



Memorial High School Weekly

**Home of the
Old ABES**

#OldAbePride

#OldAbeProud

General Number: (715) 852-6300
Attendance Office: (715) 852-6302
Partnership Coordinator: (715) 852-6307

Thursday, October 5th

MHS Calendar

October

- 3 UWEC and MHS Jazz Concert MHS Auditorium 7:00 Jazz I/II
- 4 Blood Drive
- 7 Jazz Bands at Curvue Tree Farm 7:00 Jazz I/II/III
- 7 Equestrian Show Wild Bill's Elk Mound 8:30am
- 12 Family/Teacher Conferences 7:45 am to 8:15 pm
- 13 All Schools Closed
- 16 No School for Students/PL Day for Staff
- 18 PSAT Exam
- 19 Fall Choir Concert @ 7 pm
- 20 Picture Day Retakes
- 20 A Cappella Extravaganza at UW-Eau Claire
- 31 Halloween



Important Links

[The Memorial High School Website](#)

has answers to many of your questions. Be sure to check it out.

[Old Abe Athletic Calendar](#)

Find Out Where the Action is Every Week. The [MHS Athletics Calendar](#) is updated with the most recent game day information.

[ECASD 2023-2024 School Year Calendar](#)

[Community Events & Resources Page](#)

[October Lunch Menu](#)

[Family Services Website](#)



Find us on
Facebook [HERE](#)

Old Abe News and Announcements

FAMILY / TEACHER CONFERENCES ** Please note: ALL schools closed**

Virtual or in-person Family/Teacher conferences will be held at Memorial in the fall and spring again this school year: FALL: Thursday Oct. 12, 2023 (7:45 a.m.-8:15 p.m.) SPRING: Thursday Feb. 29, 2024 (7:45 a.m.-8:15 p.m.)

Memorial Families have a tradition of treating our staff to a meal during Family/Teacher conferences. If you would like to donate food or money towards this meal on:

Thursday, October 12th, please sign up [HERE](#).

This meal is appreciated by our staff on such a busy day.

Thank-you!

Attention students interested in business, coding, government, and pre-med -

Harvard University is offering high school students an opportunity to participate in their pre-professional programs. These are classes taught by Harvard students on the weekends or during the summer. Please stop in Students Services if you are interested in this opportunity.



National Prescription Drug Take-Back Day

Saturday, October 28th
10 a.m. to 2 p.m.

Dispose of your expired or unwanted medications at a drop-off location!

Marshfield Medical Center - Eau Claire
2116 Craig Road
Medical Offices - Door B
(curbside service - no need to get out of your car!)

Altoona Emergency Services
1904 Spooner Avenue

The National Prescription Drug Take-Back event is hosted by the Wisconsin Department of Justice (DOJ) and the Drug Enforcement Administration (DEA) and is coordinated locally by the Eau Claire County Sheriff's Office, Altoona Police Department, Marshfield Clinic Health System, Village of Fall Creek Police Department, Eau Claire City-County Health Department, and the Eau Claire Health Alliance - Substance Misuse Action Team.

National Prescription Drug Take-Back Day

Unused or expired medications should never be flushed, poured down the drain, or tossed in the garbage. Safely dispose of prescription medicine, over-the-counter medications, ointments, patches, creams, non-aerosol sprays, vials, and pet medications at a Prescription Drug Take-Back event on Saturday, October 28th from 10a.m. to 2p.m.!

Get more information on the take-back at [ECHealthAlliance.org](https://www.echealthalliance.org).

This information is provided by the Eau Claire Health Alliance - Substance Misuse Action Team, which works to prevent alcohol, tobacco, and other drug misuse. Learn more at: [echealthalliance.org](https://www.echealthalliance.org)

Parents of MHS –

Want to help plan the All-Night Grad Party? The committee is currently looking for 1 person to SHARE the co-chair position and a treasurer.

This year-end, final bash senior event is 100% ran by MHS Families for our graduating students. It's a great way to meet other families and is a lot of fun!

