



Middle School Laker Patter

January 19 - Rotation Day 10
Tuesday, Jan. 23 will be Rotation Day 2

NO SCHOOL FOR STUDENTS
TEACHER WORK DAY



Monday, January 22

Missing: Deck of Magic Cards from the Media Center. Please return asap.

Laker Leaders

Meeting on Tuesday, Jan. 23rd at 7:15



January 26, from 2:46 - 5:30

100% of the money raised will go to Food For Kidz.

Open gym, Table Tennis, Bean Bags,

An Amazing D.J. AND A Full Concession Stand.

Admission is \$ 6.00

OR

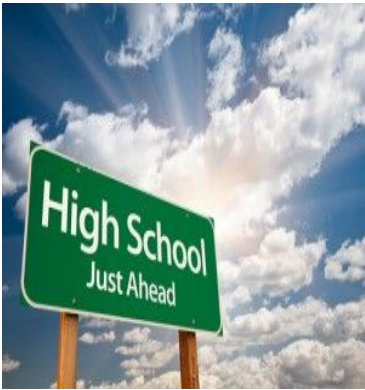
\$5.00 with a non-perishable food item for our local food shelf.

It's Time to Order Your.....
YEARBOOK!



Yearbooks are now on sale! Order forms due by February 2nd.

Please return completed forms and payment to Mr. Koeppe



Attention 8th Graders

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

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.



Jody Kust for Kelly Jansson



1/20 - Caleb Kang and Sandy Stallmo

1/21 - Craig Probst

Activities

<u>DATE</u>	<u>EVENT</u>	<u>TIME</u>	<u>Bus</u>	<u>CD</u>
1/19	BBB @ EVW Gymnastics @ Becker Wrestling Tri home vs BOLD & Spectrum	5:45/7:15 6:00 5:00	4:15	
1/20	HLWW Wrestling Invite home	9:00		
1/22	NO SCHOOL for Students - Teacher Work Day			
1/22	GBB @ Mayer Lutheran	6:00/7:30	4:45	
	MS Gymnastics home (DC, NLS, WM, Litch)	5:00		

Daily Activity Line: For a voice message of the daily activities (High school and Junior High), please call 320-543-3900 ext. 7. This is updated with any cancellations, postponements, etc. as soon as they are known.

Open Gym is cancelled on Sunday, Jan. 21

Students and Adults

Sundays, December-February

NO open gym 1/22 and 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.



Students and Parents – Doing some New Year's cleaning?

If you've got good condition children's books that your children are done with, students at Humphrey and Winsted Elementary Schools would love to use them!

During the month of January, we are collecting books in preparation for our elementary Read-a-Thon! In particular, we are in need of chapter books, but we will also gladly take picture books and nonfiction. Throughout January, books can be dropped off at the main offices in the Middle School or High School, or at the Howard Lake Public Library.

Thank you for supporting our elementary students. Your child's book, that is just sitting on the shelf now, will get great use in the hands of another child in your school district!

Feel free to contact the Humphrey Elementary Parent Organization with questions at humphreypie@gmail.com



Lunch Menu:

- 1/19 Assorted Pizza Rounds or Honey Sriracha Chicken Bites
- 1/23 Hamburger/Bun or Soup Choice/Soft Pretzel
- 1/24 Orange Chicken (Both Lines)
- 1/25 Cheesy Bread/Dipping Sauce or Chicken Patty/Bun
- 1/26 Shrimp Poppers or cheese Quesadilla

Included Every Day: Veggie Bar: Fresh Greens and Variety Raw Vegetables; Fruit Bar: Canned and Fresh Fruit Choices

Weekly Breakfast Menu: **Monday** - French toast sticks, **Tuesday**-Mini Cinnis, **Wednesday**-Breakfast Pizza, **Thursday** - Mini pancakes, **Friday** - PB&J uncrustables. Alternate Daily: Cereal, String Cheese included in all breakfasts: $\frac{1}{2}$ cup juice, $\frac{1}{2}$ cup fruit and milk

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/Weza2KSOIkZNIU2>

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

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



**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!!

