



The Laker

February 15, 2019



Primary: Bryce Kemp, Saphira Hershey, Elana Granzin, Jaxon Benjamin, Trett Clark, Brayden Meister. Front: Gavin Johnson, Colten Bartholomew, Perla Aguilar, Sage Bandoli

3-6: Back-Kierra Harrington, Jameson Buckridge, Sam Shelton, Naveah Staples, Makenzie Hill. Front- Kyle Gleason, Shauna Swan, Alexis Schuebel & Cyrice Lehman

Reminder: There will be no school this Monday, February 18th because of President's Day. School will resume on Tuesday, February 19th.

- FFA Reminder and Upcoming Events**
- **Basketball Concessions:** We need workers! People who work concessions get discounts on FFA trips! Sign up available on the Ag room door!
 - **Work Nights!** To continue FFA status, you must go to at least 2 work nights. Sign up in the ag room.
 - **Thank you** to all the participants of the speaking contest and Quiz Bowl. Congratulations to our speaking contest winners who will be continuing on to the next tournament: Jared Egbert, Carlton Miller, Lily Edlin, and Breeanna Monson
 - **FFA Ski Trip** is this Friday. Dress warm!
 - **National FFA Week** is in two weeks.

Weather Makeup Day
 Parents - Due to the number of inclement weather days, the Shell Lake School District will be having school on Friday, March 8th. Trimester 2 will be ending on March 12th instead of March 7th. We apologize for any inconvenience this may cause.



A Capella Competition
 Tonal Recall will be competing in the International Championship of High School A Capella on Saturday, February 23, 2019 at 7:00 pm at the Southwest Christian High School Auditorium in Chaska, MN.

Winter Wellness Date
 The 7th-12th Grade NEW WINTER WELLNESS OUTING DATE is March 6th, 2019 We will leave school at 8:20 a.m. and return at approximately 3:15 p.m. In case of inclement weather, students will attend their regular classes and we will reschedule the trip for another day. Here are the options/cost for students: Downhill ski at Trollhaugen (\$30); Snowboard at Trollhaugen (\$35 - limited availability); Downhill ski at Trollhaugen - lift ticket only (no skis needed \$16); Tube at Trollhaugen (\$16); Ice Skating (\$5 for skates) at the Civic Center followed by Swimming/Activities at Jack Links Aquatic Center (\$3.50) Total: \$8.50 Bring a lunch OR money to purchase food; Stay at the school.

Community Ed Classes

DIY: Bath Time

TUESDAY February 19, 4:30-6:00 PM. We will discuss alternative ways to get similar benefits as soaking in the bath. In this class we will talk about all the things you can add to your bath water to make it a truly healthful experience. We will cover things like Epsom salts, mineral salts, essential oils, herbs, and more! Learn what the uses are, benefits of using them, how to customize them for yourself, and go over some common but confusing language in the 'Do It Yourself' world. Bring a pencil/pen to make notes and expect handouts and recipes covered in class. Participants will make personalized bath salt and sugar scrub to take home. All supplies will be on hand. Mature students are welcome to participate in this class. Class cost: \$12.00 (Additional \$5.00 supply fee is required to instructor at the end of class). Class size: Min 4/Max 10. Instructor: Alexandra Deans

Soap in the Sweater

Monday, March 11: Description: This class is so fun we're having it AGAIN! Also known as felted soap, Soap in a Sweater is a bar of soap and a washcloth all in one! Instructor Vanessa Berkesch, Just Heavenly Soaps, will take you through the process of felting soap. Participants will felt two bars of soap, applying wet and dry felting techniques, to take home. All supplies are provided.

Cost: \$15.00

Minimum 4 participants/Maximum 12. Appropriate for ages 10+.

Location: Shell Lake High School

Instructor: Vanessa Berkesch, Just Heavenly Soaps

Instant Pot Yogurt & More

Saturday, March 2 - 8:00 - 9:00 AM

Learn how to make homemade Greek yogurt in your Instant Pot! Participants in this class will prepare the yogurt during class (using personal Instant Pot) and take it home to ferment. Also covered in this class will be: making perfect hard boiled eggs and homemade chicken broth using the Instant Pot.

Cost: \$5.00, Minimum 4 participants/Maximum 12.

Location: Shell Lake High School, Instructor: Kim Bulgrin

Participants should bring: Instant Pot, 1/2 gallon of milk (any kind) whisk, food thermometer, 1/4 cup of plain yogurt (no flavoring or sugar added). Special note: Participants will need to strain the yogurt 9 hours after cooking begins.

Upcoming Events

Monday, Feb. 18

No School - Presidents Day

Tuesday, Feb. 19

Boys basketball at Drummond - JV-5:45, Varsity - 7:15 pm

Thursday, Feb. 21

Girls Basketball Regional-Webster at Shell Lake - 7:00 pm

Girls middle school basketball vs Turtle Lake at Shell Lake-5:00 pm

Boys basketball at Clear Lake - JV-5:45, Varsity - 7:15 pm

State Wrestling at UW Madison


Friday, Feb. 22

Girls Basketball Regional at TBD

Saturday, Feb. 23

Science Olympiad at Menomonie High School

A Capella Competition at Southwest Christian High School, Chaska, MN-7:00 pm

Mon., Feb. 18	Tues., Feb.19	Wed., Feb. 20	Thurs., Feb. 21	Fri., Feb. 22
<p>No School</p> 	<p><u>Breakfast</u> 4K-12: WG Pancakes, Sausage patty or cereal and cheese stick 3-12: Choice of apple or cherry frudel or 4K-12 breakfast menu</p>	<p><u>Breakfast</u> 4K-12: French toast sticks, sausage patty or cereal and cheese stick 3-12: Choice of sprinkled donut holes or 4k-12 breakfast menu</p>	<p><u>Breakfast</u> 4K-12: Ultra Bread Slice or cereal and cheese stick 3-12: Choice of pancake wrap or 4K-12 breakfast menu</p>	<p><u>Breakfast</u> 4K-12: Laker Pizza or cereal and cheese stick 3-12: Choice of Cheese omelet w/toast or 4K-12 breakfast menu</p>
	<p><u>Lunch</u> 4K-12: Potato bowl, mashed potatoes, whole kernel corn, pears 7-12: Choice of popcorn chicken with dinner roll or Oriental chicken salad or 4K-12 lunch menu</p>	<p><u>Lunch</u> 4K-12: Mozzarella dippers, curly fries, strawberries 7-12: Choice of Philly steak sandwich or Oriental chicken salad or 4K-12 lunch menu</p>	<p><u>Lunch</u> 4K-12: Crispy chicken sandwich, sweet potato fries, banana or apple 7-12 only: Choice of Spicy chicken sandwich or Oriental chicken salad or 4K-12 lunch menu</p>	<p><u>Lunch</u> 4K-12: Fish Sticks, Steamed Cut Green Beans, sidekicks 7-12 only: Choice of Oriental chicken salad or 4K-12 lunch menu</p>