 at 6:30PM in the LMC. Please feel free to join us.

What are head lice?

The head louse, or *Pediculus humanus capitis*, is a parasitic insect that can be found on the head, eyebrows, and eyelashes of people. Head lice feed on human blood several times a day and live close to the human scalp. Head lice are not known to spread disease.

Who is at risk for getting head lice?

Head lice are found worldwide. In the United States, infestation with head lice is most common among preschool children attending child care, elementary school children, and the household members of infested children. Although reliable data on how many people in the United States get head lice each year are not available, an estimated 6 million to 12 million infestations occur each year in the United States among children 3 to 11 years of age.

What do head lice look like?

Head lice have three forms: the egg (also called a nit), the nymph, and the adult.

Egg/Nit: Nits are lice eggs laid by the adult female head louse at the base of the hair shaft nearest the scalp. Nits are firmly attached to the hair shaft and are oval-shaped and very small (about the size of a knot in thread) and hard to see. Nits often appear yellow or white although live nits sometimes appear to be the same color as the hair of the infested person. Nits are often confused with dandruff, scabs, or hair spray droplets. Head lice nits usually take about 8-9 days to hatch.

Nymph: A nymph is an immature louse that hatches from the nit. A nymph looks like an adult head louse, but is smaller. To live, a nymph must feed on blood. Nymphs mature into adults about 9-12 days after hatching from the nit.

Adult: The fully grown and developed adult louse is about the size of a sesame seed, has six legs, and is tan to grayish-white in color. Adult head lice may look darker in persons with dark hair than in persons with light hair. To survive, adult head lice must feed on blood. An adult head louse can live about 30 days on a person's head but will die within one or two days if it falls off a person. Adult female head lice are usually larger than males and can lay about six eggs each day.

How is head lice infestation treated?

Treating the infested person requires using an over-the-counter (OTC) or prescription medication. Apply lice medicine, also called pediculicide, according to the instructions contained in the box or printed on the label. Nit (head lice egg) combs, often found in lice medicine packages, should be used to comb nits and lice from the hair shaft. Checking the hair and combing with a nit comb to remove nits and lice every 2-3 days may decrease the chance of self-reinfestation. Continue to check for 2-3 weeks to be sure all lice and nits are gone. Re-treatment generally is recommended for most prescription and non-prescription drugs in order to kill any surviving hatched lice before they produce new eggs.



GIFTED AND TALENTED (continued)

School Science and Social Studies students for Project/Problem Based Learning where the process is as important as the product. Five students, three eighth grade students, Ella Griesbach, Ruby Foesch, and Heylin Mendoza, are exploring black holes and how new frontiers can be used to help inform a societal problem we are currently experiencing? Two seventh grade students, Alana Dawes and Ignacio Quiroz, are figuring out an efficient process for determining blood type for someone in an accident so as to provide quick and accurate care. These projects are coordinated with their current units of study and are based on student choice. Other eighth grade students in Middle School Science Enrichment include Shawn Bergman, Emma Gooding, Kenadie Lerch, Callista Freeman, Hunter Austin, and Lana Arneson. These students have been digging a little deeper into their current units of study in science by choosing an engaging project to explore further.

All of these students will be taking a field trip on Friday, May 12 to the Public Museum in Milwaukee as a culminating experience for their explorations.



Upcoming GT Events:

- Spring Noetic Learning Math Contest—(Grades 3-6) April 6, 2023
- College Day for Kids at UW-Stevens Point (Grade 6) - April 14, 2023
- CogAT (Cognitive Abilities Test) Screening for all Grade 2 Students—week of April 17, 2023

(Continued from Page 1)

long-time achilles heel, the Colman Cougars, in Coleman. Though this would be a tough match, the team knew it was doable if they wrestled to their potential. At the end of the night, Brad Demerath's match would become a story to tell. "The first match I didn't do too well, and I didn't wrestle the way I usually did. I had to go to the locker room to gather myself," explained Brad. "I wrestled the second ranked guy in the state and beat him by 15 points. I pounded my chest and flexed, trying to hype everyone up." And he did just that. The Chiefs would go on to beat Coleman 30-20, ending their nine-year streak of a Team State appearance. "(It) felt amazing. (Colman is) a very storied program, and to go out and beat them really made us feel validated on what we were doing as a program", said Brad. "(It) feels good to be able to put them down a peg", added teammate and fellow senior, Dylan Herb.

Coach Gunderson commented, "To finally put Coleman in the rear view mirror, and get over the hump to team state felt amazing for the seniors of this group." "Awesome, super relieved that we made it, just wanted to get down there to prove something," Brad said. "One of our biggest accomplishments, felt awesome," added Dylan. Dion Helser felt it was "a good way to end the senior season."

Shiocton would go on to defeat Cedar Grove-Belgium, 42-7, in the semi-final round on Saturday, March 4. Later that afternoon, in the Division 3 championship, the Chiefs would unfortunately fall to Fennimore, 18-43. But the experience of being on the mats at the Wisconsin Field House in Madison was something the team members will never forget. "It's something I'll never forget. I'll remember it forever and tell my kids. Looked up, just saw all the people. Standing on the podium and looking

around at everybody. The Field House felt so big with so many people in there, half of Wisconsin had to be in there", Brad explained. Dylan and Dion concurred, noting that it was a "whole different atmosphere" that "takes your breath away" especially with the whole crowd being there to support the team.