Interested? Please contact Kimberley Winkelmann, MHS Partnership Coordinator at kwinkelmann@ecasd.us.

Many more positions, including working shifts the night of the big event will be posted as the school year progresses. Keep reading the newsletter for updates.

News from our School Based Mental Health Coordinator

October 10th is World Mental Health Day. It is an international day for global mental health education, awareness, and advocacy against social stigma. It was first celebrated in 1992 at the initiative of the World Federation for Mental Health, a global mental health organization with members and contacts in more than 150 countries. This day, each October, thousands of supporters come to celebrate this annual awareness program to bring attention to mental illness and its major effects on people's lives worldwide. Attached is a resource to help support our efforts in eliminating stigma around mental health.

Learn more about our School Based Mental Health Program at <https://go.ecasd.us/schoolmentalhealth> or by contacting Shannon McRaith at smcraith@ecasd.us or 715-852-3067.

Click [HERE](#) for an article on supporting child well-being through eliminating stigma.

October 9th is Indigenous Peoples' Day

On Monday, we celebrate Indigenous peoples here in Wisconsin and across the United States. Learn more about the movement to rethink how we honor these peoples on the second Monday in October:

<https://www.smithsonianmag.com/blogs/national-museum-american-indian/2019/10/11/indigenous-peoples-day-2019/>.

October 9th through 13th is National School Lunch Week

It's National School Lunch Week! Here in ECASD, we are committed to providing our students with healthy meals, each and every day. Find menus and other important information here:

<https://www.ecasd.us/District/Departments/Food-and-Nutrition>.

All students planning to take an AP exam will need to pay by **Monday, November 6th**. The preferred method of payment will be through your MySchoolBucks account. If a paper form is needed, the payment and form will need to be dropped off to the district office directly. Paper forms are available in Student Services.

Order your 2024 yearbook today! There are still some available at a reduced price, but they are going fast. Don't miss out on your memories. (Purchase by following the YEARBOOK link on the Memorial website home page, or by using the QR codes that are on posters around the school).

Order here: <https://jostensyearbooks.com/?REF=A09283400>

Calling all Seniors! Senior Picture Requirements for the Yearbook and Upload

Submit your senior photo TODAY. Photos are due by November 1st. You can find the upload link by following the YEARBOOK link on the Memorial website home page, or by using the QR codes that are on posters around the school.

Your picture must meet the following criteria:

- Head and shoulder** portrait (upright) vs. a landscape image (sideways) picture. If the picture you submit is not cropped to head and shoulders, we will crop it for you.
- Minimum resolution** of 300 dpi and size of 2 inches x 3 inches. You may submit an uncropped, full-size version, and we will crop it for you. Please **do not** send pictures from a social media site such as *Instagram* or *Facebook*. These tend to be low resolution images which will print blurry. Please send the original digital version.
- Saved as a .jpeg**
- The **picture does not** depict violence, alcohol, drugs, or anything that would violate school rules such as a weapon.
- Pictures may be uploaded via the [Jostens Senior Picture Submission link](#) For your peace of mind, if we **don't** have your picture, a letter will be mailed home after the deadline. If you receive a letter or aren't shown on the list, please [email a picture to Ms. Campbell de Loyo](#) by December 1. A list of seniors that have sent in their senior pictures may be found on the yearbook page. Due to the high volume of submissions, the list may not be updated daily.
- Senior picture submissions CAN NOT** include filters that change or distort features. Photo submissions **MUST** be portrait rather than landscape and **MUST** be focused on face and body. Images that are taken from a distance will need to be replaced.

Did You Submit Your Senior Picture for the 2024 Yearbook?

Check the list [HERE](#) to see if we have your senior picture. Please give us several days to update the list after you have submitted a picture. As a safety measure, all seniors that did not submit a picture according to our records will be mailed a letter after the deadline. This letter will be sent out mid-November.

