



## March 2024

Dear Hortonville High School Parents, Guardians, and Community,

Welcome to March! I want to thank our families, students, coaches, and community members who have helped support and attend all of our winter activities over the last four months at Hortonville High School and on the road. I continually appreciate the quality of our programs and community support towards our school and student-athletes. I encourage everyone to get out and support our teams in the coming weeks and as we head into the spring.

March is also the beginning of our mandatory state testing season, with our junior students taking the ACT exam on Tuesday, March 12th. On this testing day, we need all of our junior students to be in their assigned testing rooms by 7:45 am on this date. This earlier start time will allow us to start on time to meet this requirement. We will also conduct the Pre-ACT secure tests for our freshmen and sophomore students on April 4th. Families will receive additional communication regarding the school day schedule for these upcoming days.

### GRR Program

This program is designed to help limit the amount of damage and illegal behavior around Hortonville High School. If your student(s) or see any damage to the bathrooms, locker rooms, or illegal activity in the school, please encourage them stop in the main office, send an email, or canvas message one of the people listed below. The focus of this program is to help ensure our building stays safe and looking it's best.

### Attendance Reminder

Attendance matters! - Please help your students by supporting them in daily attendance here at school. If your child is healthy, please support them in getting to school each school day. *Every school day is an essential opportunity for students to learn and connect with peers and teachers.*

HASD allows a maximum of 10 excused absences (all or part of a day) in a school year before requiring a doctor's excuse. Beginning with the 11th absence, a doctor's note will be required in order for the absence to be excused. Absences beyond that, without the medical excuse, will be marked unexcused, which could potentially lead to a Truancy referral and citation.

**To report an absence call: 920-779-7940.**

Please visit or contact us if you have any questions or want to learn more about Hortonville High School

RollBears!

Tim Rietveld

### Upcoming Events:

**March 12<sup>th</sup>-**

**11th Grade ACT Day**

**7:45 AM**

**March 22<sup>nd</sup>-**

**End of 3<sup>rd</sup> Quarter**

**March 25<sup>th</sup>- March 29<sup>th</sup>**

**Spring Break**

**April 4<sup>th</sup>-**

**Pre ACT-Secure Day**

**April 17<sup>th</sup>-**

**Half-Day Inservice**

### Sleep and Mental Health

March is the host of National Sleep Awareness Week from the 10th to the 16th. Sleep is a critical part of our daily functioning, including our mental and emotional wellness. Research has found that adequate sleep can have strong associations with one's physical health, behavior, attention, memory, and mental health.

It is recommended that children (6-12 years) get 9–12 hours of sleep on a regular basis while teenagers (13-18 years) get 8–10 hours, according to the American Academy of Sleep Medicine. If your child is not reaching this average, you are not alone! A [2015 study](#) found that a large majority of middle and high school students reported less than the recommended hours of sleep on a school night. Let's take a look at some healthy habits we can all introduce into our daily routines to promote a better night's sleep.



#### Resources and references:

##### Web Pages:

- [Sleep in Middle and High School Students | Healthy Schools | CDC.](#)
- [Children and Sleep](#)
- [Be Your Best Slept Self](#)
- [Sleep Awareness Week 2024 - National Sleep Foundation](#)

##### Research Articles:

- [Short Sleep Duration: Children's Mental, Behavioral, and Developmental Disorders and Demographic, Neighborhood, and Family Context in a Nationally Representative Sample, 2016–2019](#)
- [Improving sleep quality leads to better mental health: A meta-analysis of randomized controlled trials](#)

##### Other resources:

- [E3 home page](#)

# Announcements!

Parents: To keep you informed of important happenings at school and in the community, we upload the Announcements daily to the Hortonville High School home page. They contain a great deal of useful information, and we encourage you to read them regularly. [Announcements](#)

## Notes from the Counseling Office

### UPCOMING COLLEGE VISITS

The following colleges have representatives coming to Hortonville High School over the next couple months (additional visits may be added). If your student would like to meet with any of the representatives, have them register in Ediciency (ELT program) or stop by the Counseling Office.

- |                |          |         |
|----------------|----------|---------|
| • UW - Stout   | March 12 | 1:30 pm |
| • UW – Oshkosh | March 13 | 1:30 pm |

### YOUTH SERVICE LEARNING HOURS

Seniors should be sure to check with Ms. St. John regarding service learning hours (36 volunteer hours are required for graduation). Service hours must be completed by April 15 for graduation. Several volunteer opportunities are listed on our website on the [Youth Service Learning](#) webpage.

