



# Wilmot Union High School

## WUHS TODAY

ISSUE 22 • MAY, 2025



I am incredibly excited to introduce myself as the **new District Administrator for Wilmot Union High School**. I am grateful to be stepping into this role, knowing that the district has a strong commitment to student success and a deeply engaged community.

As I complete my 20th year in education, I bring a background that includes 10 years in administration with experience in special education, pupil services, curriculum design and instructional leadership.

As I look ahead, I'm excited to help lead the district through the important work of the building projects outlined in the recent referendum. This is a valuable opportunity to enhance our educational spaces in ways that benefit both our students and the community. In addition, I look forward to supporting and furthering the district's strategic plan, ensuring that our goals remain student-centered and aligned with the values of the Wilmot community. Equally important, I am committed to being a visible and approachable presence ensuring that I am listening, learning, and building strong relationships as we move forward together.

I am truly honored for the opportunity to serve the students, staff, families, and community of Wilmot Union High School in the District Administrator role. I look forward to partnering with all of you as we build on the strengths of the district and continue to move in a positive direction. I am eager to get started and proud to be a Wilmot Panther!



Christy Weinstock  
District Administrator

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#### **BOARD OF EDUCATION MEETINGS:**

**REGULAR BOARD MEETING:**  
MAY 12 - 4:30 PM

**REGULAR BOARD MEETING:**  
MAY 21 - 6:00 PM

**CLICK HERE FOR THE 25-26  
BOARD OF EDUCATION  
CALENDAR**

**SIGN UP TO RECEIVE SMS ALERTS**  
**CLICK HERE**  
**TO**  
**JOIN OUR EMAIL LIST**

As the school year draws to a close, I am filled with a profound sense of pride and anticipation as we prepare to celebrate one of the most cherished milestones in a student's journey—graduation. On behalf of the entire Wilmot Union High School staff, I invite you to join us in recognizing the Class of 2025 as they prepare to cross the stage and step confidently into their futures.



Rob Kreil  
Principal

Our seniors have shown exceptional resilience, leadership, and heart during their time at Wilmot. Whether in the classroom, on the athletic fields, on stage, or through community service, this class has left a lasting mark on our school. They've faced challenges with courage, supported one another with compassion, and grown into thoughtful young adults who are ready to make a difference in the world.

Graduation is more than a ceremony—it is a celebration of hard work, family support, and the strength of a school community that comes together to lift each student up. As we reflect on the achievements of our seniors, I also want to express my deep appreciation to our teachers, staff, and families. Your dedication has helped shape these graduates into the individuals they are today.

**Wilmot's graduation ceremony will be held on Sunday June 8th at 11:00 am at Wilmot High School.**

Thank you for your continued support of Wilmot Union High School. Let's celebrate this incredible class together and look ahead to the bright futures they are sure to create.

With Panther Pride,

Rob Kreil  
Principal, Wilmot Union High School



## *End-of-Year Reflections & Celebration*

As we wrap up another incredible school year, there's so much to celebrate across the district! Attendance is on the rise (still need a very good May!), discipline referrals are down, and our "Way to Go" recognitions continue to highlight the amazing efforts of our students. Weekly attendance awards are being handed out, and our Staff Spotlights have been a huge hit—thank you to everyone who contributed and helped shine a light on the great work happening every day.



Dan Bender  
AP of Student  
Management

Thanks to the overwhelming support of our community, the recent referendum passed, helping us move forward with important initiatives. **Wilmot is trending UP**, and it's all because of the dedication, collaboration, and heart from our students, families, and staff.

Let's carry this incredible momentum into next year as we continue to live out our Mission and Vision. Your commitment and support have made this year one to remember.

To our seniors—thank you. It feels like just yesterday you were walking into Freshman summer school, full of energy and anticipation. Now you're stepping into the world, ready to take on whatever comes next. You will be missed dearly. Congratulations, and best of luck in all your future endeavors!