Memorial DECA Store 2023

Below is the apparel link to the Memorial DECA Store. This store is viewing only. All orders need to be placed with Ms. Jackie Trautlein, DECA Advisor jtrautlein@ecasd.us.

[Products - Memorial Deca Store 2023 - Chippewa Valley Sporting Goods \(chipply.com\)](#)

Old Abe Proud!



MHS SCHOOL PLAY:



Auditions: Choose ONE of these two below dates. Sign up sheets, with audition packets, information about the script to help you prepare, and a full rehearsal schedule will be posted on the Theatre bulletin board October 2nd..

Wednesday, October 18th 4 pm – 6 pm

OR

Friday, October 20th 3 pm – 5 pm

Little Theater

Performances of *The Greek Mythology Olympiaganza* will be
January 26, 27, and 28, 2024 in the MHS Little Theater

Contact Ms. Dernbach in 1284, the Little Theater, or email
adernbach@ecasd.us for more information

MHS SCHOOL PLAY:



WE NEED YOU FOR OUR TECH TEAM!

These positions need to be filled:

Lights

Sound- **FILLED!**

Costumes

Makeup

Props

Assistant Stage Manager

House Manager- **FILLED!**

Assistant House Manager

Ushers

Program Design

Poster Design

Marketing on Campus

Marketing off Campus

Performances of *The Greek Mythology Olympiaganza* will be January 26, 27, and 28, 2024
in the MHS Little Theater

If you're interested in any of these positions, contact Ms. Dernbach in 1284, the Little
Theater, or email adernbach@ecasd.us



National Merit Scholarship Semi-Finalists

Last month more than 16,000 students were announced as Semifinalists in the 69th annual National Merit Scholarship program. Among those are Memorial High School students Peter Gingerich and Tyberius Kemmet and North High School student William Thatcher.

These academically talented high school seniors now have an opportunity to continue in the competition for some 7,140 National Merit Scholarships worth nearly \$28 million that will be offered next spring.

This is a distinguished honor for these students, and we are proud to recognize this exciting achievement!

Best of luck to Peter, Tyberius, and William.

Hidden In Plain Sight: Mock Bedroom



**October 12th
6pm – 8pm**

**Memorial High
School Commons**

Hidden in Plain Sight is an interactive mock bedroom for adults to explore and learn the ways youth may hide alcohol, marijuana, vapes, and other paraphernalia. Information will be shared with adults on how to talk to youth about preventing and responding to alcohol, tobacco, marijuana, and other drug use.

Stop by during fall conferences to learn:

- When & how to talk to youth about alcohol & drugs
- Common ways & places alcohol, vapes, & drugs are hidden
- Eau Claire County youth experiences with data from the Youth Risk Behavior Survey

Mock bedroom displays do not provide diagnosis or confirmation that youth are participating in any specific behavior.

They are meant to encourage discussion between adults and youth.



**Check out this Mock Bedroom
during Fall Conferences**

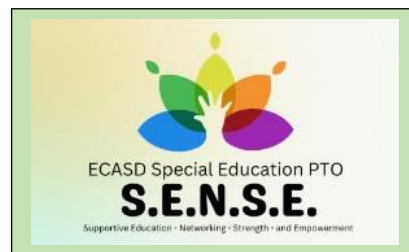
Upcoming events with Special Education

Thursday 10/5 - Monthly SENSE meeting. This is hosted at LE Phillips Memorial Public Library in Room 104 AND also on Zoom. The meeting is from 6:30 - 7:45PM and it is a support style meeting. We will be introducing ourselves and the ECASD Special Education leadership team.

Second, On Monday October 9th we have a Webinar with Ryan Wexelbett the ADHD Dude (<https://adhd dude.com>) from 7-8:30PM on Zoom.

