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Education Plus



"In pursuit of excellence and opportunities"

Winter 2016-2017

New Elementary Curriculum Allows Engineering Classes to Be Offered to All Students in Grades K -12

New this year to Lake of the Woods Elementary is the engineering curriculum called Project Lead the Way. PLTW is a science, technology, engineering, and mathematics (STEM) based curriculum that empowers students to adopt a design-thinking mindset through inquiry based activities, projects, and problems that build upon each other and relate to the world around them. As students engage in hands-on activities in computer science, engineering, and biomedical science, they become creative, collaborative problem solvers ready to take on any challenge!

Why the push for more STEM (science, technology, engineering, and mathematics) based curriculum in the elementary classroom? Children learn through experiences and STEM-based curriculum provides hands-on learning experiences. Engineering as it stands, is an inquiry-based science that promotes learning across all disciplines! Using what they learn through these experiences, students begin to improve their understanding of everyday phenomena possibly sparking their interest in a STEM career! At minimum, it will expose students to many foundational skills and concepts allowing them to compete with other students when it's time to apply to colleges!

PLTW began in kindergarten with the Structure and Function Unit that was taught this fall. In this unit, students were introduced to the world of engineering and learned that when engineers create new items, they must consider both structure and function. At the end of their unit, these young engineers built a paintbrush with a specific structure and function using their newly learned design process. With teacher support, students compared physical models of paintbrush tool designs and described the differences in material choice, shape, and size.

First grade students investigated the properties of light and sound, including vibration from sound waves and the effect of different materials on the path of a beam of light. After students developed an understanding of light and

sound, they were challenged to solve a design problem involving three kids that were lost in a forest at night and could only use the materials in their backpack to communicate over a distance using light and sound. Our first graders first sketched their design then built and tested it to see if the problem was solved. These first graders will not be getting lost in the great Northwoods!

Second grade students explored the 3 Properties of Matter. Initially, they learned how to recognize states of matter as solid, liquid, or gas and described the changes between states of matter as a result of temperature change. By the end of their unit, students were asked to design a cooler for an ice pop that would keep it cold and solid when exposed to above freezing temperatures. Throughout their design process, they had to consider the following essential question: Is it more important when designing a consumer product to select a material that looks good, a material that will last a long time, or a material that doesn't cost too much?

Third grade students dove into the Science of Flight: Stability and Motion. Using gliders as models for airplanes, they manipulated the four forces that act upon an object in flight: lift, thrust, drag, and weight. They strategically added paper clips to different areas of the glider as well as manipulated the gliders wing position to determine how it would affect its flight. Students collected data by making observations and measurements of the gliders motion to provide evidence that a pattern can be used to predict future motion.

Fourth graders had to solve a design problem involving vehicle collisions in their PLTW unit. After gaining background knowledge about potential and kinetic energy and how that energy is transferred or converted in actual vehicular collisions, students started designing an improved vehicle constraint system. They took into consideration the types of materials, time, and cost that it would take to build it. What sat in the front seat acting as a human? A real egg! These constraint systems were built so well that we did not have a single egg break!

Robotics and Automation was the fifth grade PLTW unit theme. Students worked together to learn about the history of robotics and researched a variety of robot classes, includ-

ing those developed to complete tasks that would be dangerous to humans. They ultimately built a remotely operated robot with a variety of input and output devices that they programmed themselves. To be successful, the robot, which was designed to remove toxic waste from a parcel of land, had to move a minimum of three blocks into a collection zone in 2 minutes or less!

Lastly, the sixth grade focus was biomedical science. Through a series of experiments and activities, students demonstrated how easily infectious diseases spread in a population. They gained background knowledge on the most common infectious agents, such as bacteria and viruses, and the specific and nonspecific defense mechanisms that our bodies use to fight them off.

The new elementary engineering curriculum provides a foundation for the existing engineering classes and robotics club that are offered in grades 7 through 12. Elementary students can look forward to learning about topics such as digital electronics, simple machines, and automation and robotics through the Gateway To Technology curriculum in 7th and 8th grades. 9th through 12th grades will take courses including Principles of Engineering, Introduction to Engineering Design, Digital Electronics, and Architecture and Civil Engineering.

Robotics Club is now offered in both the elementary and high school. This past fall, Mrs. Krause began the elementary first Robotics Club that took place after school once a week from October to December. 4th and 5th graders designed behaviors and interactions on their iPads for the real robot Dash and their coding companion Dot, that provided them with personality and intelligence. The high school Robotics Club uses VEX Robotics. The advantage of using the VEX Robotics is that it aligns with the engineering curriculum that is taught in the classroom. This curriculum allows student to learn the basics of building a robot while also learning other STEM applications!

We look forward to learning more about engineering next semester at Lake of the Woods Elementary and High School!

Look for updates in our next Ed Plus issue.



2016-2017 Teacher of the year: Gretchen Thompson



The 2016-2017 Lake of the Woods Teacher of the year is Mrs. Thompson with two of her former students, AJ Washburn and Harvey Lein.

Gretchen Thompson, Special Education teacher. Thompson was selected by her co-workers for her hard-work, passion, and dedication as a teacher. Mrs. Thompson has been teaching for 38 years. She has taught at Lake of the Woods School for 21 years.

Her family greatly influenced her to become a teacher. Her brother was diagnosed with "Early Infantile Autism" as a very young child which is one of the reasons that she was drawn to the area of education, more specifically, special education. She says that the special education staff work closely together and they support one another as needed. She says that she learned a lot from her co-workers and they help out and offer words of encouragement whenever one feels over whelmed.

She grew up in Baudette. Graduated from Bemidji State University with a Bachelor of Science in Education. She went back to school and obtained her Developmental Delayed Certification which is required by the State of Minnesota and has her Masters of Arts in Education: Administration & Supervision from the University of Phoenix.

One of her proudest moments in education was in 2004 when she was a Recipient of the Minnesota Rural Education Association (MREA) "Profiles of Excellence Award of Distinction." This was a service that her high school students provided to our local senior citizens by volunteering to run errands for them or doing small jobs that the elderly found cumbersome.

She is married to Jim Thompson.

Come see what makes
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For more information call:

(218) 634-2735 ext. 1501

Or visit us on the web at:

www.lakeofthewoodsschool.org



Lake of the Woods School Messaging System

SchoolMessenger is providing messaging and alert services for students and parents at Lake of the Woods School. We will continue to provide instant alert messaging as we have in the past via phone and email. If you would like to receive instant alerts via text messaging on your cellular phone, you will need to "opt-in" after receiving the "opt-in invitation text message." If you would like to "opt" out you will need to following the same procedure. If you have not received the opt-in invitation text message, you may contact either the elementary or high school secretary to register your cellular number for text messaging. Please call 634-2735 ext. 1518 or 1421 during school hours.

New Baby? New to the Area?

It is important for our future planning to have all children in our census files. Census numbers help determine the amount of levy funding that our Early Childhood Program receives from the State of Minnesota. When you are listed on our census, you will receive updates from our Early Childhood program and pre-school information for kindergarten. Please call Deb at 634-2056 ext. 1518.

The **Education Plus** publication is a production of Lake of the Woods School and Lake of the Woods Community Education. The **Education Plus** newspaper will be printed 3 times during the 2016-2017 school year and distributed to area postal patrons. It is also available on our school's website www.lakeofthewoodsschool.org

Lake of the Woods School Board

Members:

Lynette Ellis, (District #1)
Tim Lyon, (District #5)
Jeff Birchem, (District #6)
Sharon Feldman, (District 4)
Boyd Johnson, (District 2)
Corryn Trask (District 3)

School board meetings are held the fourth Monday of each month.

L/W School Administration:

Jeff Nelson, Superintendent and
Elementary School Principal
Brian Novak, Asst. Admin./Elem. Principal

Community Education Advisory Council: Jeff Nelson, Ken Moorman, Sharon Feldman, Nicole Gate, Lisa Beckstrand, Jeff Birchem, Kristi Bowman, Amber Zemke, Darlene Jensen, Tammie Doebler, Sunny Dorow, Emily Durkin, Steve Johnson, Nancy Jewell, Wes & Heidi Belanger, Laurie Bitter, Jaimie Boretski-Lavalla, Cece Charlton and Brian Novak

Community Education Meeting Dates:

November 8, 2016 ITV Room 4:30 p.m.
January 10, 2017 ITV Room 4:30 p.m.
March 14, 2017 ITV Room 4:30 p.m.
June 6, 2017 ITV Room 4:30 p.m.

Community Education:

Cece Charlton - Coordinator
Leah Spee - Assistant Coordinator
Lisa Beckstrand - Pool Coordinator
Nicole Gate - ECFE Coordinator/Instructor
Muriel Crandall - Paraprofessional

NO HUNTING

"Under M.S. 609.66 Subd. 1d., it is a felony to hunt on school owned land when students are present for school related activities."

Elementary Yearbooks Are on Sale now!

Contact Cynthia Hanson

Census Information

Lake of the Woods School is updating school census information. Census numbers help determine the amount of levy funding that our Early Childhood Program receives from the State of Minnesota. When you are listed on our census, you will be notified of Early Childhood Screening dates and will receive important Early Childhood and Kindergarten information. If you have a child born on or after August 31, 2012 (children 0-4 years old), please call Deb Anderson at 634-2056 ext. 1518.

High School Yearbooks Are on Sale now!



**LAKE OF THE WOODS
School**

Lake of the Woods School ISD #390

P.O. Box 310

Baudette, MN 56623

(218) 634-2735 (phone)

(218) 634-2467 (fax)

Winter School hours:

Mon/Wed/Fri: 5:00 a.m. - 10:00 p.m.

Tues/Thurs: 7:00 a.m. - 10:00 p.m.

Weekend hours: Sat -1:00 - 4:00 p.m. &

Sun - 1:00 - 4:00 p.m. and for scheduled events.

Hours are subject to change.

THE SCHOOL FACILITY WILL BE CLOSED AND LOCKED ON HOLIDAYS AND WHEN SCHOOL IS CANCELLED.

