

# Harris-Lake Park Community Schools

*Preparing Learners for a Lifetime of Leadership and Service*

**Harris-Lake Park Middle School / High School**  
905 South Market Street, Lake Park, Iowa 51347  
Phone: 712-832-3809 / Fax: 712-832-3812



**Harris-Lake Park Elementary School**  
105 Avenue A West, Lake Park, Iowa 51347  
Phone: 712-832-3437 / Fax: 712-832-3812

**Mike Thompson**  
Superintendent  
PK-12 Ass't Principal

**Rebecca Matthiesen**  
Preschool – 5<sup>th</sup> Grade  
Principal

**Greg Hiemstra**  
6-12 Principal  
Dir. Teaching & Learning

**Ashley Delaney**  
K-12 Instructional  
Coach

**Jared Rahe**  
Activities Director  
Special Education

## December 2025 Newsletter

### From the Superintendent

#### Construction Update: Project Nearing Substantial Completion

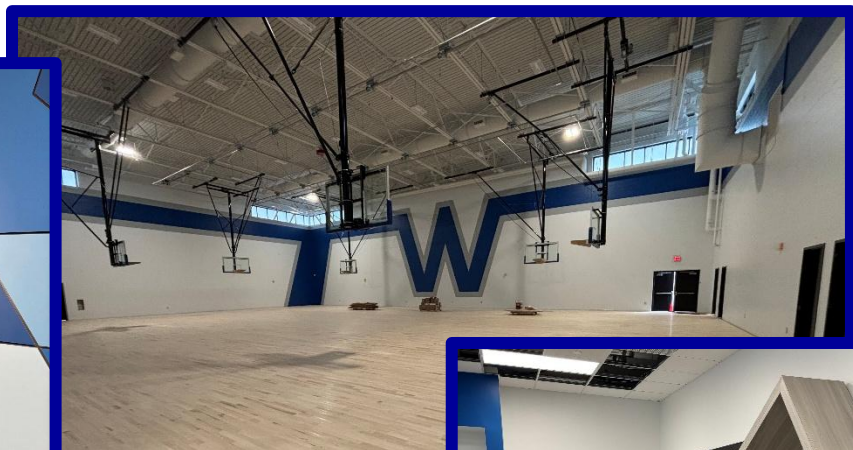
The Harris-Lake Park Community School District is pleased to share that construction on our new facility continues to progress smoothly and remains on schedule. Crews have made significant headway over the past several weeks, and we are excited to report that the project is tracking toward substantial completion sometime in January.

While work remains, the momentum on site has been strong, and we are encouraged by the craftsmanship and attention to detail that continues each day. As we move closer to completion, our team is actively preparing for the transition into the new building.

More detailed information regarding our moving timeline and logistics will be shared with families and the community after Christmas. We want to ensure that all details are clear, coordinated, and designed to make this transition as seamless as possible for students, staff, and families.

Thank you for your continued support and enthusiasm as we take this important step toward the future of Harris-Lake Park Schools. We look forward to sharing more updates soon and celebrating this milestone together.

Mike Thompson, Superintendent



**RED CROSS**



**BLOOD DRIVE**

The HLP FFA would like to thank all who donated at our November 5th Blood Drive. You helped us surpass our goal of 35 units collected, we ended up with 40 units.

Thank you much for donating and hope to see you at our next blood drive on March 4th.

### Harris-Lake Park

#### Weather Related Announcements

School related weather announcements will be made on KUOO/KUQQ, KICD AM/FM, KILR radio stations and KTIV and KELO TV stations for school late starts and/or cancellations. We will make every attempt to let the public know by 6:30 AM so that parents can make arrangements for their children. When school is cancelled for the day, all practices, rehearsals, and lessons will also be cancelled. Any exception to this rule will be with administrative approval only.

#### FOR FUTURE PLANNING...

A reminder to parents that the 1<sup>st</sup> semester ends on December 19, 2025. High School Semester tests are scheduled for December 17<sup>th</sup> & 18<sup>th</sup>. Please plan your holiday travel plans accordingly. Classes will resume for students on Monday, January 5.



Beginning Monday, December 8<sup>th</sup>, senior citizens, or any other patron of the community may use the school gymnasiums for walking during regular scheduled school hours. The MS/HS gym is available Tuesday and Thursday between the hours of 7:30-9:00 AM and the elementary gym is available for walking Monday, Wednesday, and Friday between 8:30-9:15 AM. Walkers are asked to please sign in at the school offices when arriving at the school.