### JOB OPPORTUNITIES

Local companies have reached out to us with job opportunities they have available, including opportunities for this summer. If you have a student looking for a job, have them check out the bulletin board or view the same opportunities on our webpage.

[Work and Volunteer Opportunities](#)

### JUNIOR/SENIOR RELEASE

The following are the requirements for a student to request Junior/Senior Release during their Commons block. If a student is eligible, they can stop by the Main Office to fill out a request form.

Student must have earned 18 (junior)/22.5 (senior) credits

Student must be enrolled in 3 credits during the semester

Student must maintain passing grades in all classes

Student has completed 36 service hours for seniors and 27 service hours for juniors

Student will have no attendance issues

Student will have no discipline referrals

Student will have no school parking violations

Student will still be required to return for some school sponsored events

### XAVIER COLLEGE FAIR

Xavier High School is hosting a College Fair for all ages on Tuesday, March 12 from 6:00-8:00 pm. There is free admission and many colleges from Wisconsin and the surrounding states will be in attendance. Register for the event at

<https://sites.google.com/xaviercatholicschools.org/college-fair/plan-your-visit> and learn more about the fair at

<https://sites.google.com/xaviercatholicschools.org/college-fair/home>. The website also provides tips for how to get the most out of the College Fair, where to park and other important information. Mark your calendar!



# Xavier High School **COLLEGE FAIR**

The fair is open to all students in the Appleton and Fox Valley region of Wisconsin. This event typically brings together nearly 100 colleges from over 10 different states. Over 1,500 students and parents attend to explore a wide variety of educational options.



Tuesday, March 12, 2024



6:00pm - 8:00pm



Xavier High School



Pre-register online in February or at  
the door!



# CAPP WORKSHOP

Are you registered to take a CAPP class next year to earn college credits? Attend our annual CAPP Workshop to complete **Step 1: Application** with a UW Oshkosh CAPP representative!

## CAPP COURSES AT HHS

- CAPP Intro to Public Speaking
- CAPP Writing 101
- CAPP American or British Lit.
- CAPP Weight Training
- CAPP Active Lifestyles
- CAPP Spanish 204, 312
- CAPP German 204, 304
- CAPP Educ. 110 (Found. of ECE)
- Senior Studio
- Art History

## WHEN IS THE WORKSHOP?

Friday, April 26  
7:45am–8:30am  
HHS Library

## WHAT SHOULD I KNOW COMING IN?

- Social Security Number
- Did your legal guardian file taxes last year?
- Does your parent/guardian hold a valid driver's license?

## ACT

All Juniors will take the ACT on Tuesday, March 12, 2024. Students who wish to retake the test can do so on one of the National ACT Dates below. More information on those dates/sites can be found once your child has created an ACT account online. [ACT](#)

## NATIONAL ACT TEST DATES

### Test Date

April 13, 2024  
June 8, 2024  
July 13, 2024

### Registration Deadline

March 8, 2024  
May 3, 2024  
June 7, 2024



## **SENIORS – SHARE YOUR FUTURE PLANS!**

Whether going into the work force, attending college or tech school, or going into the military, have your Senior stop by the Counseling Office once they have defined their post-high school plans. They can proudly display their plans on our “Class of 2024” bulletin board!

## **SENIOR AWARDS PROGRAM**

Mark your calendars for Wednesday, May 8 at 5:30 pm for the annual Senior Awards Program. All students receiving an academic award or scholarship will receive an invitation to attend. Watch for those letters late April as scholarship selections begin to come in. As your student receives scholarship awards from outside source or their selected college, please have them bring a copy of their letter of notification to Mrs. Van Asten for recognition at Senior Awards Night. All seniors are welcome to attend the event.

## **SCHOLARSHIPS**

We have a HUGE list of scholarships available to students! Please encourage your student to apply for this free money! The list, which contains information regarding the amount, application criteria and deadlines, is posted on the HHS webpage under Academics | College/Career | Scholarships & Financial Aid. [Scholarships](#)

## **FINANCIAL AID**

According to the Federal Student Aid website, there were major changes and improvements to the 2024-25 *Free Application for Federal Student Aid* (FAFSA®) form. This redesigned and streamlined FAFSA form became available December 31, 2023. All the directions and forms are available on <https://studentaid.gov/>. Your college’s financial aid office is also a great source of information and assistance. Another great source for assistance with the FAFSA is Mike Gawel, Fox Valley Tech Financial Aid Facilitator, who presented for the FAFSA Parent Night. He can assist with FAFSA questions whether your student is attending a four-year college or a technical college.

Mike Gawel  
920-735-5714  
[mike.gawel0151@fvtc.edu](mailto:mike.gawel0151@fvtc.edu)