**Here's to a fantastic year, and an even brighter future ahead.  
Go Panthers!**



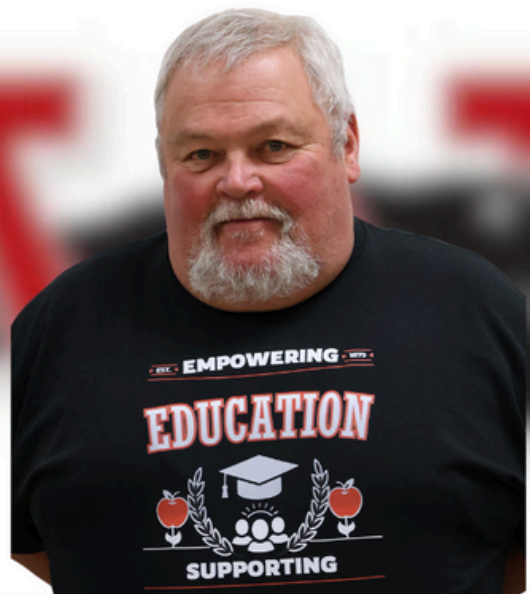


# WELCOME NEW BOARD MEMBERS



**AMY REGNIER**

BOARD OF EDUCATION



**MIKE FABER**

BOARD OF EDUCATION



## JULY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30	31		

## AUGUST 2025

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## SEPTEMBER 2025

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## OCTOBER 2025

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## NOVEMBER 2025

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## DECEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
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## JANUARY 2026

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## FEBRUARY 2026

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## MARCH 2026

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## APRIL 2026

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## MAY 2026

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24	25	26	27	28	29	30/31

## JUNE 2026

SUN	MON	TUE	WED	THU	FRI	SAT
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21	22	23	24	25	26	27
28	29	30				

WUHS

CALENDAR

25

26

### IMPORTANT DATES

Aug 27  
Aug 28  
Sept 2  
Oct 23  
Jan 23  
Mar 10  
Apr 30  
Jun 5  
Jun 5

Panther Fest  
9<sup>th</sup> Graders Only  
First Day of School  
Parent Teacher Conf.  
Last Day of Semester 1  
ACT Day  
Parent Teacher Conf.  
Last Day of School  
Graduation - 6 PM

### INSERVICE DAYS - NO SCHOOL

Aug 18 & 19  
Aug 20-22  
Aug 25-29  
Oct 3  
Jan 26  
Feb 16  
Jun 8

New Teachers Only  
Flex Days (Work 2)  
Professional Staff PD  
Professional Staff PD  
Professional Staff PD  
Professional Staff PD  
Professional Staff PD

### NO SCHOOL

Sept 1  
Oct 3  
Nov 24-28  
Dec 22-Jan 2  
Jan 26  
Feb 16  
Mar 23-27  
Apr 3  
May 25

Labor Day  
Professional Staff PD  
Thanksgiving Break  
Winter Break  
Professional Staff PD  
Professional Staff PD  
Spring Break  
No School  
Memorial Day

BOARD APPROVED:

November 20, 2024

# Celebrating Our Incredible Staff at Wilmot Union High School!

As we approach **Staff Appreciation Week, May 5th–9th**, I want to take a moment to express my deepest gratitude and admiration for the outstanding educators and support staff who make Wilmot Union High School such a special place.

Every day, our teachers, aides, counselors, secretaries, custodians, food service professionals, and support staff give their best to our students. They are the quiet heroes—guiding, encouraging, listening, and lifting up our young people in ways both seen and unseen. Their impact goes far beyond lesson plans or daily tasks. They build confidence, shape character, and spark curiosity. They offer safety, structure, and stability when students need it most.

This year, like so many before, our staff have shown incredible dedication and resilience. They've adapted, inspired, collaborated, and cared—not just for the success of our students, but for their well-being. They have done the hard work with grace, and they've done it together, as a team that puts students first in all they do.

During Staff Appreciation Week, we encourage our students, families, and community members to **take a moment to say thank you**—in a note, a conversation, or a small act of kindness. Your words and gestures matter deeply to those who give so much of themselves to help our school thrive.

At Wilmot, we are not just a high school—we are a family. And it is because of the extraordinary people who walk these halls every day with commitment and compassion. To each and every staff member: thank you for making a difference. Our school is stronger because of you, and I am so proud to serve alongside you.

