

School District of Shiocton N5650 Broad Street P.O. Box 68 Shiocton, WI 54170-0068

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Van Straten Family Pay-It Forward Fund

Providing financial support to students in need

Earlier this fall, Tom and Janice Van Straten, and a few of their family members, gathered to present the School District of Shiocton with funds to launch the Tom and Janice Van Straten Family Pay-It Forward Fund. The purpose of this fund is to provide financial support so that students have the opportunity to participate to the fullest extent in academics, fine arts, athletics, and other cocurriculuare offerings of the District.

As a child growing up in the school district, Mr. Van Straten experienced economic hardships. He knew well the challenges of participating in athletics and other school activities without the needed footwear or apparel or equipment. Having grown to a place in life where he and Janice are now able to do so, they wanted to find a way to give back to their community while also making a difference in lives of children. Together with their own children and their families, Tom and Janice decided to establish the fund that would pay-it forward and help children who are experiencing similar hardships and challenges like young Tommy did years ago.

HOW TO APPLY

If your family is experiencing financial challenges that are impacting your child's ability to participate in school-based offerings, please consider making application by submitting a written letter. Visit the Community webpage from the District's website (https://www.shiocton.k12.wi.us/) for more information regarding the application.



HOW CAN YOU PAY IT FORWARD

While established as their family fund, the Van Stratens wanted to ensure that the fund created was an open one so that anyone wanting to could also make a donation for this purpose. To enhance the funds available, while also receiving documentation of the tax deductible donation, please contact the District Office at (920) 986-3351 x700.

COFFEE WITH COMMUNITY

Members of the community are invited to gather for coffee, conversation, and collaboration about our community and school.

Thursday, December 7, 2023



Tax Levy Set - Mill Rate Less Than Projected

Mrs. Schweitzer, District Administrator

thousand dollar of equalized ting the levy. value. The resulting mill rate (\$8.35) is \$1.90 *less* than was projected (\$10.25) during the three-year, non-recurring referendum passed in February 2021. This marks the third year in a row that the actual mill rate fell below the projected amount.

The District and the Board of Education continue to collaborate on a budget that seeks to address the changing educational needs of our students while being strong stewards of the tax payer's dollars," com- For those homes reassessed for projected rate of \$10.13).

ACTUAL IMPACT

tions have occurred, with the committed to being responsive greatest increases having

At their October 23, 2023 been seen last year and this meeting, the Board of Educa- year as towns and villages held tion took action to set the total reassessments. A fact that the tax levy for the 2023-2024 District could not have foreseen school year at \$4,249,749.00 but one that the Board and Diswith a mill rate of \$8.35 per trict took into account when set-

> In the 2022-2023 school year, the average increase in valuation was 18.08 percent. This meant that a home valued at \$150,000 in 2021-2022 was valued as of 2022-2023 at just over \$177,000. While the projected mill rate of \$10.13 on a \$150,000 home would have resulted in a tax obligation of \$1,519.00, the actual mill rate of \$7.71 produced a tax obligation of \$1,365.00, which is \$154 less than what was projected.

mented Mrs. Schweitzer, Dis- the 2023-2024 school year, the trict Administrator. A review of average increase was 12.93 perthe past three years' mill rates cent. This means that a home showed each year was below valued at \$150,000 in 2021-2022 the projection, with 2021-2022 is now valued at approximately coming in at \$9.07 per thou- \$169,400. While the projected sand (a decrease of \$1.02 mill rate of \$10.25 on a \$150,000 from the projected rate of home would have resulted in a \$10.09) and 2022-2023 com- tax obligation of \$1,538.00, the ing in at \$7.71 per thousand (a actual mill rate of \$8.35 prodecrease of \$2.42 from the duced a tax obligation of \$1,415.00, which is \$123 less than what was projected.

As you can see, the Board of Increases in property valua- Education and the District are

Continued on page 2



School District of Shiocton

N5650 Broad Street P.O. Box 68 Shiocton, WI 54170 (920) 986-3351 FAX (920) 986-3291 www.shiocton.k12.wi.us

NICHOLE SCHWEITZER Superintendent

NICK ORTLIEB Principal Grades 7-12

KIM GRIESBACH Principal Grades PK-6

KELLY THIEL
Special Education Director

MICHAEL SIPPERT Business Manager

School Board

President: Bradley Ritchie
Town of Ellington
Vice President: Jeremie Birch
Town of Bovina
Clerk: David Gomm
Village of Shiocton
Treasurer: Mike Bellin
Village of Shiocton
Member: Stacey Warning
Town of Ellington
Member: Aaron Pluger
Town of Bovina
Member: Melinda Hofacker
Town of Maine

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.

The Shiocton School District does not discriminate on the basis of race, sex, color, age, religion, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation, or physical, mental, emotional, or learning disability.

NEWS FROM GRADES PK—6 OFFICE

December Greetings from the PK-6 Office!