## Grandma and Grand“Pie” Day

When: Friday December 5th, 2025

Time: 1:00 - 3:00 PM

Where: Harris - Lake Park Elementary

Grandparents of H-LP Elementary students TK - 5th Grade, we invite you to our “Grandma & Grand“Pie” Day on December 13th. We have a fun filled afternoon of activities for you and your grandchild to do together.

1. Magician in the commons
2. Scholastic Book Fair in the Gym  
(books will be available for purchase)
3. Pie Break in the Gym (Free Will Donation)
4. Classroom Activities



### 2025-2026 HARRIS-LAKE PARK STAFF DEVELOPMENT PROGRAM

On the following **Friday's** school will dismiss early due to Teacher Professional Development. The MS/HS will dismiss at 12:50 and Elementary students will dismiss at 1:00.

Dec. 12	March 27
Jan. 16, 30	April 10, 24
Feb. 13, 27	May 8

There will be no school on the following days due to teacher professional development:

Friday, January 2	Monday, February 16
Thursday, March 19 & Friday, March 20	

*Please refer to the Academic Calendar on page 5 for a complete schedule of term dates, vacation days, etc.*

### Elementary Christmas Concert

@ H-LP Elementary Gym

Thursday, December 4,

Full Rehearsal @ 9:30 AM

*(The Public is Welcome to Attend)*

Evening Concert – 6:00 PM



### MS/HS Winter Concert @ H-LP Auditorium

Afternoon Concert–Wednesday, December 10, 1:15 PM

Evening Concert–Monday, December 15, 6:00 PM



### Project 60

The National Honor Society and Student Council of Harris-Lake High School would like to invite our HLP School District senior citizens ages 60 and older to the annual Project 60 dinner and program at the high school commons on Wednesday, December 10<sup>th</sup> at 12:30 PM.

Guests are invited to stay and attend the afternoon performance of the MS/HS Winter Concert which will begin at 1:15 in the auditorium.

In addition, Lake Park senior citizens who are unable to attend, but would like to have a free meal delivered that day may call and leave your name and address at the school. Please call 712-832-3809 by noon on Tuesday, 12/9 if you would like your meal delivered. You may expect your meal between 12:30 and 1:00.

We hope to see you there!!



# HARRIS-LAKE PARK COMMUNITY SCHOOLS 2025-2026 School District Calendar

## Summary of Calendar:

First Semester ..... 81  
 Second Semester ..... 97  
 ..... 178

## CALENDAR LEGEND

- Quarter
- Holidays
- Vacation Days
- PD Days
- 12:50 Dismiss (non-PD days)
- P-T Confs
- Comp. Day

## HOLIDAYS:






Labor Day .....9/1  
 Thanksgiving Day .....11/27  
 Christmas Day .....12/25  
 New Year's Day .....1/1  
 President's Day .....2/16  
 Easter Sunday .....4/5  
 Memorial Day .....5/25

School year end date is subject to change due to weather related /no school days.



