



Wilmot Union High School WUHS TODAY

ISSUE 8 • MARCH, 2024



Dear WUHS Community,

Thank you to everyone who supported our operational referendum that failed on February 20th. We will have to make some tough decisions, but I'm still optimistic about the future. I believe in this district and our community, and we will overcome our upcoming challenges together.

I'm very proud of our students and the progress they made academically during the first semester. The grades for the building are shown below on the top chart. It's exciting to see an increase in A's and B's! As a result, more students made the first semester Honor Roll than in the previous two school years which is shown on the bottom chart.

We know the key to success is in attendance. When students are here every day, they do well. When students frequently miss school, they tend to struggle more. The graph shows the relationship between attendance and GPA. Each dot represents a student. Note the dense cluster to the bottom right where GPAs are high and absences are low.

	2023	2022	2021
A's	2,259	2,222	2,218
B's	2,374	2,086	1,959
C's	1,249	1,191	1,098
D's	95	530	472
F's	343	158	104

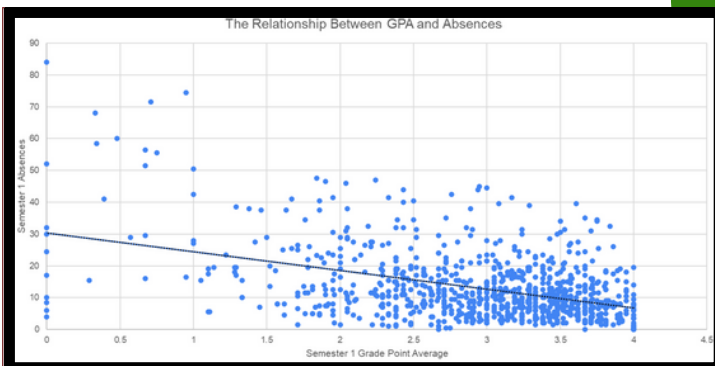
This is why we've increased our emphasis on the importance of attending school every day. If you are a parent or guardian of a Wilmot UHS student, we are grateful for your support in these efforts.

Semester 1 Honor Roll			
2023-24	High Honors	177	Total = 366
	Honors	189	
2022-23	High Honors	171	Total = 341
	Honors	170	
2021-22	High Honors	187	Total = 336
	Honors	149	

Every single day at Wilmot UHS is important!

Your partner in education,

Dr. Michael Plourde
District Administrator



BOARD OF EDUCATION MEETINGS:

WORKING SESSION:
MARCH 4TH - 4:30 PM

REGULAR BOARD MEETING:
MARCH 20TH - 6:00 PM

LOCATION: WUHS LIBRARY

CLICK HERE FOR THE 23-24 BOARD OF EDUCATION CALENDAR

WILMOT UHS NEWSLETTER

TABLE OF CONTENTS

[Spring Break • P. 2](#)

[St. Patricks Day • P. 3](#)

[Message from the Principal • P. 4-5](#)

[Attendance Reminder • P. 6](#)

[Spring Musical • P. 7](#)

[Student Services & CTE • P. 8-10](#)

[Featured Resources • P. 11](#)

[Booster Club Advertisement • P. 12](#)

[Community Outreach • P. 13-16](#)

[Junior Panther Day • P. 17](#)

[Panther News & The PAW • P. 18](#)

[March Lunch Menu & Nutrition • P. 19-20](#)

[Athletics & Activities • P. 21-23](#)

[Newsletter Links • P. 24](#)



SPRING BREAK


MARCH 25-APRIL 1


As we gear up for some well-deserved time off, don't forget to plan ahead for a safe and enjoyable Spring Break!

Remember to:

 **Stay safe:** Make responsible choices and look out for each other.

 **Have fun:** Take time to relax, recharge, and make lasting memories.

 **Stay connected:** Keep in touch with friends and family, and let someone know your plans.

 **Return refreshed:** Come back ready to finish the school year strong!

Wishing you all a fantastic and rejuvenating break!



St. Patrick's Day

Did you know?

