



# Education Plus

**WINTER  
2022**

The Mission of Lake of the Woods Public school is to ensure that all learners achieve their highest potential and become contributing citizens in a rapidly changing world.

## 2023 Spring Athletics & Activities will be Free to Students in Grades 7-12

Thanks to additional money available through the Esser Grant, Lake of the Woods Athletics & Activities will be free of charge for students in grades 7-12.

Shena Brandt, Lake of the Woods School Business Manager, worked to find ways to spend the allotted Esser Grant money, and discovered that the Minnesota Department of Education had expanded the parameters of what the money could be used for. "It's not a long-term source of funding, but it will alleviate the cost for our participants' families for a season," Brandt said.

Activities Director, Samantha Lyon, commented that it will be an opportunity for students who have been wanting to try an activity. "This funding will eliminate one more barrier for students to get involved in activities. I hope students and families will take advantage of that opportunity!"

Lyon instructs students and families to register for activities like normal on the school website, and that registration will still be required to participate. If you have already paid for a spring activity, you will be refunded your fee.

If you have additional questions, please contact Sam at [samantha\\_l@lakeofthewoodsschool.org](mailto:samantha_l@lakeofthewoodsschool.org).

## Lake of the Woods Sophomores get a "Reality Check" from Local Businesses



The Lake of the Woods Women of Today sponsored the 2nd annual "Reality Check" for the sophomores at Lake of the Woods School.

"The Reality Check is designed to give students a real life look at what happens to students when they enter the work world and have to pay for everyday bills and life happenings. Several local businesses come in and give students what it will cost to get things like cable, pets, retirement, housing, etc. Students research jobs they are interested in and find out what type of salary they can expect. They then go station to station seeing what average bills they can expect and then find out if they will have any money left at the end of the month. I think our local businesses do a great job of giving our students a look at what life will be like when they are in charge of their own finances and many students find out that life is really much more involved than they ever thought. We have had very good input from the students about the event and look forward to keeping it an annual event at the school. We plan to expand it to 10th and 12th grade segments next year." - Bob Laine, High School Business Education Teacher

"purchase" or "pay" their monthly bill at each of the stations below and deduct from their income. Many ended up in the negative, but some circled back around to add more to their retirement savings or asked where/how to save extra money! Just a great way for kids to understand how to budget and where to maybe cut back with monthly expenses when they are in the early stages of their career. It also helps them see a face in the community they could actually go talk to when the time comes to make these adult decisions." - Jennica Hasbargen

Thank you to the following businesses and groups who participated in this event and support our youth and their futures:

Women of Today  
Humane Society/Pet Pantry  
New Moon  
Ameriprise Financial  
LOW Foods  
Greater Insurance  
City of Baudette  
Sjobergs  
Riverwood Bank  
Border Bank  
Reed Realty

## Congrats to Sarah Pierson for being named the 2022 Lake of the Woods Teacher of the Year!



### Inside this Issue

- Student News!
- Community Ed Activities
- Pool Schedule
- School Forest Ski/Snowshoe Trail Information
- Early Learners Information
- 2022-2023 District Calendar
- Parent/Teacher Conference Info
- February Lunch Menu
- School Job Opportunities
- One-Act Play Performances

"Each student had (and learned how to use) a check register (donated by Border Bank—thank you to them!)—they started with their monthly income estimate and had to

If you'd like to be part of this event moving forward please contact Jennica Hasbargen at [jennica.m.hasbargen@ampf.com](mailto:jennica.m.hasbargen@ampf.com)




# Check out the groomed Ski & Snowshoeing trails in the School Forest!

Maintained by the Maintenance Staff, the School Board, and local volunteers, the winter trails in the School Forest are open to the public for cross country skiing and snowshoeing.

The School Forest Committee will be sponsoring its *Annual Community Ski event on Wednesday, March 8th*. Skis and snowshoes will be available for the public to use. After your woodland adventure, cozy up by the campfire with a snack and hot chocolate.

Looking for a winter adventure for your youth group or adult club? Contact Sam at [samantha\\_1@lakeofthewoodsschool.org](mailto:samantha_1@lakeofthewoodsschool.org) to ask about hosting your organization in the School Forest for a ski and snowshoe event.



