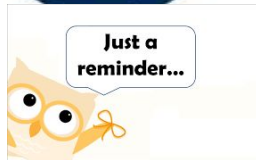




Middle School Laker Patter

March 19- Rotation Day 1



Make-up MCA's are this week.

March 23-30



JH BASEBALL


Starts April 2 -- **WEATHER PERMITTING!**

7th and 8th grade Softball - Starts April 2

Apparel order forms are due TODAY!
You can get a form from Ms. Meyerson (this is not an online store).
Turn into Ms. Meyerson.

JH TRACK -Starts the day after break. JH has the option to start March 12th with HS students. You need you have everything in ASAP.



G  **LF** will start March 19, will need everything in to participate.

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.



Gracie Fretheim



Mrs. Kubasch for Mr. Decker



Lunch Menu:

- 3/19 Orange Chicken (Both Lines)
- 3/20 Hamburger/Bun or Soup Choice/Soft Pretzel
- 3/21 Soft Shell Taco or Toasted Cheese Sandwich
- 3/22 Cheesy Bread/Dipping Sauce or Chicken Patty/Bun

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



Ages 11 and Older

This course follows the American Academy of Pediatrics - Babysitter Lessons And Safety Training (BLAST). Students learn current practices for safety and injury prevention, first aid basics, feeding and caring for infants, how to handle behavior problems and how to manage their babysitting business. Students receive a reference book, game handouts, babysitting bag and first aid kit.

Bring a brown bag lunch, beverage and snack. No nut products or products made in a facility using nut products. Register by March 12.

Monday March 26, non-school day

8:30am-4:30pm

Room E212, MS, Community Education entrance east side lower level parking lot go to 2nd floor. Students will be brought to east entrance after class or pick up.

\$55, youth may request a partial fee waiver

Emergency Outfitters, Inc. Staff

Registration forms available from advisory teacher or register online

<https://www.hlwwschoolspayonline.org/> click on Community Education, youth activities.



Well, here's something to laugh about!

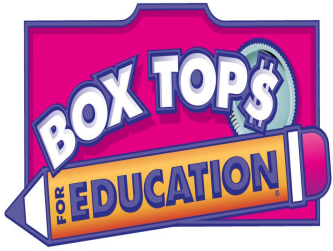
Did you know that children laugh about 300 times a day? Your first laugh was probably between 3 and 4 months of age. (It was probably from watching mommy and daddy trying to get that diaper on right!) LAUGHTER IS CONTAGIOUS! (Finally, one contagious thing that won't make us sick!) Hearing laughter triggers an area in our brain that's involved with muscles in our face and is like a reflex that's stimulated. (That's why sitcoms have laugh tracks.)

How does it work? Laughter causes an electrical current to go through our nervous system to our brains involving the left brain, right brain, the limbic system and our motor function. It exercises our diaphragm, abdominal muscles and blood vessels. Didn't get that? Well, basically, when you laugh, your whole body responds, including your heart! It even exercises your face! You can also retain more information because of the mental connections formed between the information and emotional responses so start laughing the next time you have to study for a test!!!

Because regular laughter increase Gamma-Interferon and T-cells which fight disease and are the tumor hunters, it also helps fight sickness and fight against cancer! Why, it can help cure the common cold! Laughter also can reduce pain and reduces stress and anxiety! Why? Laughter decreases stress hormones and that can help maintain the immune system so you stay healthier and increases endorphins which are natural pain killers! And people who laugh together, stay together. Laughter is a social tool that helps us connect with friends. Guffaws and giggles can help to lower blood pressure, increase oxygen in your blood and improve a person's mood! And guess what? Laughing for 15 minutes can burn up to 40 calories! Why, by laughing every day for 15 minutes, you could lose 4 pounds a year!!

So what are you waiting for??? Keep funny things around you. Well, yes, that may be your best friend but don't forget funny pictures, comic strips, or a photo. Practice laughing. That's right...turn those lips up and start chuckling even if you're feeling crabby. Come on now! Try it! It'll help you breeze through that paper you're writing, study for that big test and, if nothing else, make the day funnier. So get out your joke book and start spreading that laughter! Who knows, if we all started laughing more and seeing the humor in life, we might have more world peace!

Please Help Out Our School By Participating in the Following Programs:



The Middle School is collecting Box Tops for Education. **50 Box Tops = \$5!** Gina Thesing has graciously volunteered to be our coordinator. The collection box for these box tops is in the MS Office. Sheets which hold 50 box tops are available to pick up in the MS Office. You can take these home and attach your box tops to the sheet as you collect them. Bring the sheet in when it is full. Or if you just want to send the box tops in with your student, we will attach the box tops to the sheets.

Thank you for supporting our school by clipping and turning in your box tops!

Below is a list of all the products that will have box tops to clip.

