



NORTH  
HIGH  
WEEKLY  
#HuskyPride



SEPTEMBER 26, 2019

# DEAF AWARENESS WEEK

## ASL STUDENTS CELEBRATE & EDUCATE

This week American Sign Language (ASL) students at North High School celebrated Deaf Awareness Week with various activities. They shared a sign of the day with their classes, and, during second hour throughout the week, they gave a mini-stop (30-40 seconds) lesson to their classes. ASL Students also wore their D.A.W. (Deaf Awareness Week) t-shirts today.

### Monday

- Sign of the Day
- Mini-stop lessons
- DAW chalk designs created 2nd hour on the front walkway

### Tuesday

- Mini-stop lessons
- Sign of the Day

### Wednesday

- Mini-stop lessons
- Sign of the Day

### Thursday

- Mini-stop lessons
- Sign of the Day
- D.A.W. t-shirt day

### Friday

- Mini-stop lessons after announcements
- Sign of the Da



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## DIG FOR A CURE VOLLEYBALL GAME OCT. 10TH AT MEMORIAL

Join us for the Memorial/North Volleyball game October 10<sup>th</sup> at 7pm in the Memorial High School gym. A great night of Volleyball and “together.” We are raising funds for the local chapter of The American Cancer Society. We will have raffles from Blue Ox Music Festival, Country/Rock Fest, Carlson Chiropractic, Silver Springs Food, Pepsi, Scheels, Markquart Toyota, Country Jam, Brew Pub Pizza, Chippewa Valley Sporting Goods and coin collection buckets!

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### HOMEcoming 2019

Parents, alumni, staff and students are all invited! This year's Homecoming Pep Assembly will surely surprise you!

**Monday: "Back in Black"**

Rock out with AC/DC! Roll with it, and dress in black!  
EVENT: Intramural Volleyball 3:30 PM

**Tuesday: "Rock On with Your Band"**

Support your favorite band or artist!  
EVENT: Chipotle Fundraiser 5 PM

**Wednesday: "Denim Day"**

Sport a "Canadian Tux"

**Thursday: "Born to Be Wild"**

Be wild like Steppenwolf! Mismatch crazy clothes!

**Friday: "Husky Out"**

Show your school pride and wear your Husky apparel!

Get all the details about Homecoming Pepfest, Parade and Dance by connecting to [NHS Student Council](#).



### PICTURE RETAKE DAY IS OCT. 17<sup>TH</sup>

For students interested in having their pictures retaken, North's retake day is Thursday, Oct. 17<sup>th</sup>. Students are called down by class level that day. Lifetouch asks that students bring their original pictures with them.



### STAY CONNECTED TO NHS ORCHESTRA

Stay updated with the latest happenings with the North High School Orchestra online.

- [NHS website](#)
- [NHS Facebook](#)
- [NHS Instagram](#)



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## Academic and Career Planning



ACP 2019-20

### ACADEMIC AND CAREER PLANNING OFF TO A GREAT START

ACP (Academic and Career Planning) is off to an exciting start for the 2019-2020 school year! Please see the summary below from the September 19th ACP kick-off:

**Grade 9:** What is ACP? “My Teacher Journey.” Students met their Homeroom teacher for the first time, learned about their Academic and Career Journey and began building positive relationships with their new HR teacher and classmates.

**Grade 10:** ACP Review “My Teacher Journey Continues” Students and HR teachers reconnected and continued meaningful conversations about Academic and Career Planning.

**Grade 11:** “Junior Guidelines” Presentation provided students with important information to plan for their Junior year and post-secondary planning options.

**Grade 12:** “Senior Preview” Presentation provided students with important information to plan for their Senior year and post-secondary success.

**Next Month:** We will welcome back our AMAZING Junior Achievement volunteers, introducing Xello, financial literacy material and much more!



FFA 5TH ANNUAL COMMUNITY

### FOOD DRIVE

The Eau Claire FFA will be hosting their 5th annual Community Food Drive for Feed My People at the Intercity football game on Friday October 4th. FFA will be collecting nonperishable food items or cash donation at the main and back gates. Donating food or cash provides you an opportunity to win a gift card at halftime.