August 2025					Student Days	
M	T	W	Th	F		
18	19	20	21	22		Aug. 18 New staff
25	26	27	28	29	5/5	Aug. 19 - 21 All staff inservice days
<b>September 2025</b>						Aug. 25 Begin 1 <sup>st</sup> semester
1	2	3	4	5	4/9	Aug. 25 + 26 12:50 dismissals
8	9	10	11	12	5/14	Sept. 1 Labor Day – No School
15	16	17	18	19	5/19	Sept. 5 Prof. Dev. 12:50 dismiss
22	23	24	25	26	5/24	Sept. 19 Prof. Dev. 12:50 dismiss
29	30				2/26	Mid-Term
<b>October 2025</b>						
		1	2	3	3/29	Oct. 3 Prof. Dev. 12:50 dismiss
6	7	8	9	10	5/34	Oct. 17 Prof. Dev. 12:50 dismiss/ <b>End Q1</b>
13	14	15	16	17	5/39	Oct. 21 + 22 P-T Conferences 3:30-6:30
20	21	22	23	24	5/44	Oct. 24 No school – Comp. day
27	28	29	30	31	5/49	Oct. 31 Prof. Dev. 12:50 dismiss
<b>November 2025</b>						
3	4	5	6	7	5/54	
10	11	12	13	14	5/59	Nov. 14 Prof. Dev. 12:50 dismiss
17	18	19	20	21	5/64	Mid-Term
24	25	26	27	28	2/66	Nov. 26 - 28 Thanksgiving Break – No School
<b>December 2025</b>						
1	2	3	4	5	5/71	
8	9	10	11	12	5/76	
15	16	17	18	19	5/81	Dec. 12 Prof. Dev. 12:50 Dismiss
22	23	24	25	26		Dec. 19 12:50pm dismissal / <b>End Q2</b>
29	30	31				Dec. 22-Jan.1 Christmas Break
<b>January 2026</b>						<i>[potential new bldg. move-in]</i>
		1	2		0/81	
5	6	7	8	9	5/86	
12	13	14	15	16	5/91	Jan. 1 New Years Day – No School
19	20	21	22	23	5/96	Jan. 2 Full day professional dev.
26	27	28	29	30	5/101	Jan. 5 Begin 2 <sup>nd</sup> Semester
<b>February 2026</b>						Jan. 16 Prof. Dev. 12:50 Dismiss
2	3	4	5	6	5/106	Jan. 30 Prof. Dev. 12:50 Dismiss
9	10	11	12	13	5/111	Mid-Term
16	17	18	19	20	4/115	Feb. 13 Prof. Dev. 12:50 Dismiss
23	24	25	26	27	5/120	Feb. 16 Full day professional dev.
<b>March 2026</b>						Feb. 27 Prof. Dev. 12:50 Dismiss
2	3	4	5	6	5/125	
9	10	11	12	13	5/130	Mar. 6 <b>End of Q3</b>
16	17	18	19	20	0/130	Mar. 10 + 11 P-T Conferences 3:30-6:30
23	24	25	26	27	5/135	Mar. 13 No school – Comp. day
30	31				2/137	Mar. 16-18 Spring Break – No School
<b>April 2026</b>						Mar. 19 + 20 Full days professional dev.
		1	2		2/139	<i>[potential new bldg. move-in]</i>
6	7	8	9	10	5/144	
13	14	15	16	17	5/149	April 3 Good Friday – No School
20	21	22	23	24	5/154	April 10 Prof. Dev. 12:50 Dismiss
27	28	29	30		4/158	April 17 Mid-Term
<b>May 2026</b>						April 24 Prof. Dev. 12:50 Dismiss
				1	1/159	
4	5	6	7	8	5/164	
11	12	13	14	15	5/169	May 8 Prof. Dev. 12:50 Dismiss
18	19	20	21	22	5/174	May 17 Commencement
	26	27	28	29	4/178	May 25 Memorial Day – No School
<b>June 2026</b>						May 29 Last day of school for K-12
1	2	3	4	5		12:50 dismiss / <b>End of Q4</b>
						June 1 Full day professional dev.

