



Dodgeville High School



**Inside this issue:**

<ul style="list-style-type: none"> <li>From Mr Martin</li> <li>Blood Drive Info</li> </ul>	2
<ul style="list-style-type: none"> <li>Trap Team Reminder</li> <li>HOSA Competition</li> <li>Snowball Info</li> </ul>	3
<ul style="list-style-type: none"> <li>DECA New</li> <li>International Students Club</li> <li>Basketball Cancer/Tie-Dye Nights</li> </ul>	4
<ul style="list-style-type: none"> <li>Art Club Night</li> <li>SkillsUSA News</li> </ul>	5
<ul style="list-style-type: none"> <li>Upcoming Dates</li> <li>Costa Rica Students Visit DHS</li> </ul>	6



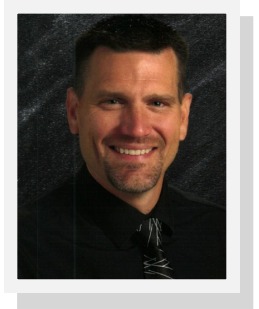
**Parent /Teacher Conferences**  
 Thursdays  
 345 - 730pm on:  
 Feb 16th  
 May 4th

# DODGER DIG



## Message from Principal, Ryan Bohnsack

February 2023



As we have entered the month of February I want to remind everyone how important it is to take time for yourself and those you care about. The schools throughout Iowa County have a strong partnership with the Social Services department and they have provided staff training on concepts centered around reducing anxiety and becoming grounded.

Here would be a technique you could try to support your mind in being present and grounded in your work:

First, focus on your breathing. Practice 4 count belly breathing by breathing in, holding, exhaling, and holding (each being done to a count of 4) then repeating.

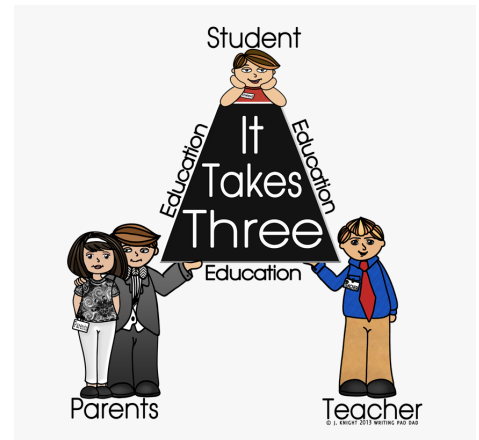
Second, focus on your senses (one at a time). Acknowledge each beginning with 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, and 1 thing you taste. If you can't remember the order it is okay to switch up the sense although tasting five things may provide a unique challenge.

Lastly I want to remind everyone that in March we will be having activities for all students on ACT day. Freshman and Sophomores will be touring an area college, Juniors taking the ACT, and Seniors having workshops on scholarships, graduation practice, and end of the year events. By the end of the month of March all students will have their courses selected for next year.

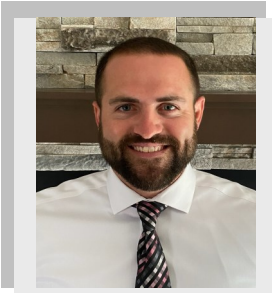
Looking forward to an exciting finish to our our athletic teams, club/organization events and the upcoming play.



**Parent /Teacher Conferences**  
 will be held on  
 Thursday, Feb 16th  
 from 3:45 - 730pm



# From Mr Martin, AD/Dean of Students



Time is going to fly now that we are into February and spring break will be here before we know it. Spring sports will fire up in early March, so if you haven't done any sports or co-curriculars yet this year, please stop by the office and get all necessary paperwork done in advance before practices begin. If you ever need anything, please don't hesitate to reach out to me! Happy February!



## Key Club to Hold 3rd Blood Drive March 1st

DHS is hosting its third **American Red Cross Blood Drive** of the school year on **Wednesday, March 1, from 11-4, in the DHS Library**. If you are 16 years or older, please consider donating blood. Not only do we help the Red Cross but the Red Cross helps students at DHS. Money is earned for scholarships for pints collected. To schedule an appointment you can (1) go to the American Red Cross website ([redcross.org](http://redcross.org)) and make an appointment online, or (2) call 1-800-RED-CROSS to schedule an appointment, (3) download the American Red Cross donor app and schedule your appointment or (4) stop by room F14 and talk with Mrs. Kulcinski. **Remember - if you donate or work during school hours you must have teacher permission (form). Teacher Permission slips are due back to Mrs. Kulcinski by the end of the day on Monday, Feb 27th.**

Next Blood Drive at DHS will be:  
**Wednesday, March 1st!!**



**DONATE TODAY!**

## Facts & Stats

BLOOD IS COMPOSED OF:  
RED CELLS,  
PLASMA AND  
PLATELETS.

1 IN 7 PEOPLE ENTERING THE HOSPITAL WILL NEED A BLOOD TRANSFUSION.

**LESS THAN** **OF THE POPULATION THAT'S ELIGIBLE TO DONATE ACTUALLY DOES SO**

YOU ARE THE UNIVERSAL DONOR!

