



SHARE your appreciation by clicking the link below to tell your story about how a Wilmot staff member positively impacted your life. These stories will be shared with our staff during Staff Appreciation Week!

[Staff Appreciation Week](#)

🍏 Celebrate Staff Appreciation Week With Us! 🍏

From May 6th to May 10th, join us in honoring the incredible staff who dedicate their hearts and minds to shaping our future generations. This week is a special opportunity to express gratitude for their tireless efforts, creativity, and unwavering commitment to student success.

Let's take a moment to thank our Wilmot staff for their passion, resilience, and the profound impact they have on the lives of our students and our community.

WILMOT UHS NEWSLETTER

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BOARD OF EDUCATION MEETINGS:

WORKING SESSION:
 MAY 13TH - 4:30 PM

REGULAR BOARD MEETING:
 MAY 22ND - 6:00 PM

LOCATION:
 WUHS LIBRARY

CLICK HERE FOR THE 24-25 BOARD OF EDUCATION CALENDAR

CLICK HERE
TO
JOIN OUR EMAIL LIST



Dr. Michael Plourde
District Administrator

Dear WUHS Community,

As we near the end of another fantastic school year at Wilmot Union High School, your administration is busily planning for the future. A major part of that planning is preparing the budget. While many variables are still uncertain, we'll have a preliminary budget for the Board of Education in May. We've had to make some tough decisions but we're resilient, and Wilmot Union High School will continue to be a great place to enroll your children.

When our operational referendum failed in April, we faced the daunting task of eliminating an approximate \$600,000 budget shortfall for the upcoming school year while trying to minimize the impact on students. It was difficult, especially since we reduced our staffing by 22 positions the year before. With input from our employees, community members, and the Board of Education, we've developed a plan that I believe maintains the integrity of our academic and co-curricular programs.

Here are the things we'll implement to balance our budget for the 2024-25 school year:

- Eliminate 3 Paraprofessional positions, all currently vacant
- Transfer a Special Education Teacher to Community Outreach Coordinator
- Not fill the vacant Alternative Education Teacher position
- Reduce the German/EL Teacher to part-time
- Reduce 1 School Counselor to part-time
- Share the Library Media Specialist with Trevor-Wilmot Consolidated Grade School
- Increase the employee health insurance premium
- Set teaching staff and administration base pay increases to 1% (well below CPI for the 2nd year in a row)
- Eliminate 1 bus route
- Reduce athletic busing
- Reduce staffing for events
- Eliminate several coaching and advising positions based on participation levels
- Eliminate district sponsorship of national student competitions

We believe the effects of these changes for students will be small while balancing our budget next year. Unfortunately, we're still not able to pay for many of the maintenance needs of our facility, and we'll have to push some much needed repairs further into the future.

If you have questions about our finances, I encourage you to visit our new Financial Audits, Financial Management, and School Finance 101 pages on our [website](#). Here you'll find everything you need to know about our financial practices in a completely transparent way.

If you are a parent or guardian and are considering enrolling your student(s) elsewhere because of budget concerns, I hope this plan eases your mind. Wilmot Union High School will continue to provide an outstanding, comprehensive high school experience for the students of our communities.

Your partner in education,

Dr. Michael Plourde
District Administrator



**Please join us in
welcoming our
newest elected
School Board
member,
Roni Carpenter!**



SCAN HERE

STAR LEADERSHIP
STUDENTS TAKING ACTIVE ROLES

NEW CLASS!

.5 Credits/Semester
Develop skills that will enable you to take an active role in your own life, within your family, school and community, with the ultimate goal of graduating high school and creating enriching postsecondary options. STAR Leadership participation facilitates life skills, leadership and responsible citizenship.

What you can expect:
This course is similar to a Junior ROTC experience. It is co-taught by military instructors and covers civilian and military leadership and topics. If you've ever been interested in learning more about fitness, survival skills, first aid, and orienteering and map reading... this hands-on class is for you!

Topics and skills will include:

- Time Management
- Study Skills & Strategies
- Values-Based Leadership
- Conflict Resolution
- Problem Solving
- Goal Setting
- Decision Making
- Team Building
- Bullying Prevention & Intervention
- Physical Fitness & Nutrition
- First Aid
- Assertiveness Skills
- Public Speaking
- Personal Finance
- Proper Care & Display of the Flag
- Disaster Preparedness



The expertise and resources of local US Army Soldiers are leveraged to help students develop skills and present leadership opportunities. An emphasis will be placed on graduating high school while both exploring and creating enriching postsecondary options.