## December 2025 Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>4:15pm JH Boys BB w/S-O @ Sibley</p> <p>6:00pm JV/V Girls BB w/Alta-Aurelia @ Home</p> <p>4:30pm SLP JV Boys Wrestling Tournament @ Sheldon HS</p>	<p>2</p> <p>4:30pm JV Boys BB w/MMCRU @ Home</p> <p>6:00pm Var G/B BB w/MMCRU @ Home</p>	<p>3</p>	<p>4</p> <p>9:30am Elem Christmas Concert Dress Rehearsal @ Elem. Gym (<i>The public is invited to attend</i>)</p> <p>6:00pm Elem Christmas Concert @ Elem Gym</p> <p>6:00pm SLP Var Boys Wrestling @ George</p>	<p>5</p> <p>8:30am-3:00pm Elem Book Fair</p> <p>1:00-3:00pm Elementary Grand "Pie" Day</p> <p>4:15pm SLP JH Girls Wrestling @ Okoboji HS South Gym</p> <p>4:30pm JV Boys BB w/GLR @ George</p> <p>6:00pm Var G/B BB w/GLR @ George; teams lv 3:00</p>	<p>6</p> <p>9:00-11:00am Heroes of Happiness Children's Christmas Bazaar @ HLP Elementary</p> <p>10:30am SLP Var Boys Wrestling @ Okoboji Invitational</p> <p>5:30-7:30pm Wolves Winter Wonderland @ HLP Elementary</p>
<p>7</p>	<p>8</p> <p>4:00pm SLP JH/JV Girls Wrestling Tournament @ Long Lines Family Rec Center, Sioux City</p> <p>5:00pm SLP JV Boys Wrestling Tournament @ MOC-FV</p>	<p>9</p> <p>7:50am FFA Officer Meeting @ HS</p> <p>4:15pm JH Boys BB w/WBM @ HLP HS Gym</p> <p>4:30pm JV G/B BB w/ HMS @ Hartley</p> <p>6:00pm Var G/B BB w/HMS @ Hartley; teams lv 3:15</p> <p>6:00pm SLP JV/V Boys Wrestling w/Cherokee Washington @ Sp. Lake HS East Gym</p>	<p>10</p> <p>12:30pm Project 60 Dinner @ HLP HS</p> <p>1:15pm MS/HS Winter Concert (<i>Afternoon Performance</i>) @ HLP Auditorium</p> 	<p>11</p> <p>4:15pm SLP JH Girls Wrestling @ Estherville HS</p> <p>6:30pm FFA Chapter Meeting @ HS</p> <p>6:30-7:15pm Esports Fall Banquet in HS Commons</p>	<p>12</p> <p>No Preschool</p> <p>12:50pm Early Dismissal for Teacher PD</p> <p>4:30pm JV Girls BB @ Akron-Westfield HS</p> <p>6:00pm- Varsity G/B BB @ Akron-Westfield HS; teams lv 2:15</p>	<p>13</p> <p>10:00am SLP Var Boys Wrestling @ Sibley-Och. Invitational</p> <p>10:00am JH Girls Wrestling @ Spencer Tournament</p>
<p>14</p> 	<p>15</p> <p>6:00pm MS/HS Winter Concert @ HS Auditorium</p> <p>5:00pm School Board Meeting @ HS</p>	<p>16</p> <p>4:15pm SLP JH Girls Wrestling @ Emmetsburg HS</p> <p>4:30pm JV Boys BB w/Trinity Christian @ Home</p> <p>6:00pm Varsity G/B BB w/Trinity Christian @ Home</p> <p>6:00pm Var. Wrestling Quad @ Sibley</p>	<p>17</p> <p>HS Semester Tests (<i>HS students only - blocked periods 1, 3, 5, 7</i>)</p>	<p>18</p> <p>HS Semester Tests (<i>HS students only - blocked periods 2, 4, 6, 8</i>)</p> <p>6:30pm Varsity G/B BB @ Storm Lake St. Mary's; team lv 4:15</p>	<p>19</p> <p>End of 2<sup>nd</sup> Quarter/1<sup>st</sup> Semester</p> <p>12:50pm Early Dismissal</p> <p>4:30pm JV Girls BB w/Hinton @ Home</p> <p>6:00pm Varsity G/B BB w/Hinton @ Home</p> <p>5:00pm SLP JV Boys Wrestling Tournament @ Spencer</p>	<p>20</p> <p>10:00am SLP Var Boys Wrestling Tournament @ Spencer</p> 
<p><b>No School December 22 – January 1</b></p>						
<p>4</p>	<p>5</p> <p>Begin 3<sup>rd</sup> Quarter/2<sup>nd</sup> Semester</p> <p>IA FFA Degree Applications due locally</p> <p>4:30pm JV G/B BB w/Sibley-Ocheyedan @ Home</p> <p>6:00pm Varsity G/B BB w/Sibley-Ocheyedan @ Home</p>	<p>6</p> <p>4:00/5:00pm JV G/B BB @ South O'Brien, Paullina</p> <p>6:00pm Varsity G/B BB @ South O'Brien, Paullina; teams lv 2:20</p> 	<p>7</p>	<p>8</p> <p>7:50am FFA Officer Meeting @ HS</p> <p>6:00pm SLP JV/V Boys Wrestling @ Storm Lake</p>	<p>9</p> <p>4:30pm JV Boys BB w/Remsen St. Mary's @ Home</p> <p>6:00pm Varsity G/B BB w/Remsen St. Marys @ Home</p> <p>4:45pm SLP Var Boys Wrestling Tournament @ Sp. Lake HS East Gym</p>	<p>10</p>

**ALL CALENDAR EVENTS ARE SUBJECT TO CHANGE.**

Harris-Lake Park Schedules: [Bound/Harris-Lake Park Wolves](#), [HLP Daily Bulletin](#)  
 SLP Wrestling & SLPO Soccer schedules [Bound/Spirit Lake CSD](#)

## H-LP ESPORTS: TOP 8 IN THE STATE!



What an incredible day it was for our Wolves at the State Esports Championships on Friday, November 19th!

Our team battled through two extremely close matches, each one intense, competitive, and absolutely EPIC.

While they ended the day 0-2, their grit, teamwork, and determination earned them a spot among the TOP 8 teams in the entire state for Super Smash Brothers Ultimate! That is an outstanding accomplishment, especially in just their second season of Esports.

