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School Safety Workshop Trains Bemidji Community on How to Plan for School Emergencies



Bemidji Area Schools recently hosted a free training workshop that focused on school safety and emergency operation plans for schools in the district. This is the first time that this type of workshop, which is administered by the U.S. Department of Education, has come to the state of Minnesota, and the city of Bemidji is happy to provide this opportunity.

School safety is one of the biggest concerns for a lot of people now more than ever before. In today's workshop, participants raised several concerns as they pertain to the plan and action of evacuation, school security, fire drills in certain weather conditions, and more.

"The training on developing school-wide district emergency operation plans which are documents that will help us plan for, prevent and mitigate emergencies that might be either man-made or natural, and by having these plans it helps us fill in the gaps and be better prepared for anything any potential crisis that could happen," said Tim Lutz, Bemidji Area Schools Superintendent.

After discussing various safety protocols in the district, administration, and community members and parents realized that there are more ways the Bemidji school district can do to plan and prevent emergency situations.

"Every person who's here today to take away from the workshop the ideas that are crucial to filling out and preparing an emergency operations plan, in other words to have a better understanding of all the potential crisis or hazards that could come our way and how to understand the process of preventing, evaluating, mitigating and recovering and dealing with these situations, before, during, and after they occur," said Lutz.

The presentation is provided by the Readiness and Emergency Management for Schools Technical Assistance Center, which is also known as REMS, and the U.S. Department of Education. The center travels from state to state to provide the community safe and supportive training in a case of an emergency.

"Having REMS come in and do best practices – they are from the U.S. Department of Education – by looking at what they have with their studies, their experts were able to take a huge topic and be able to streamline it down, which is what we want to make it as easy and smoothly as possible," said Missy Dodds, School Safety Advocate and Parent Stakeholder.

The room was filled with various stakeholders as well as officials from school districts in the area. "I am very grateful to the Bemidji school district and to Mr. Lutz for inviting them and hosting them and as a school safety advocate to have REMS the top of the line to come in and offer this training is amazing, amazing, and as a parent of three young kids, it makes me feel better," said Dodds.

Over 60 people attended the training including various stakeholders, police, EMS and school officials.



SchoolMessenger is a parent notification system that allows the school to build the automated transfer of parent contact information from Synergy, our student information system, to the SchoolMessenger hosted location. It simply saves time and provides more up to date parent contact information. Once we make a parent contact change in Synergy, it will update in SchoolMessenger 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. It allows school staff to deliver a single, clear message to students, parents or guardians by telephone, cell phone, e-mail, pager or PDA in any combination. SchoolMessenger will also be used to notify you of a school closing due to inclement weather.

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.

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 Tracy at 634-2735 ext. 1421.

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 2019-2020 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)
 Robin Sonstegard, (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
 Chad Hazelton - Dean of Students/Athletic Director

Wellness Committee/Community Education Advisory Council:

Jeff Nelson, Ken Moorman, Sharon Feldman, Nicole Gate, Lisa Beckstrand, Jeff Birchem, Amber Zemke, Brenda Nelson, Jill Olson, Curt Storbeck, Carrie Davidson, Tammie Doebler, Sunny Dorow, Emily Durkin, Steve Johnson, Ducky Gens, Nancy Jewell, Brent Cole, Cece Charlton and Brian Novak

Community Education:

Brent Cole - Director
 Lisa Beckstrand - Pool Coordinator
 Nicole Gate - School Readiness Instructor
 Jenny Krause - ECFE Coordinator

**Thank you
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**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.
 Sat – 8:00 - 4:30 p.m. &
 Sun - 12:00 - 4:30 p.m. or for scheduled events.

Hours are subject to change.

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

Attention all Parents Of District 390

Census Information

It is important for the district to have accurate numbers, especially for all preschool children. School District 390 is currently registering all children not yet in school on the school census.

Being on the district census insures:

The schools will have accurate numbers to plan for future students
 That you receive information about Early Childhood programs and services available through the district.

That maximum funding is received by our district from state/local government.
To register your preschool child in the census please call Tracy at 634-2056 ext. 1421.

L/W Announces S.O.M. for Sept. and Oct. By Emma Hasbargen



Talia Frahm was chosen as Senior High Student of the Month for September 2019. Her academic excellence and extracurricular participation helped her win the award. Her extracurricular activities include Robotics (3 years), Robotics President (1 year), Robotics Vice President (1 year), Cross Country (2 years), Volleyball (2 years), Basketball (6 years), Track and Field (6 years), Band and Choir (4 years), One Act Play (2 years), STUDS (6 years), NHS (2 years), NHS President (1 year). She attended Regional Arts Festival receiving Best in Show and is a MSHSL Participant. After graduating high school, Talia plans to go backpacking through Europe.



Lavian Olson was chosen as the Junior High Student of the Month for September 2019 because of his notable qualities and hard work. Lavian's activities and interests include working at N.C.C. During the school year and summer, Lavian spends time putting away freight and helping customers. He enjoys hunting and spending time outdoors and is also proud of his personal changes from last year. Lavian's teachers say that he is a very good person and they are very proud to have him as a student.



Ella Warnke was chosen as the Senior High Student of the Month for October 2019 because of her academic excellence and participation in extracurricular activities at LHS. Ella's activities include STUDS (3 years), and attending the Regional Arts Festival and receiving a superior. Ella is the daughter of Tanya Hamberg and Dennis Warnke. After graduating high school, Ella plans to go to college in Alexandria to become a medical coder and medical administrator.



Payton Cook was chosen as the Lake of the Woods Junior High Student of the Month for October 2019 because of his notable qualities and extracurricular participation in the school's activities. Payton participates in Lake of the Woods School's basketball program and is the son of Angel and Josh Cook. Payton is new to Lake of the Woods School this year and says that he is excited to be a member of our community.



Bowling team goes to Super Regionals By Nicholas Solar



This year the International Falls High School partnered with Lake of the Woods to form a bowling team consisting of Nicholas Solar and 9 students from International Falls. The Broncos had an almost clean season winning 11 matches and losing one over the course of 4 meets with 3 matches each. They ended the season with 41 single game wins, 18 losses and 1 tie.

Ending the season knocking down 10,395 pins over 60 games gave the team an average of 173.25 points. The team's highest game was a 231, with a high 5 game series of 967, which was the highest in the conference.

This season Nicholas Solar was the Most Outstanding Player for the conference which includes I-Falls, Hibbing, Virginia, and Grand Rapids because he had the highest fill percentage at 81.65%. He was ranked 68th in state at the time of writing. He made All-Conference and helped bring the team to the super regional which will take place at Southway Bowl in St. Cloud, MN on November 23.

"The team started the season pretty well, had a little drop in the middle but shot up by winning the regional tournament. It's definitely been a fun season," said Solar about his first high school bowling season.

Welding our Future: New Class at L/W

By Matt Petrovic

Since the start of the school year a new elective class for juniors and seniors was added to the high school schedule: welding. Students are currently taking the class, which is supposed to teach them the basics of welding. Some of the students would like to further their study of welding by going to college, which would give them an advanced welding study that could lead to a career.

Mr. Nathan Solar, who works at ANI Pharmaceuticals and is the teacher of this class, explained, "Welding is a great career choice. The opportunity to learn a valuable trade early on is wonderful for our area." Students work on their own projects and they make certain shapes by welding two pieces of metal together or they can practice their welds on the metal to master the right type of arc. Before students are able to weld and work with any equipment in the welding shop, they have to learn safety procedures in case of emergency. After that they learn with the welding equipment.

When we interviewed the school principal Mr. Novak, we asked him if the school had welding class in the past. "Yes, 1988 was the last year at the old school." Novak explained that welding was cut due to a reduction in the school budget. Now, the school has decided to add welding back because "there was an interest with students," according to Novak. There were rumors about having a welding class for a while. "We have been talking about adding a welding class for many years. The timing seemed to be right," Mr. Novak as well as the community and students thought welding would make a nice addition to the curriculum.



▲ Senior Denton Thompson gets his welding gun ready.

ELEMENTARY YEARBOOKS

By Cynthia Hanson

The memories. The laughter. Yearbooks are truly something special that you'll hold onto forever. Order today for \$15.00 the Lake of the Woods Elementary Yearbook.

If paying with a check make it out to Lake of the Woods School. Please note on the memo line that it is for your child's (name) yearbook 2019-20.

Please call Cynthia Hanson at 218-634-2510 #1727 or email her at cynthia_h@lakeofthewoodsschool.org if you have any questions.

Hockey starts strong with scrimmage win

By Katelyn Bendickson

The 2019-20' hockey season is here! Lake of the Woods High School hockey team started practices in the new arena in November.

The season started out with a scrimmage on Saturday, November 15 in Warroad. During the scrimmage the team thought they did alright, but could have done better explained a few of the Varsity players. After working hard during the scrimmage, they got right back to practices preparing for their first official game on Friday, November 29.

I asked a few of the team captains what they thought about the new hockey arena and what they liked best. Griffen Sonstegard said, "I like how cold the ice is." Gunner Ferrier also said "I like the new locker rooms the most."

They love the new arena and it's qualities, but I've also heard that they have things they are going to miss about the old arena, like the memories of their first hockey practice, the winning goal scored at the last game, and all the end of the year parties they've had there.

The team used their time off

during the summer to work out with the plan their coach had given them. They would come in early in the morning and hit the weightroom.

The hockey team is working hard to get to state. With only a few practices in, people and the players are seeing great improvement and are excited to see what the season brings.