Register for STAR Leadership for the 2024-2025 School Year!



Wilmot is proud to offer a new course for the 24-25 school year. Wilmot will partner with the U.S. Army to offer the STAR Leadership course.

S.T.A.R. stands for Students Taking Active Roles and is a partnership between the high school and the United States Army. The expertise and resources of local US Army Soldiers are leveraged to help students develop skills and present opportunities that will enable and encourage them to take leadership roles in their own life, within their families, their school and community. An emphasis will be placed on graduating high school while both exploring and creating enriching postsecondary options.



Department of Workforce Development

**Students can get their
work permit online!**

**Scan the QR code and
follow the simple steps.**





Direct Admit Wisconsin Program

Wilmot Union High School is participating in a new state program called Direct Admit Wisconsin.

Currently, there are 10 Universities involved in the program, which provides a simple, seamless admission experience for students beginning with the Class of 2025.

NO ADMISSION APPLICATION

NO COST TO PARTICIPATE

NO APPLICATION FEE

HASSLE FREE!!!

For more information check your school email and go to:

[Direct Admit Wisconsin](#)

The Universities of Wisconsin will be hosting *Direct Admit Wisconsin Information Sessions* for students & families. Dates and times can be found **[HERE](#)**

To Compare Direct Admit to Traditional Registration:

[Click Here](#)

All students have been entered into the program through Skyward. If you are not interested in the program, log into your Skyward account, click on Direct Admit Wisconsin, and unclick the participation button by **[MAY 31st.](#)**

I would like to participate in the Direct Admit Wisconsin program

***If you do not unclick the box, you will remain in the program.**

Direct Admit Wisconsin is designed to provide a place for all Wisconsin high school students to access a world-class public education by proactively offering them admission to the Universities of Wisconsin.

To facilitate the administration of this program, the following information will be shared by the school with the Universities of Wisconsin: Name, WISEid, Local Student District ID, contact information, legal sex, race/ethnicity, GPA and high school transcripts.

There are 10 UWs participating in Direct Admit Wisconsin for Fall 2025. They are UW-Green Bay, UW-Milwaukee, UW-Oshkosh, UW-Parkside, UW-Platteville, UW-River Falls, UW-Stevens Point, UW-Stout, UW-Superior and UW-Whitewater.

If you **[DO NOT WANT](#)** your student to participate in Direct Admit Wisconsin, unclick the participation box. You are required to opt-out by **[May 31, 2024.](#)**

If you need assistance or have questions, contact Cindy Duecker at dueckerc@wilmoth.k12.wi.us or (262) 862-2351 Ext 324.



UNIVERSITIES OF WISCONSIN

DIRECT ADMIT WISCONSIN

The Universities of Wisconsin provide a place for all Wisconsin high school students to access a world-class public education. We have a place waiting for you. Start your path to your UW with Direct Admit Wisconsin.

No admission application!
No application fee!
No cost to participate!
No hassle!

Direct Admit Wisconsin Next Steps

- Connect with your school counselor and agree to participate during your junior year.
- Register for senior year classes and make sure you are on track to graduate.
- Look for your Direct Admit letter in July before your senior year!
- Explore and connect with the university or universities offering you direct admission.
- Explore financial aid options and complete the FAFSA, if eligible.
- Make your final decision and say "Yes!" to a UW university.

Check out the Direct Admit Wisconsin Participating Universities and FAQs on page 2.



DIRECT ADMIT WISCONSIN



Participating Universities

You could be directly admitted to one or all of these participating Universities and/or branch campuses:

UW-Green Bay
UW-Milwaukee
UW-Oshkosh
UW-Parkside
UW-Platteville
UW-River Falls
UW-Stevens Point
UW-Stout
UW-Superior
UW-Whitewater



Frequently Asked Questions

How do I get directly admitted?

You must be enrolled in a participating high school and agree to participate in the program. If you are on track to complete the credits required for admission, you will receive an admission offer through Direct Admit Wisconsin based on your unweighted GPA at the end of your junior year.

What is the deadline to opt in/opt out?

Students and families in the Class of 2025 must agree to participate by June 3, 2024. Ask your high school counselor how to participate.

Do I need to submit my ACT or SAT scores to participate in Direct Admit Wisconsin?

