PLHS Newsletter

30 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 Prior Lake High School student-athletes who signed their NLI on November 11th!



Women's Soccer

Camila Macias – Northern State University
Leighton Tacheny – The College of St. Scholastica
Alessandra Torres – Minnesota State University, Mankato

Women's Volleyball

Ryah Cotton – Bowling Green State University

The Laker Way: Pride - Respect - Responsibility

Women's Swim

Emma Haycraft – College of Saint Benedict
Kaela Haycraft – University of Nebraska Omaha
McKenna Mills – Southwest Minnesota State University

Women's Basketball

Ava Brynteson – Concordia University, St. Paul
Antonia Fisher – The University of Tulsa

Women's Hockey

Addison Heinicke – Gustavus Adolphus College

Women's Lacrosse

Addison Banyai – Niagara University
Madelyn Beaulieu – Marquette University
Lucy Satterlund – Rockhurst University
Taylor Sweet – The University of Alabama in Huntsville

Men's Baseball

Bennett Bernhardt – Riverland Community College
Tyler Carlson – University of Sioux Falls
Mason Golberg – Minnesota State University, Mankato
Vineel Kandi – University of Minnesota Duluth
Tyler Lyle – Bethel University
Conner McCoy – The College of St. Scholastica
Brody Nelson – Saint John's University
Liam Segerstrom – North Iowa Area Community College
Ethan Totten – North Iowa Area Community College
Owen Tufto – The College of St. Scholastica
Christopher Worm – Gustavus Adolphus College

Men's Basketball

Trey Theis – Minot State University

Men's Lacrosse

Carter Meyeraan – Maryville University

Men's Soccer

Advyay Chauhan – Saint Mary's University of Minnesota

Men's Swim

James Solt – Miami University (Ohio)

Men's Wrestling
Isaiah Olabode – North Dakota State University

IMPORTANT STUDENT SERVICES UPDATES:

- A friendly reminder that **a 30-60 minute notice is protocol when calling your student out**. To update your student's attendance, you may either call, email OR fill out the "All Day Form." Only one form of communication regarding your student's absence is necessary.
- If leaving a voice message, please say **AND** spell your student's first name, last name, grade, phone number, and if they will be returning or leaving for the remainder of the day.
- Messages, emails & the "All Day" form are maintained throughout the day and **are not immediate**. Students will be sent an electronic pass to their PLSAS email in order to leave class. During school hours, **all students coming and going should be using the lower level Student Entrance to meet their ride. You do not need to come in.** The only exception are MNCAPS or PSEO students.
- Click **HERE** to access to Absence Form ONLY if your student will be gone the entire day.
- All school pictures have been delivered to students. If you have questions regarding pictures, please call Lifetouch directly at 1-800-736-4753.
- All **student ID's** are now digital through the "Minga" app. Make sure your student has it downloaded.

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

ATTENTION SENIORS!

If you plan to attend graduation, you must order a cap & gown! If you haven't already, please click "Order Now" & fill out the form.

ORDER NOW

Any questions? Ask Administrative Lead, Janelle, at jyakymi@plsas.org or call 952-226-8609



Congratulations to Chemistry teacher, **Brian Olsen** for being named this year's PLSEA **teacher of the year!**

National Honors Society:

Congratulations to the **50** new members who were inducted on October 26th.

Seniors: Megan Berg, Lydia Chesley, Savannah Dawson, Eera Deshpande, Max Bubore, Mekelit Erdillo, Delaney Holz, Abby Jerdee, Heidi Klaverkamp, Julia Leonard, Lily Malmberg, Ella Nissen, Josie Petshl, Nick Rafat, Ashlyn Schirmers, Samantha Shannon, Lyla Sovell, Leighton Tacheny & Molly Zach.