BAKING & BAKEWARE - Annie's® Baking Mixes • Fiber One™ Mixes • Reynolds® Genuine Parchment Paper • Reynolds® Non-Stick Baking Pans • Reynolds® Oven Bags • Reynolds® Slow Cooker Liners • Reynolds® Staybright Baking Cups

Cereal - Annie's® • Apple Cinnamon Toast Crunch™ • Batman™ Chocolate Strawberry • Basic 4™ • Blueberry Toast Crunch™ • Cascadian Farm™ • Cascadian Farm™ Farm Stand Harvest Granola • Cheerios™ • Chex™ • Cinnamon Toast Crunch™ • Cinnamon Toast Crunch™ Blasted Shreds™ • Cocoa Puffs™ • Cookie Crisp™ • Fiber One™ • French Toast Crunch™ • Girl Scouts Thin Mint® Cereal • Girl Scouts Caramel Crunch® Cereal • Golden Grahams™ • Kix™ • Lucky Charms™ • Lucky Charms™ Frosted Flakes • Nature Valley™ Oat Cereals • Nature Valley™ Protein Crunchy Granola • Oatmeal Crisp™ • Peanut Butter Chocolate Blasted Shreds™ • Raisin Nut Bran • Reese's Puffs® • Strawberry Toast Crunch™ • Total™ • Trix™ • Wheaties™

Food Storage - Ziploc® brand Big Bags XL (4 ct.) • Ziploc® brand Freezer Bags • Ziploc® brand Smart Snap Containers • Ziploc® brand Storage Bags • Ziploc® brand Twist 'n Loc® Containers • Ziploc® brand VersaGlass® Containers • Ziploc® brand Vacuum Freezer System • Ziploc® brand Zip 'n Steam™ Bags

Frozen Foods - Annie's® Frozen Snacks • Cinnamon Toast Crunch™ Bites • Green Giant™ Vegetables • Pillsbury™ Toaster Scrambles • Pillsbury™ Toaster Strudel™ • Totino's™ Party Pizza® & Pizza Rolls® Snacks

Household Cleaning Products - Finish® Dishwashing Detergent • Lysol® Bathroom Cleaners • Lysol® Disinfectant Spray & Wipes

Meals and Sides - Annie's® Mac & Cheese • Annie's® Microwavable Mac & Cheese Cups • Annie's® Soups • Betty Crocker™ Specialty Potatoes & Potato Buds • Betty Crocker™ Suddenly Salad • Green Giant™ Canned Vegetables • Hamburger Helper™ • Old El Paso™ Bold Stand n' Stuff Shells • Old El Paso™ Dinner Kits • Old El Paso™ Rice & Beans • Old El Paso™ Shells & Seasonings • Old El Paso™ Soft Tortilla Taco Boats • Old El Paso™ Stand n' Stuff Shells

Paper Products - Select Kleenex® Tissue bundles • Scott® Bath Tissue • Scott® Paper Towels • Scott Naturals™ Flushable Cleansing Cloths

Produce - Green Giant™ Fresh Herbs • Green Giant™ Fresh Vegetables

Refrigerated and Dairy Products - Annie's® Refrigerated Dough • Annie's® Yogurt Tubes • Go-Gurt® Multipacks • Pillsbury™ Refrigerated Cookies • Yoplait® Original and Yoplait® Light Fridge Packs

School and Office Supplies - Boise POLARIS® Premium Paper • Boise® FIREWORX® Premium Colored Paper

Snacks - Annie's® Cookies • Annie's® Crackers • Annie's® Crispy Snack Bars • Annie's® Fruit Snacks • Annie's® Granola Bars • Annie's® Organic Popcorn • Annie's® Organic Puffs • Annie's® Snack Mix • Annie's® Toaster Pastries • Betty Crocker™ Fruit Flavored Snacks • Bugles™ • Cascadian Farm™ Granola Bars • Cereal Treat Bars • Chex Mix™ • Fiber One™ Bars, Brownies, Cookies, and Streusel • Fiber One™ Cookie & Brownie Bites • Food Should Taste Good™ Snacks • Gardetto's™ Snacks • LARABAR™ (multipacks) • Larabar™ RENOLA Grain Free Granola • Mott's® Medleys Fruit Flavored Snacks • Nature Valley™ Backpacker Chewy Oatmeal Bites • Nature Valley™ Baked Oat Bites • Nature Valley™ Bars • Nature Valley™ Biscuit Sandwiches • Nature Valley™ Clusters • Nature Valley™ Granola Bites • Nature Valley™ Granola Cups • Nature Valley™ Protein Soft Baked Granola Bites • Nature Valley™ XL Sweet & Salty Bars

Tableware - Hefty® Deluxe™ Plates and Platters • Hefty® Easy Grip® Cups • Hefty® Everyday™ Cups • Hefty® Everyday™ Soak Proof Plates and Bowls • Hefty® Printed Cups • Hefty® Style Plates • Kleenex® Dinner Napkins (50 ct.)

Waste Bags - Hefty® Blackout Tall Kitchen Drawstring Bags • Hefty® Cinch Sak Large Trash Bags and Lawn & Leaf Bags • Hefty® Easy Flaps® Tall Kitchen Bags and Large Trash Bags • Hefty® Odor Block® Tall Kitchen Drawstring Bags • Hefty® Renew® Tall Kitchen Bags and Trash Bags • Hefty® Steel Sak® Trash Bags • Hefty® Twist Tie Tall Kitchen Bags and Trash and Lawn & Leaf Bags • Hefty® Ultimate • Hefty® Ultra Flex® Trash Bags

Coca-Cola GIVE

Another way to donate \$ to our school is through the Coca-Cola Give Program.

It is easy! Go to Coke.com/give and then click on Donate to School; put in our zip code and our school will pop up. Follow the instructions to set up your profile. Once you have a profile, you can enter the codes from your coke products or set up the profile on your phone and scan the code. Each product has a different level of value.

Our school has already received a check for \$84 this year. If everyone participates we could increase this amount significantly!

Checks to the school are distributed quarterly.

Thank you for supporting our school!



Coca-Cola GIVE

IT'S NEVER BEEN EASIER TO SUPPORT OUR SCHOOL.

With every purchase of Coca-Cola products, you can donate to our school, helping us buy needed supplies, expand extra-curricular programs, and even launch new ones. Join Coca-Cola Give to give back to our community now.

Learn more at Coke.com/give

