Issue: Quarter 3 S2026

Henry-Senachwine High school

THE QUACKING QUARTERLY

THE TOP STORY

POP OFF

Ms. Sessler's Life Skills class works hard to complete drink orders sent their way

By Adam Stanmar



***Caffeine Crew**: Afternoon Jolt students help each other make drinks on Friday for teachers who had ordered that week. This is a program started by Ms. Sessler for her Life Skills students to gain work experience. "The Coffee Cart makes people connect with each other," said Ohanna Victors.*

The Afternoon Jolt is an in-school drink shop that was officially started in December by Ms. Sessler's Life Skills class. Students in this program make drinks every Friday in the old Chemistry classroom and bring them to teachers who order. Teachers can order dirty sodas or coffees on a Google form. Before the students start making their drinks, however, they first write the orders on forms, estimate the number of sodas they'll need, and send out emails to keep teachers up to date with their punch card information. This process is monitored by Ms. Sessler and Mrs. Lionberger, who created this program as a way to provide the class with work experience while they're still learning at HSHS. Both Ms. Sessler and Mrs. Lionberger manage the Afternoon Jolt's finances and incoming orders and oversee the drink assembly. This allows the students to focus on improving skills they'll have to be proficient at in a job setting. "I enjoy watching the students learn the skills needed to perform a job skill; I am so proud of all the progress they have made," said Mrs. Lionberger. The students have reportedly found just as much fulfillment in the Afternoon Jolt, especially through working as a team. They look forward to helping run and improve the Afternoon Jolt each day!

Homecoming Hype

Pep rally soars and spirit day roars

By Addi Holocker



Dress to Impress: *A group of juniors and freshmen dress as adults and babies. This dress up day was part of homecoming spirit week where each class was assigned a different age group to dress as. McKenna Chamness said, "I chose to dress as a soccer mom."*

Henry-Senachwine High School celebrated homecoming week with dress up days and a pep rally. The week was planned by Student Council. This year's dress up days were pajamas, mismatch, babies/toddlers/adults/senior citizens, anything but a bookbag, and superfan. Some of the crazy things brought for anything but a bookbag were a meat freezer, a dog cage, and a microwave. The class with the highest percentage of people dressed each day won a feather for the spirit stick competition. This year's theme for homecoming was *The Greatest Showman*, voted on by Student Council. Each class had a section of the hallway to decorate according to the theme. The juniors won the hallway decoration contest with their red carpet design. The homecoming pep rally happened on Friday, February 6th. At the pep rally, students played two different games: dress to impress and human ring toss. For dress to impress, each class got a random bag of items like pipe cleaners and trash bags. They had to dress up their model and do a little runway walk. For the ring toss game, one class stood in a pyramid shape and the other class threw a hoop to try to "catch" the students to gain points for their class. At the end of the assembly, students played clump. Clump is a game where the students walk around until someone yells out a number. Once that number is called, the students get into a group with that many people. The week ended with the juniors winning the spirit stick as they earned the most feathers. Rylee Cheney, a student who attended the pep rally, said it was "very fun." This year's homecoming pep rally and dress up days were a great success!

Make Way for Homecoming Day

What went on at the homecoming dance

By Ellie Barnes



Simply Stunning: *These ladies and gentleman pose prettily for a group photo at homecoming. The dance was hosted at HSHS on February 7, 2026. The theme of homecoming this year was The Greatest Showman. Senior Sophia Miller said, "It was lowkey fire."*

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MAKE WAY FOR HOMECOMING DAY (continued)

On February 7th, Henry-Senachwine High School hosted their annual homecoming dance for all the students. The theme for this year's homecoming was *The Greatest Showman.* Student Council decided on that theme, picked the dress-up days for homecoming week, and came up with the games for the pep assembly. Student Council members came in Friday evening to set up for homecoming and they stayed late Saturday night to take it back down after the dance. This year, homecoming was held in the gym because of the construction of the new school building. In the gym, they put up a blackout curtain so half of the gym was cut off. This kept everyone close together. Student Council President Brooklynn Thompson said, “homecoming is a great way to pick up school spirit. It gets everyone involved in school. We have a lot of participation throughout hoco week with our dress up days and games.” HSHS hopes that everyone that came had a blast and danced the night away!