Thanks so much to all of you who participated in conferences at the PK-6 level. We had a great turn-out (whether in-person, via Zoom, or by phone). Let's continue to maintain

home-school communication, all throughout the year, in order to help our students have the best possible school year! Thank you to those of you who were able to support the book fair sponsored by S.P.I.C.E.

Just like last year, I would like to share how proud I am of our current sixth graders who transitioned from elementary school to middle school this year. Overall, the sixth grade report cards were absolutely amazing! Please encourage your child to keep up the great work and to continue to work hard into this next quarter.

For all grades, we are now in the midst of Quarter 2. We have been encouraging our older students to reflect on Quarter 1 and set goals for Quarter 2. This would be a great time to ask your child about any goals that he/she is working on. For our younger students, please continue to maintain reading at home as a priority each night. We really need your assistance to help our kiddos be the strongest readers they can be.

Thank you so much to everyone who was able

to attend this year's Veterans Day program. In addition, thanks to everyone who helped make this year's program so special. We extend our thanks and gratitude to all the veterans within our community and beyond!

The high school Student Council Food and Toy Drive will be finishing up soon. Collections are continuing through December 8, 2023 for canned food and toy donations, personal hygiene products, baby products, paper products, and monetary donations for area families. As we know, this community is absolutely amazing! Thank you, in advance, for helping to make this season a little brighter for families within our community!

Middle school band and choir students, along with Mr. Yenor and Mrs. Leahy, are preparing for their Winter Concert on December 5, 2023. The concert will begin at 7:00PM in the High School gym.

Mrs. Carlson and students in Grades K-2 are preparing for their upcoming Winter Concert in December. The concert is scheduled for Friday, December 8, 2023 at 1:45PM in the high school gym.

During this time of year, may we take time to count our many blessings, appreciate all of the special people in our lives, and help those who are less fortunate. I wish you and your family a safe, healthy, joyful, and blessed month of December!

~Mrs. Kim Griesbach, PK-6 Principal

Continued from page 1

to changing situations, be it student needs or property valuations, so as to maximize the use of tax dollars and ask for only what is needed.

GOING FORWARD

As we look ahead to the coming referendum questions - operational and capital campaign (building project) - the District and Board of Education expect to continue as strong stewards of the tax payers' dollars. The asks will reflect the projected costs of doing business and growing the district's programs as we are able to project through the 2026-2027 school year. I have every confidence that, where we are able to reduce the tax levied upon the tax payers in relation to that which is projected, we will continue to do so.

Referendum 2024: Community Meetings:

Thursday, January 4 – 8:30AM

Shiocton School Cafeteria

Wednesday, January 24 – 6:30PM

Shiocton School LMC

Monday, January 29 – 6:30PM

Town of Ellington Town Hall

Wednesday, January 31 - 6:30PM

Town of Bovina Town Hall

Wednesday, February 7 - 6:30PM

Town of Maine Town Hall

Wednesday, February 14 - 6:30PM

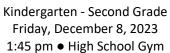
Shiocton School LMC

Students prepare for upcoming concerts

Starting this school year, Elementary Music Teacher, Mrs. Carlson, will be working with her students on Winter and Spring performances. Students in kindergarten through second grade will perform in a winter concert on December 8, 2023. There will be a second concert this spring on May 7, 2024 where Mrs. Carlson is giving students in third through fifth grade the opportunity to perform and showcase their talents.

Her website shioctonmusic.weebly.com provides great content of the happenings in the music department. Please email her at fcarlson@shiocton.k12.wi.us if you have any questions or comments! Below is the schedule to the concerts.

Winter Concert 2023





Spring Concert 2024

Third Grade – Fifth Grade Tuesday, May 7, 2024 5:30 pm ● High School Gym

First grade students honor local Marine; Shiocton graduate



These patriotic hearts were made by the first grade students in remembrance Veterans' Dav. Visitors that at-

tended the Veter- ans' Day program were able to view and enjoy these hearts on their way to the high school gym. First grade continued to spread their support and thankfulness by sending these hearts to a 2023 Shiocton graduate, Kaleb Baum, who is currently deployed with the United States Marines. These hearts will be shared with Kaleb's unit.



Kaleb's loved ones enjoy the hard work of the first grade students. We thank Kaleb and his unit for their service!

NOTICE OF SCHOOL BOARD ELECTION School District of Shiocton April 2, 2024

NOTICE IS HEREBY GIVEN that an election is to be held in the School District of Shiocton on Tuesday, April 2, 2024 and that two positions on the School Board are to be elected to succeed the present incumbents. The term of office for a school board member is three (3) years. Terms of office will begin on Monday, April 22, 2024. The present incumbents are as follows:

> Michael Bellin Stacey Warning

NOTICE IS FURTHER GIVEN that a Campaign Registration Statement and a Declaration of Candidacy must be filed no later than 5:00 P.M. on Tuesday, January 2, 2024 with the School District Clerk in the School District Office in Shiocton at N5650 Broad Street, Shiocton, WI 54170.