With heartfelt appreciation,

Rob Kreil  
Principal, Wilmot Union High School



# **Senior Awards Night** **Scholarship Recognition**

Have you received a scholarship from an organization outside of school? We would love to recognize your achievement at this year's Senior Awards Night!

To be included in the program and have your scholarship announced, please fill out the form using the link below:

## **2024-2025 Scholarship Recipients**

If you've received more than one scholarship, please complete one form per scholarship.

**Submissions must be received by May 20th to be included.**

### **Event Details:**

**Senior Awards Night - Tuesday, May 28, 2025**

**Reception in the Commons | 6:00 p.m.**

**Awards Presentation in the Auditorium | 6:30 p.m.**

**Help us celebrate your hard work and success!**

For questions, please contact Kristen Pye.

pyek@wilmoths.k12.wi.us



# STAFF *Spotlight*

After 20 years of service, Dannette will be retiring this year. A dedicated paraprofessional, she has supported countless students, helping them succeed and navigate their academic challenges. Her compassion and commitment have made a lasting impact. When she's not working, Dannette enjoys gardening, sewing, and spending time with her family. Thank you for everything, Dannette! You'll be greatly missed! 🌿✨  
#ThankYouDannette #StaffSpotlight  
#Retirement



**DANNETTE CATES**

**PARAPROFESSIONAL**

[Full Information Here!](#)

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# STAFF *Spotlight*

Next year marks 25 years of dedication at Wilmot for Kathleen Schoenberger! Beyond teaching math, Kathleen shapes lives by instilling resilience, self-worth, and growth. She's the quiet force behind positive change, always focused on her students' best interests. Outside the classroom, she enjoys sewing, gardening, and spending time with her dogs. We're grateful for her unwavering commitment to our school community and look forward to many more years of impact!

#WilmotTeachers #StaffSpotlight

#LegacyOfLearning



**KATHLEEN SCHOENBERGER**

**MATH TEACHER**

[Full Information Here!](#)

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# STAFF *Spotlight*

We're celebrating Mr. Caputa, Special Education teacher and baseball coach at Wilmot, for the incredible impact he makes every day. Known for his kindness, calm presence, and strong support in math, Mr. Caputa builds lasting connections with students and staff. Whether he's coaching on the field or supporting in the classroom, he always puts students first and brings a team-first mindset. We're lucky to have him on our roster! 🙌

#StaffSpotlight #WilmotPride  
#TeamCaputa #StudentSupport



**ANTHONY-CAPUTA**

**SPECIAL EDUCATION  
TEACHER**

[Full Information Here!](#)

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# STAFF *Spotlight*

Celebrating 21 years at Wilmot, Mr. Sepnafski is a math teacher who brings patience, humor, and a deep commitment to student success. Known for his engaging teaching style, he helps students not only in math but in real-world applications too. Students appreciate his approachability, saying, "Whenever you're stuck, he's right there to help." As a coach and mentor, Mr. Sepnafski is a valued teammate both in and out of the classroom. His dedication to learning and growth is truly inspiring.

#StaffSpotlight #WilmotPride  
#MathMatters #TeamSepnafski



**ROBERT SEPNAFSKI**

**MATH TEACHER**

[Full Information Here!](#)

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# STAFF *Spotlight*

Abbey Reich has spent over 21 years supporting students in Alternative Education at Wilmot, providing personalized instruction and encouragement for every learner.

Whether it's helping students with their GED, supporting homebound learners, or guiding virtual coursework, Abbey goes above and beyond. Known for her compassion, Abbey is also a proud mom of two, a huge Brewers fan, and loves playing Euchre on weekends! We're so grateful to have Abbey as part of our team! 🙌

#StaffSpotlight #WilmotPride  
#AlternativeEd #TeamReich



**ABBHEY-REICH**

**ALTERNATIVE  
EDUCATION TEACHER**

[Full Information Here!](#)

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# STAFF *Spotlight*

We're excited to highlight Jackie Glover, a math teacher who makes learning fun and accessible for all! With 6 years at Wilmot and 15 years of experience, she builds strong relationships with students and helps them succeed—whether they love math or not. From AP Calculus to Algebra, Jackie's creativity and positive attitude create a supportive environment for her students. Outside the classroom, she's a busy mom of two, a reader, and a lover of sand volleyball.