▲ Captain Griffen Sonstegard



Coach Brent Olson

Donation

By Cynthia Hanson



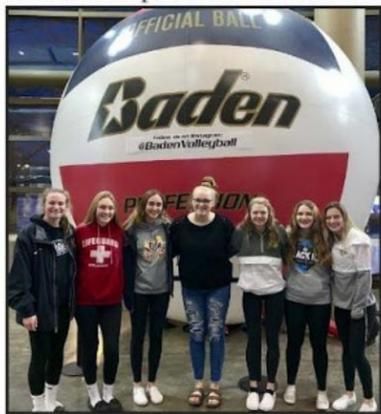
Katelynn Nordine gave her 4-H project to Mrs. Hanson's classroom. The busy blanket is a hit in her classroom as the children like to zip, braid, and interact with all the gadgets on the blanket.

What a great act of kindness and thoughtfulness, Ms. Nordine!

To download the 2019/2020 District Calendar, visit www.lakeofthewoodsschool.org ³

Volleyball Team Ends Season with Awards By Greta Moeller

The varsity volleyball team was led by Coach Jill Olson and captains Aspen Thompson and Greta Moeller. Losing two seniors, coaches looked to younger girls to step up and fill key roles. The team finished with a 15-15 record, and made unforgettable memories together like the NDSU volleyball game, sleepovers at the Moellers on school nights, scavenger hunts on the way to tournaments, and watching the state tournament in St. Paul. As the only senior, Thompson said she will never forget



At the State VB Tourney, the girls pose with a giant volleyball at the Xcel Energy Center in St. Paul.

“pranking the football locker room.” The girls will miss Thompson and everything she brought to the team. Aside from all the fun, the girls’ competitiveness truly was put to the test. The team got the opportunity to face AA & AAA schools at tough tournaments in Albertville, Hawley, and the Class A Showcase in Burnsville.

Season highlights include beating Warroad twice and keeping the paddle for the third year in a row, as well as beating Stephen/Argyle after losing the first set in play-offs. Coach Olson said that was hands down her favorite match of the season because “Everyone played with such intensity, and didn’t stop playing aggressively until the very last point.” The lady bears fought hard against Indus and Stephen-Argyle in the first two rounds of play-offs, but fell short to Kittson County Central in the quarterfinals. All teams were able to finish with great records: JV 15-2, C-Team 10-3, and 8th grade 20-1.

Sophomore libero Madie Draper, led the team in digs, finishing the season with 428. Junior Greta Moeller, outside hitter

and setter, led the team in kills with 288. Following Moeller was Junior Ashton Aery with 183 kills. Sophomore Sophia Walton led the team with 318 assists, followed by Moeller with 281. Aery led the team in blocks with 44 and Junior Payton Marken, followed with 21. Leading the team with aces was Moeller with 58, and junior Shayla Risser with 40.

This season’s awards include: *All-Conference*: Greta Moeller and Ashton Aery, *All-Conference Honorable Mention*: Madie Draper, *MVP*: Greta Moeller, *Rookie of the year*: Sophia Walton, and *Most Improved*: Mackenzie Pieper.



▲ Award winners Ashton Aery, Madie Draper, Greta Moeller, Mackenzie Pieper, and Sophia Walton

Laine Resigns as FB Coach at Season End By Denton Thompson

This year’s football team finished with 2 wins and 7 losses. Returning to coach the bears was Bob Laine assisted by Austin Heimstra and Allen Cauble. Gunner Ferrier and Kodi Joanassen were team captains. Coach Laine stated about the season, “We had a chance to be a pretty good football team this season, but had trouble putting 4 quarters together most of the season. We came together with a pretty good group of seniors but injuries really got the best of us in the end.” He was not wrong; by their last game, 4 of the 11 seniors were unable to play due to injuries.

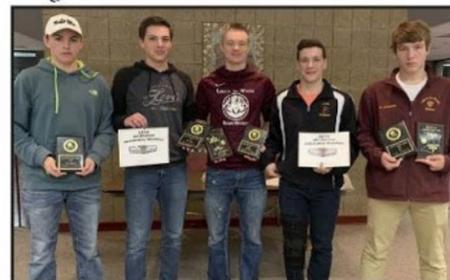
The season came to an end when the Bears traveled to Warren to play the Ponies. Although they played a great game, the Bears

lost 36-8. Despite these losses the team played very well defensively. They broke several records including most sacks, tackles for loss and fewest yards given.

Many individual players also had some impressive stats. Gunner Ferrier had the most rushing yards with 276 yards. Nick became the first defensive end to lead the bears in defensive points and had 9 defensive sacks. For tackles, Kodi Joanassen and Logan Russell both had 40.

An awards banquet was held at school November 6. Kodi Joanassen was awarded MVP, Gunner Ferrier won Best Back, Carter Olson got Most Improved, and Nick Martin got Best Defender. Mr. Laine announced

his resignation as head football coach after 6 years in this role. The team will be sad to see him go, but are very thankful for the years he has given.



▲ Award winners, Carter Olson, Nick Martin, Gunner Ferrier, Mason Russell, and Kodi Joanassen

Cross Country Runners Finish Strong By Payton Marken

The cross country team was coached by Mrs. Jeni Krause for the 2019 season. The team was made up of runners from Indus, Rainy River, Emo, and of course Lake of the Woods, continuing the co-op from previous years. The varsity team was made up of all boys this year, with sophomore Jackson Lebrasseur as team captain.

Jackson ran a personal record of 19:40 in the 5K races at the sections meet in Bagley, but he wasn’t the only runner with a good season this year. Coach Krause was obviously very proud and excited for her

younger kids as she said, “These junior high runners will be in the spotlight throughout our season.” Yili Schiro, Daniel Sopkowiak,



▲ The 2019 LOTW Cross Country Team

and David Brown all ran their personal records in the 2 mile races at the Warroad meet. Yili ran a 13:20, Daniel ran a 14:56, David ran an 18:38. Aaron Brown, Wyatt Shaw, Alex Beckel all ran their personal records in the 2 mile races at the Roseau meet. Aaron ran a 21:49, Wyatt ran a 13:20, and Alex ran a 12:51. Alyce Lebrasseur and Joshua Dorow ran their personal records in the 2 mile races in the Duluth meet. Alyce ran a 15:33 and Josh ran a 15:25. Coach Krause is excited for the next season and can’t wait to see how everyone has improved.

Musicians Compete at Solo Contests

By Hailey Stephenson

Band and Choir Solo Contests were held here on Wednesday, November 13. We welcomed 3 other schools, Roseau, Warroad, and Grygla, to participate in the contest.

There were a total of 16 competitors from Lake of the Woods that performed their solos before judges, 11 from choir and 5 from band. The choir had a total 8 *Superiors* and 3 *Excellent*s. The participants in choir included: Bethany Mason (12) Superior; Christopher Scharfenkamp (10) Superior; Mason Russell (12) Superior; Logan Russell (12) Superior; Zachary Viskoe (12) Superior; Destiny Storbeck (12) Superior; Payton Marken (11) Superior; Sierra Castle

(10) Superior, Sierra Castle also received the Outstanding Performer Award; Lisa Langrehr (10) Excellent; Angelica Million (12) Excellent; Amy Lein (12) Excellent.

The band had a total of 5 people do solos, 1 earning *Superior* and 4 *Excellent*s. Participants included: Emily Tange (9) Superior; Katelynn Nordine (11) Excellent; Sierra Castle (10) Excellent; Colton Erickson (12) Excellent; and Lily Bossolotti (10) Excellent. Overall, each solo contestant did well, challenging themselves to extra practice and a brave performance.

Both of the choir and band are preparing for concerts in the next month. The band concert will take place on Monday, November 25, at 7 p.m. in the school auditorium with grades 6-12 all performing. The choir concert will be

held on December 9, in the auditorium at 7 p.m. Grades 7-12 will perform. Christopher Scharfenkamp, who received a Superior in his choir solo, said, "Before my solo, I was very nervous and didn't have very much confidence. I was shocked when I found out my score (Superior). I was very proud of myself because I was able to accomplish my goal." Chris sang "Goin' Home."

Taylor Fish, Abby Olson, Emily Tange, Abby LaFromboise, Addison Severs, and Alex Ebnet were accepted to participate in MBDA honor band. There were also 2 other band members accepted into the UND honor band, Abby LaFromboise and Katelynn Nordine. Students will also be getting ready for the BSU honor band.

High school choir had 2 students, Sierra Castle and Bethany Mason, accepted into the UND women's Honor Choir.

Honor bands will take place in late January when the selected students will travel to Grand Forks, Bemidji, and Fergus Falls to play with a large group. Sierra Castle stated, "I've never been accepted into the UND honor choir before. I am very excited to work with other amazing musicians that were also accepted."



▲ Senior High Choir Soloists



▲ Senior High Band Soloists

Drama Awaits in the Upcoming One-Act Plays

By Abigail Derourard

One-Act plays have kicked into full swing as 20 student actors practice at the end of the day every Monday through Friday in the school auditorium. Auditions took place and roles were filled by the decision of Joyce Washburn, the director of both plays. Each student has been practicing in anticipation of the performances of "To Burn a Witch" by James L. Ray and "Check Please" by Jonathan Rand.

Amy Lein, Rachel Johnson, Angelica Million, Emily Tange, Sierra Castle, Kayla Plutko, and Lisa Langrehr will be acting in "To Burn a Witch." Angelica Million, Ashleigh Brown, Zach Viskoe, Tony Kalk, Bryce

Strohl, Sierra Castle, Rachel Johnson, Tucker Beito, Lisa Langrehr, Rebecca Castle, Aaron Brown, Taylor Fish, Julisa Matthias, Amy Lein, Kayla Plutko, Emily Tange, Alyce Lebrasseur, and Abby Head will be acting in "Check Please."

