



The Laker

January 24, 2025

School Nutrition

January 27-31st

Lunch Menu

Monday	Cheese Pizza Boli	OR Turkey Croissant
Tuesday	Sloppy Joe	Lunchable
Wednesday	Breaded Chicken Bites	Uncrustable
Thursday	Build A Burger	Lunchable
Friday	All Beef Hot Dog	Uncrustable

Breakfast Menu

Monday	Mini Cinni Pull Aparts	All breakfast comes with cereal option
Tuesday	Pancake & Sausage Stick	
Wednesday	Tater Tot Breakfast Bowl	
Thursday	Choice of Waffles	
Friday	Choice of Frudel	

Change for a Change ~ Donate to Don a Hat!

Our Laker Family can make a difference in our community!

Shell Lake Elementary students and staff are invited to bring in change to their classrooms and wear a hat on

Thursday, January 30th

**January's funds will support:
Washburn County Area Humane Society**



The food pantry is available to any family who have students within the Shell Lake School District.



4-8TH SPRING VOLLEYBALL

Sign Up Now!



REGISTER BY FRIDAY 2/07/25

Shell Lake Youth Rec is gearing up for **SPRING SPORTS!**

4-8th Grade Spring Volleyball League starts practice in FEBRUARY! Learn the game and develop skills with 1-2 practices a week Feb-April and Saturday games in March and April. ** Note: practices *will not* interfere with MS Track



American Red Cross

Blood Drive

in the Shell Lake High School Gym

Thursday, March 20, 2025

9:00 am to 2:00 pm

Please call 1-800- RED CROSS

(1-800-733-2767) or visit

RedCrossBlood.org and enter:

Shell Lake HS

to schedule an appointment



SCHOOL DISTRICT OF
SHELL LAKE

HOME OF THE LAKERS

The Laker

January 24, 2025

EXPLORING 4K

9AM-10:30AM

Shell Lake 4K Classroom

(271 Hwy 63 Shell Lake, WI 54871)

February 28 | March 28 | April 25 | May 23

ALL CHILDREN turning 4 years old before **September 1, 2025** are invited to join us for a time of **Stories, Crafts, Snacks and Play!** Siblings welcome



Heidi Perkins
715-468-7816
perkinsh@shelllake.k12.wi.us

Bryanna Green
218-206-6675
bryanna@lakelandfrc.com



Shell Lake 4K Registration

To attend 4K for the 2025-2026 school year, your child must be 4 years old on or before September 1st, 2025.

To receive information from the school regarding our Child Development Day and upcoming playgroups please complete the google form attached.



If you have questions, please contact Tammy Holman or Megan Peterson @ Shell Lake Elementary at 715-468-7816



From our CLC Program:

Students must be registered prior to attending the After School Program for Lakers in grades 4K-6th. Details regarding dates and pick-up times can be found in the registration form below:

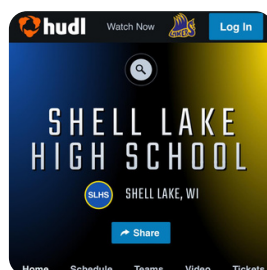
Shell Lake After School Registration

Unless students attending the CLC program are going to practice in the elementary gym, students still need to be picked up by a guardian from the CLC program before attending practice.

ATHLETIC DEPARTMENT
HOME OF THE LAKERS

Athletic Events

CLICK HERE





YOGA 101 - FOUNDATIONS FOR A BALANCED PRACTICE: THURSDAY, FEB 6

Join Wren with Lily & Sage Yoga for this beginner-friendly class designed to help you build a strong foundation for your yoga journey. Whether you're new to yoga or seeking to refine your practice, Yoga 101 is the perfect space to ask questions, explore foundational techniques, and grow at your own pace. Explore proper alignment for common yoga poses, discover the power of breathwork, and explore meditation. Shell Lake School on Thursday, Feb 6 from 5:00-7:00 PM. Access the building using the High School entrance and take the hall to the left. Class is held in the elementary music room. Class minimum: 5 participants; no maximum. Cost: \$22.00

MEDICARE 101: THURSDAY, FEBRUARY 13

Medicare can be confusing. Insurance Solutions for Seniors is here to help educate community members on their rights, options, and what Medicare entitles them to. Class is held in the Shell Lake School District Library on Thursday, Feb 13 from 5:00-6:00 PM. Access the building using the High School entrance, signs will be posted. Cost: \$5.00 (Insurance Solutions for Seniors does not charge a fee, proceeds go to SLCE)

You will learn the basics of Medicare and have the opportunity to ask specific questions you may have. This event is offered free by Insurance Solutions for Seniors*. No products will be marketed or sold.



YOGA FLOW: TUESDAYS, FEB 11-MARCH 18



IN PERSON OR ZOOM

Lorrie Blockhus returns with a winter session of yoga at Shell Lake School! This session of classes will offer a blend of vinyasa flow yoga and yin yoga. Join in person or via Zoom. Lorrie's classes provide you a safe space where you will be encouraged to challenge your physical and mental patterns.