CHARTING THE COURSE

What went down at the College/Career Fair

By Carter Williams



Ah, Ah, Ah, Ah, Staying Alive: *Mazie Koll gives CPR to a practice dummy at the nursing table at the College/Career Fair. The nurses wanted to give students a chance to practice their CPR skills. They also came with hopes of inspiring students to join the medical field. Senior Mazie Koll said, “The nursing table was so fun, and the hands-on activity made it even better!”*

HSHS FBLA put on their 12th annual College and Career Fair on February 13th, 2026. FBLA puts on this event every year to help students get a better idea of what they want to do after high school, and, if higher education is in their plans, figure out what school they should attend. The day started with a speech from a keynote speaker, then students went to their assigned breakout rooms. After that, the classes split their time between the College/Career Fair in the gym and the college student “be real” panel in the auditorium.The day ended with closing remarks and participation prizes in the auditorium. This year’s keynote speaker was Jeff Rebholz, an HSHS 2003 alumn. A board of current college students who are HSHS alumni also came to answer questions students had about adapting to college life. Members of FBLA and Ms. Self reached out to these college students, businesses, and career professionals to come speak to students about their careers and schooling. Ms. Self also reached out to colleges/institutions to come speak to students about their programs. Senior Taylor Rowe said, “The Career Fair is such a good opportunity for all the students at HSHS.” This year’s fair was very successful and FBLA hopes to continue this tradition for many more years!

SWINGING FOR SPRING

Learn all about baseball open gyms

By Preston Hovis

The 2026 Henry-Senachwine High School baseball open gyms have started. They are held every Sunday at 8:00 a.m. in the high school gym. There, the athletes practice their hitting, pitching, and catching skills. Coach Ted Rowe helps the players improve during these practices. Usually about 10 students attend these open gyms as they are very excited for the season to begin. One of the baseball team's favorite things they get to do is play a game at the big stadium at Dozer Park in Peoria. When asked how he's preparing for the season, junior center fielder Austin Keith said, "I'm preparing by going out to batting cages and working on my swing." The official season for the Henry-Senachwine High School baseball team hasn't begun yet, but the mallards are looking forward to it!



Hey Batter Batter Swing: *Austin Keith, junior baseball player, smiles for the camera. Austin has been attending open gyms to prepare for the season.*

SWING AND SCORE

Softball open gyms start at HSGS

By Noel Tobar

Softball open gyms have started at HSHS. There are open gyms every Sunday at the grade school led by Coach Stenstrom, who recently won the Coach of the Year award for 1A softball in Illinois. At open gyms, the girls work on their batting and fielding skills. A senior softball player, Rachel Eckert, was interviewed about her personal experience as a Lady Mallard. Rachel tries to go to as many open gyms as she can because it keeps her involved in school and helps her stay active. Her goals this year are to have a fun season with her teammates and make it as far as possible during postseason. "I play softball because I enjoy the time I get to spend with my friends," she said. Rachel joins the rest of HSHS in wishing the softball team good luck this season!



Softball Star: *Senior Rachel Eckert poses for a photo to represent the Lady Mallard softball team. Rachel has been attending open gyms to prepare for the softball season.*

Building Champions On and Off the Track

Introducing the new HSHS track coach, Mr. Briscoe

By Taylor Frawley



Training the Timberduck Track Team: *Mr. Briscoe is the new HSHS track coach. This is his second year coaching track, and he is looking forward to helping his athletes improve and achieve their goals. "Once my athletic career came to an end, coaching was my way to enjoy sports and share my knowledge," he mentioned.*