No, test scores are not part of the Direct Admit Wisconsin admission criteria. However, a student may need to submit test scores to their selected university for scholarships or course placement.

What happens if I am not direct admitted to my UW university of interest, or I want to apply to a non-participating university?

Students can and should apply through the traditional online application process for any UW university they want to attend that is not listed in the Direct Admit letter. The application allows students to provide more information about their academic potential, participation in activities, and life circumstances. Some UW universities accept the Common App.

When will students receive their Direct Admit Wisconsin offer of admission?

Direct Admit Wisconsin offer letters will be sent out in July 2024.

Is there a deadline to accept my offer?

Yes. You must complete the Direct Admit form by May 1, 2025.

Learn more about Direct Admit Wisconsin and how you can participate at wisconsin.edu/direct-admissions.



Job FAIR



WEDNESDAY, MAY 8th, 2024

Burlington High School Commons
400 McCanna Pkwy, Burlington, WI 53105

3:30–4:30pm: Open for any SE Wisconsin Student

4:30–6:30pm: Open to the Public



FREE for job seekers to attend!

FREE for employers to attend!

ATTENTION High school students, graduating seniors, and job seekers! Meet future employers for seasonal/summer positions, trades, manufacturing, and more!

Get your resume reviewed by Express Pros!
Walk-up interviews and hiring on site!

B | BURLINGTON AREA
SCHOOL DISTRICT

Experience
BURLINGTON, WI

Technical Education

Our Construction Lab is doing something 🐝 UN-BEE-LIEVABLE! 🐝

Introducing the incredible "Swiss Bee Chalet" Project! This stunning bee home is powered entirely by solar energy and boasts temperature and climate-controlled features to keep our buzzing friends comfortable and happy!

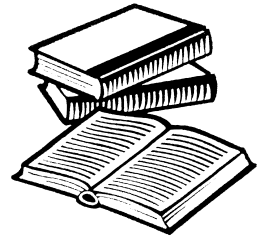
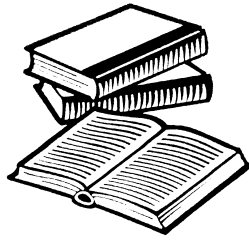
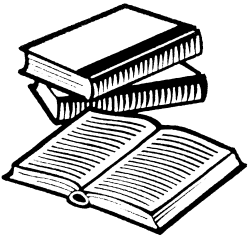
But wait, there's more! The purpose of this innovative project is to study the climates in which bees thrive best. The Kenosha Urban Farming Institute (KUF) will be leading the way in this fascinating research endeavor. We're thrilled to announce that once the final touches are complete, the Swiss Bee Chalet will find its home at the **Hawthorn Hollow Nature Sanctuary and Arboretum** in Kenosha! Plus, keep an eye out for the Wilmot plaque that will proudly adorn our Chalet!

This project was funded by a generous grant from the United States Department of Agriculture (USDA) and constructed by the talented students of Wilmot Union High School, under the guidance and design of our amazing Technology & Engineering Teacher, Mike Gentile.



English Language Arts

Exciting News for Juniors and Seniors: PACC English 101 is Now Available!



Hey, high schoolers! Ever wanted to get a head start on your college journey? Well, now you can with our newest course offering! Introducing PACC English 101, where you can earn 3 UW System college credits for free while still in high school.

Why should you consider it? Simple. Most universities and tech schools require at least one English class, so why not get ahead of the game? Plus, who doesn't love earning college credits without the extra cost?

Interested in joining the fun? You're in luck! You can still sign up with your counselors to take this class instead of American Literature or Senior English. But wait, there's more! We're also offering other 3-credit college courses next year like Multicultural Literature and Contemporary Novel.

Don't miss out on this amazing opportunity to jumpstart your college career. It's not too late to add these courses for next year, so why wait?

Sign up now and let's make next year one for the books!

STUDENT HIGHLIGHTS



Front row (left to right): Cael Handorf, Riley Leahy, Jack Tassone, Josiah Reinholz, and Logan Collins. Back row (left to right): Ray Dippold, Ian Kerkman, Sean Thornton, Ethan Weaver, and Benjamin Randolph, accompanied by Dr. Michael Plourde - District Administrator, and Mr. Rob Kreil - Principal.

The Class of 2024 Academic Scholars at Wilmot Union High School have been acknowledged for their exceptional accomplishments during the Annual Southern Lakes Conference Academic Honors Banquet on April 17, 2024.