Source: [History.com](https://www.history.com)

✿ THE REAL ST. PATRICK WAS BORN IN BRITAIN ✿

ST. PATRICK, THE PATRON SAINT OF IRELAND, WAS BORN IN BRITAIN (NOT IRELAND) NEAR THE END OF THE 4TH CENTURY. AT AGE 16, HE WAS KIDNAPPED BY IRISH RAIDERS AND SOLD AS A SLAVE TO A CELTIC PRIEST IN THE AREA NOW KNOWN AS NORTHERN IRELAND. AFTER TOILING FOR SIX YEARS AS A SHEPHERD, HE ESCAPED BACK TO BRITAIN. HE EVENTUALLY RETURNED TO IRELAND AS A CHRISTIAN MISSIONARY.

✿ LEPRECHAUNS ARE LIKELY BASED ON CELTIC FAIRIES ✿

THE ORIGINAL IRISH NAME FOR THESE FIGURES OF FOLKLORE IS "LOBAIRCIN," MEANING "SMALL-BODIED FELLOW." BELIEF IN LEPRECHAUNS LIKELY STEMS FROM CELTIC BELIEF IN FAIRIES—TINY MEN AND WOMEN WHO COULD USE THEIR MAGICAL POWERS TO SERVE GOOD OR EVIL. IN CELTIC FOLKTALES, LEPRECHAUNS WERE CRANKY SOULS, RESPONSIBLE FOR MENDING THE SHOES OF THE OTHER FAIRIES.

✿ THE SHAMROCK WAS CONSIDERED A SACRED PLANT ✿

IT WAS CALLED THE "SEAMROY" BY THE CELTS AND WAS CONSIDERED A SACRED PLANT THAT SYMBOLIZED THE ARRIVAL OF SPRING. ACCORDING TO LEGEND, ST. PATRICK USED THE PLANT AS A VISUAL GUIDE WHEN EXPLAINING THE HOLY TRINITY. BY THE 17TH CENTURY, THE SHAMROCK HAD BECOME A SYMBOL OF EMERGING IRISH NATIONALISM.

✿ THE FIRST ST. PATRICK'S DAY PARADE WAS HELD IN AMERICA ✿

WHILE PEOPLE IN IRELAND HAD CELEBRATED ST. PATRICK SINCE THE 1600S, THE TRADITION OF A ST. PATRICK'S DAY PARADE BEGAN IN AMERICA AND ACTUALLY PREDATES THE FOUNDING OF THE UNITED STATES. RECORDS SHOW THAT A ST. PATRICK'S DAY PARADE WAS HELD ON MARCH 17, 1601, IN A SPANISH COLONY IN WHAT IS NOW ST. AUGUSTINE, FLORIDA. THE PARADE AND A ST. PATRICK'S DAY CELEBRATION A YEAR EARLIER WERE ORGANIZED BY THE SPANISH COLONY'S IRISH VICAR RICARDO ARTUR.

✿ CORNERED BEEF AND CABBAGE WAS AN AMERICAN INNOVATION ✿

WHILE HAM AND CABBAGE WERE EATEN IN IRELAND, CORNERED BEEF OFFERED A CHEAPER SUBSTITUTE FOR IMPOVERISHED IMMIGRANTS. IRISH AMERICANS LIVING IN THE SLUMS OF LOWER MANHATTAN IN THE LATE 19TH CENTURY AND EARLY 20TH PURCHASED LEFTOVER CORNERED BEEF FROM SHIPS RETURNING FROM THE TEA TRADE IN CHINA. THE IRISH WOULD BOIL THE BEEF THREE TIMES—THE LAST TIME WITH CABBAGE—TO REMOVE SOME OF THE BRINE.

A MESSAGE FROM THE PRINCIPAL: ROB KREIL

Hello Junior Students and Parents!

The *ACT* test includes multiple-choice tests in English, Reading, Mathematics, and Science, as well as an essay writing test. Your success on the *ACT* is very important to your future plans and to our school. We cannot stress enough the importance of trying your best on this exam.

On **Tuesday, March 12, 2024**, Wilmot Union High School will be administering the *Online ACT plus Writing*.

This test is state-mandated for all 11th grade students.

Students will need their school issued Chromebook for the pre-administration activities and to complete the ACT Test.

Please remember to have your Chromebook fully charged.

Attendance of Juniors on March 12th is essential!

Click on the underlined link below to take the ACT Practice Tests.