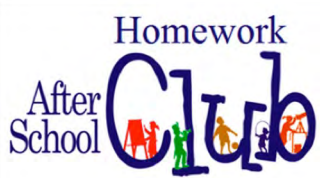
For school announcements, visit www.lakeofthewoodsschool.org



New York City's JLINE Dance Crew visited Lake of the Woods Elementary to share their anti-bullying message as part of raising bullying awareness during National Bullying Prevention Month. JLINE Dance Crew combined singing and dancing with a powerful message about respect and responsibility and the impacts that bullying can have on kids. Students clapped their hands and were encouraged to dance in their seats as the JLINE Dance Crew put on a great show with a powerful message.



Pictured is Superintendent Jeff Nelson receiving a \$750 donation to the backpack program from Rotary Club members, Tammie Doeblert and Reed McFarlane.



WHEN: Tuesdays and Thursdays from 3:15 pm to 4:30 pm
 WHERE: Media Center
 WHY: To work on homework or other class assignments

After school Homework Club will be for students in grades **6th through 12th grade.** **Students must sign up by 12:30 pm in the high school office if they are planning on attending Homework Club on that Tuesday or Thursday.**

1. Students are required to attend the full session (3:15 TO 4:30)...Classroom door will be locked at 3:15.
2. Parents will be called if student leaves early or does not show up.
2. Homework first and then work on other class projects or read a book.
3. Use the computers in a responsible manner. Computers are a privilege and students must have permission to use. Computer games are not to be played.
4. Behavior issues will result in the removal of the student, a phone call to the student's guardian and an automatic after-school detention. A second offense will be the removal of that student permanently from homework club.



March 4, 2017
 Lake of the Woods School
 Gym
 9 am-1:00 pm
 Open to **All** students grades K-8



Thank you
To all of the area
businesses that support the
Lake of the Woods School and the Education Plus.



Adult Basic Education

For more information on ABE (Adult Basic Education) Classes, please contact:
 Kirsten Fuglseth, Adult Basic Education Coordinator
 114 West First Street
 Thief River Falls, MN 56701-1911
 Phone: 218-681-0886
 Email: kfugleseth@nw-service.k12.mn.us
Must be 16 years old or older and not enrolled in secondary school.

Lake of the Woods School has nine Automatic External Defibrillators (AED). The AED's are located in the cafeteria/commons area, by the multi-purpose gym/pool area, in front of the elementary office and in the east hall by the elementary playground entrance and in east end of high school area. One is also stationed in the nurses office and 3 travel with our sports teams.

To download the 2016/2017 District Calendar, visit www.lakeofthewoodsschool.org

Ski Trails at Lake of the Woods School

The Lake of the Woods School is excited to offer Cross Country Ski and Snowshoe Trails for all residents and visitors to our area. The trails are located in Agassiz Lowlands Environmental Learning Area (ALELA), just west of the school building on the 120 acre School Forest site. The gently contoured ski trails are groomed for both skiing and snowshoeing. The mild terrain makes these trails perfect for beginners, yet the length of the trail system allows experienced skiers the chance for a vigorous workout.

The trail head begins at the trail kiosk located west of school parking lot. The groomed trails will allow guests to enjoy the beautiful winter scenery of our northland.

Ski and Snowshoe Trail maps are available on our school's website, in the District Office, and at the Lake of the Woods Tourism Office.

When using the Ski/Snowshoe Trails it is important to follow these rules:

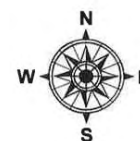
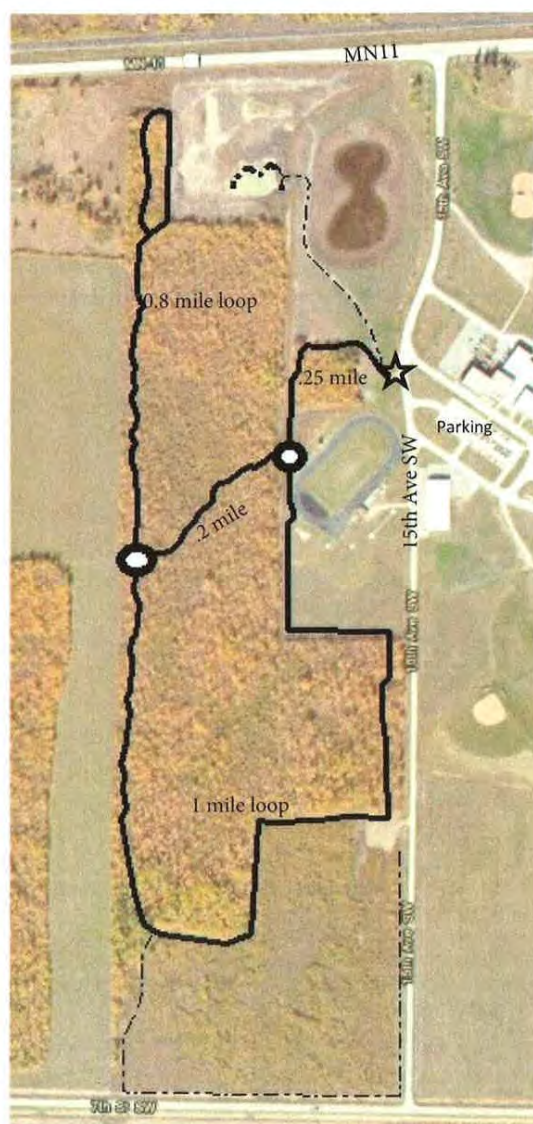
- Remove all garbage with you when leaving the trail area.
- Do not build or maintain a fire
- No overnight camping is allowed
- Vandalism of the school property is unlawful
- Motorized vehicles and snowmobiles are not allowed on the trail
- Snowshoeing is allowed on the trail, but please stay to the side of the trail
- Dogs are not allowed on the trails

Parking is available in the school's designated parking lot, and skiers are welcome to use the restrooms located inside the school. A courtesy phone is available outside the High School Office for emergency use.

For more information about the ski trails contact the Community Ed Office at 634-2735 extension 1501.

Ski Trails 2017

Agassiz Lowlands Environmental Learning Area located at Lake of the Woods School



Parking

Parking is available in the main school parking lot.

Trailhead

★ The trailhead is located at the trail kiosk, west of the main parking lot.

Trails

— Trails designated with a solid black line are currently groomed. Snowshoers, please stay off to the sides of the trail.

--- Trails designated with a dashed line are not groomed

Trail grooming is done by volunteers. A trail pass is not required.

We welcome your feedback as we continue to improve the trails at the school forest.

Save the Date

August 20-26, 2017

Snow White

Look for more information in the Spring/Summer Education Plus

This activity is made possible in part by a grant from the Region 2 Arts Council through funding from the Minnesota State Legislature.

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For school announcements, visit www.lakeofthewoodsschool.org

Triple A Booster Club Has Spirit!

Over the years Triple A Booster Club has shown its school spirit by supporting the education and development of students in grades 7 through 12, in the areas of Academics, Arts, and Athletics.

Established as a 501© (3) non-profit organization, Triple A Booster Club serves as the financial manager for the funds raised by each of its Group Accounts and also conducts its own fundraising to help support those groups and to sponsor other events and activities. Currently, the organization manages funds for and helps supplement the funding needs of over thirty Group Account holders, such as Choir, Hockey, Knowledge Bowl, and Special Olympics. Requests by individuals or other organizations for contributions to support Academics, Arts, or Athletics are considered.

Triple A Boosters also sponsor events and activities that benefit Lake of the Woods School and the communities it serves.

Triple A Booster Club provided the sign

on Highway 11 and the banner in the gym celebrating the success of our State Volleyball championship team. Working with Dollars for Scholars, the Boosters have been able to provide scholarships to graduating seniors. They have also worked with National Honor Society students to create a school calendar of events, including the dates of sporting events, choir and band concerts, dates of parent/teacher conferences, and school testing dates. Although a large portion of the Club's general fund comes from the sale of advertising space in the events program used at athletic and other school-related events, sales of the calendars serve as another source of revenue.

Being active with the Triple A Booster Club is a great way for parents and community members to become involved in more aspects of student activities. New ideas are always welcome! Meetings are held the third Wednesday of each month throughout the year.

Baudette Public Library & Media Center

110 1st Avenue SW
P.O. Box 739
Baudette, MN 56623
218-634-2329



Hours will be Mon.-Fri. 10:00-5:30 & Saturday 10 a.m.-2 p.m.

Tuesday, February 21 at 6 p.m. we will have "Old MacDonald Had a Banjo". During the show Paul will play fiddle, guitar, hammered dulcimer, autoharp, cello, harmonica, spoons, jaw harp, and of course, banjo. Children and adults alike will leave the show singing and enjoying this energetic program. Starting Tuesdays on February 28, Joanna Onstad will be hosting a Grief & Loss Support Group at 5:30 p.m. for six weeks.

"Like" us on Facebook

Computers/24 hour access to WI-FI

Wireless printer (print from smart phone), color copier

Watch for more programs at your local library!

School Reach Instant Alert/Storm

Whenever you change phone numbers at home, work, cell phone or email address, remember to update these changes at 634-2735, with Diane in the high school office, ext. 1421 or Deb in the elementary office, ext. 1518.

As the name implies, SchoolReach is a parent notification system. SchoolReach has a process called EX Data Synch that allows us to build the automated transfer of parent contact information from Synergy, our student information system, to the SchoolReach hosted location. It simply saves time and provides more up to date, accurate parent contact information.

Once we make a parent contact change in Synergy, it will update in SchoolReach every day. The most current parent contact information in Synergy will now be in our parent notification system. Our staff should no longer have to change parent contact information in multiple systems.



Can you build a robot to successfully move 3 blocks into a collection zone in 2 minutes or less? That is just what L/W 5th graders Kennedy, Jaynie, and Alexis are working together to accomplish! As part of the engineering program, Project Lead the Way (PLTW), all 5th grade students are using motors and sensors to solve robotic problems and then designing a control system to use sensor feedback to make decisions. This is all leading to their ultimate design challenge which is to design, model, and test a mobile robot that can remove hazardous materials from a disaster site!

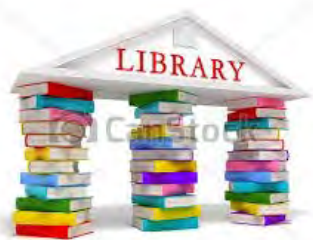


Take A Kid Fishing
June 21, 2017



634-2202
1-888-634-2202

After Hours:
Electrical: 634-2603
1-888-668-8243



Williams Public Library

350 Main Street
Williams, MN 56686
218-783-7211

Monday through Thursday,
1:00-4:30 p.m.