These exceptional students were honored with the esteemed Southern Lakes Conference Academic Excellence Award alongside their peers from other schools in the conference.

STUDENT HIGHLIGHTS



On April 14-16, four Wilmot HOSA - Future Health Professionals members attended the Wisconsin HOSA State Leadership Conference. They competed in a variety of events, participated in recognition events, served as courtesy corps members and voting delegates, attended educational sessions and networked with health care professionals. This event gives students the opportunity to showcase health science academic knowledge and skills. Events can include online tests, skill demonstration, formal presentations, display of work, or group situations. Students learn about decision-making, problem-solving, communication, leadership, and self-improvement.

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 Houston, TX in June.

Genevieve Spencer - 2nd Place in Pharmacy Science

Kayla Grubb - 5th Place in Family Medicine Physician

During the recognition event ceremony our chapter was awarded a Certificate of Excellence for the HOSA Happenings Newsletter and will be recognized at the HOSA International Leadership Conference. Kayla Grubb was recognized for placing in the top 25% in the AAFP Family Medicine Career Test.

Congratulations to these students and their accomplishments during this competitive event year.

STUDENT HIGHLIGHTS



Four Wilmot DECA competitors earned medallions and were recognized on stage during SCDC. These four students are competing at the International Career Development Conference in Anaheim, California on April 27-30th.

Seniors Cael Handorf and Riley Leahy won 1st Place in the Entrepreneurship Team Decision Making.

Emma Vogt, Senior, and Anna Roznak, Sophomore, earned Overall Series Finalist medals and received 2nd Place for their Entrepreneurship Innovation Plan for their business idea "Global Bridges".



STUDENT HIGHLIGHTS



Senior Kade Frisby Makes Wilmot History!

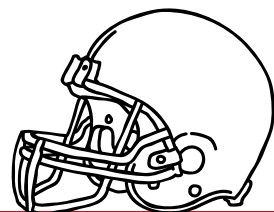
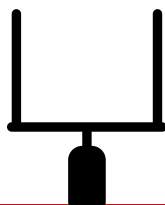
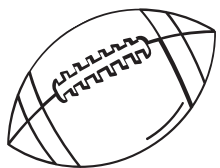
Get ready to cheer because Senior Kade Frisby has just earned a spot on the prestigious Wisconsin Football Foundation Scholar Athlete team!

Out of a pool of over 100 essays and applications, Kade stood out as one of the top twelve players selected.

Kade's achievement doesn't stop there. He's now in the Wilmot history books alongside 2019 grad Kevin Brenner as the only athletes to receive this award in the 30 years it's been given out.

What's next for this standout student-athlete? Kade will be taking his talents to Winona State University on a football scholarship, where he plans to pursue a major in Business.

Let's give Kade a round of applause for this incredible accomplishment and wish him all the best as he continues to excel both on and off the field!



STUDENT HIGHLIGHTS

On Saturday, April 27th, the Wisconsin School Music Association (WSMA) State Solo & Ensemble competition was held at UW-Parkside, including 29 events performed by Wilmot High School musicians.

In order to qualify for the state level of competition, students performed an advanced level (Class A) solo or small ensemble piece of music and received the highest rating at the district level of competition back in March.

At UW-Parkside, students performed for professional music adjudicators from around Wisconsin and Illinois who critiqued various technical and expressive elements of each performance and delivered a final overall rating from first through fifth, first being the best.

Students also received feedback and a short clinic with their adjudicator during the event. At the end of the day, Wilmot students earned 9 "second" ratings and 20 "first" ratings.

We are incredibly proud of our student musicians, and we are already looking forward to next year's festivals!



To hear our student musicians in action, be sure to attend the remaining evening concerts this school year!

Spring Band Concert:

Wednesday, May 15th - 7:00 PM

Spring Choir Concert:

Tuesday, May 21st - 7:00 PM

For the 2024-2025 School Year:

The Student Services Office's staffing will be changing again for next year. The counselors' caseloads are being adjusted due to the staffing adjustments.

This will impact any discussion surrounding the 2024-2025 school year and beyond.

The caseload breakdown will be as follows, based on last names:

Mrs. Runte: A-F

Mrs. Pye: G-Ma

Mr. Richter: Mb-So

**Mrs. Sweatman: Sp-Z

**Mrs. Sweatman will be working part-time next year.

Her scheduled work days will be Tuesdays, Wednesdays, and Fridays. If her students need to speak to someone on Mondays or Thursdays, other Student Services staff will be available.