The schedule for the day is as follows:

Junior ACT Testing Day - March 12, 2024

Please be aware that this is a regular school day for all other classes

7:00 am - 7:30 am - Light breakfast snacks will be available for Juniors in
Community Room 180

7:30 am - Arrival, identification, and seating of examinees

**Testing room assignments will be given out during American Literature and
posted in the commons prior to the test date.**

7:45 am - Begin testing

12:05 pm - Testing ends, dismissal

12:05 pm - Lunch

Lunch will be followed by WARP and 7th hour

**Please help us to ensure the best test-taking preparation for students by
encouraging your student to:**

- **Eat a good breakfast.** *We will provide a light breakfast snack and small snack for students at break time.*
- **Get a good night's sleep** *before the test – at least 8 hours is recommended. Be on time for the test. Not having enough time causes unnecessary stress.*
- **Wear comfortable clothes** *and dress in layers. Normal dress code rules apply.*
- **Be prepared.** *Students should bring their fully charged, school issued Chromebook, #2 pencils and a calculator.*
- **Cell phones are NOT allowed** *during the testing or break time. Please leave your phone in your locker.*

**More information about the *ACT plus Writing* exam is available at
[The ACT with writing | Wisconsin Department of Public Instruction.](#)**

**Thank you for your continued cooperation and understanding in partnering
with us to make this a positive experience for students!**



ATTENDANCE REMINDER



Attendance is very important as it directly affects academics, mental health, socialization, extracurriculars, and life skills. It is also a legal responsibility that students attend school.

Protocol for calling a student out of school:

- 1) Contact the attendance office either by phone or email. Please state the reason for the absence.

Call (262) 862-2351 & press 1 or email attendance@wilmoths.k12.wi.us.

- 2) Each absence will count towards 1 of the 10 days that the state allows a student to be excused. **This will include any illnesses.** *If the proper documentation is provided, such as a doctor's note, the absence will not count towards the state allowed 10 parental excused absences.*

A referral and letter will be sent home for notification purposes after the 5th and 10th parental excused absence.

Absences after the 10th parental excused absence will be considered truant.

Wisconsin State Statute 118.15 (3) (c) indicates a child may **not** be excused for more than 10 days in a school year.

5 Day Parental Excused Absence Notification Letter

10 Day Parental Excused Absence Notification Letter

Sincerely,

Dan Bender
Associate Principal
Wilmot Union High School

BEAUTY AND THE BEAST

Wilmot Union High School

Lance Haas Auditorium



Thursday, March 14th

7:00 pm

Friday, March 15th

7:00 pm

Saturday, March 16th

7:00 pm

Sunday, March 17th

2:00 pm

General Admission \$8

Students / Seniors \$5

Contact Jaime Ivan for more info. ivanj@wilmoths.k12.wi.us

A MESSAGE FROM STUDENT SERVICES & CTE

Course Selection:

9th-11th grade students are well underway in the 2024-2025 school year course selection process. We encourage you to talk with your students about this process and their selections.

Students have been meeting individually with their counselors to confirm their course selections. Students will have until **June 3, 2024** to let their counselor know of any schedule change requests for the 24-25 school year.

You can preview a short tutorial on the course selection process and the new ACP Module [HERE](#).

If you have any questions and/or want to talk through your student's courses more, as always, please contact your student's counselor.



SAVE
the
DATE!

WOMEN *in* MANUFACTURING DAY

Friday, March 22, 2024



Careers that
offer job security,
stability & success.

Attend this
FREE event!



Gateway is offering a Women in Manufacturing Day event on **March 22, 2024!**

Students can come as a group or on their own to enjoy a wonderful day of exploring manufacturing career opportunities.

The event is limited to the **first 100** participants, so reserve your spot now!

Visit the link below to register:

[**Women in Manufacturing**](#)



NAVIGATING UNEXPECTED BEHAVIORS

What can I do when my kid does...

Workshop

Dr. Leah Featherstone earned a Bachelor's Degree in Psychology and Criminal Justice from Indiana University and a Master's Degree in Forensic Psychology from John Jay College of Criminal Justice. Dr. Featherstone earned a Master's and Doctorate Degree in Clinical Psychology from the Wisconsin School of Professional Psychology. She is the Clinical Administrator for Professional Service Group and responsible for overseeing clinical operations in Kenosha, Racine, West Allis, and West Bend. Dr. Featherstone has decades worth of experience supporting individuals in the areas of mental health behavior.