NOTICE IS FURTHER GIVEN that if a primary election is necessary, the primary election will be held on Tuesday, February 20, 2024.

Given under my hand this 27th day of November 2023:

David Gomm, Clerk Board of Education School District of Shiocton

Type A Notice under s. 10.01 (2)(a) Section 120.06(6)(b)

Girls Wrestling excited for Year

By Gage Relien, Student Reporter

After a successful first year, the Shiocton Girls Wrestling program looks to take their game to the next level. Head Coach Jetlyn Michonski is ready for Year 2.

"Last season was our very first year running the girls program separate from the boys. It was brand new for all of us and we definitely learned a lot. We now have a great baseline to build off from last season and have some new dynamics to make our small group feel more like a team. We want every wrestler to be able to grow individually as a student and an athlete, which will also help the team grow as a whole. The biggest goal we have for this season is growing our numbers. Girls wrestling is growing rapidly and it's an amazing thing to witness and be a part of. Our girls absolutely love the sport and have learned so much in so little time. We hope to get more girls out for the team this year so that we can continue to help grow and support not only Shiocton wrestling but also girls wrestling as a whole." The wrestling program is hard at work at growing this number, by marketing the opportunity out to other girls. "We have created an Instagram page for our team to highlight the girls' competitions, practices and achievements but also to grow a following and help gain interest

amongst other girls to join the team. more than some people We also have a handout in the works may realize." titled "Wrestling Basics for Female Athletes". This will have all of the information that you would need to know as a young female athlete stepping onto the wrestling mat for the players a better first time. We want everyone to feel welcome and comfortable to wrestle for our team."

Coach Michonski listed Lily things to help the team Helser as her "Diamond in the compete. Having a good Rough". "She's very strong and a mindset is everything. quick learner as well. I believe that Practicing gratitude and she'll grow immensely as a wrestler mindfulness is just as imthis season and will accomplish some portant as drilling every great things for our team." Coach Mi- day during practice." chonski listed Hope Johnson and Lexi What Coach Michonski is Riehl as the leaders of this team. looking forward to most "They both stepped up last season this season is going to and were very helpful to their team- some all-girl duals. "I am mates and the coaches as well. Since looking forward to hopethey already have a season of wres-fully getting the girls into tling on the girls team under their some all-girl dual compebelts, I'm sure their leadership will titions this season. We grow and be a huge asset to the team went to one last season, this year as well." Lexi Riehl, the lone the very first all-girls senior on this team, who was also wrestling duals at the high able to qualify for Individual State last school level in the state of year, will play a big part in this year's Wisconsin, and the girls success. "She already helps the team had a blast. Since girls a lot because she cares so much wrestling is such a brandabout her teammates' growth and new sport, many of the success. She's got the most experi- teams are too small to ence on the team and is always there hold dual meets. Getting to help the girls out when they need it. that experience for the I think that alone will help us win this girls is definitely a game year because having good team- changer and gets them mates that stick by your side and sup- super excited to compete port you (especially upperclassmen) and score points not just affects your individual performance individually, but for the

As a coach, Michonski looks to emphasize the mental aspect to give chance at competing. "As a coach, I am looking to put more emphasis on the mental/emotional side of team."

Girls Basketball Coach sets goals for season ahead

By Gage Relien, Student Reporter

Girls Basketball Head Coach Eric Schmidt is looking to use last year's experience to guide this team. "A couple players gained some very valuable experience last season. Last season's seniors laid a solid foundation for this season's players to build on. They really showed them how to be great leaders". Coach Schmidt has a few goals in mind and knows how he must achieve them. "My first goal this season is to provide a positive enjoyable experience for every single player on my team. My second goal this season is to win every day. Whether that is in practice, weight room, film session or on game days. To achieve my first goal, we as coaching staff will get to know each player and create a fun environment. For the second goal we as a team will work hard in everything we do. Constantly striving to be better than we were at the beginning of the day." For a basketball program to be successful, there must be player development and players taking that next step every year. This year, Coach Schmidt believes Sophomore Aliyah Reese will be that person. "She has really worked hard on her game everyday. She has a passion for the game and is really determined. She has a real chance to take that next step as a sophomore". He also mentioned Junior Lydia Hofacker as someone else to watch out for. The Chiefs will look to rely on their defense to compete. "We have the ability to play really physical and hard nosed, tight defense. We will look to lock down the other team's best player and that can really frustrate other teams." Coach Schmidt mentioned two players who will lead this team in very different ways. "Alexis Garcia has the ability to lead by doing. She works hard in everything she does. She is a great example for all the players on our team." As well as Sydney Ritchie, who "leads through her enthusiasm and positive personality. She has

the ability to really bring the attitude of the team up through everything she does. She has the ability to lead in every role I ask of her. She is a great role model for others."