To our players: Lucas, Layne, Jacob, Elliot, Lawrance, Blake, Traven, and Cole— You made us exceptionally proud. You represented H-LP with heart, sportsmanship, and fire. You gave it everything you had, and that's what being a Wolf is all about.

Our students, staff, and your peers loved watching you! Thank you for the battles, the excitement, and the pride you brought to our district.

We are so proud of you!



The Harris-Lake Park fourth grade classes would like to thank the Iowa Great Lakes Fishing Club for the donation of tackle boxes and fishing supplies for each student who attended School of the Wild earlier this fall. We are so appreciative of your support, your assistance with our outdoor experience, and your incredible generosity.

# Harris-Lake Park Is Partnering with BOUND!

We're excited to share that Harris-Lake Park has fully launched our partnership with Bound, an all-in-one platform for managing athletics, activities, and facilities. This move will provide a more connected, user-friendly experience for families, fans, and students. **BEGINNING WITH THE 2025-2026 BASKETBALL SEASON, HARRIS-LAKE PARK WILL NOT BE ACCEPTING CASH FOR ADMISSION TO ATHLETIC EVENTS. ALL TICKETS MUST BE PURCHASED ONLINE.** Students and Adults with Activity Passes must present the pass for admission to games. Punch Passes and activity/season passes are available at the MS/HS Office during school hours.

What does this mean for you? All things activities--schedules, tickets, rosters, scores, registration, and notifications--will now live in one easy spot!

Visit Our Public Site

Bookmark our school's BOUND page for quick access to everything you

need: <https://www.gobound.com/ia/schools/harrislakepark>



A blue promotional graphic with a white wolf head logo at the top left. The text reads: "TICKETS & PASSES NOW AVAILABLE". Below this is the URL: "HTTPS://WWW.GOBOUND.COM/IA/SCHOOLS/HARRISLAKEPARK/TICKETS". To the right is a QR code with a green and blue arrow pointing right. Below the QR code is the text: "SCAN ME TO BUY TODAY!".



A blue promotional graphic with a white wolf head logo at the top left. The text reads: "CREDIT / DEBIT CARDS ACCEPTED HERE". Below this are the logos for Apple Pay, G Pay, and BOUND. At the bottom, a large white arrow points right, followed by the text: "CASHLESS GATE" and "NO CASH ACCEPTED AT GATE".



## 2025 Children's Christmas Bazaar

The *Lake Park Heroes of Happiness* are pleased to announce the return of a popular program! On Saturday, December 6th from 9am to 11am, we will be hosting a Children's Christmas Bazaar at the Harris-Lake Park Elementary School. All H-LP students are able to attend this event and purchase gifts for family and friends. Please see below for program details!

**When:** Saturday, December 6th, 2025 from 9am to 11am. The snow make up date: Saturday, December 13th.

**Where:** H-LP Elementary School - 105 Avenue A West, Lake Park

**Who:** All H-LP students in grades PK-12 can shop at the bazaar.

**What is a Children's Christmas Bazaar:** Many years ago the Lake Park Garden Club hosted an event for families where kids could purchase reasonably priced gifts for family and friends. A new Lake Park charitable organization, The Heroes of Happiness, is bringing back that tradition! Hundreds of reasonably priced items (\$3-5 each) of all varieties for all ages will be available for purchase.

Interested in **DONATING** monetarily, or have items to donate? Please reach out to Mike Thompson or Becca Matthiesen at 832-3437 with questions regarding these items! Or email at

[rmatthiesen@hlpcsd.org](mailto:rmatthiesen@hlpcsd.org) or [mthompson@hlpcsd.org](mailto:mthompson@hlpcsd.org) !



# WOLVES Winter! WONDERLAND

1ST ANNUAL COMMUNITY EVENT!