- Wednesday, March 20th
- 6:00-7:30pm
- Wilmot High School Auditorium- Please use Entrance A at the southwest corner of the building
- Babysitting Available





Warning Signs of

TEEN DATING VIOLENCE

ISOLATION



Your teen suddenly spends all their time with their dating partner and distances themselves from friends.



LOSS OF INTEREST

They lose interest in activities they used to enjoy.

EXCUSES & APOLOGIES



They find themselves making excuses or apologizing for their partner's inappropriate behavior.



PHYSICAL SIGNS

Unexplained bruises or injuries start appearing, raising concern.

EMOTIONAL CHANGES



You notice a sudden change in their demeanor or self-confidence, particularly when they're around their dating partner.



Steps You Can Take:



LISTEN ATTENTIVELY

Show your support and express your concern. Accept what your teen tells you and avoid being judgemental or offering ultimatums, like forcing them to break up.

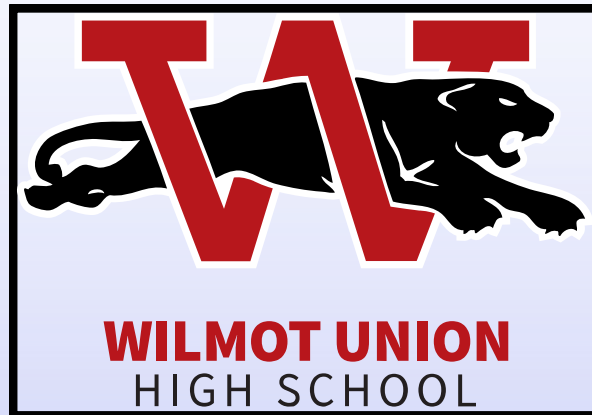


DEVELOP A PLAN OF ACTION TOGETHER

Inform yourself about teen dating violence before offering advice. When you move forward, make sure your teen feels supported and empowered.

FEATURED RESOURCES

Click the WUHS logo below to visit our Annual Notices page for important information including Title I, Title IX, Policies, Educational Options, and more...



**Don't miss out!
Click the logo and
follow our page
for daily updates!**



Here's to You!

This season we are excited to offer personalized Wilmot spirit drinkware. These stainless steel cups and bottles keep drinks cold for 24 hours, and hot for 8 hours. Each features a unique school design and space for you to add names, nicknames, numbers, monograms, etc. You can also choose your sport or activity. These retail for \$30-40, but you get 15% off with promo code PANTHERS15. \$10 from each product purchased will directly support the Sport/Club you select! Thank you, and Go Panthers!!



Choose your design...



ICONS



VARSITY



OMBRE



STAINLESS



TEZZA



TIE DYE



SPIRIT



STICKERS

Choose your size... & Personalize!



16oz \$29.99 24oz \$34.99 32oz \$39.99 18oz \$34.99 24oz \$39.99

USE PROMO PANTHERS15 FOR 15% OFF

ACB
1

ACB
2

JAMES
3

Liam
4

NOAH
5

Elijah
6

Olivia
7

Emma
8

Isabella
9



SCAN ME

COMMUNITY OUTREACH

**BECOME A FITNESS
CENTER MEMBER
TODAY!**



SCAN ME



<u>Membership Pricing</u>	<u>Resident</u>	<u>Non-Resident</u>
Family Membership	\$180	\$280
Individual Membership	\$100	\$200
Individual 6 month Membership	\$60	\$120
Individual Quarterly Membership	\$35	\$70
College Student Membership	\$35	\$35
Wilmot UHS & Feeder School Retiree Membership	\$35	\$35
45 minute classes- 8 classes	\$45	\$45
60 minute classes- 8 classes	\$55	\$55
Drop in fee	\$8	\$8



**WILMOT UNION HIGH SCHOOL
COMMUNITY OUTREACH**

*Spring into Fitness with
Spin!*

Your spinning journey begins with a single pedal stroke in this high intensity indoor cycling class! Spinning is a challenging workout that truly is for everyone; it's suitable for all levels of fitness as YOU control your bike and are able to work at your own pace. Each ride simulates an outdoor bike ride with flats and hills. Class concludes with a cool down and stretching.