Ryan will share information that will help parents and caregivers of children with ADHD build their Executive Function skills and manage their ADHD. This will be great information for families as well as teachers and staff. Check out Ryan's YouTube channel if you would like to learn more before the presentation. <https://www.youtube.com/@ADHDDude/featured>

Zoom link: <https://us06web.zoom.us/j/84984881564>

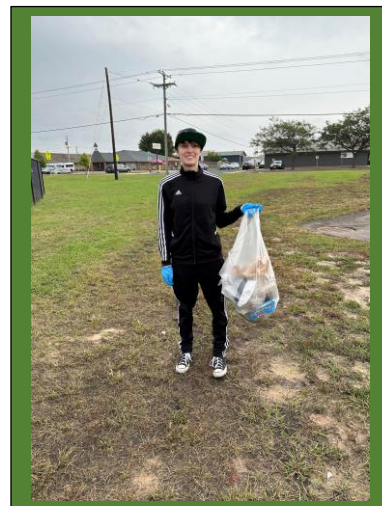
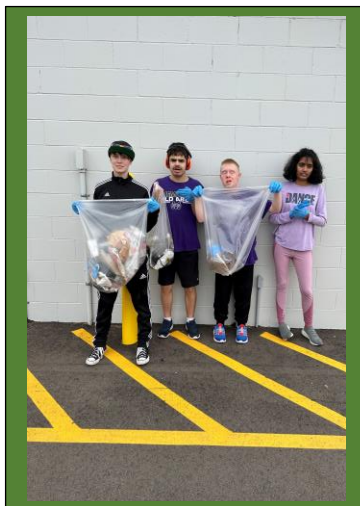
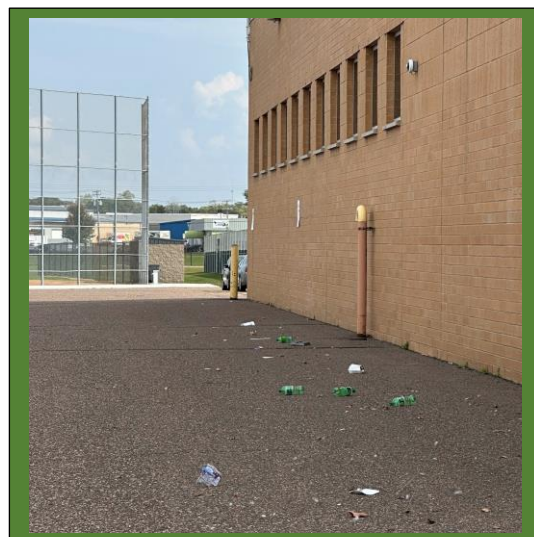


A VERY BIG

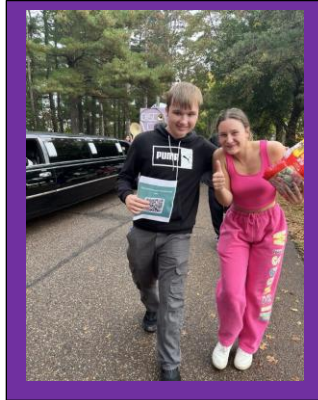
Thank You to Ms. Trautlein's class for going out almost every school day and picking up trash after lunch.

Memorial Students –

Please help take care of our school by throwing your trash into the many trash bins provided.



MHS Homecoming 2023!

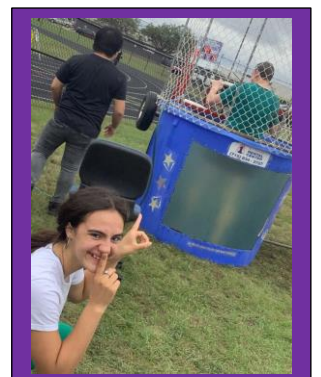


Students' vs Staff
Obstacle Course –
STUDENTS WON!





It's ALWAYS a Great
Day to be an Old
Abe!



MHS Girls Volleyball News!



JV2 Girls Volleyball takes 1st
Place at the Wausau West
Invitational

JV Girls Volleyball takes 1st
Place at the Wausau West
Invitational



Varsity Girls Volleyball
takes 1st Place at the
Wausau West Invitational



It's a GREAT Day to be an Old Abe!