What goes on backstage is just as important. Because of this, two helpful students make the plays go seamlessly: Tiana Carlin, the stage manager, and Addison Severs, working the tech booth.

When asked about her favorite part of being in the one-act plays, Angelica Million stated she "enjoys being able to goof off and step out of her comfort zone." As stage

manager, Tiana Carlin added why she thinks the school does one-acts: "I think they want people to open up and try new things, so when they're on their own, they will feel more comfortable in new situations."



▲ Actors Prepare for One Act Competition.▲

Basketball Teams Get Ready for a New Season

By Katelynn Nordine

The girls basketball team started their season Monday, November 11 with Katie Pieper returning as Varsity head coach, Dale Brune as JV coach, and Greta Moeller and Ashton Aery as team captains. The young Varsity team lost 5 Seniors last year but have 1 senior, 3 juniors and 1 freshman returning. The JV team has 5 sophomores and 5 freshman this year. The team is working hard for their first game by hitting the weight room every day and rebuilding.

The girls team traveled to Grygla for a scrimmage last Saturday and faced several local teams. "The scrimmage was a good turn out for us since we have such a

young team," said Rayna Martin.



▲ Girls Basketball captains

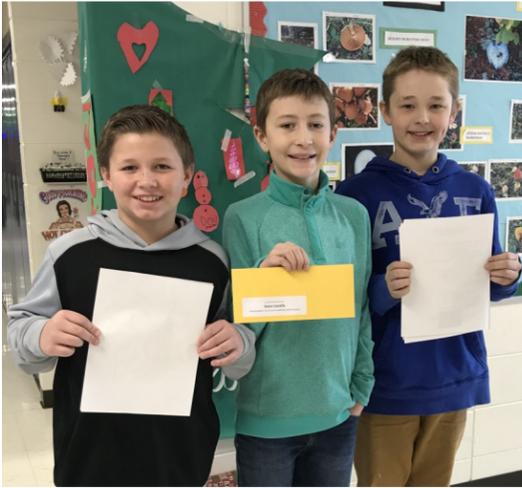
The team's first game is scheduled for Monday, December 2 as they host Littlefork. The team is excited to start their official season. "I'm really excited to get to play with a lot of new people this year. There are younger girls who

have a lot of potential and I'm looking forward to helping them improve on the court. If we put in the work, I know we could do really well and have a fun season," said junior captain Greta Moeller.

Also, the boys basketball team is underway as they started practices this week with returning varsity head coach Chad Hazelton and Charlie Wells at JV. This young team has put in the work to better themselves for this new year. Senior Tanner Nordlof said, "I look forward to working with the younger guys on the team this year. There are some talented guys coming up." The boys will host their first game of the season on December 3, against Sprague, Manitoba.

POETRY CONTEST WINNERS

By Jeni Krause



Left to right- Jack Shelrud, Geno LaValla, and Matthew Nordine- Mrs. Krause's 5th graders

"These very excited 5th grade boys were recently presented with contest winning Golden Poetry Tickets.

Fifth graders from Mrs. Krause's Class entered the 18th Annual National Scholar Society's poem writing contest back in November for a chance to be published writers. Each entrant needed to write an original poem based upon a writing

prompt. Their winning entries were chosen among the top 65 percent.

These poems will be published this Spring and still have a chance for several Grand Prizes."

[Congratulations to Jack Shelrud, Geno LaValla, and Matthew Nordine.](#)

What my family Means to Me by Geno LaValla

What my family means to me is nothing you can see
It feels like harmony.
It is the best thing that I can see.

They give you hugs if something is wrong.
Then they make you feel the best you can be
they are the best friend you will have.

If you are sick they would be there for you.
I wiggle my left hand, then my right, I feel so bright
and they make you the best food and so much more.

And then at bedtime they warm your heart.
Then they give a story and they say to me
"A special good night."
That's what my family means to me!

"The World as I see it..." By: Jack Shelrud

I see the sun set and rise
I see the moon light up the sky
I see leaves falling off the trees
I see cars beeping at others

I see the ocean and all the
sea creatures in it
I see buildings with people in them
I see the woods at night
I see all the little insects while the sun lights up the sky

I see the rain sparkling at night
I see the grass with people running on it
I see all the animals in the woods
This is the World as I see it...

The World as I See it... By: Matthew Nordine

I see the sun like a blinding light.
I see the moon in the dark of night.
I see the leaves falling off the trees
Only for new ones in the spring.

I see people happy as can be
But they don't know what I see.
I see war and conflict every day
Bombs and guns, People killing is a shame.

People that are cutting trees.
Making the Ocean a dirty thing
People worrying about things they shouldn't be
Their new phones, clothes and new moves.

Just go outside and enjoy the world
It's our home so leave it alone.



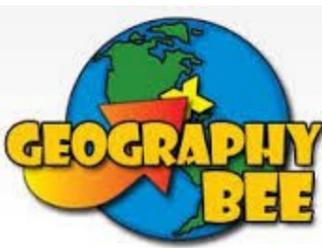
The Spelling Bee will be held on
January 23rd and 24th
at the L/W School Auditorium
from 9:30 to 10:45 a.m.



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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 Main Office for emergency use.

For more information about the ski trails contact the Community Ed Office at 218.634.2735 extension 1503 or 218.434.0030.

4-H

The second school Wednesday of each month there will be a Cloverbud activity hour from 2:30-3:30pm in the Commons. Each month will have different fun activities, crafts and snacks and is open to anyone in grades K-3 to attend. No pre-registration is required. Flyers will be sent home closer to the dates.

Any questions please contact:
Aprille Albrecht, 4-H Educator,
218-634-1195

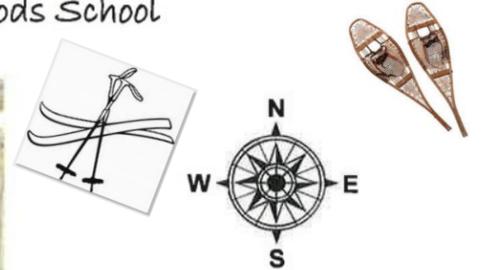
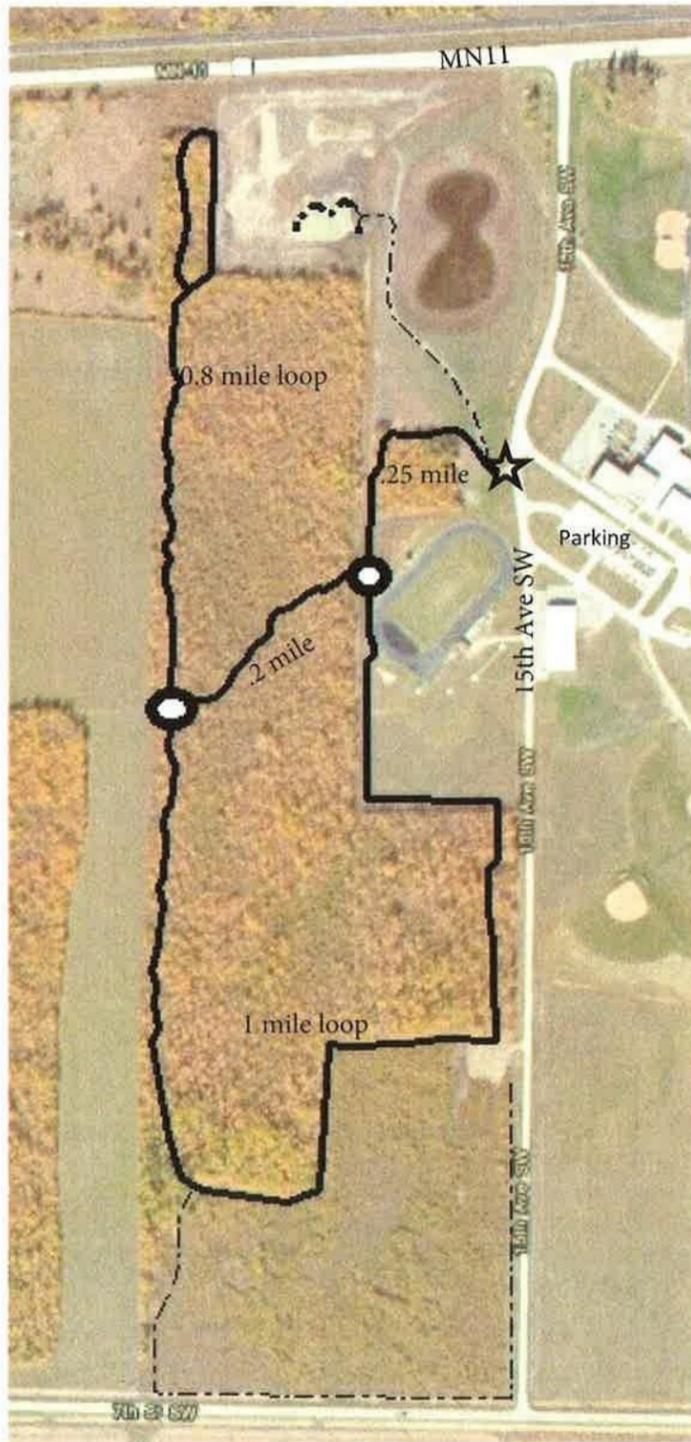
levas015@umn.edu

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Williams, MN 56686
218-783-7211

Monday - 2:00-6:00 p.m.
Thursday - 3:00-7:00 p.m.
Friday - 2:00-7:00 p.m.