Juniors: Lucy Barkley, Chloe Beck, Emily Christensen, Jordyn Cook, Adelen Cyzcalla, Mia Do, Cole Flatness, Maraike Fortin, Calvin Herendeen, Kate Hizon, Juliette Hoy, Sabrina Hussain, Vivian Ihle, Allison Langridge, Marni Madison, Anastasia Maksimov, Emelia Maschke, Eli Mathew, Aada Maunu, Avery McDowell, Alexa Nowicki, Carter Olson, Kyla Olson, Ellen Ray, Berit Schultz, Mallory Schwen, Karen Thompson, Layla Urban, Scarlett Walton, Sophia Williams & Avery Zwagerman.



Congratulations!





UNIFIED FLAG FOOTBALL!

Our Unified Flag Football team placed 3RD IN THE STATE during their competition on October 22nd in Blaine.

They played hard, represented PLHS well and were definitely leaders of inclusion.

WAY TO GO LAKERS!

The Laker Way: Pride - Respect - Responsibility

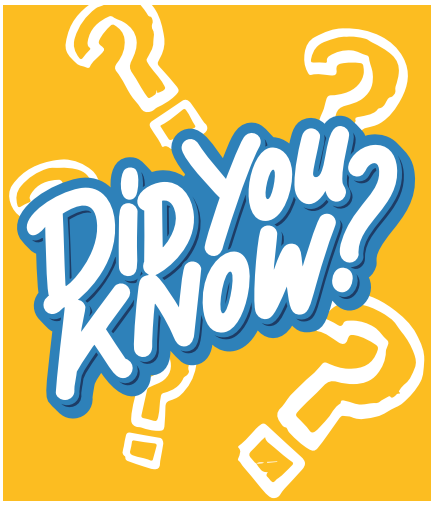
LAKER TIME FLEX:

Laker Flex Time takes place every Tuesday and Thursday and serves as a dedicated academic intervention period built into our school day. This time allows students to work directly with their scheduled teachers on coursework, study, and receive additional academic support.

To ensure Laker Flex Time remains productive and safe for all students, please review the following expectations and attendance policies:

- Academic Focus & Limited Passes: Laker Flex Time is strictly focused on academics. To maintain a quiet, productive learning environment, passes out of classrooms during Flex Time will be limited.
- Student Sign-Up Requirement: Students are expected to proactively select and sign up for a section with one of their currently scheduled teachers. They must be listed on an official teacher roster for each session.
- Flex: Unassigned & Unexcused Absences: If a student does not sign up for an assigned teacher's section, they will automatically be placed into the Flex: Unassigned section. Because students in this section are not properly accounted for, being in Flex: Unassigned results in an unexcused absence.
- Attendance Correction & Consequences: If a student was physically present working with a teacher but failed to sign up for that section beforehand, the student must complete an Attendance Correction Form immediately. If a correction form is not completed, the unexcused absence will stand, and a detention will be assigned.

We ask for parents' and guardians' support in encouraging students to sign up for their Flex sections on time each week. Thank you for helping us maintain a focused and accountable academic environment!

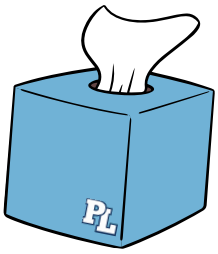


We have an informal group of parents who coordinate PLHS Staff donation & volunteer needs throughout the year. All needs are communicated through an opt-in email distribution list.

If you're interested in being added to this list, please email plhsdonateandvolunteer@gmail.com

There is NO commitment when you're added to the list – you simply receive occasional PLHS donation & volunteer opportunities via email.

Healthy Habits for Busy Teens:
A quick seasonal health tip from the Health Office



- High school schedules can get busy quickly with classes, activities, sports, jobs, and social commitments. Sleep, nutrition, and hydration can easily fall to the bottom of the list—but they have a big impact on how students feel and function during the school day.
- Teens should aim for 8–10 hours of sleep each night. Encourage your student to eat something before school (or grab a free breakfast when they get to school!), carry a water bottle, and make time for regular meals throughout the day.
- Energy drinks and excessive caffeine aren't a substitute for sleep. They can contribute to jitteriness, headaches, increased heart rate, and difficulty sleeping—sometimes creating a cycle of being tired and using more caffeine to compensate.
- High school is a great time for students to take increasing ownership of their health. Understanding their health needs, knowing their medications, and recognizing when to seek help are important steps toward independence. **Students who feel ill during the school day should report to the Health Office rather than contacting home directly for pickup.**

Kate Christopher
Health Aide

Becca Holm
LPN & Health Aide

Amy Wander
RN, PHN, & Licensed School Nurse

Student Tutors!