To view the Education Plus, visit www.lakeofthewoodsschool.org

What's going on at School?



L/W Kindergarteners Isaac, Savannah, Cooper, and Griffen set out to the school forest with their class for a nature scavenger hunt. Students searched for red leaves, bugs, birds, and acorns to name a few of the items! They collected some of the items and created a nature book to share their observations and to practice their alphabet writing skills. We are glad that they left the bugs and birds outside!



On Tuesday, October 25th Lake of the Woods teachers participated in the twice a year Adopt A Highway clean up! Katie Hasbargen, Patricia Jerde, Jennifer Moeller, and Deb Carlson are seen here after they scoured Highway 11, just west of the school for any trash in the ditches. The school had a great turnout and the weather could not have been better. Thank you all that participated!



Ally, Ava, Thad, Angel, Izaliah, and Mason prepare to present in front of the entire first grade class. These first graders at LOW Elementary worked very hard on their first quarter biography project. With the help of their teachers during WIN time, they created their own questions to interview a staff member of their choice. In addition to the interview, they took pictures of that staff member's favorite artifact. Artifacts included favorite books, flowers, and even a lunch menu from the 1950's! Lastly, students made a poster that included both a picture of the artifact as well as interview responses that they shared with the class.



On October 19th, students at L/W Elementary gathered in the auditorium to celebrate National Unity Day. That is the day that everyone can come together - in schools, communities, and online - to send their message of support hope and unity to show that we are together against bullying and united for kindness, acceptance, and inclusion. Students showed their support by wearing their orange anti-bullying t-shirts. Also, on display were the rocks that every elementary student painted to symbolize that there is "Only One You". These unique rocks will be put on display on the school grounds in the future.



Can you build a robot to successfully move 3 blocks into a collection zone in 2 minutes or less? That is just what L/W 5th graders Kennedy, Jaynie, and Alexis are working together to accomplish! As part of the engineering program, Project Lead the Way (PLTW), all 5th grade students are using motors and sensors to solve robotic problems and then designing a control system to use sensor feedback to make decisions. This is all leading to their ultimate design challenge which is to design, model, and test a mobile robot that can remove hazardous materials from a disaster site!





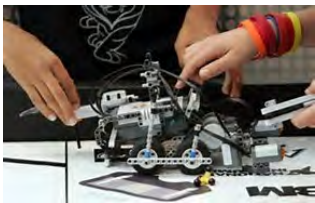
On Friday October 11th L/W students honored those men and women of the U.S. armed forces. Students, teachers, and members of the community gathered in the auditorium to watch the Veteran's Day assembly. The presentation, narrated by students in the middle and high school, explained the origins of Veteran's Day as well as clarified the difference between Veteran's Day and Memorial Day. Students thanked the Veterans for risking their lives to keep our country safe and recognized the sacrifices that our brave men and women have made.



Bailey, Taylor, Alexis, Jaynie, Wyatt, Zach, Gage, and Evan, all L/W 5th graders in Mrs. Krause's after school Robotics Club are hard at work! Their task this week is to make Dash follow Dot if Dot is not in close range and stop when Dot is in close range all while making sure that Dash can see Dot when Dot is in front, behind, and to the left and right of Dash. Using the Robotics App on their iPad, they are able to program Dash to complete these tasks!



Gretchen Mehmel from the DNR visited the L/W kindergarten classes on Thursday October 27th with a fun lesson about owls. Students learned the niche of owls in Northern Minnesota which included how they hunt and survive in the wilderness. Gretchen also read the book "Owl Moon" with all of the kids and then taught the students how to make an owl call! Students were excited not only to learn how to sound like an owl, but they were excited to learn about how the DNR is involved in conserving the natural environment around us!



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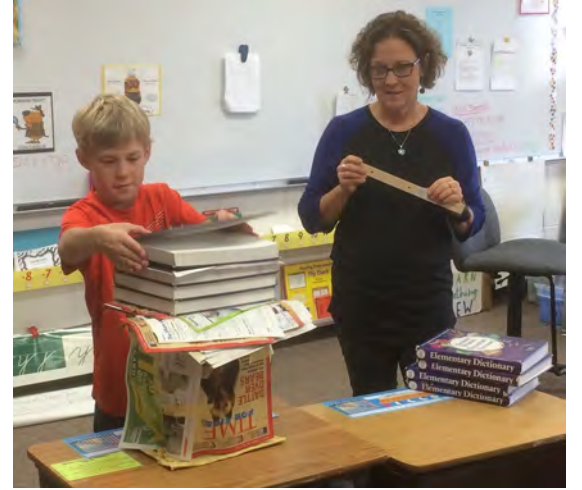
Access your child's attendance, grades, lunch account & more www.lakeofthewoodsschool.org



“Hola, Hola” is how Ms. Welin’s first grade class greet Paul Rivard, Magen Pelland, Gabby Palm, and Hannah Paulson when they enter their classroom! These four L/W Spanish 3 students are teaching first graders how to say the Spanish alphabet! They teach Spanish to all of the kindergarten through 2nd graders every Wednesday as part of their Spanish 3 curriculum. “I just think it’s great to have older high school students interact and teach younger children...Once my Spanish 3 students teach a concept, they’ve mastered it themselves since the best way to learn a something is to teach it to others” says their teacher Ms. Glowack.



L/W Fourth graders Brant and Sawyer work together as they learn how to follow a procedural text as they build a structure using newspaper and tape. Their goal is to create a bridge that is no less than 6 inches high and a width of 12 inches that will hold as many books as possible in a 10 second time span. Using their knowledge from previous lessons on what designs and shapes proved to be the strongest, these bridges are sure to hold several books!



Fourth graders Evan and Aidan test their bridge engineering skills as Mrs. Nelson loads on the books! The class’s task was to build a structure with specific parameters using only newspaper and masking tape. Evan and Aidan used many of the structural designs that they learned about in previous lessons that proved to be very strong, such as cylindrical shapes in their main supports.



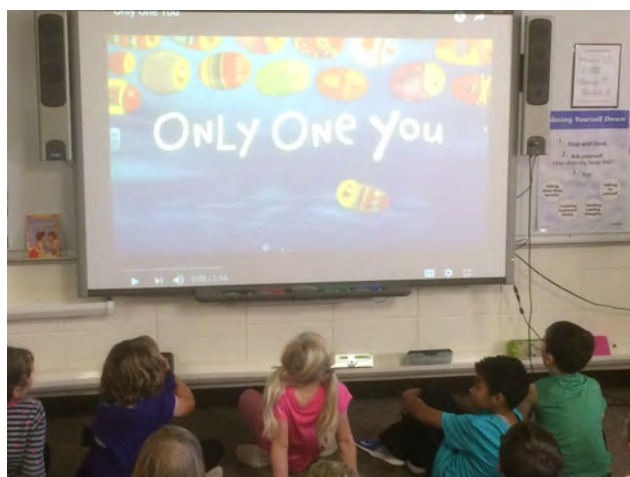
L/W 5th graders gather for their first day of Wonder League Robotics Club on October 4th lead by Mrs. Krause. Students in the Robotics Club will use their team building skills to problem solve robotic puzzles, obstacles, and coding challenges while learning to program their very own classroom robot! Students meet after school once a week through the first week of December and begin actual robotic competitions on October 17th!



Second grade students at L/W Elementary study how pigments are separated from markers through Paper Chromatography as a STEM enrichment activity during WIN time! After setting up their experiments, they observed how the water was absorbed up the filter paper; separating the pigments, and then recorded their observations. They learned that Chromatography is a real world application that scientists commonly use today. We are proud of our young scientists!



L/W first graders gather to read the book “Only One You” by Linda Kranz. The book is about a young fishes journey through life and how he can overcome obstacles to make the world a better place. Then, students had fun painting rocks to symbolize that there is only one you! All of the rocks will be used to create a small monument in the school to remember how unique each and every one of us truly are.



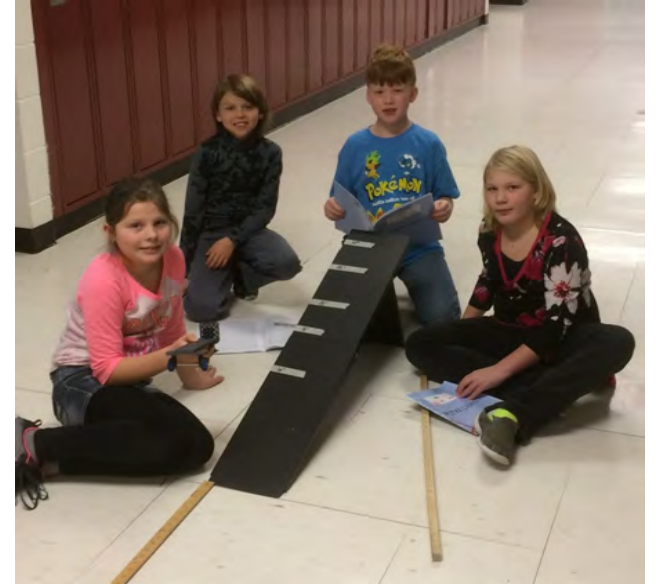
L/W Kindergarteners set out to the school forest with their class for a nature scavenger hunt.



Sixth graders at L/W Elementary use their lab skills to determine how the mass and volume of an object affects its' density. Using teamwork, students create their own lifeboat and test it to see how many passengers they can fit inside it without it tipping! First, they must accurately measure the volume of the boat using a graduated cylinder, then, using 5 gram weights to represent people, they determine how many can fit inside the hull of the boat. After learning about several past lifeboat disasters, including the *Titanic*, you will want to take these sixth graders on a cruise with you!



L/W second graders form a circle to discuss their scientific observations as they learn to classify a variety of objects according to their observable physical properties. Some of the observable properties that they are learning about include color, texture, and heat conduction. This lesson is part of the LOW School's new curriculum called Project Lead the Way (PLTW) which uses hand on learning to facilitate the learning of Science, Technology, Engineering, Art, and Mathematics (STEAM) within the entire school.