Ski Trails 2019-2020

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.

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.”



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



2019-2020 MEAL PRICES

Breakfast: \$1.25 - Elementary & High School

**Lunch: \$2.40 - Elementary
High School: \$2.75 - High School**

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 Elementary 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. 1518 or email cece_c@lakeofthewoodsschool.org

Breakfast at School

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 \$1.25 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 also free. Nowhere else will you find a balanced breakfast at such a low cost.

Online Payment Website Allows Parents to Monitor Child Nutrition

A new technology available to Lake of the Woods School allows parents to easily balance school meal payments while tracking what their children are purchasing in the school cafeteria.

K12PaymentCenter.com offers parents many new and helpful features. These resources include enhanced monitoring options for managing low account balances. The technology gives parents the ability to set low balance notifications for any desired amount. Another prominent feature is lunchprepay.com's secure access available 24/7 for parents to see their child's entire purchasing history. This allows parents to gain some insight on the kind of food choices their child is making in the cafeteria.

"The childhood obesity epidemic has made school nutrition a front page issue. It makes sense for parents to monitor what their kids are eating," says Jeff Flynn Meals Plus

Vice President. "Anything that makes it easier for them to do that is a step in the right direction."

We operate the National School Lunch Program and the National School Breakfast Program in our schools. In conjunction with providing healthy, nutritious meals at a reasonable cost, we provide nutrition education for students as we seek to introduce our students to healthier meal time choices for a better way of life.

The k12paymentcenter.com website was developed by Education Management Systems, Inc. (EMS), a K-12 administrative software company headquartered in Wilmington, North Carolina. EMS develops, distributes, and supports school accounting and food service management software in schools throughout the United States. For more information, parents can visit lunchprepay.com online for facts on the program, tutorials, and more.

ONLINE FREE AND REDUCED APPLICATIONS

There are now 2 options available for filling out a 2019 -2020 Free and Reduced-Priced Meal Application.

Option 1:

Applications can now be filled out online.

The user instructions are very easy. The person looking to apply will just need to follow these steps:

1. Go to LunchApplication.com
2. Hit Apply Now
3. Select Minnesota and Lake of the Woods from the drop downs
4. Hit Continue
5. Follow the steps within the application
6. When done it will give you an option to just submit or to setup/register and account with LunchApplication.com
7. If you hit submit it will allow you to print your application, if you register it will remember your information and allow you to go back and review your application later or save your information for when you apply the following year.

OR

Option 2:

Fill out a paper application. The completed form must be returned to the district office or mailed to: Lake of the Woods School, Attention: Cece, P.O. Box 310, Baudette, MN 56623

Only one application per family is required but all students and household members should be listed on the application.

A new application must be completed each year, and families may complete an application at any time during the school year. Students who were approved for benefits last year must complete a new application at the beginning of the new school year. Students may eat on last year's status for either thirty (30) days or until a new application is processed whichever occurs first. Those students who do not have an approved meal application on file will need to pay for meals at the end of the grace period.

If you received a letter that your child is directly certified to receive meals, you do not need to complete an application for meal benefits.

An application can be completed anytime during the school year if you feel that your family may qualify. If there is any change in income, job loss, additional household members added, etc., please check to see if your family qualifies for benefits. Parents are responsible for payment for any meal until the application is approved.

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

Lake of the Woods School Food #534 Program Policy

34 UNPAID MEAL CHARGES

I. PURPOSE The purpose of this policy is to ensure that students receive healthy and nutritious meals through the school district's nutrition program and that school district employees, families, and students have a shared understanding of expectations regarding meal charges. The policy seeks to allow students to receive the nutrition they need to stay focused during the school day and minimize identification of students with insufficient funds to pay for school meals as well as to maintain the financial integrity of the school nutrition program.

II. PAYMENT OF MEALS

A. Students have use of a meal account. Families can make payment to their students accounts at the district food service office, or online through the school district's website.

B. It is the responsibility of the parent/guardian to keep a positive meal balance in their student(s) meal account or to pack a lunch from home.

C. Parents are encouraged to check their student(s) meal account balance on the school website at www.lakeofthewoodsschool.org or contact the Food Service Office at 218-634-2510, Extension 1501. Students may also ask food service coordinator to check their account balance at any time.

D. If the school district receives school lunch aid under Minn. Stat. § 124D.111, it must make lunch available without charge to all participating students who qualify for free or reduced-price meals regardless of account balance.

E. Households may apply for free/reduced meals any time during the school year. Applications are mailed to all households in the school district prior to the school year and are included in enrollment packets. In addition, applications are available at the district office, main office, or online at www.lakeofthewoodsschool.org. E. The school district may provide an alternate meal that meets federal and state requirements to a student who does not have sufficient funds in the student's account or cannot pay cash for a meal. The cost of the alternative meal \$1.00 will be charged to the student's account or otherwise charged to the student.

F. When a student has a negative account balance, the student will not be allowed to charge a snack item or extra milk.

G. Because of the possible demeaning or stigmatizing impact on a student, the school district will not refuse to serve a student meal. An alternate meal may be provided because of a negative account balance.

H. If a parent or guardian chooses to send in one payment that is to be divided between sibling accounts, the parent or guardian may specify how the funds are to be distributed to the students' accounts. If not specified, payments will be divided equally towards each student's account. Funds may not be transferred between sibling accounts unless written or verbal permission is received from the parent or guardian.

III. LOW OR NEGATIVE ACCOUNT BALANCES – NOTIFICATION

A. The school district will make reasonable efforts to notify families when meal account balances are low or fall below zero.

B. Families will be notified of an outstanding negative balance once the negative balance reaches. Families will be notified by:

1. When a student's meal account balance becomes negative, an automated phone call will be made via SchoolMessenger.

2. Monthly invoices will be mailed at the end of each month for any account with a negative balance of \$10.00. A Free and Reduced Meal Application will also be mailed.

C. Reminders for payment of outstanding student meal balances will not demean or stig-

matize any student participating in the school lunch program.

IV. UNPAID MEAL CHARGES

A. The school district will make reasonable efforts to communicate with families to resolve the matter of unpaid charges. Where appropriate, families may be encouraged to apply for free and reduced-price meals for their children.

B. The school district will make reasonable efforts to collect unpaid meal charges classified as delinquent debt. Unpaid meal charges are designated as delinquent debt when payment is overdue, the debt is considered collectable, and efforts are being made to collect it.

C. Negative balances of more than \$150.00 per household, not paid prior to the end of the month will be turned over to the superintendent or superintendent's designee for collection. Collection options may include, but are not limited to, use of collection agencies, claims in the conciliation court, or any other legal method permitted by law. The following scheduled may be employed:

1. The Food Service Coordinator will mail a letter indicating the unpaid amount and possible payment options to all account holders with a negative balance. A copy of the letter will be forwarded to the Accounts Payable Office. 2. If the district does not receive a response within 30 days, the Food Service Coordinator will mail a certified letter stating that it is the second notification along with a copy of the first letter. A copy of the letter will be forwarded to the Accounts Payable Office.

3. If the district does not receive a response within 60 days of the original letter, negative balances of \$300.00 or more per household may be turned over to conciliation court, given to a collection agency, or any other legal method permitted by law for collection.

D. Meal accounts will be reviewed annually

1. Inactive accounts with a negative balance and no activity within the last three (3) years may be written off. A list summarized by account will be provided to the Superintendent and approved by the school board.

2. Negative food service accounts of seniors must be paid prior to graduation.

3. If a student is no longer attending school and has a negative account balance, the account will be closed and may be submitted to a collection agency as determined by the superintendent.

4. Accounts with a positive account balance at the end of the school year and/or if a student leaves the district, will not be automatically refunded. A written or verbal request for a refund from the head-of-household must be submitted to the Food Service Coordinator. Inactive accounts with a positive balance and no activity with the last three (3) years may be transferred to the district's General Education Fund.

D. Except for professionals associated with companies or agencies that provide collection services, the school district may not enlist the assistance of non-school district employees, such as volunteers, to engage in debt collection efforts.

V. COMMUNICATION OF POLICY

A. This policy and any pertinent supporting information shall be provided in writing (i.e., mail, email, back-to-school packet, student handbook, etc.) to:

1. all households at or before the start of each school year;

2. students and families who transfer into the school district, at the time of enrollment; and

3. all school district personnel who are responsible for enforcing this policy. B. The school district may post the policy on the school district's website, in addition to providing the required written notification described above.

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.

YOU MAY APPLY FOR FREE AND REDUCED MEALS ANYTIME DURING THE 2019-2020 SCHOOL YEAR IF YOUR INCOME CHANGES OR THE SIZE OF YOUR HOUSEHOLD CHANGES.

ALL MEALS ARE TO BE PREPAID

Parents are responsible for checking their child's 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 if a home lunch is brought.

An automated calling system for all negative meal accounts is now utilized by the Lake of the Woods School. Invoices are mailed monthly.

To download the 2019-2020 District Calendar, visit www.lakeofthewoodsschool.org

INFORMATION FOR PARENTS



IF YOUR FAMILY LIVES IN ANY OF THE FOLLOWING SITUATIONS:

In a shelter



In a motel or campground due to the lack of an alternative adequate accommodation



In a car, park, abandoned building, or bus or train station



Doubled up with other people due to loss of housing or economic hardship

Your school-age children may qualify for certain rights and protections under the federal McKinney-Vento Act.