Please help the food insecure in our community by bring food or cash. A cash donation is fabulous in that every \$1 donated Feed My People can purchase \$10 worth of food to hand out. The FFA will also be collecting food at both high schools the week Sept 30th-Oct 4th.

# IMPORTANT DATES

## SEPTEMBER

30 Financial Aid Night at North (6-7:30pm)

## OCTOBER

2 WI Education Fair (juniors)  
14 Indoor Marching Band Concert  
14-18 Homecoming week  
16 PSAT (Juniors) Periods 1-4 in the IMC  
17 Picture retake day  
18 Homecoming Pepfest 10:15am  
Homecoming Parade 5pm  
Homecoming Football Game @7pm (Carson Park)  
21 Fall Choir Concert  
25 No School

## NOVEMBER

1 End of quarter 1  
4 Fall Jazz Concert  
5 Parent-Teacher Conferences 3:30-7:30pm (walk-in)  
8 Veterans Day Program in the Doghouse 10:15am  
25- 29 No School

# INFORMATION CENTER

## Daily Bell Schedule

START	END			
6:30	7:23	Earlybird		
7:35	8:28	Period 1		
8:34	9:27	Period 2		
9:33	10:26	Period 3		
10:32	11:25	Period 4		
11:31	1:00	LUNCH A 11:31-12:01	Period 5 11:31 – 12:01	Period 5 11:31 – 12:24
		Period 5 12:07- 1:00	LUNCH B 12:01 – 12:31	
			Period 5 12:37 – 1:00	LUNCH C 12:30 – 1:00
1:06	1:59	Period 6		
2:05	2:58	Period 7		

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## High School Career Exploratory Program

### Thursday, November 7th

Marshfield Clinic-Eau Claire Center  
2116 Craig Road, Eau Claire, WI 54701  
Conference Rooms #2 and #3

Please note students must be juniors or seniors.  
Number of participants: 30 students

8:00 a.m. Check In  
8:05 a.m. Welcome  
8:10-11:35 a.m. **Simulation Workshops (students will participate in all 3 activities)**

- **Casting and Splinting 8:10 - 9:10**  
Whether through work or play, broken bones, strains and sprains happen. In this workshop, practice applying casts and splints on each other.
- **Ultrasound Viewing 9:15 - 10:15**  
Students will learn how ultrasound is used for images and procedures. They will be able to practice on an ultrasound device.
- **Suturing 10:20 - 11:20**  
In this interactive session, students will learn basic suturing techniques and practice on pig's feet (which is similar to human skin).

11:20-12:00 noon Program Evaluation and Wrap up (pizza and beverages provided)

**Attendance to this program requires agreement and completion of the following forms:**

1. Registration Form
2. Marshfield Clinic Release and Waiver of Liability
3. Confidentiality Statement
4. Release for Use of Information, Photographs and/or Videotapes

Contact Katie Vollendorf at 715-858-4561 or [vollendorf.katie@marshfieldclinic.org](mailto:vollendorf.katie@marshfieldclinic.org) with any questions.

**Attire**

• Business casual attire is appropriate for this program. Since meeting room temperatures and personal comfort levels vary, it is recommended that you bring a sweater or jacket to the program.

**Electronic Devices**

• As a courtesy to other students, we request that all electronic devices be silenced during educational sessions. If you must use your electronic device, we request that you use the vibration ringing mode and step outside the conference room so you do not disturb other students.

**Parking**

• Please park in Marshfield Clinic-Eau Claire Center employee parking lot across the street on Craig Road. Students should enter at the Main Entrance and there will be greeters to direct you to the lower level conference rooms.