Class Time/Location

Monday 6:00 PM - 7:00 PM - Room 214

Pricing:

\$55 per 8 week session
\$8 individual class drop in

All 8 week sessions begin the week of March 11.

Sign up for a full 8 week session for \$55 or drop in and sample a class for \$8 cash or check.

**You can sign up in-person in the Fitness Center or online at:
Community Outreach Registration**

COMMUNITY OUTREACH

**Spring session
Community Outreach
Fitness classes are now
online!**

**Monday evening Spin
and Thursday &
Saturday morning Total
Body classes are all
online and open for
signup!**



**WILMOT UNION HIGH SCHOOL
COMMUNITY OUTREACH**

*Spring into Fitness with
Total Body!*

Get your day off to a great start with this energizing combination of cardio, weights, and body weight exercises! Varied workouts focus on strength and endurance. Each class begins with a warm up and concludes with stretching.

Class Times/Location

Thursday 5:30 AM - 6:30 AM - Fitness Center & Room 214
Saturday 7:00 AM - 8:00 AM - Fitness Center

Pricing:

\$55 per 8 week session
\$8 individual class drop in



WILMOT UNION HIGH SCHOOL COMMUNITY OUTREACH

WE WANT YOU!

To Get Involved!

Do you have knowledge, talents, or passions that you would like to share with others? Do you have a great idea for a class you would like to teach?

Consider teaching a Community Outreach class!

**Contact Erika Hering at
heringe@wilmoths.k12.wi.us for more
information**

We strive to offer a wide variety of programs to promote community engagement and lifelong learning for community members. Offerings in adult enrichment have included classes in fitness, the arts, photography, cooking and more. If you have an idea for a class we'd love to hear from you!



WILMOT UNION HIGH SCHOOL
COMMUNITY OUTREACH

Yoga Instructor Needed!

We are looking for a Community Outreach
Yoga instructor!

Yoga is typically one of our most popular
Community Outreach classes and participants
are eager to continue their practice.

Available class times are mornings 5:30 - 7:00
and afternoons and evenings 2:45 - 8:00.



If interested, please contact Erika Hering at
heringe@wilmoths.k12.wi.us
for more information



WILMOT UNION HIGH SCHOOL PRESENTS

Junior Panther Days

Wilmot Union High School is excited to announce the upcoming Jr. Panther Days!

March 1 - Wheatland

March 5 - Riverview

During Jr. Panther Days, eighth-grade students from the local community are invited to spend a day at Wilmot Union High School. They will be guided by our dedicated student TEAM 9 leaders and coordinators: Jackie Glover, Jeff Ryczek, Kim Christiansen, and Ryan Gartner.

This year, we have collaborated with both our own students and staff, as well as our K-8 partner schools, to enhance the overall experience. Our aim is to highlight the outstanding opportunities available at Wilmot Union High School and provide a glimpse into the exciting prospects awaiting incoming freshmen.

To enrich the visit, we have adjusted the schedule to include multiple classroom stops, enabling eighth graders to explore a broader range of class options. These days are crucial for eighth graders as they prepare to select their courses for freshman year.