Heading into the 2023-24 season, the Girls Basketball team will have five seniors. Four players and one manager. Teammate Alexis Garcia showing us her leadership skills, as well as her clutch shooting and ball handling. Autumn Taylor, who has the most experience of everyone on the team. "She is a great rebounder and will be asked to play multiple positions in a game. She does a great job of running the floor and defending with effort." Claire Collar who is best defined as a "hard-nosed physical player." She can rebound with the best players in the conference and will take advantage of opportunities that come her way." The last of the players, Sydney Ritchie, will be playing a very important role this season. "She will play several positions and is a great defender and hustle player." Finally, manager Kyler Rettler who has been with the program for all four seasons. "She takes a lot of pressure off the coaching staff during games. She knows what needs to be done and does it. She is also someone that I can count on during practices."

Coach Schmidt knows what he must do for this year's team to be successful. "I am looking to put this team in a position to be successful in everything that we do. I am in constant search for greater knowledge as a coach. My coaching staff also does a great job of letting me know where we need more work and need to put extra practice time into those spots." Coach Schimidt is looking forward to what he does every year. "The same thing I look forward to every season getting to know these players better. And letting their personalities shine. This group really gets along well and I really enjoy being on their journey. This group has a lot of mixed types of abilities that we will be fun to watch on game days. But what I enjoy is the grind. Every day in practice and getting better every day."



SkillsUSA Host Bring Your Tractor to School Day

On Friday, November 3, 2023, the SkillsUSA club had its 2nd Annual Bring Your Tractor to School event. This is a club event to support area farming and sustainability along with social skill building for the students in Shiocton. The students are proud of their upbringing and the experiences that it has provided. This event is a way for students to showcase their pride.

It is also just fun to see the students get excited about the day. Isaiah Gassner stated: "I felt like we needed to get together as a farming community to express our passion as well as our heritage. I started Drive Your Tractor to School Day last year with Brett Schmit so the community would not forget what kind of people it is made up of. Henry Says "It was a good way for us to interact, tell

stories and make memories. It was a little cold, but not as bad as last year. It was by far more manageable with my open station International Harvester 784."

Pictured: Brett Schmidt with his John Deere 8320, Isaac Taylor who brought his Case IH MX 200, Aiden Schmidt and his International Harvester 5288, Henry Garvey with his Allis Chalmers WD45 pedal tractor.

Congratulations to the Skills USA club for coming out and making this a great event. The club is hopping for bigger participation in the coming years by looking to host the event in a warmer month.



Set your Resolution Goals Shelby Erickson



With the new year right around the corner it can be easy to put off resolutions and goals for the new month;

but it's never too late to reach your 2023 goals. Think about writing down goals for the month and finding attainable ways to reach them. Your goals can be little things, like trying a new recipe out one week or making a conscious effort to drink more water every day. Writing your goals down is proven to help you reach them.

It can also be hard to stay active when the seasons are changing and it is getting colder outside. If you're looking for community activity, every Wednesday there is open gym pickleball from 6:30-8:30 p.m. in the Shiocton MPF for

FREE! Also, you can join Mrs. Ver Voort's strength training classes Mondays and Wednesdays at 6:00 p.m. for \$10.00 or Saturdays at 8:00 a.m. for \$5.00. You must be 18 years or older for both pickle ball and strength training clas-



SHIOCTON FITNESS CENTER

Grades 7-12

Student 'Open Lift' Hours

M-F: 6:00-7:30am M-F: 3:15-4:30pm

M-Th: 7:30-8:30pm F: 6:30-7:30pm

Sat: 10:30-11:30am



Counselor's Corner



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

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

Welcome to the Counselor's Corner. We felt that providing a single location for our information would be more useful and convenient to all of our students and their families. Our counseling program offers services of individual counseling, group counseling, or outside referrals. Please feel free to contact us at any time regarding academic, emotional, or social needs of your child.

Kindergarten through fifth grade students continue to practice skills that make them respectful learners and friends. This month we are introducing Emotion Management. We will be discussing the different things that happen to our bodies when we encounter various feelings. We will also learn strategies that can help us cope with strong feelings and calm our bodies down.

In Grade 6, we are discussing bullying. Students will learn how to recognize bullying, respond to bullying, and learn how to be an upstander in bullying situations.

Seniors - Many universities have a late fall/early winter application FAFSA (Free Application for Federal Student Aid) is deadline. expected to open January 1, 2024. Families should watch for this opening to start the application process for federal financial assistance for college.

Local scholarships are open on the district website. Click on Schools-High School-Scholarships. Students should carefully view instructions and deadlines.

Juniors -Schedule your Chief Chat now. Chief Chats are conferences with the student, counselor, and parent to discuss academic and career plans. Junior Chief Chats will run in November and December.

All students in Grades 8 through 11 will soon be bringing home course registration materials for the 2024-2025 school year. Please review course options with your child, and sign and return the registration form by the date indicated. Contact Mrs. Cornell with any course-related questions.