L/W 4th graders Dalton, Sawyer, Aiden, and Shea send the vehicles they created down a ramp to help them understand the relationship between speed, kinetic energy, and potential energy. Each group has a vehicle that is started from rest at different heights. The greater the height, the higher potential energy it will have. The energy is then converted into kinetic energy resulting in higher vehicle speed! Next week their vehicles will have passengers to demonstrate what would happen in a vehicular accident.



Mr. Krause's AP Government class at L/W school had movie night on Thursday September 15th where they watched American President. This was a great opportunity for students to increase their government vocabulary and policy knowledge while enjoying each other's company over pizza and popcorn. They also got together for watch the first Presidential Debate together on Sunday September 26th. As you can see here, students were extremely engaged in the election atmosphere. They are looking forward to gathering for the election night lock-in at Lake of the Woods School!



Robotics Club at Lake of the Woods Elementary celebrate a successful 2 months programming their robots Dash and Dot. Students programmed them to respond to stimuli such as road blocks and curves. They made Dash and Dot turn on their lights and make sounds. We hope to see these students in the Robotics Club at the high school level...in a few years! Thanks to coaches Jeni Krause and Amber Zemke for all of their hard work. We will keep you posted as to when the next robotics club will be offered at the elementary level!

Back Left to right: Zach Umerski, Joshua Dorow, Evan Paschke, Jordan Kvernen, Shaedon Bowman, Brady Olson, Cale Zemke, Gauge Olson

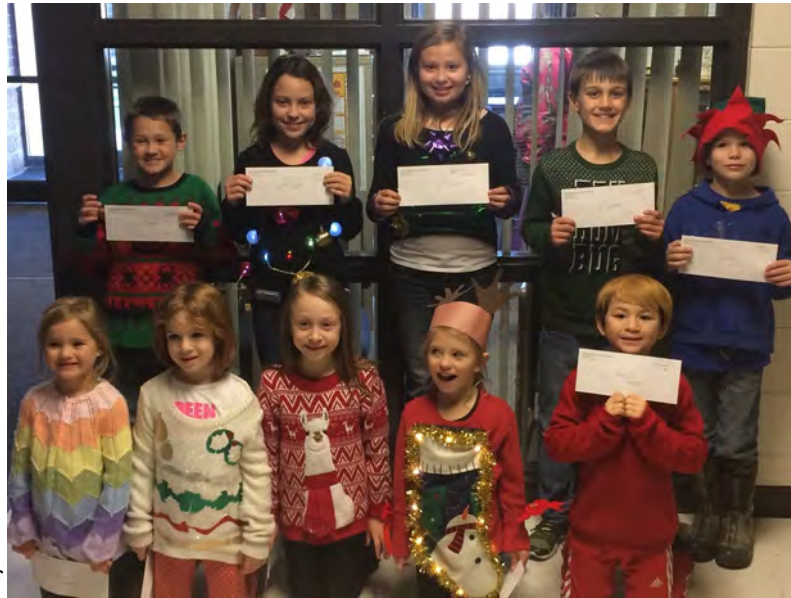
Front Left to right: Wyatt Stokke, Daniel Sopkowiak, Bailey Husbands, Jaynie Ferrier, Emma Johnson, Alexis Anthony, Julisa Matthias

Robotics Club Coaches: Jeni Krause (left) and Amber Zemke (right)



Save the Date
Community Education
Holiday Extravaganza
November 18, 2017

For the pool schedule visit www.lakeofthewoodsschool.org



Lake of the Woods Elementary is getting into the Christmas spirit with their annual ugly sweater contest! Teachers and students alike dove deep into their closets looking for that sweater that would get them the prize! The winners of the contest include teachers Kellie Nordlof and Amy Potts.



The kindergarten class at LOW Elementary had a blast making gingerbread house out of many different types of candy and lots of green, white, and red frosting! Each kindergarten student was paired up with one sixth grade student to help them make their houses. The sixth graders' help proved to be invaluable and when they finished, they all got to eat the leftover candy. A big thank you to the kindergarten parents that donated the candy to the class!



Students at Lake of the Woods School celebrate the season of giving at the Annual White Elephant Sale! Faculty, staff, parents, and community members donated both new and gently used items to raise funds for the Early Childhood Initiative in Lake of the Woods County. The Early Childhood Initiative's purpose is to promote high-quality early care and education for LOW county children from birth to age 5, while supporting parents their important work. We thank everyone that donated items and purchased those items as well as the community members that volunteered their time as they are helping to ensure that every young child in our county has the best possible start toward a healthy life of learning, achieving, and succeeding.

To view the breakfast and lunch menus, visit www.lakeofthewoodsschool.org

Headstart Cookie Baking



Cookie Day



Mrs. Jerde's students invited the staff to join them on Wednesday, December 21st for their 6th annual Cookie Day Celebration. Cookies, hot chocolate, coffee, and hot apple cider were served by the students. Great conversation and delicious treats (all made by the students from Mrs. Jerde's room.) were enjoyed by everyone.



Most
Lake of the Woods students
choose **NOT** to drink
alcohol in a typical month.

LAKE OF THE WOODS COUNTY
PREVENTION COALITION
Funded by a Drug Free Communities Grant

Let us make you
Smile!

- Preventive & Restorative Care
- Root Canal Treatment
- Crowns, Bridges, Dentures & Partials
- Orthodontics & Teeth Whitening
- Emergencies Seen Daily
- Kid Friendly Environment

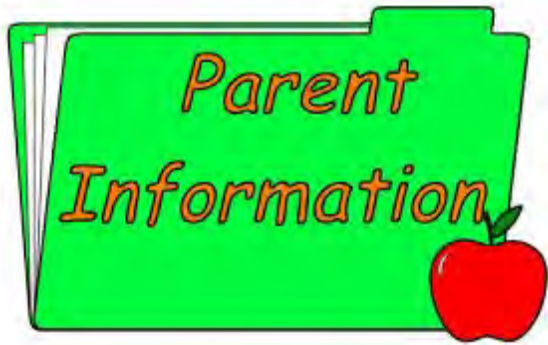
New Patients Welcomed!!

**NORTHERN LIGHTS
FAMILY DENTISTRY**
Chndy F. Drost - Sandy D.D.S.

218-386-2889
603 EMILY AVE. NW - WARROAD, MN

northernlightsfamilydentistry.com

Free & reduced meal applications are available in the district office



Check Your Student's Meal Balance On Line

www.lakeofthewoodsschool.org
 District
 Food Service
 click on account lookup
 enter pin number, click on lookup account
 each student knows his/her pin number. Call or email Cece at 634-2735 ext. 1501 or email cece_c@lakeofthewoodsschool.org if you need help with the pin number.

PARENT VIEW ON SYNERGY

www.lakeofthewoodsschool.org
 click on *parent view*
 click on *lunch activity*
 click on *lunch activity again (fork & spoon)*

ALL MEALS ARE TO BE PREPAID.

Students and parents are responsible for checking their meal balances. Students receiving free/reduced meals must have money in their account for a milk if they bring a lunch from home. Milk is not free.

It is expensive to mail out invoices, please check your child/children's account regularly at www.lakeofthewoodsschool.org



It's never too late to apply for Free and Reduced meals for your children.

You may apply at any time during the school year, for example, if you become unemployed or otherwise have a decrease in household income or have an increase in the size of your household. Fill out the free and reduced application and return it to Cece in the District Office. The information is confidential, and students who receive the benefit are not identified in any way.

A copy may be picked up in the District Office, High School Office, Elementary Office, or online at www.lakeofthewoodsschool.org

Funding for several educational programs is based on the number of students who qualify for Free and reduced meals. Information regarding who is enrolled in the free and reduced meal program is kept confidential.

If you have any questions about free and reduced applications or would like additional information on our food service program, call Cece at 634-2735 ext. 1501 or email cece_c@lakeofthewoodsschool.org

AGAIN THIS YEAR!

The 2014 Minnesota Legislature recently enacted the following revisions to state statutes affecting school meal benefits. **These changes are effective July 1, 2014.**

- **Lunches must be provided at no charge to students qualified for reduced-price meals.**
- **Breakfasts must be provided at no charge to all participating kindergarten students.**

2016-2017 Meal Prices

Lunch cost for an elementary student is \$2.10 and the lunch cost for a high school student is \$2.50.

Breakfast cost for both elementary and high school students is \$1.00. Students approved for reduced meals receive free breakfasts.

Adult breakfast is \$1.80 and lunch is \$3.60.

ALL MEALS ARE TO BE PREPAID.

Lake of the Woods School Messaging System

SchoolMessenger provides messaging and alert services for students and parents at Lake of the Woods School. We will provide instant alert messaging via phone and email. If you would like to receive instant alerts, you may contact either the elementary or high school secretary to register your cellular number for text messaging. Please call 634-2735 ext. 1518 or 1421 during school hours.



It's the mark of our times: the merging of the Internet with our day-to-day business. The Lake of the Woods School District offers the online payment processing system, PaySchools.

Through this system, parents can access PaySchools through the school's web site at www.lakeofthewoodsschool.org and pay for school-related fees and products online, either by e-check or MasterCard, Visa or Discover cards. The parent will immediately receive an e-mail receipt confirming their purchase. PaySchools does not save or store bank or credit card infor-

mation to ensure privacy and security for users.

PaySchools offers parents the ease of being able to make purchases 24 hours a day/7 days a week, the security of knowing the school has received payments, the protection of sensitive account information [credit card and bank account numbers are not stored in the database], and the convenience of having records of purchases and payments available online. Schools save significant labor costs by reducing manual processing of payments and handling fewer checks.

Items that may currently be purchased online include:

- Athletic Fees
- Community Education Fees
- ECFE
- School Meal Account
- School Fees
- Weight Room Fees

To make payments log onto www.lakeofthewoodsschool.org and click the "Pay Online" link on the left side of the page. If you have any questions please contact Sharon Feldman at 634-2510 ext. 1505.



To view your student's lunch account balance, visit www.lakeofthewoodsschool.org

Lake of the Woods School Food Program Policy

Updated July 21, 2016

Lake of the Woods Schools serves breakfast and lunch each school day. **All breakfasts and lunches are to be “pre-paid”.** Money for breakfast and/or lunch purchases may be sent with your child/children to school or mailed to the school. Your child/children may pay each day, weekly or monthly, whichever works out best for you. A computerized system is used for keeping track of each student’s meal account (**our food account program handles individual accounts not family accounts**).