Your eligible children have the right to:

- Receive a free, appropriate public education.
- Enroll in school immediately, even if lacking documents normally required for enrollment.
- Enroll in school and attend classes while the school gathers needed documents.
- Enroll in the local school; or continue attending their school of origin (the school they attended when permanently housed or the school in which they were last enrolled), if that is your preference and is feasible.
 - * If the school district believes that the school you select is not in the best interest of your children, then the district must provide you with a written explanation of its position and inform you of your right to appeal its decision.
- Receive transportation to and from the school of origin, if you request this.
- Receive educational services comparable to those provided to other students, according to your children's needs.

If you believe your children may be eligible, contact the local liaison to find out what services and supports may be available. There also may be supports available for your preschool-age children.



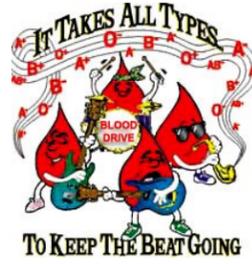
Local Liaison
Joyce Beckel, LSSW
218-634-2510 ext. 1554

State Coordinator
Roberto Reyes
651-582-8302

If you need further assistance with your children's educational needs, contact the National Center for Homeless Education:
1-800-308-2145 * homeless@serve.org * www.serve.org/nche

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."



SAVE THE DATE
NHS Blood Drive
Wednesday, March 11, 2020
Multi-purpose gym

Adult Basic Education

For more information on ABE (Adult Basic Education) Classes, please contact:

Brent Cole, Community Education Director

P.O. Box 310

Baudette, MN 56623

Phone: 218-634-2735 ext. 1503

Email: brent_c@lakeofthewoodsschool.org

Must be 16 years old or older and not enrolled in secondary school.



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.

High School Yearbooks

Contact yearbook staff
to order

634-2510 ext. 1404

THE GRAND THEATER

www.baudettemovies.com

MOVIE HOTLINE
218-634-1376

Gift Certificates
Available

Find us on

facebook



Lake of the Woods School Continues to Provide Backpack Program

Jeff Nelson
Lake of the Woods Superintendent

Lake of the Woods School is excited to offer the Backpack Program for the 2019-2020 School Year. Thanks to the continuing financial support from local organizations and individual donors, this will be our eighth year of providing nutritious meals and snacks to children in need.

The mission of the Backpack program is to help alleviate child hunger by providing hungry children with nutritious and easy-to-prepare food items. Food is provided at those times when other resources are scarce or unavailable, such as weekends and school vacations. The program provides bags filled with food that are child-friendly, nonperishable, and easily consumed. The bags are discreetly distributed to children on the last school day before a weekend or holiday vacation.

The Backpack program is rooted, not just in a mission to provide food to hungry children, but to preserve the dignity of the children and their families. There are numerous conditions that would qualify a child for this program. These conditions may include, but are not limited to; a family crisis, loss of household income (reduction in work hours/seasonal work), or qualifying for Free/Reduced Lunch. We do ask parents and/or guardians to sign a permission form allowing their child or children to participate in the program.

If you feel that your child would benefit by participating in this program, I encourage you to contact the District office at 218-634-2510, extension 1501 or the superintendent's office at extension 1506 to request that your child participate in the program.

VACANCIES:

Lake of the Woods School has an opening for:

Sub bus drivers

Must be able to obtain a Class B license with school bus, passenger and air break endorsement. Sub pay is \$40.00 per route. Applications may be picked up in the District Office or at the school website, www.lakeofthewoodsschool.org, you can also apply online. Please mail applications to Lake of the Woods School, Crystal Olson, Business Manager, P.O. Box 310, Baudette, MN 56623

If you have any questions, call Brent Cole Transportation Supervisor, 218-634-2735 ext. 1503.

Lake of the Woods School ISD #390 is an Equal Opportunity Employer

Lake of the Woods School has opening for Lifeguard positions:

Lifeguards needed at the Lake of the Woods School Pool. You must have a current lifeguard certification/1st aid/CPR/AED. Applications may be picked up in the District Office or you can also apply on line at the school website, www.lakeofthewoodsschool.org Please mail your application to Lake of the Woods School, Crystal Olson, P.O. Box 310, Baudette, MN 56623.

If you have any questions, call Lisa Beckstrand, Pool Coordinator, 218-634-2735, ext. 1101 or email lisa_b@lakeofthewoodsschool.org

Lake of the Woods School ISD #390 is an Equal Opportunity Employer

Substitute Paraprofessionals Needed

Lake of the Woods School is seeking energetic, patient individuals who would enjoy working with our students. Must be flexible, open minded and willing to work positively with students of varying abilities and behaviors.

Qualifications:

Candidates must meet "highly qualified" standards set by Minnesota Department of Education. "Highly qualified" status can be met in one of the following ways: a) two years of study at an institute of higher education; b) Associate's degree (or higher); or c) successful completion of Highly Qualified certification program provided by the district.

If interested please submit:

- Letter of Application
- Resume (if applicable)
- Transcript (if applicable)
- 3 current Letters of Reference

Visit district website at: <http://lakeofthewoodsschool.org> Click on Job Opportunities to download and complete an Employment Application. You may also contact Crystal Olson at 218-634-2735 ext. 1505.

Send the above information to: Crystal Olson, Lake of the Woods ISD #390, P.O. Box 310, Baudette, MN 56623.

Lake of the Woods ISD #390 is an Equal Opportunity Employer.

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
- Box Tops is changing to fit today's families. The new and improved Box Tops mobile app uses state-of-the-art technology to scan your store receipt, find participating products and instantly add Box tops to your school's earnings online

Each enrolled school has a Box tops Coordinator that counts and submits all of their Box Tops to General Mills

Enrolled school 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 Shannon Hayes at Shannon_h@lakeofthewoodsschool.org or by phone at 218-634-2510 ext. 1738. Box Tops may be sent to the school in care of Shannon Hayes at PO Box 310, Baudette, MN 56623. Visit www.btfe.com to find ideas and resources and more information about the Box Tops program.

Art Department



Lake of the Woods School Art Department, under the guidance of teacher Wendy Storbeck, has many talented artists. Some of their artwork is on display in the High School Media Center. This has been an ideal collaboration between the Art Department and the Media Center as a way to showcase their talents to fellow students and school staff throughout the school year. Current works on display include: Clay Projects, Calligraphy/Chinese writing with watercolor backgrounds, 3D Elements of Design booklets, and enlarged Cartoon Character with a grid. The Media Center staff enjoy displaying student's artwork, while enhancing the libraries atmosphere!

Howards
Open 7 Days a Week
5:30 a.m. - 10 p.m.

Gas - Diesel - Propane - Car Wash - ATM
Convenience Store - f'real milkshake

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

Order Your
Yearbook

**High School
Yearbooks**

Contact yearbook
staff to order
634-2510 ext. 1404

To view your student's lunch account balance, visit www.lakeofthewoodsschool 11



Miss Pam's Headstart Thanksgiving Feast



Children served homemade butter, crackers and fruit kabobs on Wed. November 27

ECFE "Fun Nights"

"The Early Childhood Family Education Program meets bi-monthly for gym night fun. This year's theme is Circus animals.

Preschoolers and their parents participate in games, relays, exercises, and snacks for all. Once a month ECFE families meet in the gym, and the other night at the pool for preschool aquatic activities. For more information on dates and times, call 634-2735 ext. 1639 or jeni_k@lakeofthewoodsschool.org Come join the fun!"



White Elephant Sale



Free & reduced meal applications are available in the district office

Veteran's Day



Lake of the Woods School was the site for our community's Veteran's Day Program. Veterans, community members and students in grades 3 through 12 all enjoyed a memorable program honoring our Veterans. After the program all Veterans were invited by our local VFW Club to stay and have lunch with the students.

Lake of the Woods Elementary Recognizes Perfect Attendance

Jeff Nelson
Lake of the Woods Superintendent

Encouraging regular school attendance is one of the most powerful ways we can prepare our children for success, both in school and in life. When we make school attendance a priority, we help our children get better grades, develop healthy life habits, avoid dangerous behavior and ensure that they graduate from high school.

As a parent, you can prepare your child for a lifetime of success by making regular school attendance a priority. If you have any questions or concerns about your child's attendance, please contact your child's teacher or school administration. We will work together to figure out the reasons for your child's absences, whether they're physical or emotional, and will develop a plan to provide support and services that will help set your child on the path to success.

Lake of the Woods Elementary will be recognizing students with perfect attendance each quarter during the 2019-2020 School Year. These students will receive a Certificate of Achievement, a pool pass, and other incentives. At the end of the year, students with perfect attendance are entered into a drawing for a new bike.

Lake of the Woods School would like to congratulate the following students for their perfect attendance for Quarter 1 of the 2019-2020 School Year.