Registration Form – High School Career Exploratory Program  
Thursday, November 7th - Marshfield Clinic-Eau Claire Center, Eau Claire, WI

**Registration Deadline:  
Friday, October 25th**

**Please Legibly Print All Information Except Signatures:**

Student Name: \_\_\_\_\_

Student School Name: \_\_\_\_\_

Student Email: \_\_\_\_\_  
(for registration confirmation)

Teacher Name: \_\_\_\_\_

Teacher Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Return completed form to:**


Marshfield Clinic / Attn: Administration / 2116 Craig Road / Eau Claire, WI 54701 or Fax 715-858-4502

**Please write down at least 2 questions you'd like the providers to answer during today's activities:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# CAREER EXPLORATORY PROGRAM

## HOSTED BY MARSHFIELD CLINIC ON NOV. 7TH

 Marshfield Clinic Health System Marshfield Clinic is hosting their 2019 Fall High School Exploratory Day on **Thursday, November**

**7th.** All students who attend will experience hands-on casting/splinting, suturing on pigs feet and experimenting with ultrasound to see blood flow and tendons.

Above is an agenda for the day's activities. Students should go to Student Services to pick up the required registration forms. Registration deadline is Friday, October 25th.

*Registration deadline is Friday, Oct. 25, 2019*





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# HUSKY WEARHOUSE

## ACCEPTING DONATIONS

We LOVE to see so much energy and excitement in connecting students with cool Husky apparel. We're happy to see the clothing fly off the shelves!

### DO YOU HAVE HUSKY APPAREL TO DONATE?

Calling all parents who are North Alumni! Do you have some "old-school" Huskies clothing you can donate? The kids love the retro clothing! And, yes, they think the 80s and 90s are retro so no insult intended. Please bring donations to the main office at North, attention Janelle Patenaude. Thanks!



### MEET BOBBY BOOKS

This is Bobby's first year volunteering in the Husky WearHouse, and he's already made a very positive impact! As a junior at North, Bobby plays hockey and is involved in the NHS Student Council Publicity Committee. Bobby is interested in the medical field and hopes to pursue this in his future. Make sure to cheer on #2 on the ice this season! Go Huskies!

## HUKSY WEARHOUSE HOURS

Monday: Periods 1, 2, 5  
 Tuesday: Period 3  
 Wednesday: Periods 3, 6  
 Thursday: Periods 2, 6  
 Friday: Period 6



## FOOD PANTRY IS OPEN

### LOCATED IN STUDENT SERVICES

#### WOULD YOU LIKE TO HELP OUT WITH THE NORTH FOOD PANTRY?

Contact Janelle Patenaude at 715-852-6607 or [jpatenaude@ecasd.us](mailto:jpatenaude@ecasd.us).



#### THANK YOU, PAN-O-GOLD

The Shelves are once again stocked with loaves of bread, thanks to Pan-O-Gold baking Co.

#### THANK YOU, JIM & LINDA JARZYNSKI

Thank you to Jim and Linda Jarzynski who stocked the shelves last Friday with a generous donation and selection of food! The students really enjoyed the choices to take home for the weekend! #HuskyPride



#### FOOD ITEMS NEEDED

- Pop Tarts (variety)
- Granola bars (variety)
- Easy Macaroni and cheese
- Juice – orange, apple, grape, hi-c
- Spaghetti noodles and sauce
- Spaghetti O's, ravioli, etc.
- Oatmeal -instant (variety)
- Nature Valley Bars
- Cereal
- Applesauce – individual packs
- Ritz Dip crackers
- Fruit snacks
- Peanuts (variety snack packs)
- Muffins
- Peanut butter crackers
- Cheese crackers
- Animal crackers
- Hamburger helper
- Peanut butter (Jars and to-go)
- Ramen noodles
- Beef Jerky
- Bevita bars



#### THANK YOU, STAFF

Thank you to all the North staff who continues to bring in food to the pantry.



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# LET'S GO HUSKIES

## #HUSKYPRIDE



When there are so many great photos, you just have to share as many as possible! Thank you Dawn Beyreis and Brian Steele for sharing with our Husky Community. Send your photos to [jpatenaude@gmail.com](mailto:jpatenaude@gmail.com). Thanks!



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## **ATHLETICS CALENDAR**

***FIND OUT WHERE THE ACTION IS EVERY WEEK***

The [North High School Athletics Calendar](#) is updated with the most recent game-day information!



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## LOCAL VFW SUPPORTS HUKSYFEST

Clint from the VFW Post 305 in Eau Claire presented a check for \$200 to Greg Hanson, Husky Booster Club.