## Think Positive

### 4th-6th Grade Music Program

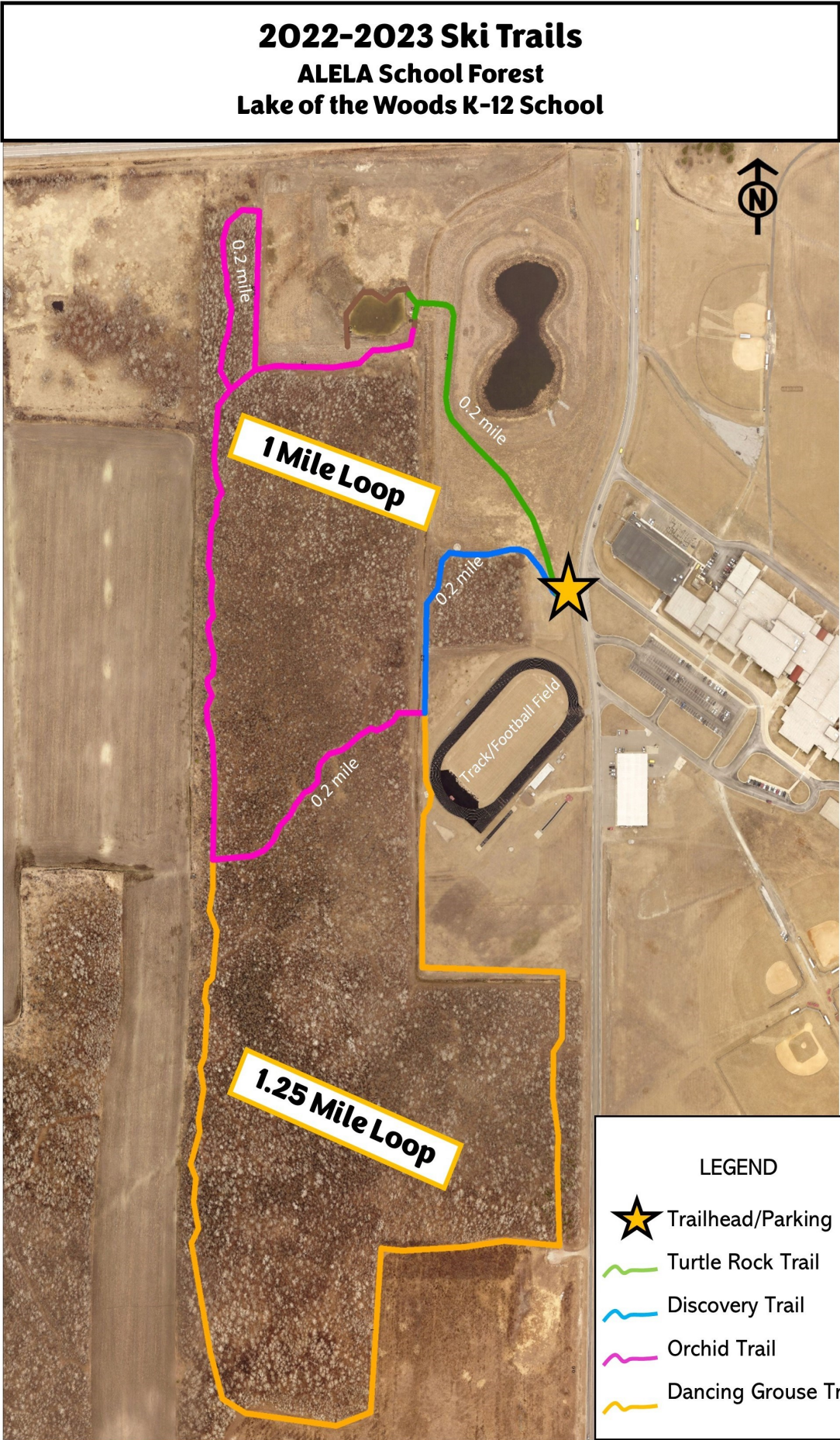
Thursday, February 9th at 9:30am



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





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## 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 2022-2023 School Year. Thanks to the continuing financial support from local organizations and individual donors, we will be providing nutritious meals and snacks to children in need.

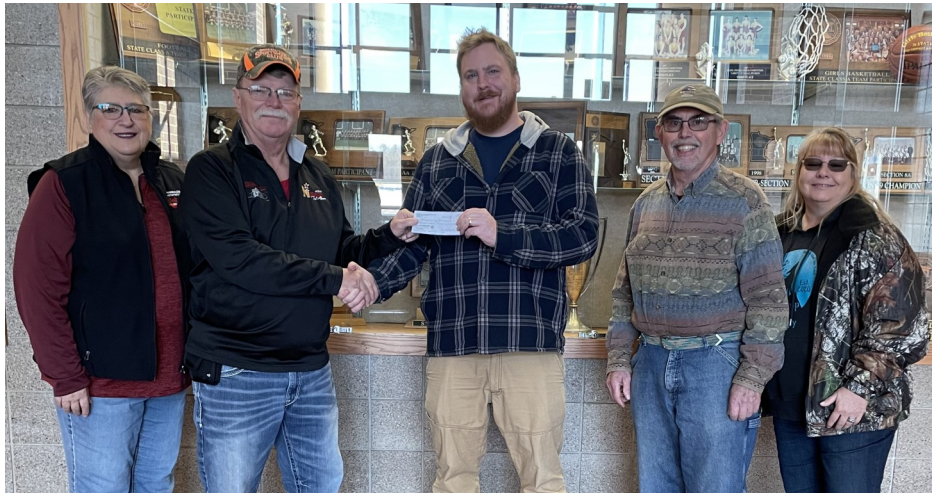
The following people and organizations have generously supported the program throughout the current school year:

Roseau/LOW Sportsman's Club  
Marcia & Scott Schmisek  
Williams School Class of 1971  
Williams Gardeners

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 in a mission to not only provide food to hungry children, but also 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 School Office at 218-634-2510, extension 1421 or my office at extension 1506 to request that your child participate in the program.



Kirby Borgen, Elementary Dean of Students, accepts donation to Backpack Program from Roseau/LOW Sportsman's Club.



**THANKS TO FITNESS ON MAIN  
FOR HELPING PURCHASE NEW  
ELEM BBALL JERSEYS!**



**Ruby's  
PANTRY**

will be at Lake of the Woods  
School Bus Garage on  
**First Thursday of the Month**  
from 5pm-7pm  
simply drive up, and pop open your trunk!

### WHAT IS RUBY'S PANTRY?

Ruby's Pantry distributes food at Pop-Up Pantry locations across MN & WI. **There is no income or residency requirement, and for a \$25 bundle donation you will receive an abundance of groceries.**

Want to volunteer: go to [rubyspantry.org](http://rubyspantry.org) and complete the Volunteer Application. Distributions will be monthly on the first Thursday of the month.



Baudette, MN  
218-634-1810

"Helping you live your dream!"

[reedrealtymn.com](http://reedrealtymn.com)

**Many thanks to all those involved in making  
the 2022 Holiday Craft & Vendor  
Extravaganza a success!**

**Mark your calendars for  
November 18, 2023  
for next year's event!**



# Community Education

For upcoming classes/activities and registration visit: [www.lakeofthewoodsschool.org/communityed](http://www.lakeofthewoodsschool.org/communityed)

PRE-K – 2ND GRADE  
OPEN GYM

1st SATURDAY OF THE MONTH  
Next one: FEB 4th  
10:00–11:30am

Lake of the Woods School - Multi-Purpose Gym

No sign up required. Children must be accompanied by an adult. Contact Sam at [samantha\\_l@lakeofthewoodsschool.org](mailto:samantha_l@lakeofthewoodsschool.org) with questions.

