



January 2018

# LMHS NEWSLETTER

## January Calendar Items

- 2 - School Resumes
- 8 - Music Parents Meeting, 6:30 PM, HS Music Room,
- 8 - Board of Education Meeting, 7 PM, LMC
- 12 - UW-Madison Collegiate FFA Hockey Extravaganza
- 12 - FFA Halftime Conference, Stevens Point
- 13 - FFA Halftime Conference, Stevens Point
- 16 - Link Crew Cocoa & Cram for Freshmen Exams, 3:05-4 PM, LMC
- 17 - First Semester Exams, Blocks 1, 2 & 4
- 17 - Link Crew Cocoa & Cram for Freshmen Exams, 1:30-3 PM, LMC
- 18 - First Semester Exams, Blocks 1, 2 & 4
- 18 - Link Crew Cocoa & Cram for Freshmen Exams, 1:30-3 PM, LMC
- 19 - First Semester Exams, Day 1 Block 3 & Day 2 Block 3
- 19 - Exam Make Up Afternoon
- 19 - End of Second Quarter/First Semester
- 22 - Inservice Day, No School
- 23 - Inservice Day, No School
- 29 - Future Freshmen Orientation, 6:30 PM, Aud. (Snow Date Feb. 5)



## From the Principal's Desk

From all of us at LMHS, we hope you had a joyous winter break and a healthy new year! As we look to finish up first semester, just a note that we have final exams coming up January 17, 18, and 19 (schedule is included).

This can be a stressful time for a lot of students while they deal with studying for exams, working on papers and finishing up group projects. Not only are students wrapping up academic responsibilities but they

are also thinking about things in their personal life. With that being said, here are some tips to help your student stay healthy and feeling great during the last few weeks of the semester!

**Make A Schedule** – Make sure you know when your finals are for each class and make a schedule of when you will start studying or working on projects ahead of time. It is good to start working on your finals two weeks ahead so you don't procrastinate. Make sure to manage your time and stay organized. Tip: Try studying for 45 minutes and then taking a 15 minute break.

**Get Sleep** – Getting more sleep can help your mind refocus, recharge, and rebalance. This can mean a quick nap, a night when you go to bed early, or a promise to yourself to stick with a regular sleep schedule.

**Practice Stress Management Techniques** – Everyone is different on how they relieve stress. So try different techniques to see what works best for you:

√Stay Active - If exercising outside is not your thing because of the cold, check out videos on YouTube or get a membership at a fitness center.

√Try Stress Management Exercises - There are many great techniques to manage stress such as meditation, yoga, guided imagery or deep breathing. Search YouTube for great videos on each of these activities.

**Eat Well** – Make an effort to add fresh vegetables and fruit to your diet (1/2 of what you eat should be produce!). Also, try to have healthy snacks available when you need them.

**Disconnect From Technology** – Make an effort to shut down your computer, turn off your phone or stop watching TV for at least 15 minutes per day. This will allow you to socialize with friends, get outside to enjoy nature or to start studying for that upcoming exam. Technology can sometimes add more stress to your life. You don't need Facebook or Twitter 24/7.

Cale Vogel, Principal



## SCHOOL CLOSING

### INFORMATION

In the event of severe weather conditions that might require school to be closed or delayed, parents can get information the following ways:

- Call the high school at 648-2355 and go to extension 500.
- Go to the district website at: lakemills.k12.wi.us
- Tune in to any of the following radio stations:  
WTMJ AM 620            WKTJ FM 94.5  
WFAW AM 940           WOLX FM 94.9  
WBEV AM 1430        WXRO FM 95.3  
WTTN AM 1580        WKCH FM 106.5  
CHARLIE FM 105.1    WFAW FM 107.3  
TRIPLE M FM 105.5
- Tune in to any of the following television stations:  
WISC Channel 3  
WTMJ Channel 4  
WITI Channel 6  
WISN Channel 12  
WMTV Channel 15  
WKOW Channel 27
- **BEST WAY** - text "follow Vogel\_LMHS" to 40404

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### LOOKING AHEAD

Feb. 23 - No School

Feb. 27 & Feb. 28 - ACT Testing for Juniors. We will be on a special schedule for both of these days.

March 23 - End of Third Quarter

March 24 thru April 2 - Spring Break

April 5 & 10 - Parent/Teacher Conferences, 4-8 PM

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### REMINDER - SECOND SEMESTER FEES!!

Second semester fees will show on your student's account soon. Please be sure to pay them in a timely fashion by logging into your student's account. You can either pay online or pay in person at the high school.

