

LAKERS



LAKER BULLETIN TUES FEB 20, 2018

Cancer Awareness Basketball Game



Both boys and girls basketball team play tonight, and will be our cancer awareness night. Wear your pink and come support our loved ones who have been affected by cancer one way or another.

BASEBALL: Meeting in Mr. Schultz's room Thursday during Laker Break.

TRACK & FIELD: On Wed, February 28th, we will have a Parent/Athlete Meeting in the High School Auditorium from 6:15-7:15. We have lots to go over this year! Hope you see you all there!

GOLF: For anyone interested in golf.... we are going to do a golf meeting on March 5th (a Monday) after school in the AC commons for boys and girls golf 7-12... we will do a sign up sheet, go over the schedule, and talk about equipment and what you will need. Hope to see you all there! If you can't make it, please email Mr. Goudy (jgoudy@hlww.k12.mn.us) and I can get you what you need.

BREAKING NEWS FROM CLAY TARGET: Try-outs for open slots on the 2018 Clay Target Spring team will be on February 27th at the Waverly Gun Club from 4:30 to 6:00 p.m.. Those team members that were on the team last spring are automatically on the team. If you are interested in trying out for the team, or want more information, please contact Coach Schmidt at gschmidt@hlww.k12.mn.us for further details.

GYMNASTICS: The Varsity gymnastics team competed Saturday in the Section 6A tournament at Litchfield. The Laker team had their highest season team score of 124.25. Senior All Conference Captain Heather Leukuma had her best performance and scores on the Vault, Beam and the Floor. Maddy Severson had her highest score on the Vault. The Laker gymnastics team earned and were presented with the Section 6A Silver Academic Award for student-athlete academic excellence. Congratulations to all the gymnasts on this award and a rewarding Season.

Attention Junior Boys and Girls: If interested in Boys or Girls State for a week this summer (sponsored by the American Legion and American Legion Auxiliary), please see Mrs. Thompson in the Guidance office. The cut off for nominations is Feb 28th. An email was sent to those of you with a 2.5 or above cumulative GPA giving you more information regarding the program and what it entails.

Seniors: Seniors are reminded to ask teachers for scholarship recommendations by this Wed (Feb 21st) at the latest!! Teachers are busy and need time to get these done. Teachers can turn you down if you ask at the last minute!! Also a reminder. You need two recommendations attached to your scholarship forms. One recommendation from a teacher you had in High School (grades 9-12). Someone YOU HAD a class from and received grades from. The other recommendation needs to be from a community or church member not related to you (and who is NOT a coach or a teacher). (Someone NOT INVOLVED with school). Any questions, ask Ms Holm, Mrs Hand, or email Ms Mucha.

Driver Education: Spring session of Driver Education deadline is March 2. Classes will begin March 19th. Registrations forms are available in the High School office, Community Education office and on the school website under Community Education, Youth Activities, Driver Education.

SCHOLARSHIPS: Application forms for all of the Memorial and Community scholarships can now be picked up from Emily Holm in the high school counseling office. The completed forms must be turned in by 3:00 on Thursday March 15th. **LATE FORMS WILL NOT BE ACCEPTED.** Forms for the Wright-Hennepin Scholarship, and the Hospital Scholarships are also in the Counseling Office. Those forms are Due by 3:00 on Tuesday March 6th. We have \$32,000 available to the Class of 2018 in scholarship money from local contributors and local organizations. Good Luck to all the Seniors as you fill out your application forms!!

YEARBOOK DEADLINE: The last date to GUARANTEE that students get a yearbook is by Feb. 23rd. After that date we are given a set amount of books that will be used as a first come, first serve scenario.

SENIORS (PARENTS): As your kids reach their final moments here at HLWW schools, the yearbook staff would like to give you the opportunity to help contribute to this year's yearbook by celebrating your senior with a flashback into time with a baby photo. Not only will you get to put your favorite childhood photo in the yearbook, but you will also get to put a few words next to their picture. Whether it be words of encouragement or congratulations, this is a great opportunity for you to show your love and commitment to your child. There is a cost to doing this however, as these baby pictures are vital in bringing down the cost of the yearbook so that it's affordable for the whole school. The cost for buying an 1/8th of the page is going to be \$15, while the cost of buying a 1/4th of the page is going to be \$30. Checks should be made out to "HLWW Schools" and handed to Mr. Cousin. While quotes should be emailed to Mr. Cousin at "ccousin@hlww.k12.mn.us" and whenever I get your payment I will email you back with the confirmation that I have received your payment. Feel free to email me any questions, and I hope you have a great day!