Congratulations to Ms. Schneider's Homeroom winners of the AODA prevention door-decorating contest.



Congratulations Senior Ava Lorenz on finishing in 15th place out of 152 competitors at the WIAA Cross Country State Meet! Ava will be competing at UWGB next year!



Congratulations to the Football and Volleyball Players that earned **CWC All-Conference Honors this year!**

Austyn Neubert 2nd Team All-Conference Defensive Lineman Jordan Jahnke 2nd Team All-Conference Linebacker

Bennett Schmidt Honorable Mention All-Conference Wide Receiver Bennett Schmidt Honorable Mention All-Conference Defensive Back

Ilijah Sanchez Honorable Mention All-Conference Linebacker Isaiah Carton Honorable Mention All-Conference Linebacker

Billie Jean Puls 2nd Team All-Conference **Autumn Taylor** 2nd Team All-Conference Elizabeth Pelky 2nd Team All-Conference Alexis Garcia 2nd Team All-Conference



Brand-new season for Boys Basketball

By Gage Relien, Student Reporter

The Chiefs will look to repeat as Conference Champs after losing four seniors, one of which was recognized as Conference Player of the Year a season ago.

"Just like any year it's a brandnew season, new players, some re- being of a competitor. In the game of turners, help the kids returning get basketball, you have to score. Everyinto new roles, play solid defense, body is going to learn to score. Get solid offense and score the basket- better at scoring and be able to de-Schmidt. For the team's goals, they ing. Responding to things as they don't talk about them, they let the out- come at us. Our response is a huge comes present themselves. "We don't thing." Coach Schmidt is looking fornormally talk about goals, we try to ward to working with a new team this be the best we can be. More process season. "Working with a brand-new oriented, if we can work on getting team we are looking for these kids to better, then the outcome takes care develop their talent. I enjoy working of itself. Win and losses take care of themselves, we haven't talked about both on the court and off the court." wins and losses for the last ten years." After losing three starters, Coach Schmidt has the guys to replace their production. "We do have some new varsity guys who are prepared. I have expectations for all of our same guys to make an impact." He also believes defense will play a large part in how competitive this team can be. "How good can we play team defense. If we can buy-in and play really sound defense, we will be really competitive."

This year's team will feature two seniors, Ty Marcks and Bennet Schmidt, who Coach Schmidt hopes will become the team leaders. "They



have experience, both provide size, good skill set, they want to do well. Good teammates, nice kids, just gonna have to lead us into the focus and performance." He also knows what he has to do to build the ultimate competitor of a team. "Always start with getting our bodies right. Physical training, skills training, mental skills training. The overall wellsaid Head Coach Chad fend. Focus on scoring and defendwith kids and getting them better

> The Chiefs lost their all-time leading scorer, and Conference Player of the Year, Dawson Schmidt, who graduated last June. They also lost their starting guard, center, and reserve from a year ago, but Coach Schmidt knows he can win. "It's going to be a different team. I've been doing this for twenty-five years. You may lose a great group of guys, but you figure it out."

Shiocton's National Honor Society

Mr. Tony Pickar - NHS Advisor

The National Honor Society (NHS) elevates a school's commitment to the values of **scholarship**, **service**, **leadership**, and **character**. These four pillars have been associated with membership to the organization since its inception in 1921, over a century ago. NHS chapters are found in all 50 states, US Territories, Canada, and around the world.

NHS students and their peers volunteer in their communities at the highest rates. They make connecting and serving within the community a priority. The average chapter contributes:

- 1,000 hours serving the school and community
- Giving \$26,000 in charitable donations
- Donating 1,000 pounds of food to local, state, and national causes
- Donating 100 pints of blood to local blood banks

Our Shiocton chapter of the National Honor Society recognizes 15 Seniors and 11 Juniors in its current 2023-2024 membership. These students have not only been incredibly active scholastically, but have been active in extracurricular activities, employment, and volunteering their time. They have donated hours in the NHS concession stand at sporting events, the St. Denis Cabbage Chuck, and in numerous individual

volunteer capacities. It's amazing the wonderful ways these students strive to help others!

Congratulations to the newly elected officers in our Shiocton Chapter of the National Honor Society!

Kayleigh Pigsley: President Logan Van Camp: Vice-President Lydia Hofacker: Treasurer Shelby Erickson: Student Council Representative

Tyler Pamperin: Secretary

Thank you for your continued support of these fine young scholars in the National Honor Society!

Classes compete to support the annual Food and Toy Drive

Classes throughout the Shiocton School District are still competing to see who can collect the most items for this year's Food and Toy Drive. The winning classes will be rewarded with a special treat provided by Student Council. There is still time to help as the Drive goes through Friday, December 8, 2023.

We would like to thank everyone who contributes to this wonderful event! Each year we're able to accommodate more and more families thanks to the generosity of the community!!