#StaffSpotlight #WilmotPride  
#MathMatters #TeamGlover



**JACKIE GLOVER**

**MATH TEACHER**

[Full Information Here!](#)

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# BIG IMPACTS



## Dual Credit with Gateway Technical College at Wilmot Union High School 2023-24

### Making a big impact in the lives of students

Gateway awards college credit to dual credit students in partnership with Wilmot Union High School.



Credits Awarded: 1,496  
Student Headcount: 380  
Enrollments: 584

**\$ 258,358.95**  
in tuition saved

### Most Popular Dual Credit Classes:

1. Welding Basics
2. Intro to Welding
3. Intro to Business
4. Small Power Equipment
5. Entrepreneurship

### Serving a diverse student population

By providing dual credit opportunities for all, including female and underrepresented minority students, Gateway and partnering high schools are ensuring students are on a pathway to a strong future.

#### Gender

**38%**

Female

**62%**

Male

#### Race

Black/African American: 2.1%  
Hispanic/Latino: 10.8%  
Not Reported: 0.8%  
Other: 0.2%  
Two or more races: 0.8%  
White: 85.3%

#### Year in School

Senior: 29%  
Junior: 23%  
Sophomore: 27%  
Freshmen: 21%  
Not Reported: 0%



## Credential options for student success

Dual credit courses yield industry credentials that quickly carry students into their careers.

**25**  
**credentials were earned in**  
**2023-24**  
by students before high school graduation.

### Top Credentials Awarded to High School Students:

- Nursing Assistant
- Hospitality Essentials
- Welding/Maintenance & Fabrication



## Preparing students to succeed in college

Dual credit students have already earned credits toward a degree at Gateway. More students transition to Gateway after graduation than any other college or university.



**30**

students choose Gateway from Wilmot Union HS

**Dual credit program students are better prepared for college. Students are more likely to:**



Maintain a higher  
GPA at Gateway



Continue onto the  
second year of their  
program



Graduate in three  
years



**For more information about dual credit programs contact:**

Katie Graf, Director of High School Partnerships at

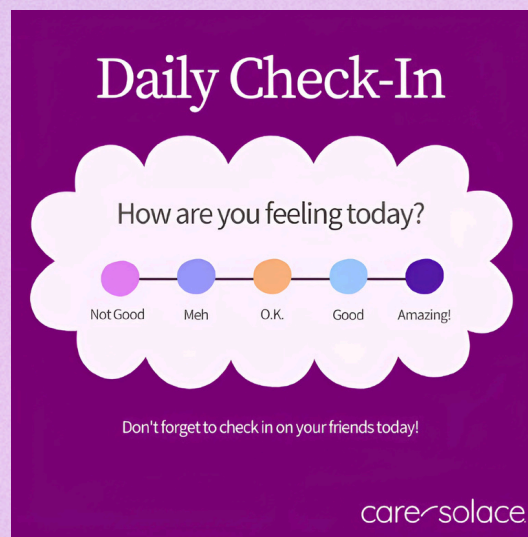
[grafk@gtc.edu](mailto:grafk@gtc.edu) or 262-564-2799 or visit our website: [gtc.edu/earn-credit](https://gtc.edu/earn-credit).



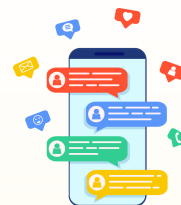
Wilmot Union High School is committed to the health, safety, and well-being of our students, staff, and families.

We are proud to announce our partnership with Care Solace to support our ongoing commitment. If you or a family member are looking for help with mental health or substance use, Care Solace will quickly connect you to community providers matched to your needs.

Call 888-515-0595 at any time or search on your own at [caresolace.com/wilmot](https://caresolace.com/wilmot).



## STAY IN THE KNOW WITH BRIGHTARROW!



We are now using the BrightArrow system to keep you updated with urgent and important texts.

