

LAKERS

LAKER BULLETIN FRI JAN 19, 2018



Skol Vikings, Let's Go

All students: Please return or renew your library books for this semester as soon as possible.

OPEN GYM: No open gym Sunday, January 21, 6-7:55 pm in the Activity Center.

BASEBALL : Meeting on Tuesday the 23rd in Mr. Schultz room during Laker Break.

SNOFEST: Feb 12-15th. Coronation and Pepfest will be the 15th. Sadies Dance is Feb 17th 8-11pm.

Course registration for 2018-19 school year: This will begin this month. The course catalog and information is online at the High School website under *Guidance & Counseling: Resources*

Current 10th/11th grade(s) presentation will be January 10th with online registration cut off on January 19th.

Current 9th grade presentation will be January 17th with online registration cut off of January 26.

8th Grade Student Presentation will be January 24th during exploratory hour with the 8th Grade Parent/Student Registration Night will be Tuesday, January 30th @ 6:00pm in the High School Auditorium. Letters will be sent home the week of January 16th as a reminder and also for sign up.

Open Gym: Begins Sunday, December 3.

Students and Adults Sundays, December-February

NO open gym 12/24, 12/31, 02/04 6-7:55 pm, Activity Center, MS

Use lower level eastside parking lot and entrance

Grades 6 and under must be accompanied by an adult

\$1 per student per day

\$2 per adult per day, includes walking track

Those attending open gym will be asked to sign in and provide an emergency contact number. Bring your own basketball and correct change. Activity Center area and restrooms only. Leaving the Activity Center will result in removal from open gym.

DRIVERS: Please exit through the parking lot exit NOT the Bus exit.

LAKER GAMES 2018: Create a team of six to compete in a variety of activities that challenge you and your team physically, mentally and strategically.

Saturday, January 27, 2018 4:00 pm - approximately 8:30 pm

Howard Lake-Waverly-Winsted MS/HS Open to anyone interested (recommended for ages 5 -137) No specific gender ratio. Food and drinks provided. \$72 per team

Each team member must submit a signed waiver prior to competing

Use this link to sign up: <https://goo.gl/forms/Weza2KSOOIkZNIU2>

For more information go to Mr. Moravec's website:

<https://sites.google.com/a/hlww.k12.mn.us/wmoravec/home/laker-games>

DRIVERS: You need to have a parking permit if you drive to school. Please stop in the HS office to get one.

LAKERS SPEED & STRENGTH PROGRAM: The after school Lakers Strength and Speed program is up and running. Open to boys and girls, Monday through Thursday, 3:00-4:30. Please see Mr. Carr for more details.

ALL STUDENTS: Please always check your school emails for information.

FITNESS CENTER: Fitness Center open Monday- Friday 3:00- 4:30

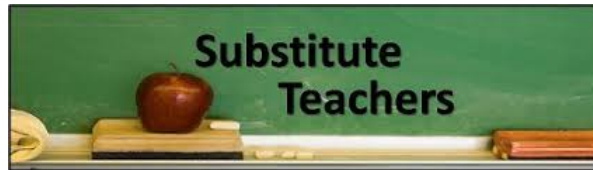
ACTIVITY SCHEDULES: To find our activity schedules online go to the HLWW district website and click on "Activities". Then in the side of the page click on "LAKERS Activities Schedule". That will bring up the weekly schedule for all the activities. If you would like to view a season schedule for a specific activity, then find that activity on the right-hand side, check it and click "View". There is also an "Activity Schedule Parent Guide" for your reference on the Activities Page.

DAILY ACTIVITY LINE: For a voice message of the daily activity contests (high school and junior high), please call 320-543-3900 ext 7. This is will updated with any cancellations, postponements, etc as soon as they are known.

PARENTS & COMMUNITY MEMBERS: Daily Bulletin will be posted daily on the HLWW High School webpage.

Today's Menu

**Honey Sriracha Chicken
Or
Assorted Pizza Rounds**



THIS WEEKS HIGH SCHOOL LAKER ACTIVITIES

1/15	1/16	1/17	1/18	1/19	1/20
NO SCHOOL	BBB @ Kimball 5:45/7:15 Bus: 4:25 WRE TRI Pierz/BBE @ 5:00		GBB vs Maple Lake 5:45/7:15	BBB @ EVW 5:45/7:15 Bus: 4:15 GYM @ Becker 6:00pm WRE TRI Vs Bold & Spectrum 5:00	WRESTLING INVITE 9:00

College	Representative	Date	Time
<u>United States Army Recruiting Center</u>	Sgt Nicholas	Wed January 17, 2018	12:30 PM
<u>United States Marine Corps Recruiter</u>	Sgt Vasquez	Thu January 18, 2018	12:30 PM
<u>United States Air Force Recruiter</u>	Sgt. Daniel Vandervegt	Tue January 23, 2018	12:30 PM



BIRTHDAYS

Adam Fie 1/2	Emilee Gustafson 1/8	Joe Bautch 1/23
Jacob Gallus 1/2	Lily Karg 1/8	Ben Lachermeier 1/24
Isaiah Klatt 1/2	Lanney Loebertmann 1/8	Carson Hirsch 1/26
Nolan Scherping 1/3	Ariana Riemer 1/8	R'mani Stefflugg 1/28
Alexa Cuadros 1/4	Samantha Grow 1/9	Nick Dalbec 1/29
Lauren Munn 1/5	Gerrick Prine 1/9	Eric Martinson 1/29
Destiney Ulrick 1/5	Sarah Mauk 1/13	Devin Sale 1/29
Cali McCormick 1/6	Katie Moen 1/20	Remington Albright 1/31
Makenzie Ramola 1/7	Abby Niesen 1/20	



Test taking can lead to anxiety. Here's some tips to help you sail through exams.

- 1. Take a minute to sit down and organize your time. What exams do you have? What day are they?*
- 2. Organize your study space. Try not to study while sitting in bed. Keeping sleep and study areas separate. Is the light adequate? Is your chair comfortable? Do you have the right supplies?*
- 3. Take breaks!*

4. Choose brain foods to snack on...fresh fruit, mixed nuts (remember food allergy friends, though), vegetables. Put together snack baggies so they're easy to grab in the refrigerator. Omega-3 fatty acids found in certain fish, nuts and olive oil are know for brain-booster potential. Sugary foods may lead to rapid blood sugar changes producing drowsiness to irritability.

5. Don't skip meals!

6. Drink plenty of water. How much? Pay attention to thirst and if your urine appears concentrated (dark yellow), it may be you're dehydrated. Too much caffeine is a diuretic so you may need to use the bathroom more. That and energy drinks can produce irritability and headaches.

6. Move. Research shows that just half an hour of aerobic exercise (i.e., exercise that gets your heart pumping and breathing harder like jumping jacks or jogging) can improve brain-processing speed.

7. Plan ahead for exam day. What do you need? Can you get up early to get a good breakfast? Set things out the night before so they're ready to go.

8. If you've followed these tips, relax and enjoy having a great exam day! You've got this!!