Whether you need a tutor or would like to become a tutor, please visit the Counseling Office for additional information.



ORDER NOW

School ID: 6615854

NO OUTSIDE FOOD + DRINK



As a reminder for families, students are prohibited from having food delivered to the school via services like DoorDash or UberEats, and any delivery drivers arriving at campus will be turned away.

Food delivery services will be turned away. Unless brought directly by a parent or guardian, outside delivery orders will be turned away at the main entrance.

Additionally, our campus remains closed during the school day, meaning students must stay in the building for lunch and may not leave to pick up food.

To ensure everyone stays well-fed, our cafeteria offers four distinct meal lines every day with a wide variety of fresh, delicious options to suit every student's taste!

FROM COURTS TO CLUBS...

We've got you covered!

JOIN US FOR A GREAT SEASON OF IM BASKETBALL!

Get Ready for Intramural Hoops!

Join the excitement, compete with friends, and show your skills on the court this winter!!

Registration Information

Registration Type	Key Instructions	Important Information
Individual Player Registration	All players register individually on Affinety	Deadline: **December 4, 2026** Cost: **$100 per player**
Team Roster Submission	One Team Captain completes the **Team Roster Form** on the PLHS IM Basketball	Form opens: **11/23/2026** Final Team Deadline: **December 9, 2026**

Season Timeline

- **Season Duration:** Games start the week of **December 14, 2026 - January 2027.**
- **Playoff Tournament:** The season concludes with an exciting **in-house tournament!**

Game Days & Slot Times

Division	Game Days	Evening Game Slots
9th & 10th Grade Teams	Mondays	6:50 PM | 7:35 PM | 8:20 PM | 9:05 PM
11th & 12th Grade Teams	Wednesdays	6:50 PM | 7:35 PM | 8:20 PM | 9:05 PM

2026/27 Winter Sports & Activities Information

PLHS ACTIVITIES INFORMATION

Link to Activities Site:
https://plhs.plsas.org/student-life/activities

WINTER ACTIVITY REGISTRATION OPENS MONDAY, OCTOBER 12TH!

**You must be registered in order to participate on Day 1 of your sport or activity!

WINTER SPORTS & ACTIVITIES

Adapted Floor Hockey - CoEd
Boys & Girls Alpine Ski
Boys & Girls Basketball
Competitive Cheer
Boys & Girls Dance
Girls Gymnastics
Boys & Girls Hockey
Boys & Girls Nordic Ski
Boys Swimming & Diving
Boys & Girls Wrestling
DECA
Intramural Basketball
Knowledge Bowl
Mock Trial
Speech
Theater - One Acts

Registering for a Winter Sport?

- ☐ Physical on file dated after: 3/31/2024 - Winter Sports
- ☐ Email Heather Durling in Activities with your student's physical: hdurling@plsas.org
- ☐ Register for sport at: https://isd719a.cf.affinetysolutions.com/
- ☐ Check the **Activities website** for information about your Sport
- ☐ Contact the coach/advisor directly about season specific questions

Registering for a Winter Activity or Intramural?

- ☐ Register for activity at: https://isd719a.cf.affinetysolutions.com/
- ☐ Check the **Activities website** for information about your Activity
- ☐ Contact the coach/advisor directly about season specific questions

ACTIVITIES CONTACTS

Jeff Marshall - Activities Director - 952-226-8680 - jmarshall@plsas.org
Beth Fuller - Assistant Activities Director - 952-226-8960 - bfuller@plsas.org
Heather Durling - Activities Admin Assistant - 952-226-8690 - hdurling@plsas.org
Jill Iaria - Activities Admin Assistant - 952-226-8688 - jiaria@plsas.org

2026-2027

Avoid the lines • Get into all regular season home sporting events • Save on tickets!