## Lake of the Woods School Weight Room Membership

Contact: Samantha Lyon, Community Education Director  
[Samantha\\_L@lakeofthewoodsschool.org](mailto:Samantha_L@lakeofthewoodsschool.org)  
218-634-2510 ext. 1437

Weight room fees may be paid online, at the District Office, or mailed to the school.

### Fee Schedule

*Fees are non-refundable*

	Month	3-Mon.	6-Mon.	Year
Resident	\$30	\$80	\$145	\$250
Non-Resident	\$40	\$110	\$190	\$335
LW 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.

## 2023 LAKE OF THE WOODS K-1<sup>ST</sup> GRADE VOLLEYBALL

### Dates

- February 27
- March 1, 3, 6, 7, 9
- April (no practices)
- May 1, 4, 8, 11, 15, 18

**Times:** Right after school for 1 hour

**Location:** Multipurpose Gym (next to the pool)

**Cost:** \$50.00 per player

- Checks payable to "AAA Booster Club"
- Venmo @jill-olson-43

**Attire:** tennis shoes, shorts, t-shirt, & hair in ponytail

**Questions:** Jill Olson – [jillolson.vball@gmail.com](mailto:jillolson.vball@gmail.com)



### Register Online:

[lakeofthewoodsschool.org/volleyball-try-outs-camps/](http://lakeofthewoodsschool.org/volleyball-try-outs-camps/)

LAKE OF THE WOODS

COMMUNITY EDUCATION

Summer  
Ball  
Leagues

Summer ball registration will go out in early April. Watch Facebook & flyers sent home with your student for info on how to get registered!

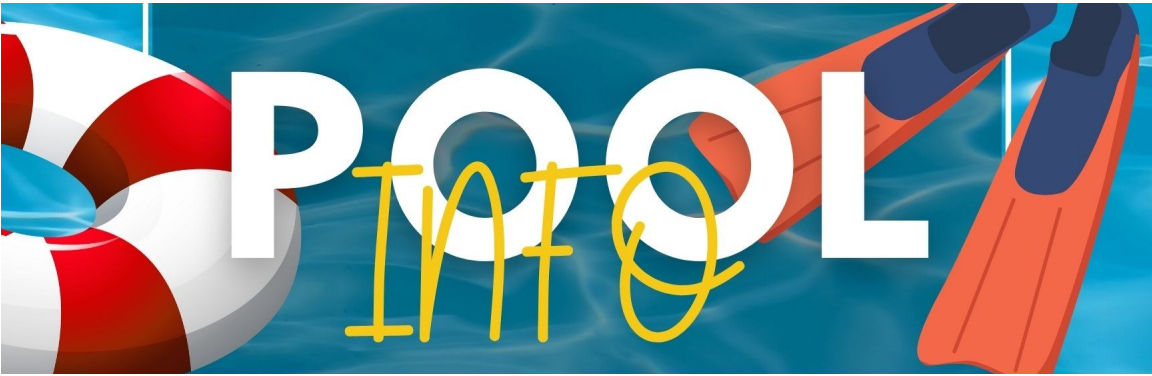
## Adult Basic Education Classes

For more information on ABE:

Kirsten Fuglseth, Adult Basic Education Coordinator  
114 West First Street  
Thief River Falls, MN 56701-1911  
Phone: 218-681-0886  
Email: [kfuglseth@nw-service.k12.mn.us](mailto:kfuglseth@nw-service.k12.mn.us)

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





**Pool Rates:**  
Adult-\$3.00  
Student-\$2.00  
Preschool-\$1.00  
Family Max-\$12.00

**Punch Card Prices:**  
Adult: \$25.00  
Student: \$12.00  
Preschool: \$7.00

Monday	Tuesday	Wednesday	Thursday	Friday
	5:00-8:00am Adult Swim		5:00-8:00am Adult Swim	
4:15-5:15pm Water Exercise		4:15-5:15pm Water Exercise	4:15-5:15pm Water Exercise	
	3:00-6:00pm Open Swim			3:00-8:00pm Open Swim

**What Does Water Aerobics Do For Your Body?**

- 1. Helps Build Strength:** When exercising in water, you're working against the resistance of water so by simply kicking and cupping the water you contribute to muscle development.
- 2. Helps With The Recovery Of Injuries:** Your body weight is considerably lighter when submerged in water. This buoyancy means you do not experience the same impact on your joints or muscles as you would exercising on land. So it's an ideal way to exercise and strengthen an injury to the knee, hip or foot.
- 3. Lowers High Blood Pressure:** Water aerobic workouts are perfect for those who suffer with high blood pressure. Your heart rate can be reduced considerably when exercising in water compared to on land.
- 4. Enhances Balance and Coordination:** Water exercise helps you build stability, improves your balance and expands your muscle strength for better coordination. This in turn affects your movement both in and out of water.
- 5. Reduces Stress, Anxiety And Helps With Insomnia:** Participating in water exercises can reduced stress and anxiety. The water has a calm and soothing effect on your brain and can help you to have better sleep.
- 6. Helps With Pain & Health Problems:** Water aerobics helps deal with arthritis and back pain. The waters buoyancy lowers the impact of your movements. Helping to relieve the amount of stress placed on your joints and muscles. Warm water also helps relieve pain and inflammation around joints and swollen muscles.
- 7. Increases Endurance:** When exercising for an extended period of time you're heart, lungs, and muscles all work together increasing your fitness and endurance.
- 8. Helps With Weight Loss:** Studies have shown water exercise reduces body fat and can lower your cholesterol levels. Although the amount of calories burnt vary depending on your size, the intensity of your workout and the depth and temperature of the water.
- 9. Increases in Body Flexibility:** Gaining overall body flexibility is one of the many benefits of water aerobics. The water density adds a resistance causing joints and muscles movements that you aren't used to.

