

PLHS >>>>> Newsletter



From the desk of **PRINCIPAL BEZEK:**

It saddens me that as a society at times people resort to hurtful comments, actions and racial slurs and we are not immune to that as a school and a community. We expect our school to be a safe and welcoming place for everyone and when it's not, we do take immediate action. Hurtful comments, actions and racial slurs are not tolerated and we work with the families involved and the local authorities to address those that arise. We are called upon to take action on things that occur not only in school but also outside of it and oftentimes on social media. We work with the students and families involved to help students learn from their actions, and understand their impact if necessary to repair any harm that is done.

I have been working with students and families for over thirty years on issues that arise both in school and the broader community. The issues have not changed that much and the goal is to help students learn to get along in a civil society. Kids have always made mistakes and had lapses in judgment and we have always helped them and their families work through those incidents. The biggest change is social media and the ability for incidents to "go viral". While this can shine a light on things that need to be addressed, it can also be a vehicle for a rush to judgment or an opportunity to present only one side of a story. As a school we often cannot and will not give all the details of a situation for various reasons, such as confidentiality, minor status etc... We don't work through situations in the "social arena". Our hope is that we can earn the trust of those we serve as we work in partnership to address incidents that arise and help raise healthy children that are good citizens.



Attention Parents:

Please take a few minutes to complete the Parent/Caregiver Experience Survey.

(Please note that on some phones, the survey appears best if you switch to "desktop site" in your mobile browser.)

"PLSAS – Parent/Caregiver Experience Survey"





Welcome Alyssa Bresnahan!

Please give a warm welcome to our new PLHS Head Building Secretary – Alyssa Bresnahan! As an '04 PLHS graduate and a Prior Lake native, Alyssa is full of Laker Pride. She and her three siblings all graduated from PLHS. During her time in high school she enjoyed playing hockey with Coach Whiteside.

When she's not busy finding substitute teachers and planning graduation, Alyssa enjoys "glamping" with her family in Pine City at their family cabin. Alyssa's husband Adam is an '03 PLHS graduate, who owns Adam's Precision Painting. Together they tackle the daily chaos of raising their two adorable boys, Colton and Wyatt.

Alyssa came to Prior Lake High School after spending the last 15 years at Twin Cities Orthopedics. Welcome to the team Alyssa!



Attendance Reminders:

- The online attendance form is for ALL DAY ABSENCES only.
- Email or call our attendance line at least 45–60 minutes prior to your child leaving.
- Attendance is updated throughout the day. If you have called or emailed, please give us until 2 PM to enter it into our system.
- When picking up or dropping off your student, please use the student entrance only.
- If your child attends MNCAPS, please call their attendance line when calling out your student. The MNCAPS attendance line is 952–226–0821.

ATTENDANCE PHONE: 952–226–8601
EMAIL: hsattendance@plsas.org



REGISTER HERE:

<https://forms.gle/Vfv8Cqn4HKyeQinb9>



**Kate Christopher**

Health Aide
952-226-8606

Becca Holm

LPN & Health Aide
952-226-8670

Amy Wander

RN, PHN, &
Licensed School Nurse
952-226-8682

PLHS Health Office Update:

As we continue to navigate the colder months, it is important to continue to take steps to prevent the spread of communicable diseases. Frequent handwashing, covering coughs, avoiding touching face/nose/eyes, and encouraging healthy habits (getting plenty of sleep, eating nutritious meals, and staying active) all play a part in keeping students and our staff healthy.

If your child is feeling sick, please utilize these guidelines to help you decide when your student should stay home:

- If your student has had a fever of 100 degrees or more, they should stay home for 24 hours after the temperature returns to normal without fever reducing medication (ibuprofen or acetaminophen).
- If your student has vomited or had diarrhea and it is likely due to a contagious illness, your student should stay home until 24 hours after the last episode.
- If your student has had any rash that may be disease-related or the cause is unknown, check with your health care provider before sending your student to school.
- If your student is ill, please notify the school daily to report their absence and symptoms.