Class of 2028:

This month you will be receiving a mailing with important information for your freshmen year. A list of your course selections will be included. Please carefully review them.

If any changes need to be made, please contact your high school counselor by

June 3rd.



Jessica Runte
School Counselor



Karl Richter
School Counselor



Melissa Sweatman
School Counselor



Kristen Pye
School Counselor

A MESSAGE FROM STUDENT SERVICES & CTE

PSAT/NMSQT Test:

Students in the class of 2026 have the option to take the 2024 PSAT/NMSQT (Preliminary SAT/National Merit Scholarship Qualifying Test) this fall. The PSAT/NMSQT measures critical thinking skills that are important for success in college, including critical reading, math problem-solving, and writing skills. The 2024 PSAT/NMSQT is also the qualifying test students must take to enter National Merit Scholarship Corporation (NMSC) competitions for college scholarships that will be awarded in 2026.

The PSAT Test is typically taken by students:

- Who are planning on taking the SAT test
- Score very high on standardized tests
- Have a parent that is employed by a company that takes part in the NMSC

The test will be administered at Wilmot Union High School on

Wednesday, October 16, 2024, at 7:30 a.m.

More information will be sent out directly to the families/students of the class of 2026 regarding the registration process.

SENIOR AWARDS NIGHT

Some of you may have already begun to receive scholarships. How thrilling! We're eager to honor your achievements!

Please complete **this form** with any scholarships you have received.

To ensure inclusion at our Senior Awards Night on **Wednesday, May 29th at 6:30**, all scholarship submissions **MUST** be completed by **Friday, May 20th.**

Students selected for recognition at the Senior Awards Night will receive a personalized invitation confirming their scholarship reception.

ACT ONLINE TEST PREP SUMMER 2024

UW-Parkside Professional and Continuing Education is pleased to announce our lineup of online ACT Test Prep courses this summer! Prepare for the ACT at UW-Parkside. Learn strategies to improve your score through our intensive ACT preparation program. Our ACT Prep Course includes expert instruction, a proven format, and all required course materials, access to diagnostic exams, and online support resources in one convenient, affordable package. UW-Parkside's ACT Test Prep program is partnered with Educational Testing Consultants, a leader in higher education test preparation. **Learn more about Educational Testing Consultants at www.etctestprep.com.**

TOPICS COVERED

TEST TAKING STRATEGIES

- Use the process of elimination
- Master time-management skills
- Minimize test anxiety
- Identify common distractors

QUANTITATIVE TOPICS

- Practice solution techniques for problems containing variables
- Learn efficient approaches to complicated multi-step problems
- Discover tactics for translating difficult word problems into equations

VERBAL TOPICS

- Identify correct idiomatic speech in sentence correction problems
- Understand the basic concepts of rhetorical construction
- Learn which grammar errors are most frequently tested
- Understand which part of the passage to read for reading comprehension questions
- Recognize the difference between global and local test items
- Identify passages written from the journalistic and engaged perspectives

SCIENCE REASONING TOPICS

- Identify parameters for test items involving graphs and charts
- Interpolate or extrapolate answers from data given in tables
- Recognize the point of an experiment in research summary items

Visit uwp.edu/youth to learn more about and apply for scholarships, view full camp details, and register today!

SCHEDULE

MAY 9-JUN 4

Tue Thu | 6-8 pm

JUN 3-6

Mon Tue Wed Thu | 8 am-12 pm

JUN 4-27

Tue Thu | 2-4 pm

JUL 15-18

Mon Tue Wed Thu | 12 pm-4 pm

AUG 1-27

Tue Thu | 6-8 pm

PRICE | \$499 if registered at least 10 days prior to the start date, otherwise \$549 (Scholarships available)

Major in you.

NEED MORE INFO?

Professional and Continuing Education
262-595-3340 | continuing.ed@uwp.edu

UNIVERSITY OF
WISCONSIN **PARKSIDE**

FEATURED RESOURCES

Click on the WUHS logo below to explore our Financial & Audits, Financial Management, and School Finance 101 sections for comprehensive information about Wilmot's financial details.



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



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

COMMUNITY OUTREACH

Register for all of our summer offerings by following the link below or drop in for \$8 per class!

Community Outreach Summer Fitness Classes

A photograph of a person on a stationary bike in a gym. The background is slightly blurred, showing other people on bikes. In the top left corner, there is a circular logo with the letters 'WU' and a banner that reads 'WILMOT UNION HIGH SCHOOL COMMUNITY OUTREACH'. The main text is written in a large, white, cursive font with a blue outline.