Henry-Senachwine welcomes Mr. Briscoe to the 2026 track team as the new coach this spring. This is Mr. Briscoe's first year at HSHS being a student mentor and his second year coaching track. He enjoys coaching because he likes helping athletes achieve their goals and keeping them focused on improving. Mr. Briscoe competed in track throughout high school and college. He graduated from Prairie Central High School and Illinois State University. He has always enjoyed sports and has wanted to coach to share his knowledge to help athletes. Mr. Briscoe plans on making practices a competitive environment in order to push his athletes. He believes that making practices "fun" takes away from the constant grind that athletes need to improve. When asked what he was looking forward to this season, Mr. Briscoe answered, "The girls have had a lot of success, so I am looking forward to building off that success. I am also looking forward to getting the guys to become more competitive." The track team is looking forward to this season with Mr. Briscoe!

CLASSES

Stackin' Dimes

What's happening in Welding class?

By Rylee Cheney

Turning Sparks into Art: *Junior Denver Hoffstatter works on his projects in Dual-Credit Welding. Welding is a very hands-on class where students can learn skills for the workforce. "I love welding; it's a good way to get your mind off of things," he said.*



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STACKIN' DIMES (continued)

Henry-Senachwine High School's Welding classes have created many fun projects this year. Mr. Lindstrom teaches 3 different levels of Welding. In Welding 1, students learn many things like how to weld safely and how to use the tools and machines. After Welding 1, students learn more difficult welding techniques. The projects students create are based on the availability of materials and which tools the shop has as well as what future skills students may need. The students range all the way from freshmen to seniors. When asked about where his students spend most of their time, Mr. Lindstrom said that they are normally doing hands-on work in the shop. This is because Mr. Lindstrom believes in the mantra, "we learn on our feet, not in a seat." Henry-Senachwine also offers a Dual Credit Welding class. There are 2 levels of Dual Credit and each completion earns the students 2 college credits per class. Welding students are also able to qualify for certain welding competitions. Once a student completes Welding 2 (depending on the quality of their welds and how much time they have spent in the shop), they are able to qualify for competitions at ICC and IVCC. Seniors are also able to qualify for MTI competitions. Overall, the Welding program at HSHS is a great option for students who are interested in continuing their future in the trades.

COOKING UP MEMORIES

Foods class whips up delicious dishes

By Bri Ortiz

Foods is a Family and Consumer Science class offered this spring semester in Ms. Schopke's room. Ms. Schoepke teaches Foods because it gives students opportunities to practice their cooking skills and shows them that healthy eating isn't as hard as it seems. In the class, students learn about the different nutrients and different techniques to prepare food. They also practice food safety and kitchen safety. Ms. Schoepke picks the recipes that students make very carefully. They have to be cooked in 40 minutes or less. There also has to be a variety of steps so each student can be involved, and they have to be simple and inexpensive. They have made many dishes so far, including burgers, chicken tenders, guacamole, fried rice, and smoothie bowls. According to Ms. Schoepke, "the alfredo has been the class's favorite dish that they have made so far." Overall, Foods class is a fun class that students can take to learn new skills and try new foods!



Fruity Fun in Foods: *Students in Foods plate their smoothie bowls to perfection. about the basics of plating and how to design dishes, focusing on balancing the colors, textures, and positionings of food. Ellie, a senior student in Foods said, 'The smoothie bowls were really pretty and tasted really fruity."*

IN THE MEDIA

What's happening in Multimedia Publications class?

By McKayla Estes

Here at Henry-Senachwine High School, there is a year-long class taught by Ms. Schoepke called Multimedia Publications. Multimedia is an important and interesting class. According to Ms. Schoepke, "it teaches communication skills, writing skills, and it helps to promote school news." In Multimedia, students are taught design, photography, writing, interviewing, and social media skills. The class doesn't only contain perks and benefits for the students in the class, but also for the students outside of it. Students in Multimedia write the newspaper that's accessible for the entire school to read. New articles are written every quarter. The process starts out with picking a topic. The students suggest different ideas and are assigned to their own topic. Once the students know what to write about, they begin to outline it, write it, correct errors, and then publish their articles. Having a newspaper allows for students to become aware of different things happening at HSHS. It has been used to promote fundraisers and events, ideas of what to do during breaks, tips for important tests like finals, and much more. While the class writes newspapers, they also create the yearbook and have an Instagram where they post different videos like student interviews and school news, Overall, Multimedia can be very beneficial for students all throughout their high school years!