## HUSKY FEST VIII

When: Saturday, November 2, 2019 ~ 4:30 – 10:00 pm

Where: Wild Ridge Golf Course, Eau Claire

Who: Husky Fans (Must be 21)

Cost: \$45

Ticket Includes: Admission, Gift, and Dinner. All money raised from Husky Fest

benefits ALL sports/athletes at North High School. Interested in attending Husky Fest, click [here](#) for more details.



## NORTH STUDENTS RECEIVE GENERAL BILLY MITCHELL AWARD

Wisconsin Civil Air Patrol cadets named 2nd Lt. after receiving Mitchell Award:

On September 19th, North students Cailey Stolt (Sophomore) and Jonathan Solberg (Junior), both received the General Billy Mitchell Award.

The Mitchell award is earned after completing the first eight promotion achievements of the cadet program and passing an arduous 100 question written exam covering leadership theory and aerospace topics. Earning this achievement places a cadet in the top 15% of approximately 25,000 cadets nationwide.

Congratulations Cailey and Jonathan! You make us proud! #huskypride



## WISCONSIN EDUCATION FAIR FOR JUNIORS

On Wed., October 2nd, juniors have an opportunity to attend the Wisconsin Education Fair at the L.E. Phillips YMCA Sports Center. Students will load buses at 8:40 a.m. and return to school at 10 a.m. At the Wisconsin Education Fair, students will be able to talk with representatives from nearly 100 colleges, technical colleges, universities, trade schools, and the armed forces. Students will receive information in the mail, and permission forms are due to Student Services by noon on Fri., September 27<sup>th</sup>. (We are not able to accept late forms due to organization of bus transportation.) Please contact Justine Hildebrandt, School Counselor, with any questions at (715) 852-6617.





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## SENIOR PORTRAIT SUBMISSION

The North High School Yearbook staff would like to remind parents and students of the Class of 2020 that the deadline for submission to be included in the yearbook is Friday, January 3 -- FIRM.

Only digital photos are accepted for use in the yearbook. We also suggest that a more traditional pose (head and shoulders) works best in the yearbook. If you request it, most photographers in the area will submit a camera-ready, digital photograph to the school directly as a service to you. Please request they send the (minimum) wallet-sized file as a jpeg with a minimum of 300 dpi resolution to [cboone@ecasd.us](mailto:cboone@ecasd.us). All you need to do is select your pose and place the order.

## SENIORS – MAKE APPOINTMENTS

Seniors, please make an appointment first quarter to see your counselor for your senior meeting. Counselors will meet with every senior to discuss credits, graduation requirements, as well as post-secondary planning. Stop by Student Services and set up an appointment with your counselor through Ms. Forrestal beginning Monday, September 16<sup>th</sup>.

## SENIORS APPLYING TO SCHOOLS

Please be aware that the student will be responsible for submitting the application, application fee, transcript, and any other supporting documents to the schools in which they are applying. Students must request a transcript through North's homepage using the "order records" icon, or [parchment.com](http://parchment.com).



## COLLEGE VISITS AT NORTH

**Monday, September 30<sup>th</sup>**  
UW Stevens Point at 9 am

**Tuesday, October 1<sup>st</sup>**  
UW Madison at 10 am  
St. Mary's College of MN at 11 am  
Ripon College at 1:45 pm

**Wednesday, October 2<sup>nd</sup>**  
Northland College at 1 pm  
University of Alabama at 1:15 pm  
Marines 11:30 am- 1pm



## CLASS OF 2020 ALL NIGHT PARTY AT ACTION CITY **NEEDS YOU**

We are still looking for a chairperson for this year's All Night Party at Action City. Please email [Janelle Patenaude](mailto:janelle.patenaude) if you are interested. We also need many more parent volunteers to make this important event a success for your students. Please reach to Janelle if you are interested in helping out!



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Welcome Back to North High School

### ECASD COMMUNITY EVENTS & RESOURCES

# ALUMNI NEWS

## ***HOMECOMING 2019: WELCOME BACK ALUMNI***

North High School Homecoming this year is Oct. 14-19, 2019. Please join us for the Homecoming Parade at 4 p.m. on Friday, Oct. 18th. Stay tuned for the route, which goes through Carson Park. We also invite all alumni to the North Football Game at Carson Park at 7 p.m. on Friday.