The 2022-2023 season would turn out to be the most successful season in program history. Not just because of their first trip to Team State in 50 years, but also because a record number of athletes – nine in total, including one girls – earned the right to compete at the State Wrestling Tournament for individual qualifiers. Two freshmen, three sophomores, one junior girl, and three seniors proudly represented the Shiocton High School wrestling team at the State Tournament meet held February 23 - 25. When asked how it felt to be the first athletes in program history to be able to say you made it to both the individual and the team State Tournament, Dylan commented that it was "pretty cool to think that we're the only people to ever do it." Brad agreed, noting that the experience was "pretty insane" and that he and the team are "super thankful" for a super successful sports year. "You dream of making it to both football and wrestling State (tournament). The environment at team state was insane."

How does Coach Gunderson intend on carrying on this success? "Not every team is going to be the same, not every year will be the same." To sustain the success, Coach Gunderson noted that work will have to be done with upcoming teams mentally and also

meeting the new challenges that come with new athletes and their differing identities. "We feel good about where we're going," Coach Gunderson added, noting that he has already started preparing for next season.

Coach Gunderson Impact

The "Coach Gunderson Impact" runs deep, as he's taught each one of these athletes not just how to be better wrestlers, but how to be great people. Every one of these seniors had great things to say about Coach Gunderson. Having been the middle school coach prior to becoming the Head Varsity Coach, all of the seniors have been impacted by him. More than one senior noted that Coach Gunderson has "changed the game for all wrestlers" as he has worked hard to improve the wrestling program overall. Inspired by the book, *Twin Thieves*, Coach Gunderson purposefully looked at the whole person, not just the wrestler and would constantly remind them, "don't let the fear of failure hold you back". Several of the athletes commented on how Coach Gunderson inspired the wrestlers and made sure they weren't scared. "Coach got us ready mentally to take on matches. You really need the mental aspect in wrestling."

This team has also had an impact on Coach Gunderson. He noted how the team helped him become more patient. "The beginning of the year expectations - I was just rushing things, expecting everything to be perfect. I took a step back and had to get the team to be where they are best. Patience was big, forgetting about the expectations, just creating better wrestlers and people everyday".

When asked how special of a group this was, Coach Gunderson replied, "(They are a) very special bunch because they worked hard and had a lot of fun. We knew this was special when they were busting their butts and kept having fun." The pride Coach Gunderson has in the entire team is palpable. "(I'm) extremely proud. I love each and everyone of them. All really

gave a lot to this team. To accomplish what they did when not many people outside the program thought they were going to. To beat Coleman and win six matches against Fennimore - that shows how much they care about each other. They're an incredible group".

Life After Wrestling?

As they continue to enjoy the memories of a hugely successful wrestling season, the seniors are also making plans to move onto new challenges. Brad plans to eventually go to Marquette University to dental school. He plans to work in Seymour and open his own dental clinic one day. Dion plans to jump right into the workforce, while Dylan has plans on becoming an equipment operator. The seniors' advice for the team next year: Be confident, but not too confident; Keep the momentum rolling. Just like we never left; Be confident but not cocky; Maintain the culture that helped beat Coleman - do it for each other.

Thank You to All

The players and coaches would like to thank the fans this year. "At Team State, for the fans to all go down there, to turn around and see them all cheering us on, win or lose" was an awe-inspiring experience for Dion. Dylan echoed those thoughts, noting that you "weren't just wrestling for yourself, but the whole community". Coach Gunderson expressed his sincere appreciation, stating, "Thank you to our fans for coming out and supporting us throughout the year. Thank you to all our boosters and people who donated money throughout the season. To the parents for producing such great kids. Thanks to the kids finally about believing in this group and this year". With the most successful season in Shiocton wrestling program history in the books, the Chiefs will look to carry that momentum into the 2023-2024 season.

Strength Training Classes with Sarah

Gain confidence and functional strength through resistance training.

Mon. and Wed. at 6:00pm
Sat at 8:00am

\$10 per class Mon and Wed...
\$5 on Saturday

Adults only

For more information contact:
Sarah Ver Voort
NASM- CPT and CNC
svcorewellness@gmail.com

SHIOCTON SCHOOLS
Fitness Center
N5650 Broad Street

SHIOCTON FITNESS CENTER

Community and Student Hours

M-F: 5:00-7:30am
M-Th: 4:30-8:00pm F: 4:30-7:00pm
Sat: 7:00-11:00am

Questions? Please contact Sarah Ver Voort at
(920) 986-3351 ext 742 or svervoort@shiocton.k12.wi.us



APRIL



****Menu subject to change without notice****
Breakfast prices: 4K-12— \$1.40 per day
Lunch prices: 4K-8—\$2.60 per day
9-12—\$2.85 per day