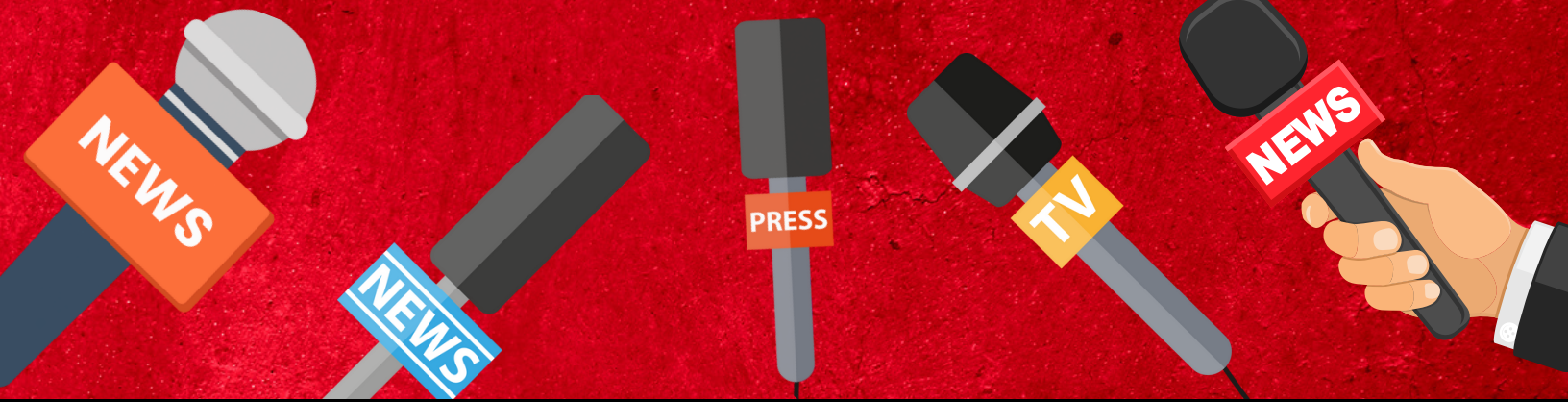
We eagerly anticipate welcoming them and further developing this program. We are grateful for the ongoing partnership with our local K-8 schools and the opportunity to engage with eighth graders each year.

Take a look at the video link provided below to see the enjoyable activities that our Junior Panthers participated in last year!

Junior Panther Day - 2023



Panther News



THE PAW



Visit our
online store!



Wilmot High School
Lunch Menu



March

FOOD4LIFE® APP • All the MENUS and more! • DOWNLOAD NOW

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

EXTRA INFO

- Creation** Dipped Chicken Sandwich Basket
- International** Panther Pasta Bar
- Pizza** Pizza Parlor Pizza
- Diner** Fish Sandwich with Cheese, Crispy Chicken Sandwich
- Grab and Go** Fresh Deli Sandwiches, Chef Salad



For questions or comments please contact
Kate Lucchesi, Food Service Director
262-862-2351 X308

www.faher.com

Wilmot High School
Lunch Menu



March

FOOD4LIFE® APP • All the MENUS and more! • DOWNLOAD NOW

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

EXTRA INFO

- Creation Station** Cajun Chicken Alfredo with Garlic Toast
- International** Chicken Tenders, Homemade Sauces, Crinkle Cut Fries
- Pizza** Pizza Parlor Pizza
- Diner** Cheeseburger on a Bun, Tempura Chicken Nuggets
- Grab and Go** Fresh Deli Sandwiches, Chop Chop Salad

- Creation Station** Sushi Bowl
- International** Nacho Bar
- Pizza** Pizza Parlor Pizza
- Diner** Mini Corn Dogs, Spicy Chicken Patty on Bun
- Grab and Go** Fresh Deli Sandwiches, Chop Chop Salad

- Creation Station** Boneless Wing Bar
- International** Baked Creamy Garlic Rigatoni, Garlic Breadstick
- Pizza** Pizza Parlor Pizza
- Diner** Beef Hot Dog on a Bun, Crispy Chicken Tenders
- Grab and Go** Fresh Deli Sandwiches, Chop Chop Salad

- Creation Station** Texas Burger Bar
- International** Popcorn Chicken Bowl
- Pizza** Pizza Parlor Pizza
- Diner** Bosco Mozzarella Breadstick, Wing Zings
- Grab and Go** Fresh Deli Sandwiches, Chop Chop Salad

- Creation Station** Calzones
- International** Panther Pasta Bar
- Pizza** Pizza Parlor Pizza
- Diner** Fish Sandwich with Cheese, Crispy Chicken Sandwich
- Grab and Go** Fresh Deli Sandwiches, Chop Chop Salad



For questions or comments please contact
Kate Lucchesi, Food Service Director
262-862-2351 X308

www.faher.com

Wilmot High School
Lunch Menu



March

FOOD4LIFE® APP • All the MENUS and more! • DOWNLOAD NOW

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

EXTRA INFO

- Creation** Crispy Chicken Caesar Wrap
- International** Asian Express
- Pizza** Pizza Parlor Pizza
- Diner** Cheeseburger on a Bun, Tempura Chicken Nuggets
- Grab and Go** Fresh Deli Sandwiches, Chicken Caesar Salad