If your family is experiencing a financial hardship or if you know of

a school family in need, please contact one of the following staff members right away so that we can add your name to the confidential list and spread some joy to your family this holiday season.

Please call: (920) 986-3351 Mrs. Kim Griesbach - ext. 747 Mr. Nick Ortlieb - ext. 751 Mrs. Sandee Cornell - ext. 711 Mrs. Dannielle Kern - ext. 762 Ms. Elizabeth Schneider - ext. 787



Motes from the Nurse

Avoiding Holiday Weight Gain

Eight Surefire Strategies:

- 1. Get moving. Regular, sustained aerobic activity is one of the most effective ways to maintain or lose weight. However, check with your doctor before you start.
- 2. Cheat a little, but only once a day. If you must indulge in a holiday treat, allow yourself 1 small serving. Savor the texture and aroma. Then compensate later on by reducing your calorie intake or burning a few extra calories through exercise.
- 3. Control the risk for temptation. Clear your office and home of tempt-

ing holiday goodies. When you bake, keep a small amount for your family. Then give the rest away. (Share any gifts of food.)

- 4. Eat your veggies and fruits. Aim for seven or more servings of fruits and vegetables each day. They will satisfy your stomach without adding empty calories. In addition, the fiber will help you feel full.
- 5. Never go to a party hungry. Eat one serving of fruit, fat-free yogurt or raw nuts beforehand. Approach the party food only if you feel hungry. Then take your time, and choose mindfully.
- 6. Be in charge of your party choices. Bring a heart-healthy appetizer or dessert so you'll have at least one nutritious option. Use a smaller plate to control portion sizes. Bypass the rich sauces, the high-fat meatballs, the wings. (Remember, do not drink too many calories.)
- 7. Say no politely. You are not obliged to eat high-calorie foods. Even when they're homemade and your host encourages you. Learn to say no politely.
- 8. Focus on socializing, not food. Conversation is calorie-free, and standing burns more calories than sitting. So get out and mingle and offer to help clean up.

Source: Cleveland Clinic

Boys Wrestling rolling out the mats

By: Gage Reilen, Student Reporter

Last season, the Shiocton wrestling program had the most successful season to date. It was the program's first time heading to Team State. The Chiefs will be looking to build off of the momentum created last year as they begin the 2023-2024 season.

"Same as we always do. I have a lot of confidence after last year. We now know we can do it, and we got the horses to do it. I look at what we've done well the last several years and how we can continue to do it", said Head Coach Dom Gunderson. He has the same goals in mind as last year. "As always, make a trip back to team state, repeat as conference champs, send eight or nine wrestlers to individual team state. I feel pretty good about doing that, fo-

cusing on the results." The Chiefs will return ten starters while losing four. Coach Gunderson listed sophomores Jackson Young, Scott Daniels, and Zach Reif as guys that can really improve heading into this year. He also mentioned freshman Holdyn Volkman as someone who can contribute early. Coach Gunderson believes the experience of this team will pave the way. "The experience, we work really hard. Just focus on doing the little things, the way we work during the season and offseason, and the confidence from being there puts us over the top." After graduating four seniors last year, he will be looking for all juniors and seniors to step up. "I'm hoping that two

or three can take this team over, lift up this team, and do good in school". This year's team will feature three seniors: Lexi Riehl, Israel Sanchez, and Logan Leeman. "They're three really good kids. They're good on the mat, always doing what you ask of them. Work really hard. You never have to worry, they always bring their best."

Coach Gunderson has a plan in place of how he will help this team compete. "We really have a better hold on our schedule, mixing in weight training, different techniques. Have more one-on-one work with coaches, who are assigned to four to six guys for a couple week span. Have film sessions with systematic drills, split practices, and focus on light weights technique. More individual tech-

nique. Make the schedule tougher. I'm a firm believer in making the schedule tougher is how we get better. What we do and how we do it . Do the things we always do." Coach Gunderson is really looking forward to this season. "Biggest thing is a good group of kids, a lot of potential on and off the mat. Lots of work this spring and summer going to camps. A really good chance to accomplish a lot and have fun while doing it. That sometimes gets lost in the mix."





Shiocton Partners In Children's Education

Learn about upcoming events! Support our school! Get involved!



d Development Days

A free preschool screening opportunity for children ages 3 - 4 who reside within the School District of Shiocton. The purpose of the developmental screening is to:

- Assess children's developmental progress.
- Provide parents with awareness of child growth and development issues.

Who is Eligible to Participate?

- Children who are ages 3 4 not enrolled in 4K.
- Children who have not previously participated in Child Development Days.
- Children who reside in the School District of Shiocton.

When is Child Development Days?

The child development screening days are scheduled on the following dates and times. The screening process is completed within approximately one hour.

Wednesday, January 10 from 3:30 pm - 6:30 pm * RSVP 1/3/24 Tuesday, February 27 from 3:30 pm - 6:30 pm * RSVP 2/20/24 Friday, March 1 from 9:00 am - 12:00 pm * RSVP 2/23/24

Where is Child Development Days?