SOUP SUPPER - FESTIVAL OF TREES  
STUDENT ART SHOW - BUILD A BEAR -SANTA

**6 DEC**  
**2025**





**5:30-7:30PM**

**HLP ELEMENTARY**  
**105 AVE A W**  
**LAKE PARK, IA**

SANTA FROM 5:30-6:30PM



## December 2025 Menus

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>1</b> Breakfast Fruit- f Pop tarts- g  Lunch Mini corn dogs-m/ma, g Corn- v Cheetos- g Mixed fresh fruit- f	<b>2</b> Breakfast Fruit- f Yogurt- m/ma Granola- g  Lunch Nachos- m/ma, g Charro beans- v Pears- f Cookies- g	<b>3</b> Breakfast Fruit- f Muffins- g  Lunch Cheese omelets- m/ma Tri-taters- v Muffins- g Mandarin oranges- f	<b>4</b> Breakfast Fruit- f Eggs- m/ma Toast- g  Lunch Club sandwich- m/ma, g Potato soup- m/ma Sliced cucumbers- v Mixed berry cups- g	<b>5</b> Breakfast Fruit- f Cereal-g  Lunch Popcorn chicken- m/ma, g Salad- v Chips- g Peach cups- f	<b>6</b>	
	<b>7</b>	<b>8</b> Breakfast Fruit- f Long John donuts- g  Lunch Pulled pork sandwich- m/ma, g Cottage cheese- m/ma Baked beans- v Mixed fruit- f	<b>9</b> Breakfast Fruit- f Yogurt- m/ma Granola- g  Lunch Breakfast burritos- m/ma, g Tater puffs- v Strawberry yogurt parfait- f, m/ma, g	<b>10</b> Breakfast Fruit- f Pancakes- g  Lunch Italian chicken- m/ma Rice- g Carrots- v Mixed fruit- f  <i>Project 60 Dessert-pumpkin cheesecake</i>	<b>11</b> Breakfast Fruit- f Breakfast pizza- m/ma, g  Lunch Ham & cheese sliders- m/ma, g Chicken noodle soup- m/ma, g Applesauce- f Vegetable juice- v	<b>12</b> Breakfast Fruit- f Cereal-g  Lunch Pizza- m/ma, g Italian salad- v Bananas- f	<b>13</b> 
	<b>14</b>	<b>15</b> Breakfast Fruit- f Bagels w/cream cheese- g  Lunch Chicken strips- m/ma Waffles- g Mandarin oranges- f Vegetable juice- v	<b>16</b> Breakfast Fruit- f Yogurt- m/ma Granola- g  Lunch Ham carbonara pasta- m/ma, g Green beans- v Cheesy breadstick- g Marinara sauce	<b>17</b> Breakfast Fruit- f Muffins- g  Lunch Breaded pork tenderloin- m/ma, g Sweet potato fries- v Mixed fruit- f	<b>18</b> Breakfast Fruit- f Breakfast burritos- m/ma, g  Lunch Tacos- m/ma, g Refried beans- v Chips- g Pineapple- f	<b>19</b> Breakfast Fruit- f Cereal-g  "Christmas Brunch" Scrambled eggs- m/ma Sausage- m/ma Bacon Tri-tater- v Muffin- g Strawberries- f	<b>20</b>
	<b>4</b> January 2026	<b>5</b> Breakfast Fruit- f Long John donuts- g  Lunch French toast sticks- g Sausage- m/ma Vegetable juice- v Mixed fresh fruit- f	<b>6</b> Breakfast Fruit- f Yogurt- m/ma Granola- g  Lunch Chicken fajitas- m/ma, g Charro beans- v Clementines- f Apple churros- g	<b>7</b> Breakfast Fruit- f Waffles- g  Lunch Chicken patty sandwich- m/ma Carrots- v Pears- f	<b>8</b> Breakfast Fruit- f Sausage- m/ma Toast- g  Lunch Orange chicken- m/ma Rice- g Broccoli- v Pineapple- f	<b>9</b> Breakfast Fruit- f Cereal-g  Lunch Burger bar/bun-m/ma, g Fries- v Apple slices- f	<b>10</b>
<b>11</b>	<b>12</b> Breakfast Fruit- f English muffins- g  Lunch Popcorn chicken- m/ma, g Cheesy broccoli soup- v Chips- v Peach cups- f	<b>13</b> Breakfast Fruit- f Yogurt- m/ma Granola- g  Lunch Pulled pork nachos- m/ma, g Corn- v Applesauce- f	<b>14</b> Breakfast Fruit- f Muffins- g  Lunch Meatball subs- m/ma, g Green beans- v Mixed fruit- f	<b>15</b> Breakfast Fruit- f Breakfast pizza-m/ma, g  Lunch Chili- m/ma, v Cinnamon rolls- g Fresh oranges- f	<b>16</b> Breakfast Fruit- f Cereal-g  Lunch Hawaiian pizza- m/ma, g Mixed veggies- v Bananas- f	<b>17</b> 	

**Breakfast Serving Times: 7:45-8:10 AM -- All breakfasts include 4 oz. Juice (F) and 8 oz. Milk**  
**Students must have (3) components for a complete breakfast & must include a fruit selection**

**Students must have 3-4 components for a complete lunch & must include a fruit/vegetable selection.**

All lunches include 8 oz. milk. MS/HS lunch entrée alternatives will be available.

