

LAKERS



LAKER BULLETIN APRIL 25, 2018

Don't change
so people will like you.
Be yourself
& the right people
will love the real you.

JV/Varsity softball: Practice will be OUTSIDE today from 3-5pm

PROM PICTURES: sign up in the HS office, and grab form. Picture forms need to be turned into the HS the Friday May 4th.

CLAY TARGET BREAKING NEWS: Jacob Gallus had another 25 out of 25 score and ended up with a 48 out of 50 targets for our first week of competition. Way to go Jacob!!

Driver Education Summer 2018: Class is M-F, June 11-22; 9 am-12:15 pm. Early bird extended to May 7. Register before the price goes up. Forms are available in the High School office, Community Education office or online at the school website under Community Education, Youth Activities, Driver Education.

JUNIORS: If you own and are willing to borrow us an artificial Christmas tree to use for Grand March please let Miss Main know. Thanks.

BOYS BASKETBALL: Meeting in Coach Carr's room during Laker Break in Thursday April 26. If you have questions, please see Coach Carr.

TRIFECTA: Please check your emails. Trifecta email was sent out. In order to earn this award you had to be in at least 1 Activity per season for 3 seasons (fall, winter & Spring and complete each activity) IF you got one, please stop in the office for your form, if you did not and think you should please stop in to double check. **Forms are due May4th to KAYTI.**

Attention all Girls and Boys Basketball Players: Players going into grades 7-12 next year: The Midwest Elite Basketball Camp will be returning to HLWW again this summer. The camp will run from June 18-20 with the Girls going from 8:00-12:00 and the boys going from 12:30-4:30. The camp will take place in the HLWW High School gym. Camp forms can be picked up in the High School Office OR Middle School Office- Cost is \$125 for all 3 days Please make checks out to the ISD 2687. All completed forms can be turned in to the High school office, Coach Baumann or Coach Carr by Friday, May, 18. Any questions please see Coach Baumann or Coach Carr. Please consider this great opportunity to get better this summer.

SUMMER STRENGTH & CONDITIONING: Register online for the session you would like. \$70 (\$100 family cap) [REGISTER HERE](#) (Its under Community Education)

NHS: MHS induction ceremony will be Sunday, April 29th at 6:00 pm. Questions- please connect with Mrs. Sperle-Berg

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.

This Week's Menu

MONDAY

Orange Chicken

TUESDAY

Hamburger or Soup Choice

WEDNESDAY

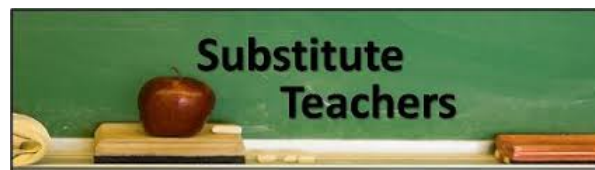
Soft shell Taco or Toasted Cheese Sandwich

THURSDAY

Cheesy Bread or Chicken Patty

FRIDAY

Shrimp poppers or Cheese Quesadilla



Mr. York for Mr. Athman
Kevin Schmeling for Mrs. Hogg
Linda Groos for Mr. Weneniger
Colleen Loe for Sarah Mortenson
Dan Herda- Out

THIS WEEKS HIGH SCHOOL LAKER ACTIVITIES

4/23	4/24	4/25	4/26	4/27	4/28
Track @ ML 4:00 Bus-2:50 STATE FFA	STATE FFA		SB @ BBE (DH) 4:00 Bus- 1:50 Dismiss- 1:40 BB @ BBE (DH) 4:00 Bus- 1:50 Dismiss- 1:40 Track @ ML 4:00 Bus- 2:50 Golf (Boys & Girls) @ Sauk Centre	BB @ Kimball 4:30 Bus- 2:55 SB @ Kimball 4:30 Bus- 2:55 Spring Play Hansel & Gretel 7:30 pm	Spring Play Hansel & Gretel 7:30 pm

