



HIGH SCHOOL NEWSLETTER

PELICAN RAPIDS HIGH SCHOOL | FALL 2025 | GRADES 7 & 8

HELLO!

PARENTS & GUARDIANS

Here is a snapshot of highlights and newsworthy things happening at the high school

Keep checking skyward for grades and attendance. Quarter 1 ends on October 30. Students have met with their advisors twice this year to review academic progress. Students below a C- need to turn their phone in to the office until off the list.

IMPORTANT DATES

October 31-November 3: No School (Teacher Workshop)
November 4: Start of Quarter 2
November 10: Parent/Teacher Conferences (1-7 pm)
November 27-28: No School (Fall Break)
December 5: Mid-Quarter 2

HUNTER PINKE SPEAKS TO STUDENTS

On October 8, Pinke spoke to students with the message of "No Bad Days". Small gestures of kindness can change the world and offering healing. He reminded students of the three truths that can get you through any tough day:

- I am still here.
- I have a choice.
- I am loved.

From Pinke:

"After becoming a paraplegic in a skiing accident during the winter of 2019, I was told by health professionals that I would have good days and bad days going forward. I told them they were wrong. I don't have bad days.

ANXIOUS GENERATION

Our staff is reading "The Anxious Generation" by Jonathan Haidt. Please see the attached newsletter with chapter summaries, key takeaways, and home strategies to support your student.

Check our website for more up to date information

FAMILY RESOURCES

The Viking Butikk

An in-school store, the Butikk is for students in need of clothes, shoes, winter gear, school supplies, hygiene items, food, and more.

Pelican Rapids Food Shelf

Located Downtown at 28 W Mill Ave, the Food Shelf provides food to those in need. Open Tuesdays from 10:00 am-1:00 pm and from 10:00 am-1:00 pm and 4:00 pm-5:30 pm on the first Tuesday of each month.

My name is Kelsey Lage and I am your student's School Counselor. I look forward to working with you and your student during middle school and four years of high school.

Here are ways I support your student:

- **Academics:** Credit tracking, class registration, schedule creation, in-school school support referrals
- **Personal/Social:** Help manage emotions/stress, provide grieving support, brief counseling
- **Post-Secondary Planning:** College application assistance, answer questions, provide scholarship assistance

KELSEY LAGE, SCHOOL COUNSELOR

(218) 863-6191

(218) 396-4855 for text messages

klage@pelicanrapids.k12.mn.us

To set up an appointment with me:

<https://calendly.com/klage/15>