Open Gym: Begins Sunday, December 3.
Students and Adults Sundays, December-February
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.

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.

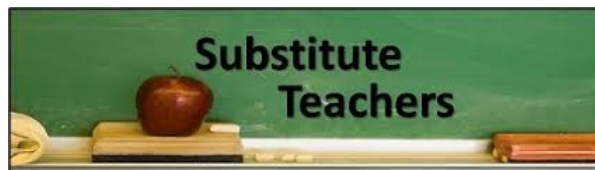
DAILY ACTIVITY LINE: For a voice message of the daily activity contests (high school and junior high), please call 320-543-3900 ext 7. This is will updated with any cancellations, postponements, etc as soon as they are known.

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

Today's Menu

Hamburger

or
Soup Choice



Kevin Schmeling for Mrs. Hogg

THIS WEEKS HIGH SCHOOL LAKER ACTIVITIES

2/19	2/20	2/21	2/22	2/23	2/24
NO SCHOOL	GBB vs Mayer 5:30/7:00 Varsity/JV BBB vs EVW 5:45/7:15	Valentine's Day	GBB @ LPHT 6:00/7:30 BBB vs Kimball 5:45/7:15	WRE IND Sections @ Kimball 10:00 Bus: TBD	Speech @ Maple Lake 9:00 am Bus: 7:30 am

College	Representative	Date	Time
University of Minnesota, Duluth	Nawang Palkit	Mon. March 19, 2018	2:15
Minot State University	Shannon Mulvany	Tues. March 22, 2018	10:45 AM



Anthony Barnes 2/1	Miles Alguire 2/14	Nicholas McAlpine 2/21
Alexis Decker 2/5	Jordyan Munson 2/14	Logan Moist 2/21
Rebecca Lorenson 2/7	Hailey Schumacher 2/14	Joshua Marketon 2/24
Parker Helmbrecht 2/10	Sara Robertson 2/15	Gavin Hooser 2/25
Zachary Uter 2/10	Damion Vail 2/15	MiKayla Scherping 2/25
Bennett Anderson 2/11	Stephanie Nowak 2/18	Leilani Bennett 2/27
Hanna Klatt 2/11	Kaitlyn Decker 2/19	Amber Lamphere 2/27
Tanner Gutzke 2/12	Joshua Sterner 2/19	Sonya Johnson 2/28
Trevor Wolfsteller 2/12	Amber Gunderson 2/21	
Josie Zeidler 2/13	Alexis Kotila 2/21	



The Flu or Influenza is caused by viruses, mainly Types A & B. You can spread flu to others up to 6 feet away and a day before you actually feel symptoms. It's spread mainly by droplets when people carrying the virus cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Maybe you touch a surface with the flu virus on it and then touch your mouth or nose. Flu viruses can live on hard surfaces up to 24 hours. Some researchers believe that during cold winter temperatures, the virus's outer covering hardens to a rubbery gel that could shield the virus as it passes from person to person. At warmer temperatures, however, the protective gel melts to a liquid

phase. But this liquid phase apparently isn't tough enough to protect the virus against the elements, and so the virus loses its ability to spread from person to person.

The flu is different from a cold. The flu usually comes on suddenly and can be mild or life-threatening. Symptoms: Fever (although not always) or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, tiredness and sometimes vomiting and diarrhea. Most people recover in a few days to less than two weeks but it can be life threatening. Pneumonia, bronchitis, sinus and ear infections are examples of complications from flu.

How do you protect yourself? Get the facts: the flu vaccine is highly recommended. We talk about hand-washing but most people don't do a very good job or don't do it when they should. Use warm water and scrub your hands for 15 seconds. Rinse thoroughly! Don't just give germs a bath! Wash before and after you eat and, of course, after the bathroom. Use hand sanitizer between times. Open doors knobs with your sleeves. If you really want to take it a step further, wash your hands when you get to school and when you go home. Avoid touching your face. Cough in your elbow. Stay home if you're ill or not feeling well. Don't share towels, drinks, chapstick, or straws! Good luck!