

Eau Claire North High School

# NORTH HIGH WEEKLY

#HuskyNation

Thursday September 21st, 2023 #PrideinExcellence



**NORTH  
HIGH SCHOOL**

## IMPORTANT DATES

### September

- 1 First Day of School
- 4 NO SCHOOL
- 8 Club Dash
- 11 Picture Day

### October

- 2-6 Homecoming Week
- 7 Homecoming
- 12 Family/Teacher Conferences
- 13-16 NO SCHOOL

### November

- 3 End of Quarter
- 20-24 NO SCHOOL

### December

- 25-29 Winter Break

### January

- 1-2 NO SCHOOL
- 15 NO SCHOOL
- 19 End of Quarter
- 22-23 NO SCHOOL

### February

- 29 Family/Teacher Conferences

### March

- 1-4 NO SCHOOL
- 22 End of Quarter
- 25-29 Spring Break

### April

- 15 NO SCHOOL

### May

- 23 Graduation
- 27 NO SCHOOL

### June

- 5 Last Day of School & End of Quarter



## THIS ISSUE:

- Upcoming Dates
- Reminders
- Highlights
- Attendance
- Important Links



Find us on Facebook:  
[Click Here](#)

# WHAT'S UP NEXT

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## **HOMECOMING** Saturday, October 7th

Homecoming week will be October 2nd – 6th, with the Homecoming Football Game occurring Friday, October 6th at 7:00pm at Carson Park. The dance will be held on Saturday, October 7th.

## **PICTURE RETAKES**

Missed picture day? Picture retakes will be held on Monday, October 9th.

## **FALL FAMILY/TEACHER CONFERENCES**

Family/teacher conferences will be held at North High School on Thursday, October 12th this fall.

## **THANKSGIVING BREAK**

Students will have no school from Monday, November 20th, to Friday, November 24th for fall break. They will return to school on Monday, November 27th.

## **CHECK OUT OUR SCHOLARSHIPS!**

[Scholarships Page: Click Here](#)

# REMINDERS

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September is Suicide Awareness Month. Please take time to review, share and reference this infographic below as needed:

## Take these steps to protect against SUICIDE/OVERDOSE/POISONING

### KNOW

the warning signs and risk factors of suicide and substance misuse and how to offer help when someone is struggling. Call 1-800-273-8255 (TALK) for help or support.

### SECURE

your guns/firearms, medications, and sharps such as knives and razors. Free gun locks may be available at your local **County Sheriff's Office**, or check with your local police department.

### LOCK & LIMIT

your in-home supply of over-the-counter and prescription medications along with household chemicals.

### DISPOSE

of medications using a permanent drop box location or at-home disposal pouch. Find a box near you or request a disposal pouch at your local pharmacy.

## WARNING SIGNS OF SUICIDE

- Talking or writing about suicide.
- Giving away belongings.
- Withdrawing from loved ones and activities.
- Feeling hopeless, helpless, worthless.
- Seeking ways to complete suicide
- Major eating or sleeping changes.
- Increasing use of alcohol or other drugs.
- Losing interest in things previously enjoyed.

## WARNING SIGNS OF SUBSTANCE MISUSE

- Behavioral signs such as secretiveness/hiding drug use, changes in behavior, or engaging in criminal activities.
- Physical signs such as sudden weight loss or gain, bloodshot eyes, insomnia, changes in appearance or poor coordination.
- Psychological signs such as lack of motivation, irritability, changes in personality, sudden mood swings, or emotional withdrawal.

**Please remember you are loved and you are not alone.**  
**Resources to Help:** **Dial 988 Suicide Prevention Lifeline** (Open 24 Hours a day 7 days a week) or call 1-800-273-8255  
**Text Helpline** to 741741 (Takes a few minutes for a reply)  
**Chippewa Valley NAMI** for all Family & Caregivers at 715-450-5484  
**LGBTQIA+ Youth and Families** please Google "The Trevor Project" site and/or call 1-866-488-7386  
"Steps Toward a Safer Home" designed by **StarkMHAR.org**  
Modified by ECASD because we care!

If you or someone you know is experiencing a mental health crisis and needs immediate support, contact any of the following:

- **988** Suicide and Crisis Lifeline
- Wisconsin HOPELINE text **HOPELINE to 741741**
- Northwest Connections **1.888.552.6642**

# ULRICH PANTRY & HUSKY WEARHOUSE

The Pantry & WearHouse is open to NHS Students and Families who are in need of food, personal products, and clothing for the school year.

