The Laker

March 23, 2018



Primary: Jacob Jenderny, Aidan Berg, Nadia Pank

Laker Way Winners!!





3-6:Back-Makenzie Moravec, Timothy Wilson, Candace Skattebo, Cole Peterson, Mallory Mortensen, Front-Katie Brunberg, Colton Marker, Kierra Harrington, Jameson Buckridge

Wyatt Fields

Easter Break

There will be no school on Friday, March 30 and Monday, April 2 because of the Easter holiday. School will

resume on Tuesday, April 3.

Upcoming Events

Sun., Mar. 25 School play, "Anchors Aweigh"-Erika Quam Theatre-2:00 pm Mon., Mar. 26 Coaches meeting - 3-12 library/7-12 conference room-5:45 pm

Tues., Mar. 27 HS Solo and Ensemble at Shell Lake - 4:00 pm MS wrestling meet at Cumberland - 5:00 pm

Thurs., Mar. 29 Softball scrimmage - TBD

Baseball scrimmage at St. Croix Central, Hammond - 4:30 pm

Fri., Mar. 30 No school-Easter vacation



The Shell Lake Primary students hosted a "Lucky to Have You" luncheon in honor of the Shell Lake Police Officers and Firefighters. As part of our Humble and Kind Mission, we wanted to give back to the community helpers who keep us safe.





You are invited to a showing of RESILIENCE, a one hour documentary that delves into the science of Adverse Childhood Experiences (ACEs) and the birth of a new movement to treat and prevent Toxic Stress. Now understood to be one of the leading causes of everything from heart disease and cancer to substance abuse and depression, extremely stressful experiences in childhood can alter brain development and have lifelong effects on health and behavior. Admission is FREE. If you cannot make this date, there will be another showing at the Spooner High School on Thursday, April 12 at 6:30 pm.

T-BALL 4K -2nd grade Beginners

COACH PITCH 1-2-3rd grade Experienced T-ball, ready to move on to coach pitch!

BASEBALL 3-4th 5-6th U-14 U-16

SOFTBALL 3-4th 5-6th 7-8th

Registration open March 15 - April 15

www.shelllake.k12.wi.us



AARP Safe Driving Class for Seniors

Monday, April 23 - 4:00 PM - 8:00 PM at Shell Lake 3-12 School, <u>271 Hwy 63</u>, <u>Shell Lake WI</u> Some drivers age 50-plus have never looked back since they got their first driver's license, but even the most experienced drivers can benefit from brushing up on their driving skills. By taking a driver safety course, you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn how you can manage and accommodate common age-related changes in vision,

hearing and reaction time. In addition, you'll learn: How to minimize the effects of dangerous blind spots; how to maintain the proper following distance behind another car; the safest ways to change lanes and make turns at busy intersections; proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today; ways to monitor your own and others' driving skills and capabilities; the effects of medications on driving; the importance of eliminating distractions, such as eating, smoking and using a cell phone. After completing the course, you will have a greater appreciation of driving challenges and a better understanding of how to avoid potential collisions and injuring yourself or others. \$15.00 Fee for AARP members (bring your membership ID#) \$20.00 Fee for non-members. Please call Keri Jensen at 715-468-7815, ext. 1337.

| Monday, Mar. 26 | Tues., Mar. 27 | Wed., Mar. 28 | Thurs., Mar. 29 | Fri., Mar. 30 |
|---|---|--|---|------------------------------|
| Breakfast 4K-12: UBR or cereal & cheese stick 3-12 only: Bagel w/cream cheese | Breakfast 4K-12: Whole grain pancakes, sausage links or cereal & cheese stick 3-12 only: Apple frudel | Breakfast 4K-12: WG French toast sticks w/sausage links or cereal & cheese stick 3-12 only: WG donut holes | Breakfast 4K-12: Ultra bread slice or cereal & cheese stick 3-12 only: Pancake sausage wrap | No School Easter Vacation |
| Lunch 4K-12: Rotini pasta w/chicken & Alfredo sauce, steamed broccoli, sidekicks 7-12 only: Item of the week: Grilled chicken salad HS only: Tropical fruit | Lunch 4K-12: Mozzarella dippers, steamed green beans, mixed fruit 7-12 only: Pizza calzone or Item of the week. HS only: Frozen fruit | Lunch 4K-12: Chicken nuggets w/WG dinner roll, mashed potatoes, steamed peas, fresh fruit 7-12 only: Bean & cheese burrito or Item of the week. HS only: Craisins | Lunch 4K-12: Hot ham & cheese sandwich, steamed corn, baked beans, sliced peaches 7-12 only: Crispy chicken sandwich or Item of the week. HS only: Fresh fruit, Jonny pop | |