Kindergarten

Odin Austad
Hadley Davidson
McKinley Howdahl
Ellis Olson
Kenadee Pepperling
Kinsley Slick
Claire Abel
Hillary Block
Mandy Block
Oliver Nylander
Ezra Olson
Corbin Speaker
Hendrix Voytilla

Nickerson Rantanen
Lacie Ferrier
Gus Hasbargen
Zoe Hirst
Delia LaValla
Jazmine Matthias

Second Grade

Shayleeh Levasseur
Riley Lorette
Simon Lorette
Rylan Pederson
Madison Peterson
Enola Speaker
Whitney Tange
Emmett Vrtačnik
Alaina Weiss

Third Grade

Brody Block
Adia Bruyere
Abigail Huerd

Autumn Monk
Bentley Neumiller
Katelyn Peterson
McKenzie Reinart
Melody Schnellman
Isaac Solar
Savannah Levasseur
Elyn Lucek
Jacob Neumiller
Cooper Olson

Fourth Grade

Madison Bossoletti
Keira Ferrier
Ava Haack
Ally Higgins
Carter Husbands
Mario Lee
John Lein
Mason Mollberg
Caitlin Murphy
Audrena Pepperling

Owen Schaff
Preston Thompson
Josie Wendler

Fifth Grade

Christopher Castle
Geno LaValla
Matthew Nordine
Kaylee Pieper
Lily Solar
Ian Anderson
Alexis Brune
Triton Curran
Lucas Holen
Danika Lucek
Kathrine Martin

Sixth Grade

William Castle
Ashlyn Odor
Ella Johnson
Shalee Neumiller

RULES AT THE BUS STOP

- Get to your stop five minutes before your scheduled pick up time. The school bus will not wait for late students.
- Respect the property of others while you are waiting at the bus stop.
- Keep your arms, legs and belongings to yourself.
- Use appropriate language.
- Stay away from the street, road or highway while waiting for the bus.
- Wait until the bus stops before approaching the bus.
- After getting off of the bus, move away from the bus.
- If you must cross the street, always cross in front of the bus where the driver can see you. Wait for the driver to signal you before crossing the street.
- No fighting, harassment, intimidation or horseplay.
- No use of alcohol, tobacco or drugs.

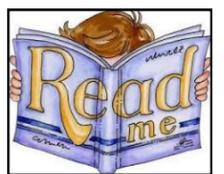
RULES ON THE BUS

- Immediately follow the directions of the driver.
- Sit in your seat facing forward.
- Talk quietly and use appropriate language.
- Keep all parts of your body inside the bus.
- Keep your arms, legs and belongings to yourself.
- No fighting, harassment, intimidation or horseplay.
- Do not throw any object.
- No eating, drinking or use of tobacco or drugs.
- Do not bring any weapons or dangerous objects on the bus.
- Do not damage the school bus.



Baudette Public Library & Media Center

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



Monday -Friday 10:00 a.m.-5:30 p.m. and Saturday from 10:00 a.m.-2:00 p.m.

Follow us on Facebook at The Baudette Public Library for the upcoming events.

Upcoming programs: February 15 at 10 a.m. "Recycle, Repurpose & Restyle" with Mary Mulari; Sometime in April "Every Voice Matters: For Absolute Beginners"; and Sometime in May "Stories Sing! with Minnesota Opera".

2020 Story Times will start the second week of June and run through the second week of August. They will start at 10 a.m. and have stories, crafts & snacks. The Baudette Public Library will also run a Summer Reading Program during these months with Book Fair certificates to earn for the L.O.W. School Fall Book Fair.

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.

What is T-21 All About?

Tobacco 21 is a national campaign taking a local approach to raising the tobacco sales age from 18 to 21 years of age. Established in 1996, Tobacco 21 and the Preventing Tobacco Addiction Foundation strive to reduce smoking and tobacco use through a preventive effort locally and on the state level all over the United States and American territories. The states and cities in Minnesota include:

It is not only larger cities and towns that are looking at adopting this Law in Minnesota. Beltrami County held a public hearing on January 22nd, 2019 on the issue.

Locally, through the assistance of a Statewide Health Improvement Partnerships grant (SHIP) CHI LakeWood Health's Public Health Department has provided education to both City Council and Lake of the Woods County Commissioners on the use of tobacco products and the T-21 campaign. Additional education was also provided to Lake of the Woods School employees on tobacco products and new trends impacting our youth.

WHY 21?

According to 2018 National Youth Tobacco Survey (NYTS) data, current e-cigarette use or "vaping" – among middle and high school students increased alarmingly between 2017 and 2018, with over 3.6 million kids currently using e-cigarettes in 2018. Each year, the NYTS, a nationally represented survey funded by the FDA and CDC, sheds light on the latest tobacco use among both middle and high school students. In recent years, e-cigarettes have become the most commonly used tobacco product by U.S. teens; however, rates of use generally declined between 2015 and 2017. Unfortunately, the 2018 NYTS data shows a sharp and startling reversal of overall declines in youth tobacco use from previous years.

States

- Hawaii (effective 1/1/16)
- California (effective 6/9/16)
- New Jersey (effective 11/1/17)
- Oregon (effective 1/1/18)
- Maine (effective 7/1/18)
- Massachusetts (effective (12/31/18)

Minnesota Cities

1. Bloomington
2. Eden Prairie
3. Edina
4. Excelsior
5. Falcon Heights
6. Hermantown
7. Lauderdale
8. Minneapolis
9. Minnetonka
10. North Mankato
11. Otter Tail County
12. Plymouth
13. Richfield
14. Roseville
15. Shoreview
16. St. Louis Park
17. St. Peter

Better Health = Better Learners
 #schoolwellness



Healthy Schools

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

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

All of our elementary students have swimming throughout the school year as part of their physical education class.

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.

WSI and Lifeguard Training

Anyone interested in taking the WSI (Water Safety Instructor) Class please contact Lisa at the pool office. This class is a 40 hour class and you must attend all class times. With the WSI certification you will be certified to teach American Red Cross Swimming Lessons You must be at least 16 years of age to take this class.



Walking Track

The walking track is open Mon/Wed/Fri 5:00 a.m.-9:00 p.m., Tues/Thurs 8:00 a.m.-9:00 p.m., Sat/Sun 1:00-4:00 p.m. (during pool hours). For our records, please sign in one time at either the Pool Office or the District Office.

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, 2020

Lake of the Woods Community Education Registration
P.O. Box 310
Baudette, MN 56623



Name (adult): _____
 Name (student): _____ Class/Activity _____ Fee \$ _____
 Age: _____ Grade: _____ Teacher: _____
 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

2019 Holiday Craft & Vendor Extravaganza

Sixty-nine crafters, vendors and community groups participated in the 2019 Community Education Holiday Craft and Vendor Extravaganza. NHS students greeted and registered our guests for the door prizes and gave them a shopping bag donated by the L/W Chamber. Coffee and apple cider was provided free by Community Education. Concessions were provided by the Lady Laker JO Volleyball team and Woody Fiala, Arlene Pierce, and Jenny Moorman provided music throughout the day. There were many

fun activities throughout the day including the Scholastic Book Fair, Women of Today Turkey Bingo, kids crafts with the Girl Scouts, and a Just for Kix performance. And, of course, a visit with Santa! He said that his visit was wonderful and that our children in this community are very well behaved. He is planning on coming next year!



NHS members, Logan Larson, Gunner Ferrier, Aston Aery, Greta Moeller, Denton Thompson, Nick Hanson, Aspen Thompson and Shayla Risser register the guests throughout the day.



Jenny Moorman, Arlene Pierce and Woody Fiala provided music throughout the day.



Santa Visit.

Scholastic Book Fair activities



Just for Kix Performance



Shopping



Shopping



Girl Scouts provide "crafts for kids."



Northern Sports & Machine
634-1089

- Polaris ATV, Ranger, RZR & Snowmobiles
- Golf Carts, Sales & Service
- Full Service Machine Shop

651 Co. Rd 1 SW - Baudette, MN
3/4 mile South of Baudette Motel



Randy Orton, Dealer

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."

2019-2020 MEAL PRICES

Breakfast: \$1.25 - Elementary & High School
Lunch: \$2.40 - Elementary
High School: \$2.75 - High School

To view your student's lunch account balance, visit www.lakeofthewoodsschool.org 17

Community Education/Pool Classes/Activities

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.

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:

Brent Cole, Community Education Director at 634-2735 ext. 1503
brent_c@lakeofthewoodsschool.org

Piano Lessons Just For Me!

This course is geared toward students who would like to learn how to play piano. Instructed by Heidi Maus, 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. For information please email Brent at brent_c@lakeofthewoodsschool.org or call 634-2735 ext. 1503

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

Teacher: Heidi Maus

Location: Elementary music room or choir room

NASP Archery 2020

The National Archery in the Schools Program is a program aimed at improving educational performance among students in grades 9-12. Students will have the option to compete with other schools in archery shoots across the state. Students are learning focus, self-control, discipline, patience, and the life lessons required to be successful in the classroom and in life.

Coach: Buck Nordlof

Location: Small Gym

Dates: October - Late March

Time: 8:00 p.m.

Fee: \$40

(FEE MUST ACCOMPANY REGISTRATION)



Adult Basic Education

For more information on ABE (Adult Basic Education) Classes, please contact:

Brent Cole, Community Education Director

P.O. Box 310

Baudette, MN 56623

Phone: 218-634-2735 ext. 1503

Email: brent_c@lakeofthewoodsschool.org

Must be 16 years old or older and not enrolled in secondary school.

Adult Basketball League

Dates: Wednesday night

Time: Wednesdays -7:00– 9:00 p.m.

Location: Big Gym

If you have questions, please call Brent at 634-2735 ext. 1503

Adult Volleyball League

Dates: Wednesday nights

Time: 7:00 p.m.

Location: Small gym

If you have questions, please Brent at 634-2735 ext. 1503.

Wool Applique Class

Bonnie has a brand new design at Willow Wood Market that she will be teaching at this class. This is wool applique on cotton that measures 13 x 15. A soup and sandwich lunch will be provided.

Kit cost: \$30.00 payable to the instructor the day of the class

Supplies needed: A scissor that will cut through paper and wool, and a stash of embroidery floss and/or pearl cotton.