Making Art and Articles: *Students in Multimedia work on writing their Quacking Quarterly articles. The articles were being prepared to be peer reviewed and edited. "As a student in Multimedia, I love this class because Ms. Schoepke teaches us so much about how to express our emotions through writing and designing," said Noel Tobar, current Multimedia student.*

GOTTA SEW FAST:

Fashion class learns all about fast fashion

By Leaf Rackley



Patchwork Project: *Junior Bryce Fallon works on sewing together scraps of fabric for his sustainable pencil pouch project in Fashion class. This project is part of a larger unit on the negative impacts of fast fashion and clothing waste. When asked why he chose these particular scrap fabrics, Bryce responded, "I chose this because it has dinosaur chicken nuggets. Which I find amusing."*

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GOTTA SEW FAST (Continued)

Fashion class has been taught here at HSHS by Ms. Schoepke for the last four years. Currently, the class is learning about how fast fashion harms the environment. To combat this, Fashion class is making zipper pouches with the leftover scrap fabric they have from previous projects to create a completely sustainable bag. Ms. Schopeke likes to teach the class about the history of fashion and tie it in with fun and interesting projects. For example, Ms. Schopeke's favorite project, the tote bag sewing, has students learn about color and pattern design along with fashion marketing. After the unit, students get to design and print their own pattern with fabric ink and sew it into a tote bag. When asked about how she picks the projects, Ms. Schopeke said, "they are all beginner-friendly but get more complex throughout the semester. I try to pick items that everyone can use in their day-to-day life, like bags, pillowcases, and pajama pants." Bryce Fallon, current Fashion student, was interviewed about his experience in the class. He said, "I am excited to sew our next project and prove Ms. Schopeke wrong." It seems like Fashion class will be doing a lot more fun things! Fashion is definitely a great class to take for students who like the arts and crafts aspect of textiles.

STAFF

CHEMISTRY OF A CLASSROOM

Read more to hear about Mrs. Nauman

By Lennon Crawley



Science is the Future: *Mrs. Nauman conducts an experiment in the science lab. She values getting kids interested in science. She also has an interest in insects and the study of entomology. "There is a place for everyone in science," said Mrs. Nauman.*

Mrs. Nauman is the science teacher of 3 years here at HSHS. Before teaching here, she taught at Midland for 2 years. She teaches all the science classes here, ranging from Physical Science to Forensics. She has also taught Microbiology and Environmental Science in the past. Mrs. Nauman finds teaching important because it makes people better scientists. "People should question everything! Just because someone reads or hears something, it does not mean it is correct," she says. Her college professors influenced her views on teaching, where she studied urban entomology, or the study of bugs. Her teachers, Ms. Bear, Dr. Robertson (from Millikin University), and Dr. Zungoli (from Clemson University) taught her the values in education that she has stuck to. Overall, Mrs. Nauman wants to continue getting people excited about science. "There is a place for everyone in science," she states. She looks forward to continuing her teaching career here at the Nest!

Meet Mrs. Wolfe

Get to know the teacher in room 4

By Naomi Lester



Blonde Baddie on Patrol: *Mrs. Wolfe smiles for the camera. She is part of the Special Education department at HSHS. One thing students might not know about her is that she used to be a cheer coach! "I love teaching my students," she said.*

Mrs. Wolfe is a Special Education teacher here at HSHS. Most students have already met her, but some might want to get to know her still. Mrs. Wolfe has been working at HSHS for the past 7 years. She chose to work here because it was close to home at the time and because it was a small school for her first job. Her favorite part about her job is seeing her students grow. She loves helping her students day to day. Mrs. Wolfe teaches everything, from English to Science, but her favorite subject to teach is Math. Mrs. Wolfe attended ICC and Illinois State University for her Bachelor's degree in Special Education. She is also currently working on her Master's degree. Something students might not know about her is that she loves cheer and gymnastics. Mrs. Wolfe is a great teacher and makes HSHS a positive place!