PUNCH PASS

10 PUNCHES FOR $75

For purchase at Varsity sporting events or in the PLHS Activities Office
***Cash or Check only!*

WINTER SPORTS KICK-OFF PARTY

WEDNESDAY, NOVEMBER 18TH | 5 - 8 PM

HOSTED BY CHULA'S

CHULA'S WILL DONATE 10% OF SALES TO THE LAKER ATHLETIC BOOSTER CLUB (LABC)

LET'S GO LAKERS!

Bonjour







Twenty-five students in French 4 College in the Schools (CIS) class enjoyed their Field Day at the University of Minnesota, Minneapolis on Oct. 20th.

They listened to a presentation by Dr. Ramon Fonkoué, a professor of French and African Film Studies, engaged in conversation in several “break-out” rooms with other CIS students and French professors, and did a quick tour of the campus.

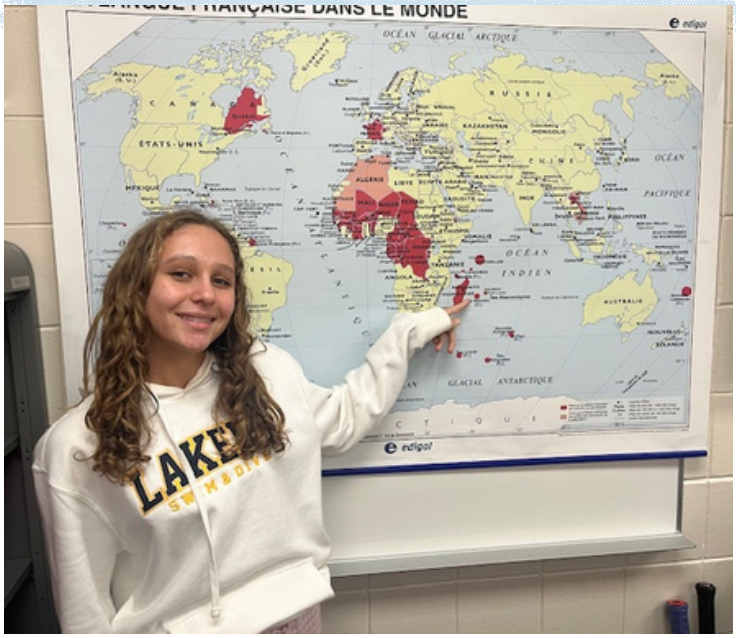




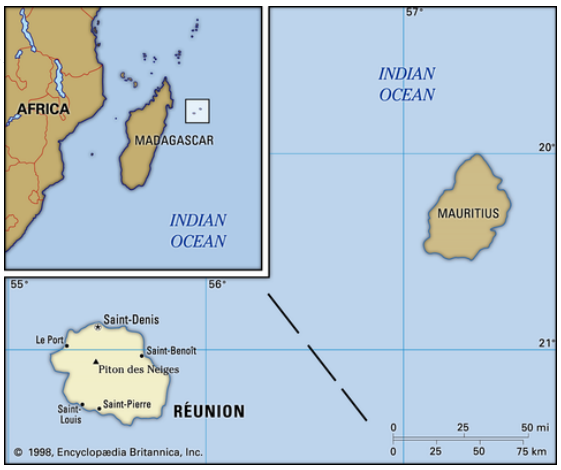
They also stopped at a French bakery for lunch. These students are earning 5 University of Minnesota credits for the successful completion of the course. That is worth about $3,200.00!?

C’est fantastique!

Say "Bonjour!" to Nina Mirre!







Nina is from an island called "La Réunion" which is located next to Madagascar.