**Water Aerobics** is a great way to improve your overall fitness and wellbeing. Studies have shown it can increase your metabolism, reduce body fat and help with many different health problems. Although it is recommended you talk to a doctor before you start any water exercise routine. Water aerobics classes can be great fun, very motivating and a great way to meet new people and socialize.

**For the most up-to-date pool schedule, go to the Lake of the Woods School website:**

[www.lakeofthewoodsschool.org/pool-calendar/](http://www.lakeofthewoodsschool.org/pool-calendar/)

For more pool info get in touch with Lisa at the Pool Office:  
218-634-2735 ext. 1101 or email at  
lisa\_b@lakeofthewoodsschool.org

**New Year Specials**



During the months of  
January & February get 20% off on  
Yearly Passes and Punch Cards



Yearly Membership Prices	Price	20% Discount (available Jan & Feb)
Family membership	\$360.00	\$288.00
Senior Citizen Membership 62+	\$210.00	\$168.00
Adult Membership	\$240.00	\$192.00
Student Membership	\$120.00	\$96.00
Preschool Membership	\$60.00	\$48.00
Punch Passes		
Adult Punch Pass	\$25.00	\$20.00
Student Punch Pass	\$12.00	\$9.60
Preschool Punch Pass	\$7.00	\$5.60





Lake of the Woods School ISD #390  
P.O. Box 310  
Baudette, MN 56623  
218.634.2735 (phone)  
218.634.2467(fax)

#### **L/W School Administration:**

Jeff Nelson, Superintendent/Elem. Principal  
Mary Merchant, High School Principal  
Kirby Borgen - Dean of Students  
Brad Abby - Transportation Supervisor  
Seth Putz - Maintenance Supervisor  
Samantha Lyon - Activities & Community Education Director

The **Education Plus** publication is a publication of Lake of the Woods School and Lake of the Woods Community Education.

The **Education Plus** newspaper will be printed 3 times during the 2022-2023 school year and distributed to postal patrons in Lake of the Woods County. It is also available on our school's website at [www.lakeofthewoodsschool.org](http://www.lakeofthewoodsschool.org)

#### **Lake of the Woods School Board Members:**

Lynnette Ellis (District #1)  
Boyd Johnson, (District #2)  
Corryn Trask, (District #3)  
Robyn Sonstegard, (District #4)  
Tim Lyon, (District #5)  
Karla Robida, (District #6)

**School Board meetings are held the fourth Monday of each month.**

#### **Community Education Staff:**

Samantha Lyon - Director  
Lisa Beckstrand - Pool Coordinator  
Nicole Gate - School Readiness Coordinator  
Jeni Krause - ECCE Educator

**Community Education Advisory Council:** Jeff Birchem, Jeff Nelson, Lisa Beckstrand, Nicole Gate, Jill Olson, Curt Storbeck, Brenda Nelson, Amber Zemke, Karla Robida, Ducky Gens, Carrie Davidson, Tammie Doebler, Buck Nordlof, Cody Hasbargen.

#### **Winter School hours:**

Mon/Wed/Fri: 7:00 a.m. - 10:00 p.m.

Tues/Thurs: 5:00 a.m. - 10:00 p.m.

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

Sun - Closed

**Hours are subject to change.**

## **CITIZENS' FORUM**

The School Board has adopted a policy (Lake of the Woods ISD 390 Policy 206) and procedure allowing citizens to address the Board on issues pertaining to district business that are not otherwise on the agenda for a particular meeting. The Citizens' Forum will be an agenda item during the Board's working session that is scheduled from 6:00 - 7:00 PM prior to the Board's regular monthly meeting.

#### **PROCEDURE FOR CITIZENS' FORUM:**

To speak during the Citizens' Forum, the citizen must sign up 15 minutes prior to the start of the meeting by completing a Citizens' Forum Request Form. These forms will be found at a table near the entrance inside the boardroom. Each citizen has five (5) minutes to speak to the Board. If there are multiple requests on the same topic the Board Chair may request one spokesperson to speak on the topic. The Board Chair will review all request forms prior to the meeting, and if approved, will invite citizens to come forward and speak at the prescribed time. The School Board will listen to the citizen and will not be obligated to respond in any way.

#### **RULES FOR CITIZENS' FORUM:**

The citizen understands that the following, but not limited to, are the rules for the Citizens' Forum:

1. Obscene and profane language or materials are not allowed.
2. Libelous or slanderous statements or materials are not allowed.
3. Legal issues or lawsuits past or present, along with any associated person's name or other information is not allowed.
4. Advertising statements or materials are not allowed.
5. Human rights, data privacy, and confidentiality laws at the district, state, and federal levels prohibit a citizen from speaking publicly about any person without their permission.
6. Individuals addressing the Board during the Citizens' Forum must complete the Request Form and sign the Hold Harmless and Indemnity Agreement.

The Citizens' Forum Request Form and Policy 206 will be displayed and available to the public on a table as you enter the ITV room. The policy and form will also be available on the School's website.

The public is reminded that all School Board Working Sessions and Regular Board Meetings are recorded. You can access recordings at the district's school YouTube channel: <https://www.youtube.com/channel/UCiVVYxMKwuH0G40T6L4cLnw>

The YouTube link is also available on the school board site: <https://lakeofthewoodsschool.org/school-board/>

Please contact Superintendent Jeff Nelson if you have any questions regarding the Citizens' Forum or addressing the School Board during the regular monthly board meetings.