- Creation Station** Giant Pretzel with Sauces
- International** Popcorn Chicken Bowl
- Pizza** Pizza Parlor Pizza
- Diner** Bosco Mozzarella Breadstick, Wing Zing
- Grab and Go** Fresh Deli Sandwiches, Chicken Caesar Salad

- Creation Station** Build Your Own Macaroni & Cheese Bar, Garlic Breadstick
- International** Walking Taco
- Pizza** Pizza Parlor Pizza
- Diner** Spicy Chicken Patty on Bun, Mini Corn Dogs
- Grab and Go** Fresh Deli Sandwiches, Chicken Caesar Salad

- Creation Station** Reuben Sandwich
- International** Panther Pasta Bar
- Pizza** Pizza Parlor Pizza
- Diner** Fish Sandwich with Cheese, Crispy Chicken Sandwich
- Grab and Go** Fresh Deli Sandwiches, Chicken Caesar Salad



For questions or comments please contact
Kate Lucchesi, Food Service Director
262-862-2351 X308

www.faher.com

Wilmot High School
Lunch Menu



March

FOOD4LIFE® APP • All the MENUS and more! • DOWNLOAD NOW

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

EXTRA INFO

- Creation Station** BBQ Chicken and Bacon Panini
- International** Build Your Own Hot Sub
- Pizza** Pizza Parlor Pizza
- Diner** Cheeseburger on a Bun, Tempura Chicken Nuggets
- Grab and Go** Fresh Deli Sandwiches, Buffalo Chicken Salad

- Creation Station** Double Cheeseburger Basket
- International** Rolled Chicken Enchilada Verde-LTO
- Pizza** Pizza Parlor Pizza
- Diner** Hot Dog, Mini Corn Dogs
- Grab and Go** Fresh Deli Sandwiches, Buffalo Chicken Salad

- Creation Station** Boneless Wing Bar
- International** Maple French Toast Sausage Bread-LTO
- Pizza** Pizza Parlor Pizza
- Diner** Beef Hot Dog on a Bun, Crispy Chicken Tenders
- Grab and Go** Fresh Deli Sandwiches, Buffalo Chicken Salad

- Creation Station** Double Dog Day
- International** Popcorn Chicken Bowl
- Pizza** Pizza Parlor Pizza
- Diner** Bosco Mozzarella Breadstick, Wing Zings
- Grab and Go** Fresh Deli Sandwiches, Buffalo Chicken Salad

- Creation Station** Loaded Fry Bar
- International** Pasta Bar
- Pizza** Pizza Parlor Pizza
- Diner** Fish Sandwich with Cheese, Crispy Chicken Sandwich
- Grab and Go** Fresh Deli Sandwiches, Buffalo Chicken Salad



For questions or comments please contact
Kate Lucchesi, Food Service Director
262-862-2351 X308

www.faher.com

March is National Nutrition Month



During the month of March, every one is invited to learn about making informed food choices and to learn how to develop healthy eating habits.

Nutrition plays a vital role in your health throughout your lifespan. **Healthy eating starts with healthy food choices.** There are many ways that you and your family can create nutritious and healthy meals.

One way to learn about healthy eating is to look at the nutrition facts label on the food you are consuming. The information on these labels can help you make informed health decisions. Nutrition labels provide information, such as the recommended serving size of food. Often, food packages contain more than one serving, so being aware of this information can help with portion control.

Follow a diet that includes a variety of foods such as fruits, vegetables, proteins, whole grains, lean meats, nuts and seeds.

Healthy eating tips for the whole family:

- For snack time keep it simple fresh fruits and vegetable make for great snacks.
- When you are on the go, instead of getting fast food, it is great idea to make healthy pre-packed snack.
- If you want to add some extra zing to your food instead of salt try herbs and spices to bring additional flavor to your meals.
- Avoid frozen meals as they are high in sodium.
- Eat smart by monitoring calorie intake and portion sizes.
- Limit foods and beverages high in sugars, sodium, and saturated fats.

ATHLETICS & ACTIVITIES



History Has Been Made

Willie DuChemin became the first ever Freshman state champ in Wilmot History! Willie won the 106 lb. weight class defeating Andy DiPiazza of Kaukauna in the Championship in Division 1.

It was a great weekend all around for Wilmot wrestling as they sent six athletes total, including their first ever girls, Morgan Rutherford and Greta Rzonca.