PLATELETS ARE ESPECIALLY NEEDED BY CANCER PATIENTS.

**EVERY 2 SECONDS SOMEONE IN THE U.S. NEEDS BLOOD**

**1 in 7 HOSPITAL PATIENTS NEEDS BLOOD.**

**MAKE A DIFFERENCE IN SOMEONE'S LIFE**

## Trap Team Spring Registration Reminders

### Spring packet/schedule

[Attached](#) is the spring packet that contains the schedule and lots of other info. New to the packet is a form that I need you to fill out if you are requesting reduced costs/sponsorship. Having this form filled out allows me to communicate with the school on the best way to handle your request. The other new item is a sheet that lists potential conflicts other sports may have with the trap state tournament. I hope this info helps you this spring when deciding to attend the tournament or not. Remember that you can do trap and another sport!

### Registration

The registration period is February 1-March 20. I will use the email list to reach out when the period opens.

### Hunters safety

March 26, 2023 is our next hunters safety. Contact Dave Blume if you are needing to register for the class. His contact info is in the Spring Packet.



## HOSA Competition

Congratulations to all those who participated in this year's HOSA regional leadership competition. We had 3 students make the top 15 in the state for their respective events: Alyson Melssen - event Physical Therapy, Kristina Vinger - event Epidemiology, Braylin Lathrop - event Medical Assisting. We also had one student make the top 17 as an alternate in the Sports Medicine event: Chloe Johnson. Congratulations to these students as this first round is a rather difficult assessment. This gives them the opportunity to compete at the Wisconsin State HOSA Leadership Conference against the top state qualifiers for in person testing and skills events April 2-4, 2023 in Wisconsin Dells. Students who make the top 3 in the state at this conference then qualify for the International Competition at the Dallas Convention Center in Texas in June.



The guest dance forms for Snowball are now available in the spinner in the main office. All students who are bringing someone from another school MUST fill out the Guest Dance Forms and turn them in to the DHS Main Office by Wednesday, Feb 15th.

DHS DECA and FCCLA Present:

## Snowball 2023

7:00PM - 11:00PM  
February 18, 2023

Cost:  
Paid FCCLA/DECA Members - \$5  
Before Dance - \$7  
At the Door - \$9



## DECA News



Congratulations go out to both Carter Sieling & Alexis Allen-Price for their hard work on Saturday. While they did not make it to state in their events they both scored high on each of their Role Plays.

Carter Sieling placed 8th in Quick Serve Restaurant Management Series at Regionals earning 97 and 94 on both his Role Plays.

Alexis Allen-Price earned 6th place in Restaurant and Food-Service Management Series and earned medals for her Role Plays by scoring 95 and 100.



## International Students Club News

The International Student Club attended a UW Women's Hockey Game vs the Minnesota-Duluth Bulldogs in late January. While the Badgers lost a close game, it was a fun outing for all involved. Carla and Sofia even got to show their team spirit with Bucky.



### \$1 - Varsity Half Court Shots for prizes



### Miracle Minute Fundraiser WEAR your TIE DYE Gear





DHS Basketball/Competition Cheer Team  
**TIE-DYE SHIRT SALE TO SUPPORT LOCAL FAMILIES AFFECTED BY CANCER!**

**Wear your tie-dye gear at the two games!**

**BOYS GAME - FEBRUARY 13TH**

 **VS** 

**GIRLS GAME - FEBRUARY 16TH**

 **VS** 

# It truly is A Great Day to be a Dodger!



# Art Club's Community Valentine Art Night



# SkillsUSA at UW Platteville

Let's give a huge congratulations to our six Dodgeville High School students who participated in the SkillsUSA Regional Competition at the [University of Wisconsin-Platteville](#) last week!

Our students participated in the Welding Competition, the Power Equipment Technology Competition, and the CO2 Dragster Competition.

Taking part in SkillsUSA provides students the opportunity to compete to showcase their professional skills, problem-solve, and work under high-pressure deadlines. The nature of this organization is to build a quality, skilled workforce and the competition serves as a resume builder for their potential future careers in trade, technical, and skilled service occupations.





Dodgeville High School

912 W Chapel St  
Dodgeville, WI 53533

Phone: 608-935-3307 opt 4  
Fax: 608-935-9540  
draschools.org

It's a Great Day  
To be a Dodger!



### Upcoming Important DHS Dates

Feb 13th - BBB Cancer Night Wear Tie-Dye  
Feb 16th - Parent/Teacher Conferences 345-730pm  
Feb 16th - GBB Cancer Night Wear Tie-Dye  
Feb 18th - Snowball Dance 7-11pm  
March 1st - Key Club Blood Drive 11am-4pm  
March 26th - Hunters Safety Class



The District Calendar can be found here:

<https://www.dodgevilleschools.org/district/calendar.cfm>

## It truly is A Great Day to be a Dodger!

DHS had the privilege of hosting a group of 18 students from Costa Rica! While here they toured the school, shadowed our DHS Spanish Club students in class, then gave our high schoolers presentations about their country. This was a wonderful opportunity for students to learn more about each other's cultures all while practicing their English and Spanish speaking skills!