**USDA 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, audiotape, 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, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](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](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

**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 the east end of the high school area. One is also stationed in the nurses office and each sports team travels with an AED.**





## Lake of the Woods to Host One-Act Play Sections on February 4th

Section 8A One-Act Play performances will gather in the Lake of the Woods Auditorium on Saturday, February 4th to compete for the chance to advance to the State competition. Plays will have already competed in their sub-section competitions the weekend prior. Lake of the Woods One-Act Play cast will perform the drama "Nellie" and will compete in sub-sections in Roseau on January 28.

"We're thrilled to be hosting the best NW Minnesota has to offer in high school theater," says Samantha Lyon, LW Activities Director. "It's an incredible opportunity for our community to enjoy performances by talented youth from across Section 8A. And we hope to have our own One-Act play performing!"

Performances are open to the public and times will be released when plays have advanced out of subsections. If you'd like to watch our Lake of the Woods Students perform before their competition, check out the info below!



**LAKE OF THE WOODS SCHOOL  
THEATER PRESENTS**

<p><b>One Act Play competition drama:</b></p> <p style="font-size: 2em; font-weight: bold;">"NELLIE"</p> <p>By Robby Seltz</p>	<p><b>Community Theater comedy:</b></p> <p style="font-size: 2em; font-weight: bold;">"THE BEST CHRISTMAS PAGEANT EVER"</p> <p>By Barbara Robinson</p>
<p><b>Performances:</b></p> <p><b>January 25 &amp; 26</b></p> <p>6:00pm - "The Best Christmas Pageant Ever"</p> <p>7:30pm - "Nellie"</p>	<p><b>Admission:</b></p> <p>Adult - \$5</p> <p>Senior - \$1</p> <p>LW Students &amp; Staff - Free</p>

Produced in cooperation with Concord Theatricals & Eldridge Plays & Musicals.

## Lake of the Woods Triple A Booster Club

The purpose of the Triple A Booster Club is to assist Lake of the Woods School and the communities it serves by providing the most effective climate for the education and development of students in grades 7-12, in the areas of Academics, Arts and Athletics.



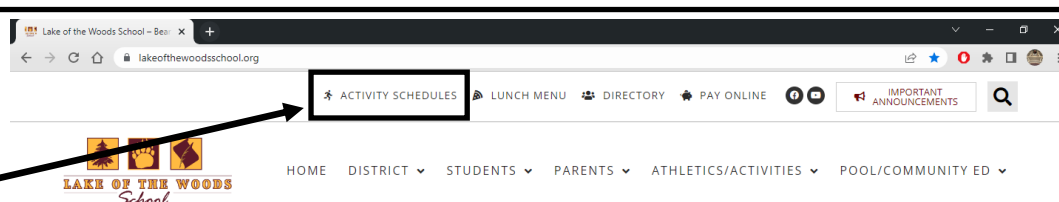
Parents, teachers and community members who want to become more involved with youth activities are encouraged to attend a meeting and learn more about what we do. Volunteers are needed who are willing to donate time, raise money and coordinate activities that support youth organizations. Some of the projects that Triple A works on are things such as home game tailgate meals, team banquets, setting up a playoff fan bus, supporting awards and student recognition and assisting with fundraising efforts for a variety of programs.

**We meet on the third Wednesday of every month at 5pm in the school commons and all are welcome.**

If you have any questions about Triple A Booster Club or want more information please contact:

Jodi Ferrier 218-434-0461  
Kellie Nordlof 218-556-2590  
Jenny Johnson 218-395-0212

**For the latest activity schedules, go to  
[www.LakeOfTheWoodsSchool.org](http://www.LakeOfTheWoodsSchool.org)  
and click on "Activity Schedules"**







# STUDENT NEWS

## Music Makers!



Our Band and Choir students performed throughout the holiday season at their concerts and around town!

## Veterans Day Program

Lake of the Woods School were joined by the Baudette American Legion Ceremonial Squad for the school's annual Veterans Day Program. Thank you to all who were able to attend make it a memorable day for our students and the Veterans of our community.



Senior Paige Haack signs with University of Sioux Falls for Track & Field.



Fall Varsity Athletes ate lunch with our Elementary students





## CONGRATS TO ALL OF OUR SPELLING BEE PARTICIPANTS!

Pictured are winner  
Griffen Fish (6th grade) &  
Runner-up Carter  
Husbands (7th grade).

## ELEMENTARY WRITER'S CONFERENCE

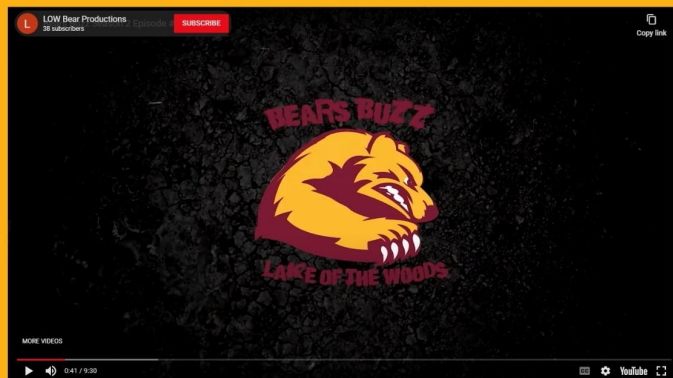
Students in grades 1-6 got the chance to explore their writing skills with different teachers across the elementary. From nature writing to poetry to comics, students practiced writing skills like plot structure, point of view, and figurative language.



Want to keep up on the latest with school happenings? Make sure to check our Video Production class'

## BEAR BUZZ!

Go to YouTube and search "LOW Bear Productions" to watch the latest episode.



## Terrence Talley

Elementary (pictured) and High School students (and the teachers too!) enjoyed an assembly by Terrence Talley, learning about overcoming adversity and creating a positive mindset.



The preschool students had a visitor! A Mini Scottish Highlander was carted into the classroom for the students to pet and admire! Thank you to Ms. Tillie & her husband Dean Thompson for bringing this adorable friend to school!