**Text YES to 79041 to opt-in TODAY.**

**Don't miss out—stay connected!**



**PARENT**  
**PANTHER**  
**NEWS**



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**Congratulations to the following HOSA - Future Health Professionals members who placed in the top 5 in the state for their competitive event!**

**Those that place in the top 3 qualify to compete at the HOSA International Leadership Conference in Nashville, TN in June.**

**Ellie Eggert - 1st Place for Interviewing Skills  
Madison Strom - 3rd Place for Respiratory Therapy  
Genevieve Spencer - 5th for Pharmacy Science**



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# There's No Place Like *Hope*

## Details

**Where:** Wilmot High School

**Date:** May 24th, 2025

**Time:** 6pm to 11pm

**Contact:** Amy Luxem

**Register:** [relayforlife.org/wilmotwi](https://relayforlife.org/wilmotwi)

Scan To  
Register!



Relay For Life





# ANNUAL NOTICE OF SPECIAL EDUCATION REFERRAL AND EVALUATION PROCEDURES

Upon request, the Wilmot Union School District is required to evaluate a child for eligibility for special education services. A request for evaluation is known as a referral. When the district receives a referral, the district will appoint an Individualized Education Program (IEP) team to determine if the child has a disability, and if the child needs special education services. The district locates, identifies, and evaluates all children with disabilities who are enrolled by their parents in private (including religious) schools, elementary schools and secondary schools located in the school district.

A physician, nurse, psychologist, social worker, or administrator of a social agency who reasonably believes a child brought to him or her for services is a child with a disability has a legal duty to refer the child, including a homeless child, to the school district in which the child resides. Before referring the child, the person making the referral must inform the child's parent that the referral will be made.

Others, including parents, who reasonably believe a child is a child with a disability may also refer the child, including a homeless child, to the school district in which the child resides.

Referrals must be in writing and include the reason why the person believes the child is a child with a disability. A referral may be made by contacting **Mallory Drew, Director of Pupil Services, Wilmot Union High School**, at **(262)862-2351 ext. 307**, by emailing her at **drewm@wilmoths.k12.wi.us**, or by mail: **Attention: Mallory Drew, Wilmot Union High School, 11112 308th Ave., Wilmot, WI 53192**.





# S.A.F.E.R.

Specialized Alerts For Enhanced Response



"To Strengthen and Serve our Community by Putting People First."

## What is S.A.F.E.R?

The goal of the SAFER program is to enhance safety and understanding between law enforcement officers and individuals with special needs during emergency calls. When officers respond to a call and an individual with special needs is involved, the dispatcher or officers' will receive an alert labeled "SAFER". This alert signifies that the individual may require specialized communication, care, or intervention due to their unique needs.

Along with the alert, a brief summary containing critical information-such as the individual's condition, potential triggers, or effective deescalation techniques will be provided to officers. Officers will also have access to a database that will contain images allowing officers to quickly identify the individual and contact their emergency contact.

### Important Phone Numbers:

Emergency - 911

Non- Emergency - 262-656-1234

### Have more questions about S.A.F.E.R?

Please contact the Safety Center at 262-653-4210  
or email [safer@kenoshapolice.com](mailto:safer@kenoshapolice.com)

### SCAN TO FILL OUT FORM



[www.kenosha.org/departments/police](http://www.kenosha.org/departments/police)

The Kenosha Police Department recently launched the S.A.F.E.R. Program, and the Kenosha Sheriff's Office is partnering with them to provide this valuable tool to our county residents and schools. The S.A.F.E.R. Program is designed to collect and share critical information about individuals with special needs, making it easier and safer for officers to assist them during calls for service. Citizens can fill out a simple online form to provide details and upload photos. A QR code is attached to the flyer. After the form is submitted, an internal form will be completed, and this information will be added to our law enforcement software program. An alert will be created for that individual, and any responding officer can click on the alert to review critical information about the subject before making contact. This could include the individual's condition, potential triggers, effective de-escalation techniques, emergency contact info, and photos for quick ID.



## CLASS OF 2025:

Now that many students have decided where they will continue their education after Wilmot, they are encouraged to check the [Scholarship Bulletin](#) for great local opportunities.

Additional resources include **UW school scholarship** websites and **private school options**.