**WILMOT UNION HIGH SCHOOL
COMMUNITY OUTREACH**

Spin Your Way To a Stronger You!

Monday Evenings 6:00 PM - 7:00 PM

Build strength and cardio endurance in this high intensity indoor cycling class!

Each class/ride simulates an outdoor bike ride with flats and hills. Spinning is a challenging workout that is suitable for all levels of fitness because YOU are in control of your bike!

You are able to challenge yourself while working at your own pace. Each class concludes with a cool down and stretching.

Begin your day with this energizing combination of cardio, weights, and body weight exercises! Varied workouts, focus on upper body, lower body, and core, strength and endurance for a complete Total Body workout.

Class will take place in both the Fitness Center and Room 214.

Register online or drop in for \$8 per class!

A collage of four images related to fitness. The top-left image shows a gym with dumbbells on a rack and the 'WILMOT UNION HIGH SCHOOL COMMUNITY OUTREACH' logo. The top-right image shows a group of people running on a track. The bottom-left image shows people running on a track. The bottom-right image shows a person in a purple top and leggings performing a plank exercise. The title 'Total Body' is written in a large, white, cursive font with a blue outline across the middle.

**WILMOT UNION HIGH SCHOOL
COMMUNITY OUTREACH**

Total Body

Thursday Mornings 5:30 AM - 6:30 AM
Saturday Mornings 8:00 AM - 9:00 AM

COMMUNITY OUTREACH

**We have an exciting, new,
and FREE Community
Outreach class coming up!**

**Class will be held at Wilmot
Union High School in Room
180, 6:00 PM - 8:00 PM.**



Have you ever been driving only to look up and not fully be aware of where you are, what you have passed, how you actually got there?
Now... how about in life?

If you find yourself lacking direction, connection, ambition, desire, etc... could utilizing a Life Coach be for you? Someone to introduce a different perspective, create a plan with, gather information with, bounce ideas around together, HELP you get back on track, and most importantly hold you accountable.

If this sounds intriguing to you, come on out to experience what life coaching has to offer...for FREE!

Your instructor, Rich Mikel, has completed both Financial Coach Master Training with Ramsey Solutions and Life Coaching with IAP Career College.

This is a FREE class, but we ask that you please sign up online **[by clicking this link.](#)**



**WILMOT UNION HIGH SCHOOL
COMMUNITY OUTREACH**

OPEN BASKETBALL!

**SATURDAY 8:00 - NOON
MAY 4, 11, & 25**

Wilmot Union High School Fieldhouse

ENTER THROUGH DOOR T BY THE FITNESS CENTER

Please check in at the
Fitness Center front desk before
using the courts


*Bring your own
Basketball!*

COMMUNITY OUTREACH

Come join our new instructor, Cerina Colon, for Yoga Flow on Wednesday evenings at 6:15 PM, starting May 15th.

Yoga is suitable for everyone! Unwind your mind and body as you enhance flexibility, balance, and strength. This class incorporates postures from floor to standing positions, synchronizing breath with movement, and mindfulness meditation.

Let go of stress and nurture your overall well-being. We look forward to seeing you in class!



Register [online](#) or drop in for \$8 per class.

Yoga Flow

Wednesdays 6:15 PM

Wilmot Union High School

Yoga Beginners & Experienced Welcome

Hope to see you there!



Session Begins May 15th

COMMUNITY OUTREACH



VIBRANCE PERSONAL TRAINING

***CERTIFIED PERSONAL TRAINER
FITNESS COACH AND NUTRITIONIST
PENNY SKERHUTT***

LET ME HELP YOU ACHIEVE THE SECRET TO HAPPINESS!

***STUDIES SHOW THAT LIVING A HEALTHY AND
HAPPY LIFESTYLE IS THE KEY TO LONGEVITY.***

YOU'RE NEVER TOO OLD TO START!

***GETTING STARTED IS EASY! EMAIL ME OR
SEND ME A MESSAGE FROM MY WEBSITE.***



***VIBRANCEFULLOFLIFE.ISSACERTIFIEDTRAINER.COM
PENNY@VIBRANCEFULLOFLIFE.COM***

Wilmot Community Outreach is now offering Personal Training!