## Students of the MONTH



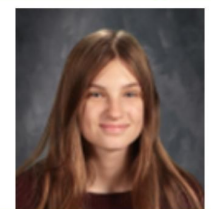
Elijah Major, Sophomore  
Senior High - September



Emma Broberg, Freshman  
Junior High - September



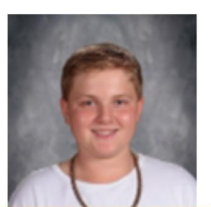
Lillian Smith, Senior  
Senior High - October



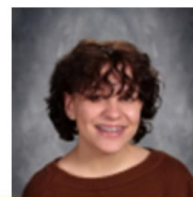
Brooklyn Berggren, 8th  
Junior High - October



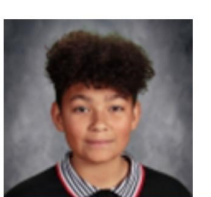
Mackenzie Pieper, Senior  
Senior High - November



Jonah McDougall, 8th  
Junior High - November



Eva Fladebo, Sophomore  
Senior High - December



Mario Lee, 7th  
Junior High - December



# EARLY LEARNERS CENTER

## Join our ECFE Family Classes!

Welcome to Lake of the Woods *Early Childhood Family Education*! We offer a variety of family classes for both parents and children, from infant to five-year-olds and their families. ECFE classes and events are open to anyone who wishes to participate, however, our school district residents will be given first priority.

ECFE Parent and Child classes are designed for parents and children to have fun together while they are learning. Children learn social skills, as well as other preschool development skills, that are appropriate for their age. Parents meet with a licensed parent educator and other parents to discuss issues relevant to parenting young children. Moms and dads, grandparents and caregivers can participate and are invited to attend all events or classes. Classes are offered during the school-year with a variety of activities. Parents and children stay together during the entire class.

Please watch for class offerings on our Cable-TV Channel 3, by mail, or Facebook announcements throughout the upcoming school year.

If you want to join our mailing list or would like to register for a class please contact Jeni Krause at [jeni\\_k@lakeofthewoodsschool.org](mailto:jeni_k@lakeofthewoodsschool.org) or 218-395-0328

and provide your full name, mailing address, children's names, birthdates and current phone numbers.

## Photos from our ECFE Fall Family Fun Nights!



## ECFE CLASS SCHEDULE MOST THURSDAYS 5:30 - 7:00

JAN.  
12TH

### FAMILY SLEDDING

AT WILLIE WALLEYE HILL  
BRING A SLED!

JAN.  
19TH

### BAKING TOGETHER

MEET IN THE HOME-EC ROOM  
AT LAKE OF THE WOODS SCHOOL

JAN.  
26TH

### SWIM NIGHT

SEE YOU AT THE SCHOOL POOL  
\$5.00 FOR THE WHOLE FAMILY!

FEB.  
9TH

### FAMILY SLEDDING

AT WILLIE WALLEYE HILL  
BRING A SLED!

FEB.  
16TH

### BAKING FUN

MEET IN THE HOME-EC ROOM  
AT LAKE OF THE WOODS SCHOOL

FEB.  
23RD

### SWIM NIGHT

SEE YOU AT THE SCHOOL POOL  
\$5.00 FOR THE WHOLE FAMILY!

MAR.  
9TH

### OPEN GYM NIGHT

THE FUN WILL BE IN  
THE MULTI-PURPOSE GYM

MAR.  
16TH

### OPEN GYM NIGHT

THE FUN WILL BE IN  
THE MULTI-PURPOSE GYM

QUESTIONS: CONTACT JENI AT [JENI\\_K@LAKEOFTHEWOODSSCHOOL](mailto:JENI_K@LAKEOFTHEWOODSSCHOOL) OR 218-395-0328

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- Tourist apparel
- Bulk Fuel & Propane delivery
- Fuel & Propane transport service
- Bulk Oil Delivery

**(218) 634-1313 903 Main St. W**



## Preschool Registration

A partnership between the Lake of the Woods District #390, School Readiness, and NW Head Start Program.

Students will be screened for placement in either the Head Start Classroom or the School Readiness/Voluntary Pre-K classroom. The student experience is essentially the same, so the different classrooms are more a result of funding sources.

**WHEN:** Fall of 2023

**WHAT:** Preschool classes offered daily M-Th during the school year

**WHO:** Class availability will be determined by application pool with priority offered to students who will be 4-years-old by Sept 1, 2023.

**HOW TO REGISTER:** Call the LW School at 218-634-2510 ext. 1422

Information needed for pre-registration for the Early Learners Center:


- Child's name and birth date
- Parent's names/phone numbers
- Mailing address/P.O. Box #
- Other contact information

## CENSUS REPORTING OF NEW BABIES/CHILDREN IN LAKE OF THE WOODS COUNTY

If you and your children are new to the area or have just had a baby, please contact Diane Laine to notify the school of new children residents of Lake of the Woods County. From ECFE to pre-Kindergarten screening to Kindergarten enrollment, there are many opportunities and steps we want to connect you with before your child becomes a student.

Thank you!

Lake of the Woods School  
Attention: Diane Laine  
Diane\_l@lakeofthewoodsschool.org  
218-634-2510 ext 1422



# SAVE THE DATE

## MHS Blood Drive

### Wed, March 8,

## Multi-Purpose Gym



## Early Childhood Screening

**REMINDER to PARENTS of 3-5-year-olds:** Early Childhood Screening will be held in the Spring of 2023. If you have not received information on screening by the end of April 2023, 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 x1422 if you would like to be notified of Early Childhood Screening dates.



We take registrations year-round!

# DANCE

with us!