Lake of the Woods School has the capability for parents/guardians/students to look up their meal account balances on our school website www.lakeofthewoodsschool.org. Click on Homework, “account lookup” enter pin number, your account information is now available. Parents/guardians should regularly check their student’s meal account. Please call me if you need your student’s pin number. You can view all activity including payments. Payment may be made in the form of a check or cash or “Payschools”. **Checks are to be made payable to Lake of the Woods School.** Students account balance at the end of each school year will follow them into the next school year. When the student graduates the balance is refunded to the parent/guardian.

Lake of the Woods School has a policy for free and reduced price meals for families that are eligible. K-12 students that qualify for reduced meals are served breakfast and lunch at “no charge”. ALL kindergarten students will receive free breakfasts. A free and reduced application is sent to every family that has a child at the Lake of the Woods school in August. Applications may also be picked up in the District Office, High School Office and Elementary Office and are available on our schools website.

Delinquent School Lunch Accounts

The District is moving forward with specific collection actions when school lunch accounts go delinquent.

Step 1: A letter is provided to the parents/guardians of the student whose account is in arrears. The letter provides information regarding the delinquent amount; where deposits can be made (on-line at PaySchool or in person); an application form for the Free or Reduced Lunch Program; and other information regarding accessing the student’s lunch account. The letter encourages parents/guardians to bring the account current in the next 15-20 days or make arrangements to do so within the 15-20 day window.

These initial letters will be provided monthly for delinquent account holders.

Step 2: If there is no response to the initial letter regarding the delinquent account as noted above, a second letter is provided to parents/guardians of the student whose account continues to be in arrears. This letter provides the same information regarding the account as the initial letter. However, it also includes specific language regarding specific collection action that may be taken should they fail to respond by bringing the account current. The action proposed may include filing of a claim in Conciliation Court. Parents/guardians will be informed that any costs incurred for the collection through the Conciliation Court process will be added to the account balance that is forwarded for collection.

The parents/guardians will be advised that they have 30 days from the date of the letter to bring the account current or additional collection action will be taken.

Step 3: If there is no response to the second letter regarding the delinquent account as noted above in Step 2, a third letter will be provided to the parents/guardians of the student whose account continues to be in arrears. This letter will be sent registered, return receipt required. The letter will clearly identify the delinquent account balance and the collection costs to be added to the account balance. It will clearly state that unless the account balance is brought current within 10 days of the date of the letter, the matter will be referred to Conciliation Court for action. It will include the advice that once filed with the Court, the District cannot accept payment that does not include all costs including the delinquent account balance and all court related costs.

If your child has any food allergies, please contact, Brenda Wahl in Food Service or our school nurse. Upon written request from a parent, Lake of the Woods School must provide lactose reduced milk or milk fortified with lactase or milk with lactobacillus acidophilus. In keeping with the intent of Lake of the Woods School Wellness Policy, elementary students will not be able to purchase items from the Bear’s Den. The Lake of the Woods School’s lunch program must offer 5 components to students in order to receive reimbursements from the state and federal government. Students can choose to take 3, 4, or 5 of the components that are offered.

Menus will be sent home with your elementary child each month and, are available in the District Office, Elementary Office, High School Office and on our website, www.lakeofthewoodsschool.org. Menus are sent to the Northern Light Region and to the local radio stations, KQ92 and KJ102.

Nondiscrimination statement: In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large, print This institution is an equal opportunity provider, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service

at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) [found online](http://www.ascr.usda.gov/complaint_filing_cust.html) at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) Fax: (202) 690-7442; or (3) Email: program.intake@usda.gov.

Breakfast at School

Mornings can be really crazy! The alarm doesn’t go off, the kids don’t want to get up, there’s no time to eat breakfast before the bus comes or they’re just not ready to eat. Or maybe your teenager grabs a can of soda and a candy bar on the way to school. If this sounds like your house, we have good news for you.

Breakfast is available at school! Take advantage of this option to ensure your child eats a nutritious breakfast. Recent studies show a link between nutrition and learning. A nutritious breakfast helps students be more alert so they can actively participate in class. Breakfast has vitamins and nutrients for a strong and healthy body.

Breakfast at school is affordable, too. A full breakfast costs less than convenience store items. **All Kindergarten students will receive free breakfast again this year. Families that qualify for reduced meals will receive breakfast and lunch free.** Breakfast at Lake of the Woods School cost \$1.00 for both elementary and high school students. If you qualify for free and reduced price meals, you also qualify for the breakfast program, with no additional paperwork. If you qualify for reduced meals, breakfast is free. Nowhere else will you find a balanced breakfast at such a low cost.

So take advantage of this opportunity to start the day on the right foot. Your child will find breakfast at school provides not only a nutritious meal but also a relaxed atmosphere for socializing with friends and siblings.



To download the 2016-2017 District Calendar, visit www.lakeofthewoodsschool.org




Second graders in Mrs. Fiala's and Ms. Ellis' class were busy this past week in the kitchen baking up some Thanksgiving sweets to share with faculty and staff members. It looks like they are baking real turkey legs, but that would be no fun! They made turkey legs from rice crispy treats, marshmallows, white chocolate, and pretzels. Lily, Bradley, and Mason are seen here preparing the actual "turkey leg bones". Students also made Thanksgiving cards to give thanks to faculty and staff as you can see Carlee and Nova working hard at their cards.




Interested in the culinary arts? Well these 3rd and 4th graders at L/W elementary are learning what it takes to be a chef...or maybe just helping out at home! Elementary teachers Courtney Baade and Chelsea Anderson are doing a 5 week cooking class that takes place after school on Tuesdays. This class, funded by the Freshwater Grant, focuses on teaching students to cook healthier alternatives to traditional holiday recipes both here in the U.S. and around the world. So far, they have made Swedish meatballs, fresh fruit tortes, greek yogurt veggie dip, ham, and rustic mashed potatoes. Students have also designed their own cooking aprons with puff paint as seen in these pictures with Adrianna, Trevor, Will, Dominik, Shea, Joleigh and Ella. I think we may have more help in the kitchen during the holidays this year!

L/W 2nd graders Mason, Katherine, and Jackson diligently practice their keyboarding skills. All of the students start the keyboarding program in 2nd grade. They start by first familiarizing themselves with the home keys, then, move to the upper and lower rows. Each letter represents the note of a song that they are familiar with so when a wrong key is pressed, the incorrect note is heard in their headphones. Get to the end of the lesson and their skills are put to the test in a fun video game style challenge!



The Spelling Bee will be held on January 12, 2017 at the L/W School Auditorium at 1:00 p.m.



The Geography Bee will be held on January 19, 2017 at 1:00 p.m. in the L/W School Auditorium.

New Baby? New to the Area?

It is important for our future planning to have all children in our census files. Census numbers help determine the amount of levy funding that our Early Childhood Program receives from the State of Minnesota. When you are listed on our census, you will receive updates from our Early Childhood program and pre-school information for kindergarten. Please call Deb at 634-2056 ext. 1518.

For school announcements, visit www.lakeofthewoodsschool.org

From The School Nurse...



Tiarra Shaw, L.P.N., School Nurse
School Nursing Office: 218-634-2510 ext.1522
LakeWood Public Health Office: 218-634-1795

Flu symptom screening tool for parents and caregivers

Use this questionnaire, from the Minnesota Department of Health, each day your child is sick with Influenza-like symptoms and follow the instructions for when to keep the child home and what to tell the child's school.

Does your child have:

1. Fever of 100° F or higher? Yes or No
(Take the child's temperature before giving him/her fever-reducing medicine, like Tylenol.)
2. Sore throat? Yes or No
3. Cough? Yes or No

Should I keep my child home?

If you checked "yes" for fever AND one of the other symptoms, keep your child home for at least 24 hours after his or her fever is gone without fever-reducing medicine. For many children this will be 5 to 7 days. Your child should feel well enough to participate in school before returning. If you have questions about your child's health or symptoms, call your child's medical provider or clinic.

If your child has been diagnosed by their medical provider with a different disease, such as strep, follow your medical provider's recommendation for when to return to school and call the school nurse to check on the school policy.

What should I tell my child's school?

If you checked "yes" for fever AND one of the other symptoms, tell the school that your child is home with influenza-like illness.

If your child has been diagnosed by their medical provider with a different disease, such as strep, tell your child's school.

Protect yourself and help stop the spread of germs

Good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like influenza.

CHI LakeWood Health Clinic - Rural Home Visiting Program

There is no place like home – especially when it comes to getting well.

The rural home visiting program offered through the CHI LakeWood Health Clinic is available to patients with Medicare coverage. These patients may qualify if they need skilled nursing care because they've had a change in health status or have been discharged from the hospital and are homebound.

During home visits, nurses help patients in a number of ways. They can change dressings on a wound or incision or help patients manage an uncontrolled chronic disease like high blood pressure or diabetes. In addition to skilled nursing care, teaching is a big part of what the rural home visiting program is all about. Nurses educate patients on how to better take care of themselves and help patients stay safe in their homes and find resources to do that.

Caring for patients in their homes provides a clear view of their unique challenges. This helps nurses find tailored solutions that will bring patients back to good health. For more information on the qualifications for the rural home visiting program, please contact CHI LakeWood Health at 218-634-1795.

chilakewoodhealth.com

Women, Infants, and Children (WIC) Program

The WIC program is a nutrition and breastfeeding program. The program helps eligible pregnant women, new mothers, babies and young children eat well, learn about nutrition, and stay healthy. It also provides nutrition education and counseling, nutritious foods, and referrals to health and other social services.

Lake of the Woods County WIC participants meet at CHI LakeWood Health each month by appointment. For more information or to see if you are eligible for WIC, please call 218-634-1795.

APPLY FOR WIC IN 3 EASY STEPS

Step 1: Find a WIC Clinic
In Lake of the Woods County, WIC Clinics are held at CHI LakeWood Health or call the WIC Hotline at 1-800-942-4030 for the program nearest you.

Step 2: Call to make an appointment for your family
Friendly WIC staff will help you schedule an appointment and will answer your questions. In Lake of the Woods County, contact 218-634-1795.