A reminder for parents! If your child texts you that they are ill during the school day, encourage them to visit the Health Office. Per the MDH, we track communicable diseases on a daily basis and all students going home ill during the school day are checked out through the Health Office first. Please contact the PLHS Health Office at any of the numbers listed or visit our website with any questions or concerns.



Project Prom Twin Cities:

- 1.) Anyone attending PROM in 2023 is welcome to get a FREE dress.
- 2.) The event is in Maple Grove, MN on March 25th, 26th, 31st, April 1st & 2nd. You MUST have an appointment to attend.
- 3.) LOTS of dresses are available but sizes cannot be guaranteed. Sign up early!
- 4.) The majority of the dresses offered are gently used but in great shape.
- 5.) No shoes or accessories will be available.
- 6.) Masks are highly recommended.



Sign up for the March 2023 event at this link:

<https://projectpromtwincities-2023.youcanbook.me/>



PLHS National Honor Society :

PLHS National Honor Society has been busy over the last few months. To read highlights of their activities, view their newsletter at the link below.

https://docs.google.com/document/d/1BNZC5PQPnn7bgW2SJPbQtXucID58_ftHWLf1Ck8YBTU/edit?usp=sharing

Looking for Scholarship Opportunities?

Seniors should check out the scholarship tab on Naviance by going to "Colleges" at the top and then selecting "Scholarship Search." We have added local scholarships with deadlines approaching in February. Make sure to consistently check out the list to make sure you aren't missing out on opportunities for money! Watch for the PLHS Laker Scholarship packet, which be available in March.

Spring Sports Registration:

All spring athletes must complete the following in order to participate in tryouts or practices:

- 1.) Have an updated physical on file in the PLHS Activities Office. (Must be dated 6/15/2020 or more recent).
- 2.) Register prior to your sport start date.
- 3.) Email updated sports physical forms to Heather Pierson (hpierson@plsas.org) or Nancy Theis (ntheis@plsas.org).

Contact Beth Fuller in the PLHS Activities Office if you have special circumstances when registering for any activity or if you need financial assistance. Family maximum for each school year (registration for activities and athletics governed by PLHS Activities Office) = \$900. Contact our office if your family is approaching this maximum amount and we will assist you with your next registration if it doesn't calculate automatically. Register online at: <https://isd719a.cf.affinitysolutions.com/>.



APPLY HERE:

<https://docs.google.com/forms/d/e/1FAIpQLScHdj4ZJ1oyH6VzmsZsiDIBJ7RHWlcKjMb5ZHiiOYhjzIRmQ/viewform?vc=0&c=0&w=1&flr=0>

THANK YOU!

The 2022 Holiday gift card drive was a HUGE success! We gave out over 300 cards to students at Prior Lake High School. Thank you to all who donated and a special thank you to the MN Caps Trades Program, Gardner Builders, Stonebrook Engineering and the PLHS Girls Lacrosse Team!!!

Sport/Activity	Participants	Registration Fee	Start Date 2022-23
Adapted Softball	grades 7-12	\$100	3/6/23
Baseball	grades 9-12	\$235	3/20/23 *9th grade tryouts 3/13/23
GBadminton	grades 9-12	\$195	3/6/23 * co-op w/Burnsville
GGolf	grades 7-12	\$350	3/20/23
BGolf	grades 9-12	\$350	3/20/23
GLacrosse	grades 9-12	\$230	4/3/23
BLacrosse	grades 9-12	\$230	4/3/23
Softball	grades 8-12	\$235	3/13/23
Synchro Swimming	grades 7-12	\$235	3/6/23
BTennis	grades 7-12	\$195	3/27/23
GTrack/Field	grades 9-12	\$200	3/13/23
BTrack/Field	grades 9-12	\$200	3/13/23
B Club Volleyball	grades 9-12	\$250	TBD
Spring Play	grades 9-12	\$135	Auditions ~ 1/17/23
Spring Play Tech Crew	grades 9-12	\$110	Applications ~ 1/17/23