## CONGRATULATIONS TO US!!!

Lake Mills High School has been named to the College Board's 8th Annual AP District Honor Roll. The Honor Roll recognizes 447 school districts in the U.S. and Canada that have increased access to AP coursework while maintaining or increasing the percentage of students earning scores of 3 or higher on AP Exams. Lake Mills is one of just 25 schools in the state of Wisconsin to have been recognized!!

<https://apcentral.collegeboard.org/score-reports-data/awards/honor-roll>

### PORTFOLIO UPDATE

All students should continue to add items to their portfolio. Parents - remind your children to collect assignments, tests, and projects and bring them to their advisor.

#### Deadline Dates For Seniors:

- Wed., Jan. 10 - Career Exploration and Reflection
- Wed., Jan. 24 - Personal Experience Statement
- Wed., Feb. 7 - Post High School Plan
- Wed., Feb. 21 - Current Resume
- Wed., March 7 - Final Reflection Paper
- Wed., March 14 - Completed Portfolio Due



Senior Exit Interviews, which are a graduation requirement for LMHS students, will be held on Friday, April 27.

### DRUG DOG SEARCHES

We work with the Lake Mills Police Department and the Jefferson County Drug Task Force to conduct searches throughout the year. These events take a great deal of coordination because of the physical size of our school and the number of people and dogs involved.

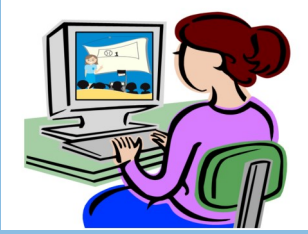
The search is kept completely confidential until it is announced that we are going into a "Safety Hold" in preparation for the dogs' arrival. A "Safety Hold" requires students to stay in their classrooms and teachers to continue teaching so the school day is minimally impacted. The dogs check each locker, including the locker rooms, as well as backpacks in randomly chosen classrooms as the dogs' stamina allows.

When a dog "hits" on a locker, the locker is searched by the district staff under the supervision of the police. If a backpack or car is "hit", the student is contacted and the search is conducted by the district staff member under the supervision of the student and the police. In all cases, if there is a search, families are contacted.

In most cases, nothing is found. The dogs are incredibly sensitive and there are often explanations for the "hits". Students are reminded each year that the lockers are the property of the school district and subject to search. While no search is perfect because dogs cannot come in contact with students, we do gain important information and reassure students that we are a drug-free school zone. We have zero tolerance for illegal substances on school property.

As always, please contact Cale Vogel if you have any questions or concerns.

## **PLEASE REMEMBER...**



Please be sure that all your information in Skyward is current and up to date. With the winter season upon us, or for any other school emergency, that is the information we (and the district) use to contact you. To make changes, you can get the directions from our website ([www.lakemills.k12.wi.us](http://www.lakemills.k12.wi.us)), select Families, then Forms and Information and then Family Access Instructions.

Please pay special attention to your phone numbers and email addresses as well as the Skylert information.

Your help in keeping your information current is MUCH appreciated!!

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## **FIRST SEMESTER FINAL EXAM SCHEDULE**

### **Tuesday, Jan. 16**

3:05 - 4 PM Link Crew Cocoa & Cram for Freshmen Exams in the LMC

### **Wednesday, Jan. 17**

7:55 – 9:30 AM Block 1

9:30 – 9:45 AM Break

9:45 – 11:15 AM Block 2

11:15 – 12:00 PM Lunch

12:00 – 1:30 PM Block 4

1:30 – 3:00 PM Link Crew Cocoa & Cram for Freshmen Exams in the LMC or Exam Make-Ups

### **Thursday, Jan. 18**

7:55 – 9:30 AM Block 1

9:30 – 9:45 AM Break

9:45 – 11:15 AM Block 2

11:15 – 12:00 PM Lunch

12:00 – 1:30 PM Block 4

1:30 – 3:00 PM Link Crew Cocoa & Cram for Freshmen Exams in the LMC or Exam Make-Ups



### **Friday, Jan. 19**

7:55 – 9:30 AM Day 1 Block 3

9:30 – 9:45 AM Break

9:45 – 11:15 AM Day 2 Block 3

12:00 – 3:00 PM Exam Make-Ups

\*\*In the event that school is canceled on one of the Exam Days, please check our school website at [www.lakemills.k12.wi.us](http://www.lakemills.k12.wi.us) for an updated schedule.