## CONTACT US TODAY

CLICK ON OUR PHOTO TO SEND AN EMAIL DIRECTLY



JESSICA RUNTE  
SCHOOL COUNSELOR  
A-F



KRISTEN PYE  
SCHOOL COUNSELOR  
G-MA



KARL RICHTER  
SCHOOL COUNSELOR  
MB-SO



MELISSA SWEATMAN  
SCHOOL COUNSELOR  
SP-Z



# 2025 PSAT/NMSQT Test Information

## Attention Sophomore Students & Families:

Students in the Class of 2027 have the opportunity to take the 2025 PSAT/NMSQT (Preliminary SAT/National Merit Scholarship Qualifying Test) this fall.


This OPTIONAL test measures critical thinking skills that are essential for success in college, including critical reading, math problem-solving, and writing skills.

The 2025 PSAT/NMSQT is also the qualifying test students must take to enter the National Merit Scholarship Corporation (NMSC) competitions for college scholarships that will be awarded in 2027.


### Who Typically Takes the PSAT?


- Students planning to take the SAT
- Students who score very high on standardized tests
- Students whose parent is employed by a company participating in the NMSC

### Test Details


 Location: Wilmot Union High School

 Date: Wednesday, October 15, 2025

 Time: 7:30 a.m.

 Format: Digital test – students must bring a fully charged Chromebook

 Duration: Approximately 3 hours

 Cost: \$18.00 (payable by cash, check, or credit card via Skyward). Make checks payable to Wilmot Union High School.

### Registration:

- To register, complete the [\*\*2025 PSAT/NMSQT Registration Form\*\*](#) and submit your \$18.00 payment by June 6, 2025. Payment options are detailed on the registration form.

If you're unsure whether your student should take the PSAT, please contact their school counselor to discuss if it's the right fit.



## Attention Seniors: Request Your College Transcripts!

If you've earned college credit during high school through programs like:

- PACC
- PIE
- ECCP
- SCN
- PLTW

Don't forget to request your official college transcripts from the institutions that issued the credit!

Visit the website of each college or university to submit your transcript request.

Transcripts must be sent directly to the college you plan to attend.

Keep your hard-earned credits moving with you!

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# How to Tell If Your Child Is Vaping

If you discover that your teen is vaping, address it as you would any other health risk and try to resist the urge to lecture, yell at or punish them. It is important to keep the lines of communication open, show your child that you are concerned about their health and safety, and keep the discussion from devolving into a useless standoff.

## Equipment

You may find devices that look like flash (USB) drives, e-juice bottles, pods/cartridges (that contain e-juice) or product packaging. Aside from leaf marijuana, gel jars that contain highly concentrated marijuana extract (dabs), small tools to scoop dabs and cartridges that contain THC oil (a yellowish-brown substance) are signs of vaping marijuana.

## Online purchases / packages in the mail / store purchases

Be on the lookout for purchases made online and charged to your credit card or unusual packages that arrive in the mail which may contain vaping products. Kids also buy vapes at big box stores, gas stations or from other friends.

## Scent

While the smell from vaping is faint, you may catch a whiff of a flavoring. For example, if you smell bubble gum when there's no gum in their room or chocolate cake when you aren't baking anything, take note. It might be a flavored nicotine vape. Marijuana vapes can produce a skunk-like smell.

## Increased thirst / nose bleeds / Interest in stronger flavors

Some of the chemicals used in e-juices dry out the mouth and nose. As a result, some kids drink more liquids, have nosebleeds and may begin to crave stronger flavors (when the mouth is dry, flavor perception is reduced).

## Decreased caffeine use

Some teens and young adults who vape nicotine develop a sensitivity to caffeine because both nicotine and caffeine are stimulants. The combination of multiple stimulants can make them feel anxious. If your child drank caffeinated energy drinks and has cut back or quit, it may be because of vaping.

## Vaping slang

You may see vaping slang in text messages such as "atty" for an atomizer, "VG" for vegetable glycerin found in e-juice or "sauce" referring to e-juice. Getting "nicked" refers to the euphoria experienced with high doses of nicotine. Feeling "nic sick" refers to heart palpitations, nausea/vomiting or light headedness associated with the overuse of nicotine vapes.

## Social media and online references

Kids often brag about vaping on social media. Look for pictures or references on their Instagram, Snapchat, YouTube, Twitter and other social media accounts. Take note of popular vaping terms in their online searches.