*Lucy Solar*  
Baudette Just For Kix Director  
baudette\_mn@justforkix.com  
218-230-5116  
www.justforkix.com/danceclasses



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Sun Closed

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# FEBRUARY 2023

LAKE OF THE WOODS

Monday	Tuesday	Wednesday	Thursday	Friday
 6 CHICKEN NUGGETS MAC & CHEESE BROCCOLI CHOICE OF FRUIT MILK	 7 HAMBURGER GRAVY MASHED POTATOES GREEN BEANS CHOICE OF FRUIT MILK	1 QUESADILLA MEXICAN RICE CARROTS CHOICE OF FRUIT MILK	2 ORANGE SESAME CHICKEN FRIED RICE BROCCOLI & CARROTS CHOICE OF FRUIT MILK	3 SLOPPY JOE BAKED BEANS SUN CHIPS CHOICE OF FRUIT MILK
13 CHICKEN PATTY SWEET POTATO FRIES THREE BEAN SALAD CHOICE OF FRUIT MILK	14 STUFFED CRUST PIZZA MARINATED VEGGIES CORN CHOICE OF FRUIT RASPBERRY SHERBET MILK	8 CHEESE FILLED BREAD STICKS SPAGHETTI SAUCE GREEN PEAS CHOICE OF FRUIT MILK	9 PIZZA HOT DISH ROMAINE LETTUCE CUCUMBERS GARLIC BREAD CHOICE OF FRUIT MILK	10 PANCAKES & SAUSAGE TRI TATER CHEESE STICK CHOICE OF FRUIT MILK
20 NO SCHOOL PRESIDENTS' DAY	21 HOT DOG FRENCH FRIES BAKED BEANS CHOICE OF FRUIT MILK	15 CHICKEN ALFREDO W.G. PASTA BROCCOLI & CARROTS DINNER ROLL CHOICE OF FRUIT MILK	16 HAMBURGER / CHEESEBURGER TRI TATER TOMATO & LETTUCE CHOICE OF FRUIT MILK	17 CHICKEN NOODLE SOUP MEAT & CHEESE SANDWICH CARROTS CHOICE OF FRUIT MILK
27 PULLED PORK SANDWICH COLE SLAW TRI TATER CHOICE OF FRUIT MILK	28 SPAGHETTI & MEAT SAUCE ROMAINE LETTUCE CUCUMBERS GARLIC BREAD CHOICE OF FRUIT MILK	22 PIZZA MIXED GREEN SALAD CUCUMBERS CHOICE OF FRUIT COOKIE MILK	23 TACOS W.G. TORTILLA LETTUCE, TOMATO, CHEESE REFRIED BEANS CHOICE OF FRUIT MILK	24 HOT HAM & CHEESE FRENCH FRIES BROCCOLI APPLE SALAD CHOICE OF FRUIT MILK

ENTRÉE OPTION K-6 PB&J OR CHEESE SANDWICH  
MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO AVAILABILITY  
LAKE OF THE WOODS SCHOOL IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

## Breakfast is served at school, too!

School breakfast will energize your child’s day and provide them with a healthy start. A nutritious breakfast helps students be more alert so they can learn more in class, and has plenty of vitamins and nutrients for a strong and healthy body.



# 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](mailto:homeless@serve.org) \* [www.serve.org/nche](http://www.serve.org/nche)

## Baudette Public Library & Media Center

Hours:

Mon-Fri 10-5:30

Saturday 10-2

WiFi available!

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



In Crisis?

Text MN to 741741

and speak  
anonymously with a  
Crisis Counselor.

DISPOSE



TO PROTECT

Family Community Environment

**SAFE DRUG DISPOSAL  
BOXES LOCATED AT:**

**CHI LakeWood Health Clinic  
Lake of the Woods County Sheriff's Office**

98% of adults in Lake of the Woods County  
believe its important to properly dispose of  
unused and expired medication.



## Walking Track

The walking track is open Mon/Wed/Fri 7:00am-9:00pm, Tues/Thurs 5:00am-9:00pm, and Sat 8:00am-4:00pm. For safety purposes, please sign in at the High School office during school hours before you go to the track.



# Job Opportunities @ Lake of the Woods School

## Assistant Full-Time Cook and Part-time Cook

The Lake of the Woods School District is seeking applicants for a full-time cook and an assistant part-time cook. Job responsibilities include assisting in preparing, cooking, serving and cleanup for school nutrition programs. Candidates must have the ability to obtain and maintain Food Manager certification. Full job description available upon request. Applications may be picked up in the District Office or at the school website, [www.lakeofthewoodsschool.org](http://www.lakeofthewoodsschool.org), you may also complete the application online. If interested please submit:

1. Cover letter
2. Resume
3. Transcript (if applicable)
4. 3 current Letters of Reference
5. Visit the district website at: <http://lakeofthewoodsschool.org> Click on Job Opportunities to download and complete an Employment Application.

## Part-Time Evening Custodian

The Lake of the Woods School District is seeking applicants for a 4 hour per day evening custodian. Job responsibilities include general cleaning and maintenance of the school buildings and grounds. Candidates must be able to meet the physical demands of the job. Full job description available upon request. Applications may be picked up in the District Office or at the school website, [www.lakeofthewoodsschool.org](http://www.lakeofthewoodsschool.org), you may also complete the application online.

If interested please submit:

1. Cover letter
2. Resume
3. Transcript (if applicable)
4. 3 current Letters of Reference
5. Visit the district website at: <http://lakeofthewoodsschool.org> Click on Job Opportunities to download and complete an Employment Application.

## Substitute Evening Custodian

The Lake of the Woods School District is seeking applicants for a 4 hour per day evening custodian. Job responsibilities include general cleaning and maintenance of the school buildings and grounds. Candidates must be able to meet the physical demands of the job. Full job description available upon request. Applications may be picked up in the District Office or at the school website, [www.lakeofthewoodsschool.org](http://www.lakeofthewoodsschool.org), you may also complete the application online. If interested please submit:

1. Cover letter
2. Resume
3. Transcript (if applicable)
4. 3 current Letters of Reference
5. Visit the district website at: <http://lakeofthewoodsschool.org> Click on Job Opportunities to download and

complete an Employment Application.