You can stretch and strengthen your body, get comfortable exploring your mind and spirit, or a lovely combination of all. Classes will be held at Shell Lake School on Tuesdays, Feb 11-March 18 from 5:30-6:30 PM. Access the building using the High School entrance and take the hall to the left. Class is held in the elementary music room. Cost: \$60.00/6 or \$12.00 each



BARN QUILT WORKSHOP: SATURDAY, MARCH 15

Participants choose between making a 4'x4' or 2'x2' project with up to 5 colors and a chosen pattern. Grab a friend and spend the day creating your own piece of history! Your desired pattern will be drawn on the board and ready for you to paint! You will be asked to email your pattern by 3/5/25. Color choices will be made the day of the workshop and should be limited to 5 colors or less. Class is held at Shell Lake School on Saturday, March 15 from 8:00-4:30 PM. Class max: 15 participants. Cost: 2x2 \$80.00 or 4x4 \$110.00



SPINNING WHEEL CLINIC: SATURDAY, FEB 22

This 4-hr class will explore spinning wool on a spinning wheel! Learn about fiber preparation, types of fiber to spin with for beginners, and wheel maintenance. Participants are welcome to bring a personal spinning wheel. If users are new to the wheel or unsure if it's working properly, the

instructor encourages you to bring it! Extra wheels will be on hand for you to learn on. Expect to spend time getting a feel for your wheel and spinning fiber fresh from Twisted Oak's mill.

The instructor can not guarantee wheel repair but most likely it is a simple fix to get it spinning! Please reach out ahead of time if you have any major questions or concerns. The class fee includes 2 oz of wool roving needed for the hands on training. Class will be in the Shell Lake District Library on Saturday, Feb 22 from 9:00 AM-1:00 PM. Class max: 8 participants. Cost: \$40.00

REGISTER ON
REVTRAK

HOVER YOUR CAMERA
OVER THE QR CODE TO
REGISTER FOR CLASSES!



DIY: FELT FLOWERS: TUESDAY, MARCH 4

Learn how to craft felt flowers! No needle involved! You will learn to make single stem flowers using sheets of felt.

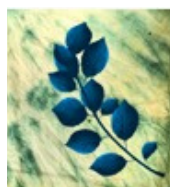


Appropriate for students age 10+, this is the perfect parent/child class learning how to make a sunflower and a sprig of leaves for filler. Please note that a hot glue gun is used in construction of the flower along with scissors. Fee includes all materials needed.

Class is held in the Shell Lake HS Art Room on Tuesday March 4 from 5:00-7:00 PM.

Class max: 8 participants. Cost: \$30.00

DYING WITH INDIGO: MONDAY, MARCH 31



Learn how to extract dye from Japanese Indigo leaves that have been dried for storage. We will talk about growing the indigo in our climate, harvesting, drying and storing during this class as well. Each participant will go home with a handout

of the recipe, where to purchase seeds, a sample skein of wool yarn, and a cotton bandana that we will have dyed with our extraction method. Please wear clothes that you do not mind getting dye on, gloves will be provided. Class is held in the Shell Lake HS Art Room on Monday, March 31 from 6:00-9:00 PM. Class max: 6 participants. Cost: \$50.00

ECO PRINT WITH ACID DYE: MONDAY, MARCH 10

Create your own wearable piece of art using leaves and acid dyes!



Please note that during the steaming process, there will be a 2 hour down time. During this time we will be talking Natural Dyes and see samples of silk scarves and yarn that has been dyed with natural dyes. Class fee includes silk scarves, dye, and plant material. Class is held in the Shell Lake HS Art Room on Monday, March 10 from 5:00-8:00 PM. Class max: 12 participants. Cost: \$35.00

Please join us for a fun evening
enjoying the Bold North of WI

Winter Fest

February 15th, 2025

— 4:00 PM - 9:00 PM —

Ice Fishing | Ice Skating
Hockey games | Bonfires

Hot dogs, s'mores, roasted
marshmallows, hot apple cider, hot
chocolate & other goodies to be served!

Shell Lake Beach House

FAMILY SKATE

MUSIC | DOOR PRIZES | ICE SKATING

FREE
SKATE
RENTAL



February 1st at 10 AM - 12 PM

SPOONER CIVIC CENTER
301 Walnut St, Spooner, WI 54801

CONCESSIONS AVAILABLE

*LIMITED SKATES AVAILABLE



Community Alliance
for Prevention
Washburn County



For more information contact Jessica

218-409-7327 | jessica@lakelandfrc.com | www.lakelandfrc.com

TINY TOTS WORKSHOP

Join Lakeland Family Resource Center for
our Tiny Tots Workshop. We have a
variety of **FREE** items

- DIAPERS/PULL-UPS
- WIPES
- CAR SEAT AVAILABLE UPON REQUEST
- CAR SEAT INSTALLATION & EDUCATION
- RESOURCES & MORE



February
4th
2025



12 PM
to
5 PM



Lakeland Family Resource Center
819 Ash Street
Spooner WI, 54801

Thank You To Our Sponsors!



For more information contact Nikki
218-409-6168 | nikki@lakelandfrc.com