Maximum students: 15

Minimum students: 6

Date: Saturday, January 18, 2020

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



Rug Hooking

Learn this fun, fast technique using the Oxford Rug Punch tool as you create a beautiful, colorful flower that can be framed, made into a pillow, or a wall hanging. All tools needed will be provided for use in class. No additional supplies are required. The kit and all supplies needed are provided for use in the class (the rug punch needle will be provided to use but is not part of the kit.) If you have taken this class before, please feel free to sign up for a refresher!

Kit cost: \$35.00 payable to the instructor the day of the class

Maximum students: 8

Minimum students: 4

Class fee: \$10.00 payable to L/W School

Date: Friday, January 17, 2020

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

Location: High School Life Skills Room

Instructor: Bonnie Lundorf, Willow Wood Market, Bemidji

www.willowwoodmarketdesigns.com



Rod Building Class 2020

Dates: Thursdays, March 5, 12, 19 & 26, 2020

Time: 7:00-9:00 p.m.

Location: High School Art Room

Instructor: Ralph Christofferson

Class fee: \$5.00

Rod building supplies – order for their own materials will be placed on the first day of class. Supply fee will vary according to the choice of their project.

Drivers Education Class

The Lake of the Woods Drivers Education classroom course will begin on March 2nd and finish on March 17th. The class will be offered after school from 4:15-7:15 in the ITV room. There will also be a 2-hour parent class at a day yet to be determined. The behind the wheel course will begin in mid-June. Students must be 15 years of age by May 31 to be enrolled. Students should bring a notebook, writing utensils, and a highlighter. The cost of the course will be \$350 and this includes both the classroom and behind the wheel phase. Fees are to be paid prior to the 1st day of class.

Transferring Pictures or Patterns to Fabric

We will be taking quilt block pictures, making them cutting size, and making a quilt block.

Supplies: graph paper, see through ruler, pencil, scratch paper, and eraser.

Maximum students: 10

Minimum students: 8

Date: March 3 & 17, 2020

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

Cost: \$10.00

Location: Lifeskills Room

Instructor: Audrey Olson



Community Education Classes

POUND

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using RipstixR, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND provided the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

WINTER SESSION

Location: Multi-purpose gym
 Dates: January 14, 21, 28; February 4, 11, 18, 2020
 Time 6:15:7:15 pm

Fee: \$30.00 for 6 week session

Instructor: Courtney Vrtacnik

SPRING SESSION

Location: Multi-purpose gym
 Dates: March 24, 31; April 7, 14, 21, 28; May 5, 12, 2020
 Time 6:15:7:15 pm

Fee: \$40.00 for 8 week session

Instructor: Courtney Vrtacnik

Snowshoe, Shuffle & Stomp!

Students in grades 3-6 are invited to join our snowshoeing adventure on Tuesdays and Thursdays after school as we buckle, clip and stomp through the snow-filled trails in the school forest. Participants must wear a jacket, snow pants, boots, hat and mittens. Please bring a water bottle.

Instructor: Andy Pierson

Fee: \$20.00 resident

Dates: February 11, 13, 18, & 20, 2020

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.

Lake of the Woods School Weight Room Membership

Contact:

Brent Cole, Community Education Director

Community Education Office

Lake of the Woods School

218-634-2735 ext. 1503

Payment

- Weight room membership fees are due at the beginning of each month
- Weight room membership fees are not prorated
- Weight room fees may be paid multiple months in advance

Weight room fees may be paid at the Community Education Office or mailed to :

Community Education Office

Lake of the Woods School

Attention: Brent Cole

PO Box 310

Baudette, MN 56623

Fee Schedule

Fees are non-refundable

	Month	3-Mon.	6-Mon.	Year
Resident	\$30	\$80	\$145	\$250
Non-Resident	\$40	\$110	\$190	\$335
LOW Grad w/College ID	\$20	\$55	\$95	\$170
Senior Resident (65+)	\$10	\$25	\$45	\$85
Senior Non-Resident (65+)	\$20	\$55	\$95	\$170

The weight room will be closed when school is in session, school lifting times, holidays, and when school is cancelled

Join a Community Education
Class or Activity!

Contact Lisa at the pool
634-2735 ext. 1101

or

Brent for Community Ed
classes/activities
634-2735 ext. 1503



Reed McFarlane, Transportation/Maintenance Supervisor, retires after 25 years of service at Lake of the Woods School.

Walking Track

During the school day walkers must sign in at the main office and receive a visitor's pass. The walking track is open Mon/Wed/Fri 5:00 a.m.-10:00 p.m., Tues/Thurs 7:00 a.m. - 10:00 p.m.

Saturday 8:00 a.m. - 4:30 p.m. and

Sunday 12:00 p.m. - 4:30 p.m. (during pool hours).

The Lake of the Woods School is locked during the school day and on Holidays. Hours are subject to change.



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

About FERPA

The Family Educational Rights and Privacy Act (FERPA) (20 U.S.C. § 1232g; 34 CFR Part 99) is a Federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education.

FERPA gives parents certain rights with respect to their children's education records. These rights transfer to the student when he or she reaches the age of 18 or attends a school beyond the high school level. Students to whom the rights have transferred are "eligible students."

Parents or eligible students have the right to inspect and review the student's education records maintained by the school. Schools are not required to provide copies of records unless, for reasons such as great distance, it is impossible for parents or eligible students to review the records. Schools may charge a fee for copies.

Parents or eligible students have the right to request that a school correct records which they believe to be inaccurate or misleading. If the school decides not to amend the record, the parent or eligible student then has the right to a formal hearing. After the hearing, if the school still decides not to amend the record, the parent or eligible student has the right to place a statement with the record setting forth his or her view about the contested information.

Generally, schools must have written permission from the parent or eligible student in order to release any information from a student's education record. However, FERPA allows schools to disclose those records, without consent, to the following parties or under the following conditions (34 CFR § 99.31):

- School officials with legitimate educational interest
- Other schools to which a student is transferring
- Specified officials for audit or evaluation purposes
- Appropriate parties in connection with financial aid to a student
- Organizations conducting certain studies for or on behalf of the school
- Accrediting organizations
- To comply with a judicial order or lawfully issued subpoena
- Appropriate officials in cases of health and safety emergencies
- State and local authorities, within a juvenile justice system, pursuant to specific State law

Student Directory Information

Public Disclosure of Student Directory Information – (For ALL Students Grades PreK-12)
In accordance with federal and state laws, the Bremerton School District may release student directory information for various purposes. Student directory information is defined by the District's Board of Directors, and may include:

- Student name, address, and telephone number
- Date and place of birth
- Major field of study
- Participation in officially recognized activities and sports
- Weight and height of member of athletic teams.
- Dates of attendance
- Honors, awards & degrees received
- School & grade level
- Previous educational agencies or institutions attended by the student
- Photographs, videos and other similar information

Public disclosure of student directory information may occur in many ways, such as:

- School yearbooks (including photos)
- Team rosters and class lists
- Graduation, theater, athletic, and music programs
- Video performances, school activities, and athletic events
- Articles about school activities and athletic events
- School honor roll, scholarships and other awards
- Releases to media

Release of Directory Information to the ARMED FORCES – (For High School Students Only)

The No Child Left Behind Act of 2001 (NCLB) and the National Defense Authorization Act for Fiscal Year 2002 both require high schools to provide military recruiters with access to directory-type information on secondary school students. Upon request, and after notifying parents, schools must release to military recruiters the name, address, and telephone numbers of high school juniors and seniors, unless the parent or eligible student has opted out of the release of this information to military recruiters. If you wish to opt out, you must check the box below and return this form no later than September 30 or ten days following the student's enrollment in the District, whichever is later. This election is good for the remainder of the current school year.

Publishing of Pictures, Videos & Student Art/Work in Schools

Lake of the Woods School District likes to celebrate the achievements of our students and staff. Throughout the year district staff may take photographs of students and school activities. These photographs may appear in various District materials, including the District's website (www.lakeofthewoodsschool.org), newsletters, yearbooks, brochures, the Report Card, district calendar, etc. We, at times, may also publicize student work.



Release of Student Information & Photo Release "Opt Out" Form

*This form should be filled out **ANNUALLY** and kept on file with the child's school **ONLY IF PARENTS CHOOSE AN OPT-OUT OPTION.***

Student's Name: _____ Grade: _____

School: _____ School Year: _____

The Family Educational Rights and Privacy Act (FERPA) is a Federal law that protects the privacy of student education records. Parents and eligible students have a right to opt out of the inclusion of information about the student as directory information, photo/image, and student work. If you wish to opt out, you must check the box(es) below and return this form no later than September 30 or ten days following the student's enrollment in the District, whichever is later. This election is good for the remainder of the current school year.

Parents/Guardians, please check all that apply:

PLEASE DO NOT INCLUDE MY STUDENT'S INFORMATION IN **DIRECTORY INFORMATION*** THAT MAY BE RELEASED WITHOUT MY CONSENT INCLUDING, BUT NOT LIMITED TO:
YEARBOOKS
NEWSLETTERS
BROCHURES
AWARDS
DISTRICT CALENDAR

PLEASE DO NOT RELEASE MY STUDENT'S DIRECTORY INFORMATION TO THE **ARMED FORCES***.

PLEASE DO NOT PUBLISH MY STUDENT'S **PHOTO/IMAGE AND STUDENT WORK***.

Parent/Guardian's Name (Please Print) _____

Date: _____

Parent/Guardian's Signature _____

*This form is available on request from the District Office or at the district's website at www.lakeofthewoodsschool.org.

