

# PLHS >>>>> Newsletter



## 23 PLHS student-athletes sign NATIONAL LETTER OF INTENT:

The NLI is a document used to indicate a student-athlete's commitment to participate at an NCAA college or university. Congratulations to the following 23 Prior Lake High School student-athletes who signed their NLI!

Hayden Anthony - Baseball - U of MN, Duluth  
 Linus Fleek - Baseball - Regis University  
 Hudson Johnson - Baseball - University of Cincinnati  
 Caden Loy - Baseball - University of Northwestern-St. Paul  
 Matthew Totten - Baseball - Purdue University  
 Julia Thoms - Basketball - University of Jamestown  
 CeCe McNair - Basketball - UW Milwaukee  
 Samantha Berndt - Cross Country - Viterbo University  
 Olivia Hansen - Hockey - UW River Falls  
 Max Anderson - Lacrosse - Lewis University  
 Owen Meyer - Lacrosse - Aurora University  
 Jack Tocko - Lacrosse - University of Indianapolis  
 Sadie Chappuis - Lacrosse - Colorado Mesa University  
 Lana Disrud - Lacrosse - Niagara University  
 Kayleigh Sandell - Lacrosse - Grand Valley State University  
 Tyler Leonard - Soccer - UNC Asheville  
 Keira Olabode - Soccer - U of MN, Duluth  
 Isabelle Ohlmann - Soccer - George Washington University  
 Courtney Hennen - Softball - Northern State University  
 Brooke Thompson - Softball - Berry College  
 Hannah Cole - Track and Field - UW Stout  
 Addyson White - Track and Field - Penn State University  
 Ella Joesting - Volleyball - University of Dayton



The MNCAPS 24-25 application is now open to current Sophomores & Juniors! Students interested in Business, Healthcare, Education & Trades are encouraged to apply! The application closes January 5th, 2024.





## Girls Cross Country:

CONGRATULATIONS to the Girls Cross Country Team on finishing in second place at the State Championship on Saturday, November 4th! We are so proud of this team for their hard work and dedication.

## ATTENTION SENIORS!

If you plan to attend graduation, you must order a cap and gown! Please scan the following QR code, if you haven't already, and fill out the questions.



Any questions? Ask the Lead Administrative Assistant, Alyssa, at [abresnahan@plsas.org](mailto:abresnahan@plsas.org) or go visit her in the main office.

## Student Services Updates:

- Stop into Student Services to check **LOST & FOUND** if you are missing any items. All remaining items will be donated at the end of each quarter and again over winter and spring break.
- All **pictures** have been delivered to students. If you have questions regarding pictures please call Lifetouch directly at 1-800-736-4753.
- If you need a **parking permit**, please visit Student Services. You must have a valid driver's license in order to apply for a permit. Tickets will be given out to those who do not display their permit, park in the staff lot, park without a permit or more. There is FREE parking near the tennis courts.
- All **student IDs** are now digital through the Minga app. Make sure your student has downloaded the app. If they need help, have them visit Student Services.
- A friendly reminder that we need 30-60 minutes notice when calling your student out. To update your student's **attendance**, you may either call or email. Please include your student's first name, last name, phone number and if they will be returning or leaving for remainder of the day. Messages, emails and the all day form are maintained throughout the day are not immediate. Students will be sent a pass to their PLSAS email in order to leave class.



## Did you know?

The Spanish Immersion Program in PLSAS has reached the High School!

The ninth grade class takes a Spanish class combined with Heritage Spanish speakers! During the first quarter, the class took a field trip to the Minneapolis Institute of Art to experience the exhibit "ReVision: Art in the Americas." Spanish-speaking tour guides walked our students through the exhibit and went into detail about the different pieces.

**ATTENDANCE PHONE: 952-226-8601**

**EMAIL: [hsattendance@plsas.org](mailto:hsattendance@plsas.org)**







## PLHS Health Office Update:

As winter approaches, so does the cold and flu season. It's that time of year when sniffles, coughs, and sore throats become all too familiar. To help the PLHS community stay healthy, here are some essential tips:

**Frequent Handwashing:** Wash your hands regularly with soap and water for at least 20 seconds. Proper hand hygiene can significantly reduce the spread of germs.

**Stay Home When Sick:** If you aren't feeling well, it's important to stay home and rest. Returning to school too soon can prolong illness and infect others. Stay home for 24 hours if your temperature is over 100, if you have been vomiting, or if you have diarrhea.

**Flu Shots:** Consider getting a flu vaccine. It's one of the most effective ways to protect yourself and those around you from the flu virus.

**Cover Your Coughs & Sneezes:** Use a tissue or your elbow to cover your mouth and nose when you cough or sneeze. This helps prevent the spread of germs in the air and on surfaces.

**Good Nutrition & Sleep:** A healthy diet and sufficient sleep can boost your immune system, making it better equipped to fend off illnesses.