Step 3: Go to the WIC appointment in your area
Your first appointment will take about 30-45 minutes and if eligible, you will get your food vouchers that day.

Services available at CHI LakeWood Health

- Ambulance Service
- Behavioral Health
- Cardiac Rehab
- Clinic
- Diabetes Resource Center
- Emergency Room
- Fitness Center
- Foundation
- Hospital
- Laboratory
- Long-Term Care
- Public Health
- Radiology and Imaging
- Tele-Medicine
- Therapy Services
- Respite Care
- Rural Home Visiting
- Same Day Surgery
- Senior Living Apartments
- Sleep Studies
- Swing Bed
- Visiting Specialists
- Wellness Education



218-634-2120
chilakewoodhealth.com
600 Main Avenue South
Baudette, MN 56623

Community Education Classes

Community Ed Class Registration

Class payment and registration are required and must be mailed or dropped off in the Community Education Office. No phone registrations will be accepted. Your class fee must accompany your registration. A registration form is in this flyer. All checks are to be made payable to Lake of the Woods School (American Funds). Class fees are non-refundable unless cancelled by Community Ed.

Adult Volleyball League

Dates: Wednesday nights
Time: 7:00 p.m.
Location: Small gym
Supervisor: John Batko
If you have questions, please Cece at 634+2735 ext. 1504.



Adult Basketball League

Dates: Wednesday night and Sunday afternoons
Time: Wednesdays -7:00- 9:00 p.m.
Sundays - 1:00 - 4:00 p.m.
Location: Big Gym
Supervisor: Tyler Ketchum
If you have questions, please call Cece at 634-2735 ext.



Adult Basic Education

For more information on ABE (Adult Basic Education) Classes, please contact:
Kirsten Fuglseth, Adult Basic Education Coordinator
114 West First Street
Thief River Falls, MN 56701-1911
Phone: 218-681-0886
Email: kfuglseth@nw-service.k12.mn.us
Must be 16 years old or older and not enrolled in secondary school.

Adult Weight Room Membership

For information on how to join the Lake of the Woods School weight room, call 634-2735 ext. 1501.

Lake of the Woods School Facility Use, Policies, and Procedures

The Community Education Department coordinates use of all school facilities and equipment beyond the regular school day. School functions take priority. School activities may be scheduled subsequent to approval and the affected party will be notified if that situation occurs. The use of facilities is governed by policies and regulations approved by the Board of Education. **No activities will be scheduled on legal holidays.** For more information contact the Community Education Office.

Lake of the Woods Community Education is always looking for qualified and interested community members to teach a class or activity in their field of expertise. If you have a suggestion for additional programs that would enhance the current offerings or are interested in teaching a class, please call:

Cece Charlton, Community Ed Coordinator at 634-2735 ext. 1504 cece_c@lakeofthewoodsschool.org



Seniors from the High School choir attended the Madrigal Dinner hosted by the BSU choral department, on Sunday, December 4

High School Choir Concerts



For Sale Old Elementary Yearbooks

Some \$1.00
Some \$5.00
Some \$10.00
2014-15 \$12.95

Contact Mrs. Cynthia Hanson
634-2735 ext. 1727

Lake of the Woods Community Education Registration
P.O. Box 310
Baudette, MN 56623
634-2735 ext. 1504



Name (adult): _____
Name (student): _____ Class/Activity _____ Fee \$ _____
Age: ___ Grade: ___ Teacher: _____ **T-Shirt Size: (If applicable):** _____
Parent/Guardian Name _____ (Parent/Guardian must sign if under 18)
Address _____
City/State/Zip _____
Phone (Day) _____ Phone (Eve) _____ Cell _____
Email: _____

I certify that myself/dependent is adequately covered by insurance. _____
Signature

I certify that we do not have insurance, but will assume all legal responsibility for accidents or injuries arising there from. _____
Signature

For the full L/W sports schedule, visit www.lakeofthewoodsschool.org

Community Education Activities



Join a Community Education
Class or Activity!
Contact Lisa at the pool
634-2735 ext. 1101
or
Cece for Community Ed
classes/activities
634-2735 ext. 1501

FREE FAMILY POOL PASS!!!

Bring this coupon in to the
Lake of the Woods School
Pool for a one time
admittance
for a day of free swimming
for the family!

**Offer Expires
February 28, 2017**



To view your student's lunch account balance, visit www.lakeofthewoodsschool.org

Community Education/Pool Classes/Activities

Piano Lessons Just For Me!

This course is geared toward students who would like to learn how to play piano. Instructed by Heidi Olson, these piano lessons will instruct the beginning student in basic piano knowledge, note reading, technique, and music theory. As the student progresses, the course will become more specialized to meet individual needs. Come learn to play the piano, sharpen musical skills, and have a great time in the process! Individual sessions of 1/2 hour each. Session length varies. Students will need to have a piano or keyboard available to practice on a regular basis. Students will need to purchase piano instruction books from the instructor

Cost: \$16.00 per lesson payable in advance. Sorry, no refunds for missed lessons.

Teacher: Heidi Olson

Location: Elementary music room or choir room



Snowshoe, Shuffle & Stomp!

Students in grades 3-6 are invited to join our snowshoeing adventure after school as we buckle, clip, and stomp thru the snow-filled trails behind the school for our snowshoe sports adventure. You must wear a jacket, snow pants, boots, hat and mittens. Please bring a water bottle.

Instructor: Andy Pierson

Fee: \$25.00 resident; \$30.00 non-resident

Dates: Dates to be announced later

Time: after school until 4:30 p.m. (Please pick up your child at the main entrance).

Location: Students will meet at the pool entrance.



Bear Paw Quilting Quickie!

Make a 24"X 52", "Bear Paw" block table runner with a Fusible Web applique, on each end. Pattern will be furnished at registration and will give you fabric requirements. You will need to bring a sewing machine, cutting mat, rotary cutter, scissors and pins.

Class dates: Tuesdays, March 21st & 28th, 2017

Time: 4:00- 8:00 p.m.

Maximum students: 12

Minimum students: 5

Class fee: \$10.00/resident;

\$15.00/non-resident

Location: Lifeskills Room

Instructor: Audrey Olson



L/W Outdoor Club

The "L/W Outdoor Club" is a club dedicated to students (5th grade-12th grade) interested in careers in the natural resource field. Students will be involved in numerous outdoor activities including making maple syrup, mushroom I.D., hunting, fishing, trapping, and the science behind these activities. Students will also be assisting in fish and wildlife surveys, tagging sturgeon, and working with local DNR employees. Parents and guardians are encouraged to attend and participate as well. **Students must register with Cece in the Community Education Office for each activity.** You will not be allowed to participate unless you are registered in Community Education. For more information contact Jeff Birchem at 783-2521 or jebirchem@icloud.com.

Butts and Guts!

A class dedicated to lifting your booty and toning your abs! This workout is designed to tone and tighten those hips and thighs, while chiseling your abs that may be hiding behind all that good summer eaten! A combination of different types of squats, lunges, and ab routines will be sure to get heads turning when you are finished with these classes. All fitness levels welcome!

***Please bring your exercise mat if you have one

Location: Multi-purpose gym

Dates: Tuesdays, starting January 31, 2017 for 6 weeks

Time: 6:00 p.m. - 6:55 p.m.

Fee: \$30.00/resident; \$35.00/non-resident

Instructor: Emily Durkin



A Smash HIIT!

High-intensity interval training (HIIT)! HIIT is a training technique in which you give maximum effort for short bursts of time, followed by an even shorter resting period. HIIT is one of the most effective ways to burn calories and build muscle! So be ready to sweat! All fitness levels welcome!

Location: Multi-purpose gym

Dates: Wednesdays, starting February 1, 2017 for 6 weeks

Time: 6:00 p.m.

Fee: \$30.00/resident; \$35.00/non-resident

Instructor: Emily Durkin



Beginner Rug Hooking -

Make a sweet little project with the look of traditional rug hooking. The technique has never been so simple by using the Oxford Rug Punch Needle. No sewing skills are needed. The kit and **all supplies needed are provided for use in the class.** Kit—\$25.00 payable to the instructor. All you need to do is show up!

Maximum of 7 students.

Date: Friday, January 27, 2017

Time: 4:30-8:00 p.m.

Class Fee: \$10.00; payable to L/W School

Location: High School Life Skills Room

Instructor: Bonnie Lundorf, Willow Wood Market, Bemidji

www.willowwoodmarketdesigns.com

Wool Applique -

You choose the placement and applique shapes you want to stitch onto this 14x16 sampler called "A Few of my Favorite Things", using the many adorable applique options in the pattern. Kit fee: \$25.00. Supplies needed: Scissor that will cut through wool and paper, stash of size 8 pearl cotton or embroidery floss, freezer paper, pencil, ruler. Soup and sandwich lunch provided.

Kit cost: \$25.00 payable to the instructor the night of the class (Kits include: pattern packet, foundation, wool for piecing.)

Date: Saturday, January 28, 2017

Time: 10:00 a.m. - 2:00 p.m.

Class Fee: \$10/resident; payable to L/W School

Location: High School Life Skills Room

Instructor: Bonnie Lundorf, Willow Wood Market, Bemidji

www.willowwoodmarketdesigns.com

Youth Snowmobile Training Course



For students interested in Snowmobile Safety Certification (Ages 11-15.) Students must be 12 years of age prior to March 1, 2017. Students 16 and older can take the Adult Certification on-line and do not need to take this class. Enrollment started on December 16, 2016. You will need to register in

the Community Education Office with \$ 5.00 fee payable to the Lake of the Woods School. Go the Minnesota DNR Website and complete an Online Course. Complete one of the online courses: snowmobilecourse.com (fee for the course is \$ 29.95) OR snowmobile-ed.com (fee for the course is \$ 29.50). Print off the certification of completion and turn it in to Cece in the Community Ed Office at the Lake of the Woods School: Attn. Joyce Beckel. If you are having a hard time passing the on-line course and need help, please contact Joyce Beckel. Then attend THE CLASSROOM REVIEW AND RIDING PERFORMANCE COURSE on January 5, 2017 from 3:00 to 5:00 pm in the ITV Room at the Lake of the Woods School. You must have a certification of completion with an online course, Completed Student Registration-Parental Release and Self Certification Form, and you must have your Community Education registration and \$ 5.00 payment payable to Lake of the Woods School in order to participate in the riding performance course. You need to have appropriate clothing for the performance course. Snowmobiles will be provided. (Do not bring your own snowmobile.) There will be some extra helmets for anyone that does not have a helmet. After you pass both courses, you will be given information on how to process your certificate. There is an additional fee that you will pay directly to the state in order for them to process your certification. Certificates become valid at age 12. (Certification is required by law for residents born after December 31, 1976. For Questions please contact: Joyce Beckel, Instructor at 218-634-2056 ext. # 1554 or 218-766-3270

Tri-Star Basketball Challenge

Open to all students kindergarten through 8th grade. Registration forms will be sent home with students.