- ✓ Food
- ✓ Snacks
- ✓ Shampoo
- ✓ Clothing
- ✓ Produce
- ✓ Blankets
- ✓ Hygiene Products
- ✓ Household Products

## ROOM 659

Open Monday, Thursday, Friday During the School Day  
Closed Tuesday & Wednesday

# REMINDERS

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## ATTENTION SENIORS!

Please come into Student Services and **make a senior meeting with your counselor**.


These are required and can greatly help you prepare for life after high school. Many important topics will be discussed.

*Thank you*



### DID YOU KNOW?

Senior photos are due November 17th. Please submit using the QR code or link below!



<https://images.jostens.com/ImageShare/upload>

## STUDENT SERVICES VISITS:



UW – LA CROSSE – 9/27 HUSKY TIME



UNITED STATES AIR FORCE – 10/3 LUNCH HOURS



UW – MADISON – 10/10 11:45 – 12:15PM



ST. OLAF COLLEGE – 10/11 HUSKY TIME



UW – EAU CLAIRE – 10/20 HUSKY TIME



UNIVERSITY OF CHICAGO – 10/20 12:30 – 1:00



LAWRENCE UNIVERSITY – 10/25 12:00 – 12:30



# NHS HIGHLIGHTS

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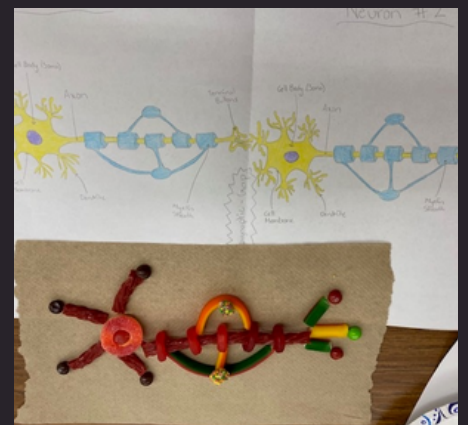
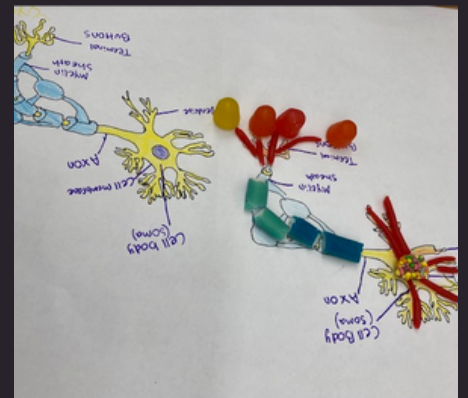
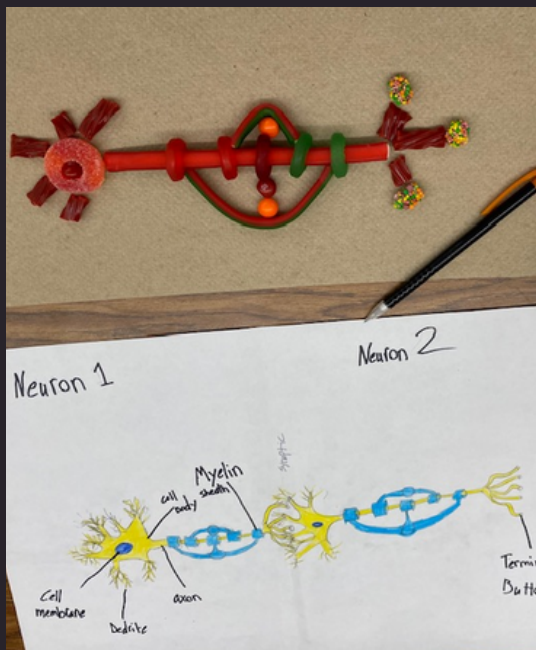


## WISCONSIN EDUCATION FAIR

Juniors had the opportunity to visit the Wisconsin Education Fair on Wednesday, September 20th and talk with local colleges and discover future opportunities!



This week, Mrs. Fassler's and Mr. Carpenter's psychology classes made models of neurons. Just like real life, not one looked the same!





# NHS HIGHLIGHTS

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## ATHLETICS



# 2023 Husky Combine



**Oct. 30 - Nov. 4**

North's Premier Athletic Showcase

## 2023 Husky Combine

**WHITE BELT** 5 Rep Max

**GRAY BELT** 3 Rep Max

**BLACK BELT** 1 Rep Max

**BLUE BELT** 1 Rep Max

### EVENTS:

Power Clean  
Back Squat  
Bench Press  
40 Yard Dash  
Vertical Jump  
Pro Agility

### Rules & Registration



or link in bio!