**Hydrate:** Drinking plenty of water keeps your body hydrated and helps your immune system function optimally.

**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



## Laker Pride Winners:

Congratulations to our latest Laker Pride recipients: Maymuna Sharifmahad, Ellie Shurts, Audrey Feraru, CJ Stouder, Abby Jerdee, Mason Valezquez, Arabella Fritzen, David Poperechnyy, Kaitlyn Pfingsten, and Anna Gillespie,

These students have been recognized for helping to make PLHS a place of Pride, Respect, and Responsibility. Keep up the great work!

## Robotics Update:

Saturday, November 18th the PLHS robotics team King TeC is hosting the Minne-Minni Robotics Tournament at PLHS.

36 High School First Robotics Competition Teams will be competing in the Gold Gym. 30 First Tech Challenge teams, grades 6-12 will be competing in the Activity Center. 20 First Lego League teams, grades 4-8, will be competing in the commons, and 30 First Lego League Explore teams, grades K-3, will display their projects on the second floor near B pod.

The tournament is free and open to the public from 9:00 AM - 5:00 PM. NHS service hours are available.

## National Honor Society :

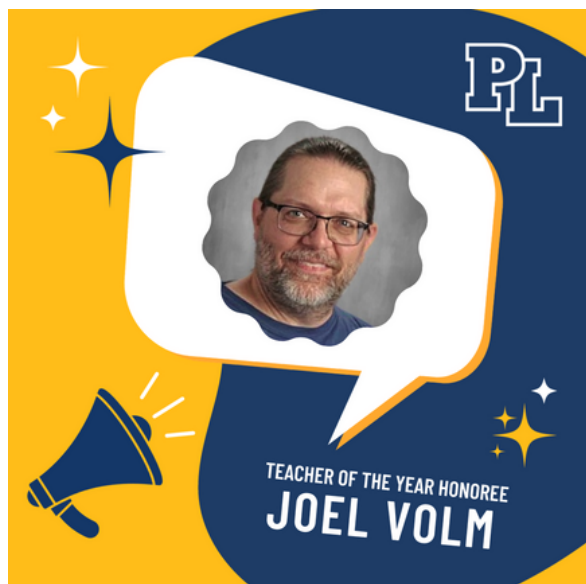
Check out the latest [NHS Newsletter](#) to learn about the incredible things this group of students has been up to this fall. Congratulations to the 40 new members who were inducted on October 30th.

### Seniors:

Surafel Bereket, Daniel Bergan, Ben Brower, Spenser Ford, Kyla Nauertz, Jessica Nelson, Marie Ramos, Owen Stack, Olivia Stegeman, Erika Therwanger, Alex Wang

### Juniors:

Rory Bellmont, Hermela Bereket, Peyton Cauley, Addelay Christianson, Ellie Coghlan, Delaney Dahl, Nora Dieva, Jasmine DuHadway, Bella Elert, Emerson Field, Nissa Frantz, Lena Johnson, Alicia Keil, Alexis Klema, Danika Klimova, Vedika Kulkarni, Sarah Langridge, Brooke Marquardt, Isabella McDonald, Gavin Michels, Jack Nicolet, Joshua Pascanik, Alex Peterson, Anh Pham, Zachary Postle, Sanjana Raveendranath, Ellie Shurts, Gabrielle Thompson, Maiya Warner



Congratulations to Joel Volm for being named this year's PLHS Teacher of the Year Honoree!

## Students on the Sidelines:

PLHS Senior – Sadie Chappuis had an article she wrote recently published in the Star Tribune! Read the article [here](#).



## Holiday Gift Card Drive:

The last twenty years, PLHS has given out gift cards directly to students in need during the holiday season. Last year, we gave out close to 350 cards with the help of our caring staff and fantastic community. It's that time of year again and donations are now being collected.

If you are able and interested in donating a gift card (suggested \$20 to Target or Walmart) please drop off in the main office reception area OR mail (by December 18th) to:

Nancy VanHorne – School Social Worker PLHS  
7575 W 150th St  
Savage, MN 55378

Thank you for your generosity and have a happy holiday season. Feel free to email the PLHS School Social Workers if you have any questions.  
Nancy VanHorne: ([nvanhorne@plsas.org](mailto:nvanhorne@plsas.org))  
Maren Meade-Anderson: ([mmeade@plsas.org](mailto:mmeade@plsas.org))

Additional Resources for the holiday season:  
[Food Resources/Scott/Dakota County CAP Agency-](#)  
[Housing Resources](#)  
[CAP Agency-Thrift Store](#)  
[Energy Assistance Application](#)

### Need help?

Please fill out [this form](#) if you would like your student to receive a gift card during the holiday season. Please fill out a form for EACH high school student in your household. The gift card will be given directly to your student before winter break.