Saturday, March 4, 2017

Location: Big and Small Gyms

Time: 9:00 a.m.



2016 Bear Cub Swim Club

For Community Ed activities visit www.lakeofthewoodsschool.org

Community Education/Pool Classes/Activities

Winter Pool Schedule Schedule subject to change

Monday	Tuesday	Wednes- day	Thursday	Friday	Saturday	Sunday
5-8 a.m.		5-8 a.m.		5-8 a.m.		
Adult Swim		Adult Swim		Adult Swim		
	3:30 - 8 p.m.			3:30- 8 p.m.	1-4 p.m.	1-4 p.m.
	Open Swim			Open Swim	Open Swim	Open Swim

Costs for Open Swim

.75 - Preschool, \$1.50 - Student, \$2.50 - Adult, \$10.00 - Family Max
Punch Card prices - \$5.00 - Pre-school, \$10.00 - Student, \$22.50 - Adult

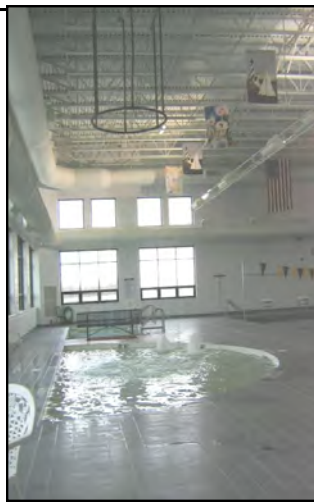
AMERICAN FUNDS ONLY

Family Fridays -

Every Friday from 3:30-8:00 -Cost \$5.00 per family (maximum 2 adults/4 children) A great time to enjoy family time at the pool at a great price!!!

Birthday Parties at the Pool

The pool is a wonderful place to hold birthday parties! Parties can be held during open swim hours and the observation area overlooking the pool is a great place to have games and lunch as part of your celebration. If you have any questions or would like to book the pool and observation area for your next party, call the Pool Office at 634-2735 ext. 1101.



For information about exercise classes, swimming lessons, (private & group), open swim or adult swim times call Lisa at Pool Office - 218-634-2735 ext. 1101 or email lisa_b@lakeofthewoodsschool.org

Lifeguard Training/WSI (Water Safety) Instructor,

If you are interested in becoming a lifeguard, or WSI (Water Safety) Instructor, please contact Lisa Beckstrand at 218/634-2735 ext. 1101 or lisa_b@lakeofthewoodsschool.org



Give & Swim...

replenish the food shelf - March 5, 2017

To help stock the local food shelf the Lake of the Woods School Pool

is sponsoring a

Give and Swim

March 5, 2017

1:00-4:00 p.m.

Admission to the pool will be a non-perishable food item or a cash donation

New Year Specials...during the months of January and February get 20% off on yearly passes and punch cards

Passes/Punch Cards	Regular Price	20% Discount
Yearly Family Pass	\$300.00	\$240.00
Yearly Senior Pass	\$175.00	\$140.00
Yearly Adult Pass	\$200.00	\$160.00
Adult 10-Punch Card	\$22.50	\$18.00
Student Yearly Pass	\$100.00	\$80.00
Student 10-Punch Card	\$10.00	\$8.00
Preschool 10-Punch Card	\$5.00	\$4.00

Water Exercise Class

Mondays/Wednesdays/Thursdays - 4:15-5:15 p.m. There are many benefits of water exercise, here are just a few:

- Water exercise decreases stress, blood pressure, tension, weight, pain, body fat, impact on joints, risk of injury and prescription drug requirements. It increases strength, flexibility, energy, range of motion, muscle tone, oxygen/circulation, endurance, balance, coordination, fun, self esteem, safety and enjoyment of life.
- It enhances feelings of well-being; sleep patterns, recovery from injuries, social pleasures and reversing or slowing of ageing, both mentally and physically.

Remember you don't have to be a swimmer to do water exercise and if you are uncomfortable wearing a swim suit...you can wear a t-shirt and shorts. Pre-registration is not required. You can start classes at any time...and the first time is **FREE**. For more information call the pool office 634-2735 ext. 1101.

Bear Cub Swim Club

The Bear Cub Swim Club is open to all students in grades 1-6. Practices will begin in February, dates, times and other details will be announced soon. The goal of this club is to learn the way a team practice is run, good sportsmanship, focus on strokes, (free, back, breast and some butterfly) and **to enjoy the lifelong benefits of swimming**. Coaches are Chelsea Anderson and Lisa Beckstrand. If you have questions or concerns, contact Chelsea at chelsea_a@lakeofthewoodsschool.org or Lisa at lisa_b@lakeofthewoodsschool.org or the pool office at [218/634-2735 ext. 1101](tel:2186342735). Registration forms will be sent home with all students and registration forms are available at the pool, elementary office and the Community Education Office.

Walking Track - The Lake of the Woods School is locked during the school day and on Holidays.

Walkers must sign in in the elementary office, or the high school office or the District Office and receive a visitor's pass. The walking track is open Mon/Wed/Fri 5:00 a.m.-9:00 p.m., Tues/Thurs 7:00 a.m. - 9:00 p.m. Saturday 8:00 a.m. - 4:00 p.m. and Sunday 1:00 p.m. - 4:00 p.m. (during pool hours).

For the pool schedule visit www.lakeofthewoodsschool.org

2016-2017 Holiday Craft & Vendor Extravaganza is a huge success



The 2016 Holiday Craft and Vendor Extravaganza brought out over 700 shoppers and 80 crafters and vendors. Only a few of our crafters and vendors were unable to make it because of the weather conditions. But Santa made it and several “shoppers” left with turkeys from the Women of Today’s Turkey Bingo. “Raggedy Ann” read to the youngsters during “Storytime”. The Just for Kix performance was enjoyed by several hundred people. The dancers are coached by Amy Potts and it is a wonderful addition to our event. The Lady Laker Junior Volleyball Team was in charge of concessions and Lakewood Health provided health screenings.

A huge thank you to all of the NHS members who greeted all of the “shoppers” and the Robotics' members for providing a coat check for all of our guests. Also, thanks to the vendors, crafters and community for helping to make our event a success.

We hope everyone will join us at next year’s event on November 18, 2017.



NHS members Hannah Paulsen, Makenzie Hancharyk and Gabrielle Palm register guests.



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NO HUNTING

“Under M.S. 609.66 Subd. 1d., it is a felony to hunt on school owned land when students are present for school related activities.”

Access your child’s attendance, grades, lunch account and more www.lakeofthewoodsschool.org

2016-2017 Holiday Craft & Vendor Extravaganza



For Early Childhood information visit www.lakeofthewoodsschool.org

Lake of the Woods Activity Fees

Lake of the Woods Bears 2016 – 2017 School Year Athletic / Activity Gate Fees and Game Passes

Gate Fees:
 Elementary students when accompanied with an adult Free
 High School students Free
 Adult: \$ 5.00
 College Student (w/ college ID) \$ 3.00
 Senior Citizen (65+) \$ 1.00
 *Consists of individual passes
***Passes will be honored at all home games except Minnesota High School League tournaments...**
 *Game Passes will be sold at regular season games and through the District Office...
 *College students must have a current college/university identification to purchase "student game passes"...
 *Individual "game passes" must be presented to ticket taker(s) for entry into games...
 For more information please call Brian Novak, Activities Director at 634 - 2735 ext. 1420.

Lake of the Woods School 2016-2017 School Year Student Athletic and Activity Fees

Activity	Grade	
High School Football	9-12	\$150.00
Junior High Football	7-8	\$ 75.00
High School Volleyball	9-12	\$150.00
Junior High Volleyball	7-8	\$ 75.00
HS Cross Country	9-12	\$125.00
Jr. High Cross Country	7-8	\$ 75.00
High School Basketball	9-12	\$150.00
Junior High Basketball	7-8	\$ 75.00
High School Hockey	9-12	\$150.00
High School Track	9-12	\$125.00
Junior High Track	7-8	\$ 75.00
High School Baseball	9-12	\$125.00
Junior High Baseball	7-8	\$ 75.00
High School Softball	9-12	\$125.00
Junior High Softball	7-8	\$ 75.00
High School Golf	9-12	\$125.00
Junior High Golf	7-8	\$ 75.00
Sr. High Knowledge Bowl	9-12	\$ 75.00
Jr. High Knowledge Bowl	7-8	\$ 37.50
One Act Play	9-12	\$ 37.50
One Act Play	7-8	\$ 25.00
Maximum Per Family Per Season - \$250.00		
Family Maximum Paid Per Year - \$500.00		

Box Tops News

In an effort to raise additional funds for the school, Lake of the Woods School participates in the General Mills Box Tops for Education program. The program has been an easy way for parents and students to earn cash that goes directly to the school.

How the Program Works

- There are more than 250 participating products in 42 food and non-food categories that carry Box Tops on their packages
- Each Box Tops clip is worth 10 cents
- It's simple. Buy the products; clip the Box Tops; send the Box Tops to school.
- Each enrolled school has a Box Tops Coordinator that counts and submits all of their Box Tops to General Mills
- Enrolled schools receive two checks a year from General Mills to purchase the things they need like: books, school supplies, playground equipment, teacher training, computers, etc.
- Enrolled schools can earn up to \$20,000 every school year by clipping Box Tops from participating products
- Schools can also earn through Bonus Box Tops offers, sweepstakes, and contests
- There are not any restrictions on how each school spends their check. Schools can spend their cash to buy what they need most

If community members are interested in contributing to the Lake of the Woods School efforts by donating Box Tops, contact Patty Jerde at patty_j@lakeofthewoodsschool.org or by phone at 218-634-2735 ext. 1623. Box Tops may be sent to the school in care of Patty Jerde at PO Box 310, Baudette, MN 56623. Visit www.btf.com to find ideas and resources and more information about the Box Tops program.