## Appearance and behavior changes

Vaping nicotine may lead to anxiety, irritability, difficulty concentrating and loss of appetite. Vaping marijuana can result in bloodshot eyes, dry mouth and thirst, increased appetite and shifts in behavior and mood. Sometimes, there is a noticeable change in friends and a decrease in activities that they once enjoyed.

## **Physical symptoms**

Physical side effects of vaping may include trouble breathing, headaches, cough, dizziness, sore throat, chest pain and allergic reactions such as itchiness or swelling of the lips. More severe effects include worsening of asthma symptoms, lung disease or failure and heart disease.

## **Talking with Your Kids About Vaping**

As a parent, you hold a significant amount of influence over your child's actions. By talking to your child about vaping, you may help them choose to not vape or to try quitting. Before you begin this important conversation, look for opportunities for talking with your kids about vaping in a calm and reasonable way.

When you think about it, there's likely no shortage of ways into this conversation. Look for news stories, letters from the school about vaping policies, ads, seeing someone vaping on TV or on the street or passing a vape shop. Be ready to listen rather than give a lecture. Similarly, be sure to focus on health and safety rather than threats and punishment.

Try using open-ended questions to get the conversation going, such as, "What do you think about vaping?" In these conversations, get their perspectives, acknowledge the potential appeal of vaping and help them weigh the risks against the perceived benefits. When answering their questions or comments, offer honest, accurate, science-based information rather than trying to scare them. Finally, try to have these conversations frequently, calmly and, if you can, before they try vaping.

## **Try to understand why**

Most kids start vaping due to curiosity, because friends and family vape, the appealing flavors, to do vape tricks, or because they think it's cool or want to fit in. Over time, vaping can become habit-forming as kids use it to address other needs such as relief from boredom and anxiety. Some may become addicted to nicotine and continue vaping to avoid withdrawal symptoms.

If your child has already tried vaping, it helps to understand why. Consider asking questions like: "What do you enjoy about vaping?" or "How does vaping make you feel?" Answers to these questions highlight your child's needs that can be addressed in a healthier way. It is also important to challenge children on their perceptions of norms. Teens tend to overestimate how many of their peers vape and research shows that such over estimations increase the risk that they will vape to 'be normal' or just like their peers.

## **Set clear expectations**

Share why you do not want your child to vape and indicate that you expect your child not to vape. If you choose to set consequences, be sure to follow through, and make sure that these consequences are not overly harsh, punitive or long-lasting. At the same time, try to encourage and reward healthier choices and ensure that your child has other means of having fun, feeling cool, fitting in, alleviating stress and addressing anxiety or depression.

## **Role play resistance skills**



Teach your child skills to resist pressures to use. Children in middle or high school are likely to be in social situations where they are offered an opportunity to try vaping. You might ask, “What would you say if someone offered you their vape?” See how your child would handle the situation. Practicing something along the lines of “No thanks, I’m not interested,” said with direct eye contact and assertive body language can help your child be prepared.

## Set a good example

Set a positive example by being vape- and tobacco-free. If you do vape or smoke, keep your equipment and supplies secured.

Information obtained from: [Partnership to End Addiction](#)

[drugfree.org](https://drugfree.org)



## FEATURED RESOURCES

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<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

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# WILMOT UNION HIGH SCHOOL

## **Board of Education - Calendar:**

<https://www.wilmothighschool.com/BOE%20Calendar%202024%202025.pdf>

## **Newsletter Email & SMS List:**

<https://docs.google.com/forms/d/e/1FAIpQLSfP6W4NOCzyg4OdRT60MXWjPrSOXiCwcyrt8CT2MNI4mgU0A/viewform>

## **25-26 Academic Calendar:**

<https://www.wilmothighschool.com/Calendar%202025%20Document.pdf>

## **2024-2025 Scholarship Recipients**

<https://docs.google.com/forms/d/e/1FAIpQLSd4W35TG6jM4OdUo8yCcYvx6yN76zngizlRo-fHnI9WFvXvZQ/viewform>

## **CareSolace:**

<https://caresolace.com/site/wilmot>

## **Staff Spotlight Interviews:**

Cates:

<https://docs.google.com/document/d/1MFS6NvuVbyLbYZ1Cou-HCVG67tcmxmuTMmKjWC0d5n8/edit?tab=t.0>

Schoenberger:

<https://docs.google.com/document/d/1IYOlbf8WMwKxJxUMtZr56Xgq79EL9ytFHVzCvclACE/edit?tab=t.0>

Caputa:

<https://docs.google.com/document/d/1ManYMI6G-WRL2uco06dQPCdM5QRsZdTC0prczGDDstc/edit?tab=t.0#heading=h.adhovuhi4tly>

Sepnafski:

[https://docs.google.com/document/d/15\\_AIzBQNKGYlcHNNk0sKoxlrlqwoM2ywCDsKGZF0peE/edit?tab=t.0#heading=h.r12nz52pmfi5](https://docs.google.com/document/d/15_AIzBQNKGYlcHNNk0sKoxlrlqwoM2ywCDsKGZF0peE/edit?tab=t.0#heading=h.r12nz52pmfi5)

Reich:

[https://docs.google.com/document/d/1eq2gX\\_CCAROqUJh\\_jgUfd6UgKWvEgd4g8AwHYFTQnG4/edit?tab=t.0#heading=h.qjqdrsyntxi](https://docs.google.com/document/d/1eq2gX_CCAROqUJh_jgUfd6UgKWvEgd4g8AwHYFTQnG4/edit?tab=t.0#heading=h.qjqdrsyntxi)

Glover:

<https://docs.google.com/document/d/1wlfw3A-Oxf05FjRAWZZAzLZgMb02fdvE9HDsFbxywOl/edit?tab=t.0#heading=h.bvbf8a2u5yzm>

## **Relay For Life:**

[https://secure.acsevents.org/site/TR/RelayForLife/RFLCY25NOR?pg=entry&fr\\_id=110633](https://secure.acsevents.org/site/TR/RelayForLife/RFLCY25NOR?pg=entry&fr_id=110633)

## **Kenosha Police SAFER:**

<https://kenosha.org/departments/police/>

## **Scholarship Bulletin:**

[https://docs.google.com/spreadsheets/d/1dmwk07fIDPonw\\_AMGXxS27J88qb\\_ZsDveEhmv7huayk/edit?gid=844167044#gid=844167044](https://docs.google.com/spreadsheets/d/1dmwk07fIDPonw_AMGXxS27J88qb_ZsDveEhmv7huayk/edit?gid=844167044#gid=844167044)

## **PSAT/NMSQT Test Registration 2025:**

<https://docs.google.com/forms/d/e/1FAIpQLSdd9ri7RRKGjXb0wFUjOUkIXtnWHHJXhxiiJMuXSoOckKsLFA/viewform>

## **Staff Appreciation:**

[https://docs.google.com/forms/d/e/1FAIpQLSf45d5rVaDgSnHO4Py\\_tFfTWXhbpNk2yOtJO2nteK46TKQdw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSf45d5rVaDgSnHO4Py_tFfTWXhbpNk2yOtJO2nteK46TKQdw/viewform)

## **Facebook:**

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

## **Instagram:**

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

## **X (Twitter):**

<https://twitter.com/wilmotuhs>

## **Fitness Center Membership:**

[https://www.wilmothighschool.com/about/fitness\\_center.cfm](https://www.wilmothighschool.com/about/fitness_center.cfm)

## **Fitness Center Classes:**

[https://wilmothighschool.cr3.rschooltoday.com/public/getclass/category\\_id/-1/program\\_id/6](https://wilmothighschool.cr3.rschooltoday.com/public/getclass/category_id/-1/program_id/6)

## **Community Outreach - Class Registration:**

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

## **GoFan:**

<https://gofan.co/app/school/WI19522>

## **ADDITIONAL LINKS:**

### **Athletics Calendar:**

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

### **School Calendar:**

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

### **Parent Panther Newsletter:**

[https://docs.google.com/document/d/1YMyIADrct\\_mUcBFbaNahyJcM5Zjpf7T9ssXNU6OaKOk/edit](https://docs.google.com/document/d/1YMyIADrct_mUcBFbaNahyJcM5Zjpf7T9ssXNU6OaKOk/edit)

### **WUHS Newsletter:**

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

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