COMPONENT KEY: Meat/Meat Alternative=M/MA; Grain=G; Fruit=F; Vegetable=V; Milk is considered its own component.

This Institution is an equal opportunity provider.

# Too sick for school?

Nearly all children get sick from time to time. Sending a sick child to school may make the child more miserable and spread a contagious illness to classmates. The following guidelines will help parents decide whether their child is too sick for school.

**Fever** is an important symptom, especially if it occurs along with a sore throat, nausea or a rash. Fevers are ok because the higher body temperature is a result of the immune system working so the body can heal. Children with a temperature of 100.4 degrees or higher should stay home. Your child should be fever-free 24 hours (without medication) before returning to school. Remember to follow the directions for your thermometer.

**Diarrhea and vomiting** make children very uncomfortable. Keep your child home until the illness is over, and for 24 hours after the last episode (without medicine).

**Strep throat** is highly contagious and the child may complain of a sudden sore throat and fever and often stomachache and headache. The child may return to school 24 hours after the antibiotic treatment begins and if no fever.

**Pinkeye or conjunctivitis** is highly contagious and uncomfortable. Symptoms include eyes burning, itching and a cloudy or yellow discharge from the eye. Child should stay home until doctor recommends your child return to school. Medication may be prescribed.

**Flu/Influenza** symptoms include body aches, high fever, chills, congestion, sore throat and in some children vomiting. These symptoms usually come on very quickly! Rest and *sometimes* medication is prescribed.

**Respiratory viruses (flu, covid, RSV):** The IDPH guidelines are that you can go back to your normal activities when, for at least 24 hours, both are true:

- Your symptoms are getting better overall, **and**
- You have not had a fever (and are not using fever-reducing medication).
- When you go back to your normal activities, take added precaution over the next 5 days, such as taking additional steps for cleaner air, hygiene, masks, physical distancing, and/or testing when you will be around other people indoors. This is especially important to protect people with factors that increase their risk of severe illness from respiratory viruses.

**Frequent hand washing is one of the best ways to prevent the spread of infection. Please encourage frequent hand washing at home and at school.**

**If your child needs to stay home due to illness or other reasons, please call the school. For safety, we need to know why your child is not at school. Remember to always make sure that the school knows how to reach you during the day and that there is a back-up plan and phone number if we cannot reach you.**

Dear parents/guardians:

I am sending out a friendly reminder that we have multiple students between the elementary building and middle school/high school building that have severe allergies to peanuts and tree nuts. To keep all students safe we need to keep both buildings a nut free zone. Please do not send anything containing peanuts or tree nuts to school with your child; this includes cold lunches and snacks. **This means NO peanut butter, peanuts, cashews, almonds, pecans, walnuts, pistachios, or anything containing any of these nuts.** If you are unsure if something contains a nut please don't bring it to school. Our kitchen staff has already eliminated all nuts from both buildings. The vending machine at the middle school/high school has also eliminated products for purchase that contain nuts. If you have any questions please feel free to contact me.

Thank you for your cooperation and help keeping all students safe!

Kayla Ahrenstorff, RN, OCN  
HLP school nurse  
Email: kahrenstorff@hpcsd.org  
Phone: 712-832-3809

Wolves Tale is the Harris-Lake Park student newspaper. The current Wolves Tale is an all-digital edition that can be found on the school website. The Wolves Tale is written in correspondence with a composition class at H-LP.

The Wolves Tale covers stories about staff, students, and community. It's a great place to receive news and information from a student perspective.

Check out the latest issue: Wolves Tale

Harris-Lake Park Daily Bulletin & Announcements are available on the school website: Daily Bulletin.

All Harris-Lake Park MS/HS and Elementary School activities are updated on the Harris-Lake Park Bound website: Bound/Harris-Lake Park Wolves.

Spirit Lake Park Wrestling and the SLPO Soccer schedules are available on the Spirit Lake Bound website: Bound/Spirit Lake CSD. Scheduling for these shared sports is done through the Spirit Lake schools.

#### BREAKFAST AND LUNCH PROGRAM

Healthy school meals consistent with the nutritional requirements set forth by the Healthy Hunger-Free Kids Act will be made available to all students. Students will also be permitted to bring their lunches from home and to purchase only beverages and incidental items. Breakfast is served and available to all MS/HS and elementary students each morning from 7:45-8:10 AM. This Institution is an equal opportunity provider.