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Chocolate Muffin, Banana Muffin, French Toast Sticks, Pancake Wrap, Breakfast Sandwich, Fruit, Juice, Milk	Cinnamon Snax Sticks, NutriGrain Bar, Trix Yogurt, Breakfast Pizza, French Toast Sticks, Apple Frudel, Fruit, Juice, Milk	PopTarts, Pancake Wrap, French Toast Sticks, Breakfast Sandwich, Pancake Wrap, Fruit, Juice, Milk	Cream Cheese Bagel, Cinnamon Rolls, Breakfast Pizza, French Toast Sticks, Apple Frudel, Fruit, Juice Milk	Long John Donuts, Pancake Wraps, French Toast Sticks, Fruit, Juice, Milk
3	SPRING BREAK!				
4	10	11	12	13	14
	Mozzarella Pizza Dippers w/ Marinara Sauce, Mixed Vegetables, Chilled Fruit Mix, Milk	Grab-N-Go Salads, Chicken and Gravy over Mashed Potatoes, Seasoned Green Peas, Dinner Roll, Mandarin Oranges, Milk	Spaghetti w/ Beef Meatballs, Seasoned Green Beans, 100% Juice Box, Garlic Breadsticks, Milk	Breaded Popcorn Chicken, Seasoned Broccoli, Dried Cranberries (Craisins), Orange Smiles, Vanilla Graham Cookie, Milk	Hot Dog on a Hot Dog Bun, Potato Smiles, Baked Beans, Chilled Sliced Pears, Milk
17	18	19	20	21	
	Grab-N-Go Salads, Ooey Goey Macaroni and Cheese, Uncrustable Sandwich, Seasoned Green Beans, Mandarin Oranges, Milk	Mini Corn Dogs, Whipped Mashed Potatoes, Baked Beans, Strawberry/Blueberry/Apple Slice Mix, Chocolate Pudding Cup, Milk	Super Nachos w/ Meat Sauce, Whole Kernel Corn, 100% Juice Box, Milk	Breaded Chicken Nuggets, Seasoned Broccoli, Chilled Fruit Mix, Chocolate Graham Cookie, Milk	Classic Deli Boardwalk Turkey, Ham and Cheese Sub, Fuitable Juice, Applesauce Cup, Ice Cream Cup, Milk
24	25	26	27	28	
	Famous Homemade Chili and Buns, Seasoned Peas and Carrots, Chilled Strawberry Cups, Milk	Grab-N-Go Salads, Build Your Own Soft Shell Taco w/ Trimmings, Whole Kernel Corn, Refried Beans, Sliced Peaches, Milk	Breaded Chicken Patty on a WG Buns, Baked Beans, Chilled Applesauce, Milk	Grab-N-Go Salads, Meatballs in Gravy over Mashed Potatoes, Fresh Broccoli, Chilled Mandarin Oranges, Milk	Grab-N-Go Salad, Cheese Quesadilla, Seasoned Mixed Vegetables, Chilled Fruit Mix, Milk

APRIL CALENDAR OF EVENTS

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| 4/3-4/7 NO SCHOOL; Spring Break | 4/15 Varsity Baseball @ Illinois—12:00PM | 4/24 BOARD MEETING 6:00PM |
| 4/8 Varsity Track @ Whitewater—9:30AM | 4/17 Varsity Track @ Wittenberg—4:00PM | Varsity Softball @ HOME—4:30PM |
| 4/10 BOARD MEETING—6:00PM | Varsity Softball @ HOME—4:30PM | Varsity Baseball @ HOME—4:30PM |
| Varsity Softball @ Weya-Fremont—4:30PM | 4/18 Varsity Baseball @ HOME—4:30PM | 4/27 Varsity Baseball @ Wittenberg—4:30PM |
| Varsity Baseball @ Weya-Fremont—4:30PM | JV Softball @ Iola—4:30PM | JV Softball @ Wittenberg—6:00PM |
| 4/11 Varsity Track @ Wild Rose—4:00PM | 4/20 Varsity Softball @ Iola—4:30PM | Varsity Softball @ Wittenberg—4:30PM |
| Varsity Baseball @ HOME—4:30PM | Varsity Baseball @ Iola—4:30PM | 4/28 Varsity Track @ JRG—4:15PM |
| 4/12 S.P.I.C.E. Meeting in LMC—6:30PM | 4/21 Varsity Track @ Omro @ 4:00PM | Varsity Softball @ Clintonville—4:30PM |
| 4/13 Varsity Track @ Rosholt @ 4:00PM | Varsity Baseball @ HOME—4:30PM | Varsity Baseball @ HOME—4:30PM |
| Varsity Softball @ HOME—4:30PM | Varsity Softball @ HOME—4:30PM | 4/29 Varsity Baseball @ Rattler Stadium—4:30PM |
| 4/14 JV Softball @ HOME—6:00PM | 4/22 Varsity Softball Triangular @ HOME—9:00AM | |
| Varsity Softball @ HOME—4:30PM | | |
| Varsity Baseball @ Princeville—4:30PM | | |