Penny Skerhutt is a certified Personal Trainer who will be offering personal training in the Wilmot High School Fitness Center. Personal training sessions are \$60 per hour with a 10% discount if you purchase 6 or more sessions.

To schedule a session contact Penny via email at penny@vibrancefulloflife.com or leave her a message on her [website](#).



**WILMOT UNION HIGH SCHOOL
COMMUNITY OUTREACH**

Outdoor Pickleball!

Wilmot UHS Sports Complex

MONDAY - FRIDAY:

6:00 AM - 2:30 PM & 5:30 PM - SUNSET

WEEKENDS: 6:00 - SUNSET

Free! ✨ ✨ ✨

OPEN TO ALL AGES!

BRING YOUR OWN PADDLE

AND BALL!

✨ ✨ ✨ **See You There!**

Balance, Strength, and Stability:

We're excited to offer a NEW Fitness class with a new instructor, Penny Skerhutt!

Balance, strength, and stability are essential components of physical fitness and overall well-being. Each of these elements plays a crucial role in maintaining a healthy body and improving performance in various activities, sports, and daily tasks.



**WILMOT UNION HIGH SCHOOL
COMMUNITY OUTREACH**

Balance, Strength & Stability

Monday Mornings 5:30 AM - 6:30 AM

Tuesday Evenings 5:30 PM - 6:30 PM

ATHLETICS & ACTIVITIES

Upcoming Sports Camps at WUHS for Youth & High School Students:

Volleyball Boys Skills Summer Camp

Dates: July 9, 11, 16, 18, 23, 25, 30 (Tues & Thurs)

Time: 5:00PM-7:30PM

Boys Basketball High School Summer Camp

Dates: June 10, 11, 13, 14

Time: 1:00PM-3:00 PM

Boys Basketball - Team Fundamentals Camp

Dates: June 10, 11, 13, 14

Time: 1:00PM-3:00PM

Boys Basketball - Individual Fundamentals Camp

Dates: June 17, 18, 24, 25 & July 1, 2, 8, 9

Time: 1:00PM-2:30PM

Mighty Mites Summer Basketball Camp

Dates: July 8-11

Time: 2:45 PM - 3:45PM

Girls Basketball Summer Camp

Dates: June 17-20

Time: 1:00PM-3:00PM High School & 3:15PM-5:15PM Grade School

Girls Basketball Speed & Agility Summer Camp

Dates: June 25, 27 & July 2, 9, 11, 16, 18, 23, 25, 30 (Tues & Thurs)

Time: 1:00PM-2:45PM

Jr. Panthers Soccer Clinic

Dates: Session 1 = (5 sessions) Mondays, June 3 - July 1

Session 2 = (5 sessions) Mondays, July 8-Aug. 5

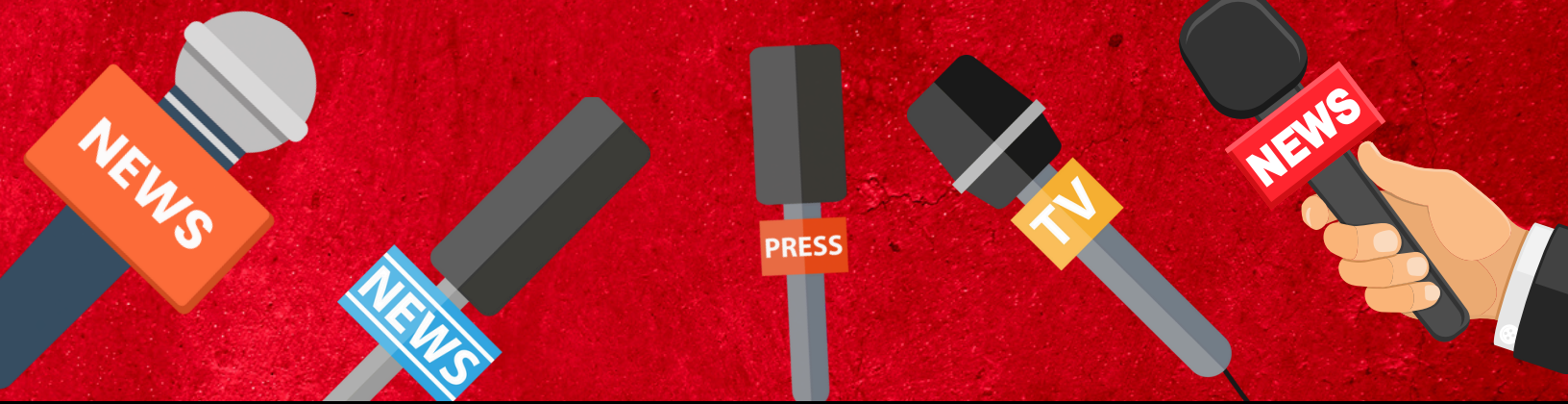
Time: 5:00 - 5:45 PM = pre K, K, 1st, 2nd, 3rd