## Full-Time Paraprofessional

The Lake of the Woods School District is seeking applicants for a Paraprofessional. Job responsibilities include human support work assisting students to meet educational, communication, emotional, physical and behavioral goals. Assisting classroom teachers and professional staff by working with special needs students individually or in small groups, and related work as apparent or assigned. Full job description available upon request. Applications may be picked up in the District Office or at the school website, [www.lakeofthewoodsschool.org](http://www.lakeofthewoodsschool.org), you may also complete the application online.

If interested please submit:

1. Cover letter
2. Resume
3. Transcript (if applicable)
4. 3 current Letters of Reference
5. Visit the district website at: <http://lakeofthewoodsschool.org> Click on Job Opportunities to download and complete an Employment Application.

## Full-Time or Substitute Bus Driver

Must be able to obtain a Class B license with school bus, passenger and air break endorsement. The School District will assist with paid training and physicals. Applications may be picked up in the District Office or at the school website, [www.lakeofthewoodsschool.org](http://www.lakeofthewoodsschool.org), you can also apply online. If you have any questions, call Brad Abbey, Transportation Supervisor, 218-634-2735 ext. 1503.

If interested please submit:

1. Cover letter
2. Resume
3. Transcript (if applicable)
4. 3 current Letters of Reference
5. Visit the district website at: <http://lakeofthewoodsschool.org> Click on Job Opportunities to download and complete an Employment Application.

Please mail applications to:  
Lake of the Woods School  
Attn: Harley Poppitz  
P.O. Box 310  
Baudette, MN 56623

If you have any general questions about employment at the School, please contact:  
Harley Poppitz  
Human Resources  
218-634-2510 ext. 1504  
[Harley\\_P@LakeOfTheWoodsSchool.org](mailto:Harley_P@LakeOfTheWoodsSchool.org)

# ORDER YOUR 2023

LAKE OF THE WOODS HIGH SCHOOL

# YEARBOOK NOW!

UNTIL FEB. 24<sup>th</sup>

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# From The School Nurse...



Tiarra Shaw, L.P.N., School Health Office  
218-634-2510 ext.1522  
Tiarra\_S@LakeOfTheWoodsSchool.org  
Monday through Friday 8:00am- 3:00pm  
(during the school year)

**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.



Northwest Community Action  
**Little Brother  
Little Sister**

Contact Info:  
Madeline Waage      [mwaage@nwcaa.or](mailto:mwaage@nwcaa.or)  
g      218-528-3258

Walleye Capital Sanitation  
P.O. Box 1177  
Baudette, MN 56623

218-230-3617

LAKE OF THE WOODS

Prom

Saturday, April 29th

More details to follow

## Services available at CHI LakeWood Health

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



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



# Lake of the Woods School Calendar

## 2022- 2023

August				
M	T	W	Th	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

September (19)				
M	T	W	Th	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

October (19)				
M	T	W	Th	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

November (19)				
M	T	W	Th	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

Sept	19
Oct	19
Nov	19
Dec	16
Jan	20
Feb	19
Mar	22
Apr	18
May	20
Jun	0
Student Days	172

December (16)				
M	T	W	Th	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

January (20)				
M	T	W	Th	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

February (19)				
M	T	W	Th	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28			

March (22)				
M	T	W	Th	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

Inservice Days	6
P/T Conferences	2
Teacher Days	180

April (18)				
M	T	W	Th	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

May (20)				
M	T	W	Th	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

June (0)				
M	T	W	Th	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

Aug. 30 7th Gr Orientation/Meet the Teacher  
 September 5 Labor day  
 September 6 First Day for students  
 October 20 & 21 MEA  
 November 7 Deer Day  
 November 11 Observance of Veteran's Day  
 November 10 P/ T Conferences  
 November 15 P/ T Conferences  
 November 24 & 25 Thanksgiving  
 Dec 23 - Jan 2 Christmas Break  
 January 1 New Year's Day Observed

January 16 MLK Day  
 February 20 Presidents' Day  
 February 23 HS P/T Conference  
 April 7-10 Easter Break  
 April 4 Elem P/T Conferences  
 May 29 Memorial Day  
 May 26 Last Day for Students - Noon Dismissal  
 May 26 Graduation 6:00 p.m.

Quarter 1 ends November 4 (42)  
 Quarter 2/Sem 1 ends January 20 (44)  
 Quarter 3 ends March 24 (43)  
 Quarter 4/ Sem 2 ends May 26 (43)  
 Aug 29-31 Teacher Inservice  
 Jan 16 Teacher Inservice  
 March 13 Teacher Inservice  
 May 30 Teacher Inservice

No School for Students and Staff
Inservice No School for Students
2:35 Dismissal for Students/Inservice for Staff
FALL Parent/Teacher Conferences for High School & Elementary
Meet the Teacher/Open House/ 7th & New student Orientation
SPRING Parent/Teacher Scheduled Conferences for HIGH SCHOOL
Elementary Spring Parent/Teacher Conferences/Student Showcase
Noon Dismissal for Students

### Mid Quarter Dates

Oct. 7  
 Dec 16  
 Feb 17  
 April 28

Updated 9/15/2022

## Parent-Teacher Conferences

High School Conferences:  
 Thursday, February 23, 3:30-7:00pm

Elementary Conferences & Student Showcase:

Tuesday, April 4, 3:30-7:00pm



# OUR FACEBOOK PAGE

Lake of the Woods School ISD#390



SCAN ME

You do not need a Facebook account to view our page!  
 Follow by scanning the QR code or going to

<https://www.facebook.com/LWschool390>