Schoepke Shares Stories

All about Ms. Schoepke

By Raleigh Eakins



Smiling Schoepke: *Ms. Schoepke poses for a picture next to a bulletin board her Parenting class made. Ms. Schoepke is an English and Family Consumer Sciences teacher at HSHS. Her favorite thing about teaching is that she gets to inspire kids to learn. She also says that "high schoolers are just so funny and fun to teach."*

Schoepke Shares Stories (continued)

Ms. Schoepke is an English and Family Consumer Sciences teacher at Henry-Senachwine High School. Inspired by her own English teacher, Ms. Schoepke decided she wanted to be a teacher during her senior year of high school. Ms. Schoepke explained how much she enjoys teaching because she likes to interact with her students and teach them things she is passionate about. Her favorite things about being a teacher are that she gets to help students and inspire kids to learn. She also said that "high schoolers are just so funny." Ms. Schoepke chose to work at HSHS because she wanted to give back to a small school like her own. She teaches lots of classes here, like Parenting, Intro to FCS, Foods, Fashion, Speech, and Multimedia. Her favorite subjects to teach are Parenting, Fashion, or Child Development because they're very hands-on and the projects they do are creative. Ms. Schoepke explained that her classes are run as a workshop so she can provide a nice, calm environment while doing hands-on activities and giving lots of feedback. When asked about her favorite memory from this school year, she responded, "I really liked when Multimedia went to Beebee's Produce stand to take pictures for fall. It was a fun seasonal activity that taught the students how to use the cameras." Overall, Ms. Schoepke is a great teacher and she hopes to see you in one of her classes!

OP/EDS

Love is in the Air

HSHS students talk about their stance on Valentine's Day

By Maddy Nighsonger



Love Birds: *HSHS students were asked to take a survey about Valentine's Day. The results showed that many students enjoy showing their appreciation to others on the holiday.*

HSHS students were surveyed on their thoughts about Valentine's Day this February. The results showed that students spend the day with their family, friends, and/or their significant other. Most students said they think Valentine's Day is a day of love for couples, but some mentioned that they celebrate platonic love as well. Students mentioned that they spend time with people they love to show appreciation towards them. They show their love by hanging out with loved ones and giving them gifts, although most would rather receive appreciation than a present. If they were to receive a gift, students said they would prefer candy, flowers, or money. Most of the students said they enjoy the holiday because they can show their friends and family how much they love them, but some students said they feel differently about it and prefer to spend it alone eating candy and having free time. One student surveyed has their own Valentine's Day tradition of watching a movie and eating dinner. According to HSHS students, it seems you don't have to have a significant other to celebrate Valentine's Day–it's for everyone!

Students Share Spring Stances

HSHS students are surveyed on their spring opinions

By Carly Hentchel

HSHS students were surveyed about their favorite things about spring to celebrate the changing of seasons. First, students were asked what their favorite spring activity was. The responses were mixed, but the majority said playing football, hanging out with friends and family, or going on vacation. As a follow-up question, students were asked what the best spring vacation is in their opinion. Most students reported hiking in the woods as the best spring trip, as opposed to the other two options: relaxing on the beach or skiing in the mountains. Next, students were asked what their favorite part of spring is. Almost all students responded with the nice weather and getting a break from school. Another question the survey asked was whether students like spending spring break with their friends or family and if they prefer to go out or stay home over break. Most said they like to spend their time going out with both friends and family. The survey also found that most HSHS students prefer a sunny spring rather than a rainy one. Lastly, students were asked what their favorite spring flower is. The results were mixed, but most students said roses, tulips, orchids, or dandelions. Based on these results, it seems that HSHS is ready for spring and all that comes with it!



Soaring to Spring: *HSHS prepares for spring as teachers decorate their classrooms with cute spring decorations. Students are certainly looking forward to spring as the weather gets warmer!*