## HUSKY BOOSTER CLUB HUSKY FEST



Husky Booster Club's largest  
fundraiser! Located at Wild Ridge  
Golf Course in Eau Claire.

**November 4th, 2023**

<https://eau-claire-north-hs-booster-club.square.site/>



## SPORTING EVENT TICKETS

Tickets to sporting  
events are now  
sold online via  
GoFan!

[Click Here:](#)  
[GoFan Link](#)

# ATTENDANCE AT NHS

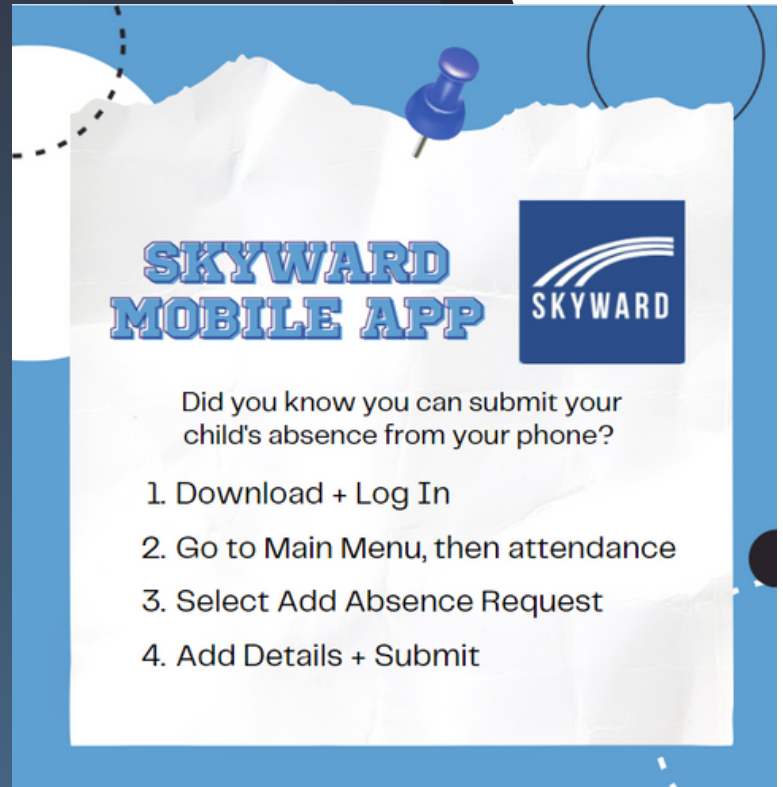
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*Did you know...*

Senior release privileges are only granted to students who have:

- Passing grades
- The number of credits needed for graduation
- 95% attendance



Heading to school.

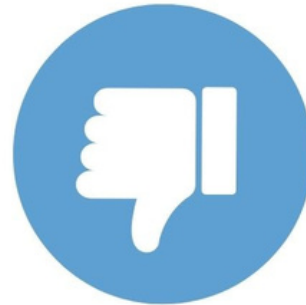
## What should I know?

A day of missed school is a lost opportunity for social development. By coming to school every day they're not sick, your child is gaining social skills that will land them their first job as an adult.

- ✓ Time Management
- ✓ Collaboration
- ✓ Problem Solving

# ATTENDANCE AT NHS

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## See You in Class!

- ☒ Have a runny nose or a little cough, but **no other symptoms**
- ☒ No fever reducing medicine for 24hrs, and no fever during that time (100.4+)
- ☒ No throwing up or diarrhea for 24 hrs



This year we are striving for 100% of students to attend class 95% of time.  
You got this, Huskies!

## Best to Stay Home.

- ☒ Temperature higher than 100.4
- ☒ Persistent cough
- ☒ Throwing up or diarrhea
- ☒ Eyes are pink and crusty
- ☒ Instructed by doctor to isolate from others

My student is staying home.

### What should I do next?

- 1** Notify NHS using the Skyward Mobile App or by calling 715-852-6600
- 2** Repeat this checklist every morning. We hope to see your student back soon!

# FRIDGE DECOR





# IMPORTANT LINKS

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The [North High School Website](#) will provide you with up to date information about what's going on at North.

The [North Athletic Calendar](#) has the most up to date game day information!

[Skyward Family Access](#)

[2023-24 School Year Calendar](#)

[September Lunch Menu](#)

[Find us on Facebook](#)

The Weekly Newsletter will be sent out and posted each Thursday to keep you connected and informed with North High School! Newsletter content is submitted by teachers, coaches, administration, and NHS organizations. If you have news to share, please contact North High School Partnership Coordinator, Macy Breaker at [mbreaker@ecasd.us](mailto:mbreaker@ecasd.us).