Nina is a 15-year old French exchange student from the island of Réunion, a small French tropical island in the Indian Ocean. Réunion is an overseas department of France. Fun fact: Her city's name is St. Paul! What a neat connection!

Nina is spending 10 months in Prior Lake-Savage, and her host family is the Vegdhal family.

Nina and her synchronized swim team in Réunion are the **French champions** for club sychronized swim teams!

Her biggest dream was to travel around the world and learn English, so that's exactly what she is doing. Besides her 10-month stay in Prior Lake-Savage, she has traveled extensively in France, Italy, South Africa, Guadeloupe, Malaysia, Thailand, and Mauritius.

Nina has enjoyed participating on the PLHS Swim team this fall, and plans to participate on the PLHS synchronized swim team, as well.

She is thankful for the warm welcome she has received at PLHS, and for allowing her to fulfill her dream!

PLHS Pen Pal Club

24 PLHS students have started writing monthly pen-and-paper letters to their counterparts in a school in Valencia, Spain.

It's totally analog - no AI or devices allowed! Each letter follows a general theme, with plenty of room allowed for conversations to develop as kids get to know each other.

Their first letters went out the last week of October!













CONFERENCES

Q2 conferences will be held on Thursday, Dec. 3, from 5:00-8:00 pm.

On Monday, Nov. 30, the conference scheduler will open and families will receive an email with a unique sign up link from Laker Notifications (if you don't receive an email, please check your spam folder).

The conference scheduler will close at 3:00 pm on Wednesday, December 2.

Gift Card Drive:

The last **twenty two years**, PLHS has given out gift cards directly to students in need during the holiday season. Last year, we gave out close to 250 cards with the help of our caring staff and fantastic community!

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 19th) to:

Nancy VanHorne, School Social Worker
Prior Lake High School
7575 W. 150th St.
Savage, MN 55378

Feel free to contact us by email if you have any questions. **Thank you for your generosity and have a happy holiday season!**

Nancy VanHorne & Maren Meade--Anderson; PLHS School Social Workers

nvanhorne@plsas.org
mmeade@plsas.org



HOLIDAY HELP

Please click the link below and fill out the 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.

https://docs.google.com/forms/d/e/1FAIpQLScNhxSJ1Khe9U8m5f3wfXmPc_rqxjOnRta59U7j0xDvKgm2GA/viewform

Complete este formulario si desea que su estudiante reciba una tarjeta de regalo durante la temporada navideña. Complete un formulario para CADA estudiante de secundaria en su hogar. La tarjeta de regalo se entregará directamente a su estudiante antes de las vacaciones
de invierno.

Thov sau daim foos no yog tias koj xav kom koj tus menyuam kawm ntawv tau txais daim npav khoom plig thaum lub caij so. Thov sau ib daim ntawv rau txhua tus menyuam kawm ntawv theem siab hauv koj tsev neeg. Daim npav khoom plig yuav muab ncaj qha rau koj tus menyuam kawm ntawv ua ntej lub caij ntuj no so.

Fadlan buuxi foomkan haddii aad rabto in ilmahaagu helo kaarka hadiyadda inta lagu jiro xilliga fasaxa. Fadlan u buuxi foom arday kasta oo dugsiga sare ee qoyskaaga ah. Kaarka hadiyadda waxaa si toos ah loo siin doonaa ardaygaaga ka hor fasaxa jiilaalka.

Additional resources for this holiday season:

Food/CAP Agency

Thrift Store/Cap Agency

Congratulations to our September Laker Pride Raffle Winners!



Justin Borg (12)



Lydia Chalekiah (11)
Quinlynn Lehrmann (11)



Lucas Hiley (10)



Blake Arndt (10)



Salman Sayid Omar (9)

Each student received a token for a free frozen custard at Culvers!



NO SCHOOL

**Wednesday, November 25-
Friday, November 27**

THANKSGIVING BREAK

The Laker Way: Pride - Respect - Responsibility