#### PROGRAMA DE DESAYUNO Y ALMUERZO

Se pondrán a disposición de todos los estudiantes comidas escolares saludables que cumplan con los requisitos nutricionales establecidos por la Ley de Niños Saludables y Sin Hambre. A los estudiantes también se les permitirá traer sus almuerzos de casa y comprar solo bebidas y artículos incidentales. El desayuno se sirve y está disponible para todos los estudiantes de MS/HS y de primaria todas las mañanas de 7:45 a 8:10 a.m. Esta Institución es un proveedor de igualdad de oportunidades.

#### HARRIS-LAKE PARK WEBSITE NOTICES AND PARENT ACCESS CAPABILITIES

Website Notices and Parent Access Capabilities - District Patrons with internet access will be able to receive updates for weather-related school announcements on the school website. The website will be updated regarding late starts and weather cancellations. Parents may also sign up for the HLP District Announcement messages (see information to sign up in this newsletter.)

Parents may update their parent contact information and access their student's grades, lunch and tuition/fee account balances on-line through their JMC Parent Portal. JMC Parent Portal. Lunch & Fee payments can be made on-line through the JMC Online Payment system.

Newsletter Information - The monthly newsletter is emailed to all Harris-Lake Park families who have provided an email address. If you are a district patron or a friend or family member who does not have a student enrolled in the Harris-Lake Park Schools and wish to receive the monthly newsletter by email, please send your request to: [shirley@hlpcsd.org](mailto:shirley@hlpcsd.org) and you will be added to our email listing.

Newsletters are also available on-line: HLP Newsletters

Print newsletters are available at the elementary and MS/HS school offices.

#### USDA Nondiscrimination Statement:

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, DC 20250-9410; or
2. **fax:** (833) 256-1665 or (202) 690-7442; or
3. **email:** [Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)

This institution is an equal opportunity provider.

**Iowa Non-Discrimination Statement:** (revised 7-1-25) It is the policy of this CNP provider not to discriminate on the basis of race, creed, color, sex, sexual orientation, national origin, disability, age, or religion in its programs, activities, or employment practices as required by the Iowa Code 216.6, 216.7, and 216.9. If you have questions or grievances related to compliance with this policy by this CNP Provider, contact the Iowa Civil Rights Commission, 6200 Park Ave, Suite 100, Des Moines, IA 50321; phone number 515-281-4121 or 800-457-4416; website: <https://icrc.iowa.gov/>.

## Welcome!

The main exterior building doors of the elementary and MS/HS are controlled access doors. To enter the school buildings you will need to be let in by the office. To enter the school during those times you should follow these steps:

Press the call button on the Aiphone (located on the brick wall near the doors). Personnel in the office will look at the live video feed while you tell your name.

The doors will be manually unlocked for you and you may proceed to the office to sign in.

All visitors must sign in and wear a badge! ALL parents, visitors and vendors to the Harris-Lake Park Schools are required to sign in at the building offices and wear a badge indicating they are a visitor in the building.

The school has established this added security measure to ensure the safety of our students.

### Harris-Lake Park Community School District Addresses, Phone Numbers, Fax Numbers

#### Elementary Building

PO Box 277 Phone Number: 712-832-3437  
105 Avenue A West Fax Number: 712-832-3812  
Lake Park, IA 51347

#### MS/HS Building

PO Box 8 Phone Number: 712-832-3809  
905 South Market Fax Number: 712-832-3812  
Lake Park, IA 51347

#### Lake Park Public Library

PO Box 344 Phone Number: 712-832-9505  
905 South Market Fax Number: 712-832-9507  
Lake Park, IA 51347 Email: [library@lakepark.us](mailto:library@lakepark.us)

## District Announcements



Harris-Lake Park Community:

Please sign up for District Announcements using the instructions below. These announcements are used for emergencies such as school closings, weather announcements, and other important information.

Get information for District Announcements right on your phone—not on handouts.

Pick a way to receive messages for District Announcements:

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/28e773](http://rmd.at/28e773)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



**B** If you don't have a smartphone, get text notifications.

Text the message @28e773 to the number 81010.

If you're having trouble with 81010, try texting @28e773 to (469) 608-2309.

\* Standard text message rates apply.



Don't have a mobile phone? Go to [rmd.at/28e773](http://rmd.at/28e773) on a desktop computer to sign up for email notifications.

Harris-Lake Park Community  
School District is an EOE/AA

## Join us on Social Media

Follow us on Twitter and like us on Facebook



@HLPWolves

Share Your Wolf  
Pride!

Sports  
Academics  
News  
and More



Elementary  
Facebook Page



Harris-Lake Park CSD