The remaining students who qualified, included 3X state qualifier Joel Sullivan, Senior Zach Rohloff, and Freshman Thiago Guardiola, who also made the podium, placing 5th.

Willie became the first wrestling state champ in 17 years since Mark Wilson won in 2007!

The wrestling teams are coached by head coach Ryan Gartner, and assistants Brian Hopkins, Mike Kouvelis, Jake Morgan, Matt Connor, and George Valach.

WILMOT HOLDS PARADE OF CHAMPIONS



On Wednesday, February 21, Wilmot held a ***Parade of Champions*** to celebrate the winter sports teams who had made it to state.

Led by the high school drumline and Fine Arts Teacher, Mr. Dave Dvorak, the teams went throughout the building with their classmates cheering them on!

Our very own Wilmot Panther and Mr. Bender were at the front of the parade; taking them up and down both floors leading the students along the route in cheers and congratulations.

Among the groups to be recognized in the parade were our Varsity Cheer Team. The team competed last weekend at their state competition in Appleton. The team was led by their co-head coaches, Bella Schlosser and Nina Scott.

The second group to be recognized was our Overwatch eSports Team, coached by Tom Albright. The eSports team made it's first-ever in-person trip to state at Wausau. After winning the semifinal match, they were defeated in the championship match, but still proudly brought home the silver trophy.

The last group to be recognized was our six state wrestlers. We had our first-ever state girl qualifiers, Greta Rzonca and Morgan Rutherford, as well as males Joel Sullivan, Zach Rohloff, Thiago Guardiola, and Willie DuChemin.

Joel is a three-time state qualifier, while Senior Zach, and Freshman Thiago and Willie were making their first trip.

In the end, Willie came home a state champ, and his fellow frosh, Thiago, also made it to the podium, finishing 5th.



WILMOT UNION HIGH SCHOOL

Board of Education - Calendar:

<https://www.wilmothighschool.com/BOE%20CALENDAR%202023%202024.pdf>

St. Patricks Day Facts:

<https://www.history.com/news/st-patricks-day-facts>

ACT Practice Tests:

https://download.pearsonaccessnext.com/act/act-practicetest.html#testnav_tutorial

ACT Plus Writing Exam - Information:

<https://dpi.wi.gov/assessment/act>

5 Day Parental Excused Absence Notification Letter:

<https://docs.google.com/document/d/12ktwvmlG1rgjj7ouPMDvKrz1UTiFJ7eDRDjCu08lwWc/edit>

10 Day Parental Excused Absence Notification Letter:

<https://docs.google.com/document/d/12QN6cyvExaUEIm3OFiJuWgHD7sNEBSKHUg6tABDwEw/edit>

Course Selection Tutorial:

<https://www.loom.com/share/d51d7760c0f4499393aae9278792a2a6>

Women in Manufacturing:

<https://www.gtc.edu/campus-life/learning-success/non-traditional-occupations/women-manufacturing-day>

Wilmot - Annual Notices:

https://www.wilmothighschool.com/about/annual_notices.cfm

Facebook:

<https://www.facebook.com/wilmothuhs>

Instagram:

<https://www.instagram.com/wilmothuhs/>

X (Twitter):

<https://twitter.com/wilmothuhs>

Booster Club:

<https://www.stachecups.com/pages/wilmot-2023>

Fitness Center Membership:

https://www.wilmothighschool.com/about/fitness_center.cfm

Junior Panther Day - Facebook Reel:

<https://www.facebook.com/reel/1404984023370002>

Panther News:

https://www.youtube.com/playlist?list=PLW9QGjIYZw6Qf3_WugWzdNdJW_2bjROw0

The PAW:

https://www.wilmothighschool.com/about/the_paw.cfm

Nutrition Facts - FDA:

<https://www.fda.gov/media/89314/download?attachment>

Community Outreach Registration:

<https://wilmothighschool.cr3.schooltoday.com/public/home/>

Additional Resources:

Athletics Calendar:

<https://southernlakesconference.org/public/genie/86/school/1/>

School Calendar:

<https://www.wilmothighschool.com/about/calendars.cfm>

WUHS Newsletter:

<https://www.wilmothighschool.com/wilmot-updates.cfm>