High School Yearbooks
 Contact yearbook staff to order
 634-2510 ext. 1404

Triple A Booster Club
 meets the
 3rd Wednesday of each month
 in the
 L/W School Commons
 at 5:30 p.m.
 Everyone is welcome to attend.

GO BEARS!

Lake of the Woods School Bears Den

"Best Concession in Northern Minnesota"


Open Game Nights

Menu Items Include

Hamburger
 Cheeseburger
 Chicken Burger
 Taco in a Bag
 French Fries
 Shakes
 & Much More...



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218-634-2550
 509 W. Main, Baudette, MN

Teco's Taco's
 6 a.m.-9 p.m.

Inside Howards on Hwy. 11
Will Cater - call
218 - 634 - 3317

For the full L/W sports schedule, visit www.lakeofthewoodsschool.org

L/W Announce Students of the Month for October and November, 2016



Talia Frahm
Junior High
“Student of the Month”
October 2016



Talia has been chosen to be the
Lake of the Woods
Junior High

“Student of the Month”
for October 2016

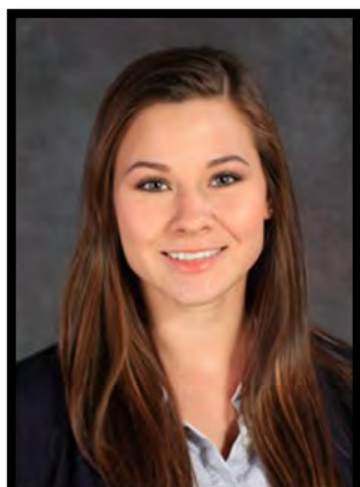
because of her academic
excellence and participation in
the extracurricular
programs at LHS.

*Talia’s Extracurricular Activities
include:*

STUDs (3 yrs.),
Basketball (4 yrs.),
Volleyball (2 Yrs.),
Track (3 yrs.)

Talia is the daughter of Ed and
Janet Charpentier.

Emma Stimpfl
Senior High
“Student of the Month”
October 2016



Emma has been chosen to be the
Lake of the Woods Senior High
“Student of the Month”
for October 2016 because of her
academic excellence and her par-
ticipation in the extracurricular
programs at LHS.

*Emma’s Extracurricular
Activities include:*
*Track (3yrs), One Act Play/
Drama (7 yrs.), Robotics (3 yrs.),
Band & Choir (8 yrs.), Figure
Skating (7 yrs.), Trap Shooting
(2 yrs.), Volleyball Manager
(1 yr), J O Volleyball (1 yr),
National Honor Society (2 yrs.),
Student Council VP (2 yrs.), All
State Symphonic Band, 2 Best in
Site Band Awards, 5 Superior
Band Awards, 6 Superior Choir
Awards*

Emma is a member of
Evangelical Lutheran Church
in Bemidji

Emma is the daughter of Kurt
J. Stimpfl and Kristi Wells-Saiger

Brinna Fish
Junior High
“Student of the Month”
November 2016



Brinna has been chosen to be the
Lake of the Woods
Junior High

“Student of the Month”
for November 2016
because of her
academic excellence and
participation in the
extracurricular
programs at LHS.

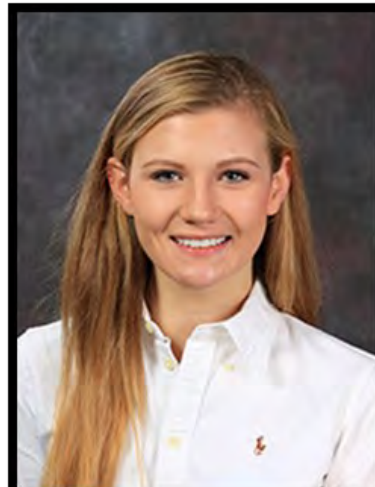
*Brinna’s Extracurricular
Activities include:*

Volleyball, Summer Softball,
Band and STAR Team

Brinna attends Woodland Bible
Church

Brinna is the daughter of Gary
and Dyana Fish.

Sonia Stimpfl
Senior High
“Student of the Month”
November 2016



Sonia has been chosen to be the
Lake of the Woods Senior High
“Student of the Month” for
November 2016 because of her
academic excellence and
participation in the extracurricular
programs at LHS.

*Sonia’s Extracurricular Activities
include:*
*Volleyball (2 yrs.), J O Volleyball
(3 yrs.), Figure Skating (6 yrs.),
Track (1 yrs.), Robotics (2 yrs.),
Trap Shooting (2 yrs.),
Band/Choir (6 yrs.),
National Honor Society, STUDS
President (1 Yr), UND Honor
Band (1 yr), Best in Site Band
Award, 4 Superior Band Awards,
4 Superior Choir Awards, MVP
and Most Improved for Volleyball
and received Conference
Honorable Mention*
Sonia is a member of
Evangelical Lutheran Church
in Bemidji
Sonia is the daughter of Kurt J.
Stimpfl and Kristi Wells-Saiger

January 28th
One Act Competition

February 9th
Elementary Music Program
Grades 4-6, 9:30 a.m.

February 20th
No School (President’s Day)

February 23rd
Parent/Teacher Conferences

February 28th
Parent/Teacher Conferences

March 7th
Band Concert
Grades 5-12, 7:00 p.m.

March 16th
Choir Concert
Grades -12, 7:00 p.m.

March 13th
No School (Spring Break)

March 30th
Band & Choir Talent Show

April 14 & 17
No School (Easter Break)

April 28th
Pequana Talent Show

April 29th
Prom

May 3rd
Band Concert & Awards
7:00 p.m.

May 10th
Choir Concert & Awards
7:00 p.m.

May 26th Graduation

June 21st
Take a Kid Fishing

August 20-26
Prairie Fire Children’s Theater
Snow White

Vacancies: Athletic/Activities Coaching 2016/2017 School Year at
Lake of the Woods School-No Closing Date-positions open until
filled:

Head Softball Coach
Assistant Baseball Coach

Contact Brian Novak for more information. Letter/Email application/
interest may be sent to: Brian Novak, Lake of the Woods School, P.O.
Box 310, Baudette, MN 56623,
Fax: 218-634-2750,
Phone: 218-634-2735 ext.1420
L/W schools is an E.O.E.



Access your child’s attendance, grades, lunch account and more www.lakeofthewoodsschool.org

The Lake of the Woods School Drama Club to perform the short drama, *THE KATRINA PROJECT: Hell and High Water*



26th or 27th. An evening local performance will be announced closer to the date of competition. Watch for more detailed information, regarding the date for this public performance, on social media and in the local newspapers within the month of January or February!

This play is based on actual interviews, collected stories, and found texts, providing a voice for the greatest natural disaster in our country's recorded history. The play follows a diverse group of characters as they reflect on and experience the devastation, anger, heartbreak, and, ultimately, hope of the thousands affected by the Category 5 Hurricane. It is, sometimes, an emotional journey into the hearts and souls of Hurricane Katrina's survivors.

Members of the Lake of the Woods one act play cast and crew are: Emma Stimpfl, Gabriella Storkson, Max Million, Jewel Frahm, Skyla Hasbargen, J'Karay Matthias, Addison Severs, Talia Frahm, and Josiah Major. The play is directed by Joyce Washburn. A few more actors, for a larger group scene, *may be added* after this article's submission.

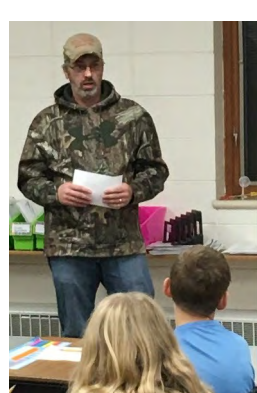
The public is invited to come on out to the Lake of the Woods School Auditorium and see our local students displaying some impressive acting skills, while also supporting a good cause!!!

(All royalties from *THE KATRINA PROJECT: Hell and High Water* will be donated to hurricane relief charities.) This play is produced in cooperation with Playscripts Inc.

The Lake of the Woods School Drama Club will perform the short drama, *THE KATRINA PROJECT: Hell and High Water*, by Michael Marks and Mackenzie Westmoreland, on Saturday, January 28th for the Minnesota High School Sub-Section One Act Play Competition at Roseau, Minnesota. A public performance will also be scheduled, at the school, during Activity Period on the



Jeff Birchem, a retired Conservation Officer with the Department of Natural Resources, visited the Lake of the Woods 5th grade class. Students are working on a project that will explain how to stay safe if you happen to get into a bad situation. Whether you are out fishing on Lake of the Woods with your family, hunting in cold weather, or just picking blueberries in that "secret spot" you have to be prepared for the unexpected, explained Mr. Birchem. Gauge Olson, practiced his knot tying skills which could possibly help get him out of a sticky situation!



Local business owners Anthony Fish, Kraig Stokke, and David Wiersma were guest speakers at L/W. Elementary this week. Mrs. Baade's 5th grade class has been working on businesses that they would like to see in the area. Once they determined if there was a market for their business, these 5th graders began creating their own business plans and researched way in which they would develop their skills, network, give great customer service, and lastly they provided a profit and loss analysis! Some of the businesses included fish cleaning, jewelry store, nail salon, and a dog kennel service! Thanks to Anthony, Kraig, and David for providing insight into their business successes and challenges.

Baudette business owners Samantha Husbands and Jessie Anthony visited the L/W Elementary 5th grade class on Thursday November 10th. Students have been working on a project during the duration of the first quarter where they have been creating a business plan for a business that they would like to open in our town. Samantha and Jessie shared information on the rewards and challenges of owning a business. They discussed topics such as marketing strategies, networking with other businesses, and how they learned the skills to run their businesses. At the end of their visit, students shared with Jessie and Samantha the business plans for the businesses that they would like to see in the town of Baudette!



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Please contact her at
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more information.

Your Ad Here

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or email
cece_c@lakeofthewoodsschool.org

To view the Education Plus, visit www.lakeofthewoodsschool.org