College	Representative	Date	Time
Minnesota West Community and Technical College - Canby Campus	Nicole	Mo. May 14, 2018	10:45



4/1 Karels, Phoebe R.	4/14 Schanus, Joseph P.	4/30 Welter, Quinten J.
4/2 Maynard, James H.	4/20 Pepper, Emma J.	
4/3 Gohmann, Zachary	4/20 Sherod, Kylee L.	
4/3 Munoz, Kaili J.	4/21 Welter, Tristan R	
4/5 Loebertmann, Riley J	4/22 Malone, Rees P.	
4/10 Nassiri, Sadaf N.	4/23 Burger, Bridget K	
4/11 Burau, Bethany M	4/24 Grangroth, Carmen H	
4/12 Borrell, William M.	4/25 Schank, Camden B.	
4/12 Lafave, Trever	4/28 Luchsinger, Elise C.	
4/13 Fasching, Caroline T.	4/29 Gatz, Andrew J.	



DON'T WORRY, YOU'VE GOT THIS!

As a student, you have many things going on. You may wonder how to handle everything and this may cause uncertainty, doubt or questioning what you're doing. You might feel anxious, troubled or nervous. You might worry, thinking that if you think of everything that can go wrong, you can prevent it. This might make you feel more in control. However, these are two ways to handle uncertainty. One is to *challenge your need for certainty* and the other is to *tolerate uncertainty*. Here's a tip by Carol Vivyan and commented on by yours truly. Use the acronym APPLE.

A is to be **Aware** What is making you feel worried or uncertain? Do you see an "awfulized" picture of what might happen if X occurs?

P is for **Pause**. Take a deep breath, hold it briefly and let it out slowly. (Some studies say this causes your nerves to send a message to your brain to relax -- like if a bear is chasing you and stops and you take a deep sigh of relief. Your brain says, "Whew!! I guess I don't have to worry about that big ol' bear anymore.") Deep breathing also stimulates your lymph system which is the garbage disposal of your body to get rid of toxins so you can stay healthier! (That's one reason why athletes generally are healthier than people who sit a lot and don't breathe deeply.) Picture a pleasant memory when you felt at peace. You may even name it something, like, "Your happy place" and when you feel stressed, take a moment to go there.

The second **P** is for **Pull back**. Picture what would you tell a friend going through the same thing. Would you criticize them or tell them how stupid they were for X or Y action? Ask yourself if your troubled feeling is your worry talking? Many people are afraid of flying but, as my father who was a pilot often told me, it's much safer than riding in a car.

L is to **Let go**. *Don't believe everything that you think!* (I used to tell my girls that "feelings are not facts!" Just because you *feel* a certain way doesn't mean that it's real. You may *feel* you can't deal with something but the truth is, you probably can deal with it much better than you think! My girls have re-quoted that to me many times.)

E is for **Explore**. Explore **THIS** moment. What are you seeing? What are you hearing? Smelling? Touching? If you're eating, pay attention to taste. This will ground you in *this moment!* Anxiety is worrying about the future but if you stay *in this moment*, you never have to worry about the future! *If you do your best in this moment, you can relax knowing you have made the best choices you could.* So remember my last article and LAUGH! If you still feel troubled or anxious, talk to your parents or guardians. Remember we have excellent staff like Mrs. Cottingham, Mrs. Adickes and Mrs. Holms who have a LOT of experience and can listen and help you. You can also contact me. Nurses take many mental health classes. Many students think nurses only treat physical injuries but I've also worked in a well-respected chemical dependency treatment center for years, taught domestic violence, relaxation and childbirth courses at Allina clinics and survived raising two girls. If you'd like more information, you can call/text me at 763-219-2469 or Ext. 4332 or email me at jholland@hlww.k12.mn.us. Wishing you health and happiness, your Nurse Jolie