Donkey Basketball



The students that are traveling to Washington DC this spring sponsored an evening of laughter on Tuesday, November 26. The action started at 7:00 PM following Parent Teacher Conferences at the gymnasium at Lake of the Woods High School. About 550 people enjoyed the hilarious antics of the donkeys from Dairyland Donkey Ball. Local riders from ANI Pharmaceuticals, CHI Hospital and Firemen, L/W County Employees, and students and staff of the school all competed.

The team from the school won the championship!

Lake of the Woods Students Visit Manitou Mounds



The eighth grade class from Lake of the Woods High School took a field trip to Manitou Mounds near Stratton, Ontario. 42 students were guided along the trails that skirted the Rainy River to the burial mounds of the Laurel and Black Duck natives that inhabited the region hundreds of years ago. Kay-Nah-Chi-Wah-Nung (The Place of the Long Rapids) contains the largest group of burial mounds and associated village sites in Canada.

The eighth graders also explored the museum, learned about the archaeology, and practiced throwing atlatls. Funds to pay for the field trip were allocated through the Lake of the Woods School Native American Indian Education Committee.

November Students of the Month



Bethany has been chosen to be the Lake of the Woods Senior High "Student of the Month" for November 2019 because of her academic excellence, and participation in the extracurricular programs at LHS.

Bethany's Extracurricular Activities include:

Choir (2 yrs), Drama (1 yr), National Honor Society (1 yr), Yearbook (2 yrs), Sr. Class President, Yearbook Editor, Choir Artist Spotlight Award, Honor Choir, Best in Sight Solo.

Bethany attends the Evangelical Covenant Church

Bethany is the daughter of Doug and Johanna Mason



Abigail has been chosen to be the Lake of the Woods Junior High "Student of the Month" for November 2019 because of her academic excellence and her participation in the extracurricular programs at LHS.

Abigail's Activities include:

STUDs, Knowledge Bowl, One Act Play, Dance and Volunteering at the Humane Society

Abigail is the Daughter of Stephanie and Jonathan Head

Lake of the Woods School will host the One-Act Sub-Section Competition on January 25, 2020



Lake of the Woods School will be hosting the Sub-Section Competition this year on Saturday, January 25, 2020. The competition will start around 10:00 a.m. and will go until mid-afternoon. Approximately six schools will be performing in this competition.

Lake of the Woods students will be performing a comedy "Check Please" by Jonathan Rand and a drama, "To Burn a Witch" by James L. Bray.



The public is invited to attend. There is no admission charged. Concessions will be available.

Thank you to Mrs. Moeller and her Journalism Class for their help with the 2020 Winter Education Plus.

For Early Childhood information visit www.lakeofthewoodsschool.org

Lake of the Woods Activity Fees

**Lake of the Woods Bears
2019- 2020 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
Chad Hazelton, Activities Director at
634 - 2735 ext. 1418

**Lake of the Woods School
2019 - 2020 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

Checks or Money Orders may be mailed to:
Lake of the Woods School
P.O. Box 310
Baudette, MN 56623

GO BEARS!

Cash, Checks, or Money Orders may also be dropped off in the Main Office.

New Staff



Lisa Olson

Hello! My name is Lisa Olson and I'm so excited to be a second grade teacher at Lake of the Woods School. I was born and raised here in Baudette, but have been fortunate to live in multiple places in the nation before moving back. My husband and I have a 6 year old son and a 3 year old daughter. We are a hockey family, and we enjoy being on the water in the summers. I'm so grateful to give back to the community and school that is so special to our family.



Dani Koschak

My name is Dani Koschak I am the District Office Secretary. I was born and raised here in Baudette. I was a paraprofessional here at Lake of the Woods 2013-2015. My husband, Darren, is a lineman at NorthStar Electric. We have 2 children Aria (3 1/2) and Charlie (1 1/2). I'm very excited to have the opportunity to get back into the school district and raise my family in the same school I was lucky to grow up in.

SchoolPay

The Easiest and Safest Way to Pay for School-Related Fees

Registration

...IS FREE AND EASY!

1

Go to schoolpay.com

2

Find or Create your account

3

Pay with your credit/debit card or electronic check



See every payment item relevant to all children



View meal purchases and replenish account balances



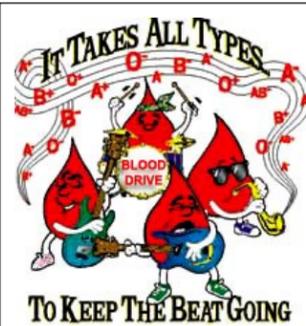
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**SAVE THE DATE
NHS Blood Drive
Wednesday, March 11,
2020
Multi-purpose gym**

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...

Come see what makes
Lake of the Woods School
A GREAT CHOICE!

- Nurturing & Caring Environment
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For more information call:
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Or visit us on the web at:
www.lakeofthewoodsschool.org



SMART SNACKS

School celebrations are fun and provide a chance to reinforce the message that nutritious food choices lead to healthier bodies and sharper minds. Individual schools and local education agencies should decide if and how often food will be part of group celebrations, and should encourage celebrations featuring activities other than eating. If school celebrations do involve food, work with the Child Nutrition Program to provide healthy options, support school meals, and ensure that food will be safe, wholesome and served in appropriate portion sizes.

Healthy Classroom Celebration Food

Put the focus of the party on the games and exciting activities, rather than on food. If food is offered at a party, be sure that it's not the main focus. For healthy celebrations, ensure that all foods provided meet the Wellness Policy's specific nutrition standards. These healthy foods can be fun, too! Provided here are some ideas for great party foods.

When foods are offered at classroom parties, be sure that they meet the

Wellness Policy's nutrition standards. The standards are:

- Not more than 30% of the total calories of the food item, excluding nuts or seeds, is from fat. Make sure there is not a nut allergy in your child's classroom.
- Not more than 10% of the total calories of the food item, excluding reduced fat cheeses, eggs and nut butters, is from saturated fat.
- Not more than 35% of the total weight of the food item, excluding fruits or vegetables, is composed of sugar.

In addition, "healthy" foods should come from the following categories:

- Milk and dairy products, including cheese, yogurt, and frozen yogurt
- Full-strength fruit and vegetable juices and fruit juice containing 100% full strength fruit juice
- Fresh, frozen, canned, and dried fruits and vegetables
- Nuts, seeds, and nut butters
- Eggs
- Non-confection grain products including crackers, bread items, tortillas, pretzels, bagels, muffins, granola bars, trail-mix bars, cereal, and popcorn

Here are some cool and enjoyable foods that kids will love!

- Fruit kabobs with low-fat yogurt
- Veggie trays with low-fat dip
- Frozen 100% juice bars
- Whole wheat bagels with low-fat topping
- Quesadillas made with whole wheat tortillas and reduced-fat cheese
- Frozen bananas with toppings like peanut butter and low-fat granola
- Have students make their own trail mix! Bring in items like whole grain cereals, nuts, and dried fruit.

Remember to keep goodies healthy, too. If parents put together grab bags, be sure to fill them with fun things like pencils, small toys, key chains, and craft items instead of candy.



EARLY CHILDHOOD SCREENING

By Cynthia Hanson

REMINDER to PARENTS of 3-5-year-olds: Early Childhood Screening will be held in the Spring of 2020. If you have not received information on screening by the end of March 2020, your child may not be registered on the census so please call the school.

Minnesota Law requires documentation of Early Childhood Screening prior to enrollment in kindergarten. Screening is an early look at a child's development and is conducted by qualified professionals to help identify specific needs a child may have in these areas: Fine and Gross Motor Skills;

Speech and Language Development; Cognitive and Social Development; Vision and Hearing; Height and Weight; and Immunizations. This screening should be completed at least one year before the child enters kindergarten. This service is provided at no cost to the family for all children who reside within Lake of the Woods School District boundaries.

Please notify the school 218-634-2510 or Cynthia Hanson #1727 if you have any questions or concerns about screening for your child.

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.

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- (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.

This institution is an equal opportunity provider.

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 **\$1.25 for both elementary and high school students.** If you qualify for free and reduced price meals, you qualify for both the breakfast lunch 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.

Access your child's attendance, grades, and more www.lakeofthewoodsschool.org

Phenology Club



The fall 2019 phenology club was a great success. The club met every Tuesday after school in the Month of September. Up to 25 students took part in the outings that took place in the adjoining school forest. Students learn about botany, (especially mushrooms) insects, and birds, and how temperatures effect these species with colder fall temperatures. The phenology club already is looking to get back out in nature in the spring of 2020.



Robotic First Lego-League Club

"Second graders met on Tuesdays this Fall in Mrs. Krause's room for their Robotics First Lego-League Club. The students were challenged this year to create their own businesses within their own Boomtown Community. Using engineering and design concepts to build weekly models using their LEGO elements."



Ugly Sweater Contest



Front row: Beckman's K class, Abigail S; Hayes 1st grade class, Jacob N; A. Pierson's 3rd grade class, Karley B; Olson's 2nd grade class, Whitney T; S. Pierson's 1st grade class, Makala B; Stanton's K class, McKinley H; Nordlof's 3rd grade class, Cooper O; Back row: Bonhomme's 2nd grade class, Lilly C; Krause's 5th grade class, Issak V; Monson's 5th grade class, Jonah M; Castle's 6th grade class, Dominik W; Kemen's 6th grade class, Izaliah N; Adult winner Jenny S.

Band Performs at the Lakewood Care Center