6:00 - 6:45 PM = 4th, 5th, 6th, 7th, 8th

Camps will be open for registration on the
[Community Outreach Class Registration Webpage.](#)



Panther News



THE PAW



Scan the QR code to visit our online store!



PAW PRINTS



Order your 2024 Graduate yard signs and megaheads by clicking the link above.

We will begin taking orders Tuesday, April 2nd.

May is Mental Health Awareness Month!

It is a great time to reflect on your own mental health and to begin taking steps to improve your well-being.

Mental health is essential for a person's overall health. Mental health disorders can affect anyone at any time. The effects can be severe and long-lasting, therefore, it is important to recognize the signs that you or a loved one may need professional help.

These signs can include:

- Persistent feelings of sadness or hopelessness
- Loss of interest in activities once enjoyed
- Difficulty concentrating or making decisions
- Changes in sleep patterns or appetite
- Substance abuse or other risky behaviors
- Thoughts of self-harm or suicide

If you or someone you know is experiencing any of these symptoms, it's essential to seek professional help immediately.



SCHOOL NURSE DAY Wednesday, May 8, 2024

Since 1972, National School Nurse Day has been set aside to recognize school nurses.

National School Nurse Day was established to foster a better understanding of the role of school nurses in the educational setting.

WILMOT UNION HIGH SCHOOL

Board of Education - Calendar:

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

Newsletter Email List:

<https://docs.google.com/forms/d/e/1FAIpQLSfP6W4NQCzyg4OdRT60MXWjPrSOXiCwcxyrt8CT2MNI4mgU0A/viewform>

Staff Appreciation Week:

<https://forms.gle/Cm5ry5j4f781aFx87>

S.T.A.R Leadership Program:

<https://qr.link/uY9JzO>

Work Permits:

<https://dwd.wisconsin.gov/er/laborstandards/workpermit/>

Direct Admit:

<https://www.wisconsin.edu/direct-admissions/>

Direct Admit Information Session:

<https://www.wisconsin.edu/direct-admissions/sample-page/direct-admit-wisconsin-information-sessions/>

Hawthorne Hollow:

https://hawthornhollow.org/?fbclid=IwZXh0bgNhZW0CMATAAR0BlalJ9s8GY6ucNFAM5ASKLVZXEXZPBCyxq4GRsv7FcqVbxbLhgVxLQBI_aem_AYbaltqt5e9r_yiinEt6RGjdzSwadH0HLbovg71yMfjsnUstrmLjOT-HYrrFd5H07mCQPpaAVTtZD6PprAhl22HxJw

Senior Awards Night Scholarship Form:

<https://docs.google.com/forms/d/e/1FAIpQLScXh4uDLK4fvk8JmKUMv47bvSWVCZyCYK3yRpQ39Pi0oTuDxA/viewform>

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>

Wilmot - Financials:

<https://www.wilmothighschool.com/about/financial-and-audits-.cfm>

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

Summer Fitness Registration:

https://wilmothighschool.cr3.rschoolday.com/public/getclass/category_id/-1/program_id/6

Life Coaching:

https://wilmothighschool.cr3.rschoolday.com/public/getclass/category_id/-1/program_id/10?fbclid=IwZXh0bgNhZW0CMATAAR2FZNjc8weIF-VTqoKzqRCgeNZIISbWV2b39uuJp4O6dyQfrBL4SM3R3cM_aem_ARBSP-u2ujwns35gKOD8Hr5frXyv4jRrjKhEBeyyw4b7laVLoJFle6llktYXID-EvtraTa50Mes9oGFcdF856iG8

Yoga:

https://wilmothighschool.cr3.rschoolday.com/public/costoption/class_id/302

Personal Trainer - Website:

<https://vibrancefulloflife.issacertifiedtrainer.com/contact-me>

Panther News:

https://www.youtube.com/playlist?list=PLW9QGjYzW6Qf3_WugWzdNdJW_2bjROW0

The PAW:

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