The Child Development Days screenings are held at Shiocton Elementary School located at N5650 Broad Street, Shiocton, WI 54170.

What Happens at Child Development Days?

Your child will be screened in a relaxed and friendly setting in the areas of Communication, Personal-Social, Motor and Academic Readiness. When the screening process is completed, a school professional will share the results with parents and address any concerns. The entire screening process is completed within approximately 1 hour.

How Can I Register for Child Development Days?

Phone reservations for a reserved time slot for your child's screening can be made by contacting Rose at (920) 986-3351 Ext 764. Parents are required to call for a reserved screening appointment.

Hope to see you there!

We would like to give a **BIG THANK** YOU to EG Sound Company for doing an amazing job at the middle school dance on November 10, 2023. Many thanks to all of our wonderful volunteers who helped SPICE make this event possible. We couldn't do it without you and we greatly appreciate it!

Thank you to everyone who chose to purchase their gift cards through our SCRIP order in November. By choosing to do your gift card shopping through RaiseRight, you are helping raise money for our school.

Don't forget to write your letter to Santa

when you come visit him and join us in decorating cookies at our Cookies with Santa event on Saturday, December 2, 2023 from 8:30AM to 11:00AM. Santa will be arriving at 9:00AM. Along with cookie decorating, there will also be holiday themed games and craft activities while visiting with fellow classmates. We hope to see you there!

Please consider joining us for our upcoming meeting and holiday party at Wild River Pizza Pub on Wednesday, December 6, 2023 at 6:30PM!



Shiocton Child Care **Center News:**



The center will be closed on Monday, December 25 through Tuesday, December 26, 2023

We will also be closed on Monday, January 1, 2024.

Parent Engagement:

All of our families completed the three part series of the Conscious Discipline Training. It was so nice to hear that they enjoyed the opportunity to learn more about regulating their emotional states, and it has been even more thrilling to hear how these families have implemented what they learned at home.

On November 17, 2023, we hosted our third annual Thanksgiving Feast. Several of our families came to enjoy lunch with their little ones. We had so much fun chatting and enjoying the meal. We look forward to hosting again next year!





Staff Development:

The SCCC Staff completed their final chapter in the Conscious Discipline Training. They have learned all seven skills, and have begun implementing them more regularly in their classrooms. The teachers started utilizing more visual supports and using a lot of different breathing techniques to help our littlest learners calm their bodies. It has been such a gift to watch these new skills being utilized.

We have three spots available!

We have three full time spots available in our preschool. If you are interested in securing your spot, please reach Megan mjarosh@shiocton.k12.wi.us or 920-986-3351 ext. 790. Thank you for the continued support of the child care center!



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

Breakfast Monday	Tuesday	Wednesday	Thursday	Friday
Choice of Strawberry Cream Cheese Bagel or Cinni-Mini Roll, Breakfast Sandwich, French Toast Sticks, Pancake Wraps or Fruit, Juice, Milk	Mini Chocolate or Mini Powdered Sugar Donuts, Apple Frudels, French Toast Sticks, Breakfast Pizza, Fruit, Juice, Milk	Choice of Muffin, String Cheese Breakfast Sandwich, French Toast Sticks, Pancake Wraps, Fruit, Juice, Milk	Choice of Strawberry or Chocolate fudge pop tarts, Oatmeal Banana Chocolate Chip Granola Round, French Toast Sticks, Breakfast Pizza, Fruit, Juice, Milk	Long John Donut, Pancake Wrap, French Toast Sticks, Fruit, Juice, Milk
				1 Classic Deli Boardwalk Turkey, Ham, and Cheese Sub on a Bun, Fruitable Juice, Applesauce Cup, Ice Cream Cup, Milk
4 Homemade Chili and Buns, Seasoned Peas and Carrots, Sweet Chilled Strawberry Cups, Milk	Grab N Go Salads, Build Your Own Soft Shell Taco w/ Trimmings, Seasoned Whole Kernel Corn, Sliced Pears, Milk	6 EARLY RELEASE-12:10PM Chicken Patty on a Bun, Baked Beans, Sweet Pineapple Chunks, Milk	7 Grab N Go Salads, Homemade Pizzaroni, Seasoned Green Beans, Chilled Fruit Mix, Garlic Bread Stick, Milk	8 Grab N Go Salads Meatballs w/Gravy Over Mashed Potatoes, Dinner Roll, Chilled Sliced Peaches, Milk
11	12	13	14	15
Pizza Slice, Green Beans, Chilled Mandarin Oranges, Milk	Chicken Tenders, Mashed Potatoes, Sliced Peaches, Goldfish Crack- ers, Milk	Portessi Cheese Fries w/Marinara Sauce, Seasoned Mixed Vegetables, Sliced Pears, Milk	Grab N Go Salads Homemade Chicken Noodle Soup, String Cheese, Seasoned Peas and Carrots, Fresh Apples, Dinner Rolls, Milk	Grab N Go Salads Cheese Quesadilla, Green Sea- soned Peas, Mixed Fruit, Milk
18	19	20	21	22
Brunch For Lunch Pancakes w/ Sausage and Hash brown Patties,100% Fruit Juice box, Fresh Kiwi, Milk	Walking Tacos w/Trimmings, Whole Kernel Corn, Chilled Sliced Pears, Oatmeal Chocolate Chip Bar, Milk	Hot Dog on a Hot Dog Bun, Baked Beans, Chilled Fruit Mix, Milk	Mozzarella Pizza Sticks w/ Marinara Sauce, Seasoned Mixed Vegetables, Chilled Sliced Peaches, Milk	Grab N Go Salads Tomato Soup and Grilled Cheese Sandwiches, Seasoned Peas and Carrots, Chilled Applesauce, Milk
NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL

DECEMBER CALENDAR OF EVENTS

12/1 JV Girls Basketball vs. Wittenberg 5:45PM 12/1 Varsity Girls Basketball vs. Wittenberg 7:00PM

12/2 SPICE Cookies with Santa 8:00AM

12/2 Varsity Wrestling Invitational @ Kimberly 8:00AM

12/2 Varsity Boys Basketball Game @ Coleman 1:00PM

12/4 MS Boys Basketball vs. Iola 5:00PM

12/4 JV2 Girls Basketball vs. Iola 5:45PM

12/4 Board Meeting 6:00PM

12/5 Shiocton Band Winter Party and Concert 5:00PM

12/6 EARLY DISMISSAL 12:10PM

12/7 Coffee with Community 8:30AM

12/7 MS Boys Basketball @ Manawa 4:00PM 12/7 Varsity Wrestling Triangular @ Pulaski 5:00PM

12/7 JV Girls Basketball vs. Amherst 5:45PM

12/7 Varsity Girls Basketball 7:00PM

12/8 K-Gr.2 Elementary Winter Concert 1:45PM

12/8 JV2/JV Boys Basketball @ Amherst 5:45PM

12/8 Varsity Boys Basketball @ Amherst 7:00PM

12/8 JV Boys Wrestling @ WI Dells Center 6:00PM

12/8 Varsity Girls Wrestling @ WI Dells Woodside 6:00PM

12/9 Varsity Boys Wrestling @ WI Dells Center 9:00AM 12/11 MS Boys Basketball @ Weyauwega 4:00PM 12/12 JV2/JV Boys Basketball vs. Kewaunee 5:45PM 12/12 Varsity Boys Basketball vs. Kewaunee 7:00PM 12/12 JV2/JV Girls Basketball @ Weyauwega 5:45PM 12/12 Varsity Girls Basketball @ Weyauwega 7:00PM 12/14 MS Boys Basketball vs. Bonduel @ 4:00PM 12/14 Boys Wrestling @ Evansville, Random Lake 4:00PM

12/14 JV2 Girls Basketball vs. Wittenberg 4:00PM 12/14 JV2/JV Boys Basketball vs. Manawa 5:45PM 12/14 Varsity Boys Basketball vs. Manawa 7:00PM 12/15 JV2/JV Girls Basketball @ Manawa 5:45PM 12/15 Varsity Girls Basketball @ Manawa 7:00PM 12/16 Varsity Girls Wrestling @ Menasha 10:00AM

12/18 Board Meeting 6:00PM 12/19 JV Girls Basketball vs. Oconto 5:45PM 12/19 Varsity Girls Basketball vs. Oconto 7:00PM 12/21 Varsity Boys Wresting vs. Freedom 5:00PM 12/21 JV Boys Wresting vs. Freedom 6:00PM 12/22 JV Boys Basketball vs. Weyauwega 4:00PM 12/22 JV Girls Basketball vs. Weyauwega 5:45PM 12/22 Varsity Boys Basketball vs. Weyauwega 6:00PM 12/22 Varsity Girls Basketball vs. Weyauwega 7:30PM 12/22 Varsity Girls Wresting @ Wrightstown 5:15PM 12/25-1/01 NO SCHOOL WINTER BREAK

12/28 Varsity Boys Basketball vs. Brillion 3:00PM 12/28 Varsity Girls Basketball @ Brillion 6:00PM 12/29 Varsity Boys Wrestling @ UW-Oshkosh 9:30AM 12/30 Varsity Boys Wrestling @ UW-Oshkosh 9:00AM 1/2 SCHOOL RESUMES

Join us for Pickleball

Free open gym style pickleball in Shiocton's MPF gym (fitness center)

Wednesday's 6:30 -8:00PM

Adults (18+) No Children

Come alone or bring a friend. Equipment is available to use. Questions? Contact- Sarah Ver Voort svervoort@shiocton.k12.wi.us