Alumni updates and information can be found on the [NHS Alumni News page](#). Also, please share this newsletter with other North High School Alumni. Thank you.

## WHAT IS YOUR ALUMNI NEWS?

Are you planning a reunion? Do you have news or photos to share with other alumni? Please email [Janelle Patenaude](mailto:janelle.patenaude).



## DID YOU KNOW?

All games and events in the doghouse are livestreamed! You can watch games, special events and even graduation – LIVE! Just go to [Husky TV](#) (and it's free)! This link can also be found on the [North High School](#) homepage and is shareable!

## CLOTHING DONATIONS BEING ACCEPTED

Please donate new and gently-used clothing items, shoes, jackets, etc. to Molly Thorp or Janelle Patenaude. These items are provided to students in need, free of charge. Apparel for students goes to room 451. Workout clothes/shoes/swimsuits are given to Physical Ed. for students. Black dress clothes go to Choir/Band/Orchestra for their students, and HUSKY apparel goes to the Husky Wearhouse. Remaining items are taken to the Homeless Program at the board office for families to access free of charge. Also accepting male/female personal hygiene items. Questions? Contact Molly Thorp [mthorp@ecasd.us](mailto:mthorp@ecasd.us) or Janelle Patenaude at [jpatenaude@ecasd.us](mailto:jpatenaude@ecasd.us).





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## From the School Nurse

### Health Alert: Vaping Linked to Severe Lung Disease

Eau Claire, WI- September 9, 2019- **The Eau Claire City County Health Department is urging residents to stop using any vaping and/or e-cigarette devices immediately. If you've never smoked or used other tobacco products or e-cigarettes, don't start.**

As of September 5, there are 34 confirmed cases of Wisconsin residents hospitalized for severe lung disease and damage from vaping. Most of the affected people are adolescents and young adults. Nationally, over 450 possible cases are being investigated with 5 deaths confirmed.

In Wisconsin, the majority of the cases have reported using e-cigarettes or other vaping devices to inhale THC products, such as waxes or oil concentrates. THC is the active ingredient in marijuana and is often mixed with other chemicals and additives that are unknown, unregulated, and unsafe. Vaping nicotine products can be equally harmful because of their unknown and unregulated nature.



It's important that parents and educators talk with youth about the dangers of vaping, as we know that no amount of marijuana or nicotine use during adolescence is safe," says Lieske Giese, Health Officer/Director.

Anyone who has used vaping products and is experiencing shortness of breath, chest pain, cough, nausea, vomiting, fever and weight loss should talk to a healthcare provider.

- For the latest updates on this disease investigation, visit: [dhs.wisconsin.gov/outbreaks](https://dhs.wisconsin.gov/outbreaks).
- For free help to quit smoking and FDA-approved medication, visit: [Wisconsin Tobacco Quit Line](#) or call 1-800-QUIT-NOW
- To learn more about the dangers of e-cigarettes and vaping, visit: [Tobacco is Changing](#)
- If you are a healthcare provider, see the below recommendations.
  1. Talk to patients about the risks of vaping.
  2. Ask all patients who report e-cigarette product use within the last 90 days about signs and symptoms of pulmonary illness.
  3. Consider all possible causes of illness in patients reporting respiratory and gastrointestinal symptoms and of e-cigarette product use. Evaluate and treat for other possible causes of illness (e.g., infectious, rheumatologic, neoplastic) as clinically indicated. Consider consultation with specialists (pulmonary, infectious disease, critical care, medical toxicology) as appropriate.
  4. Report cases of severe pulmonary disease of unclear etiology and a history of e-cigarette product use within the past 90 days to the Wisconsin Department of Health Services at (608) 266-1120 or to Eau Claire City County Health Department at (715) 839-4718. Reporting of cases may help CDC and state health departments determine the cause or causes of these pulmonary illnesses. Click here for [Additional CDC Clinical Guidance](#).



## THE PAW SHOP IS OPEN

The Paw Shop, located in the North Commons, is open more hours before school until 3:15 pm daily. Contact [Jim Maier](#) for more information.

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