

LUNCH: Chicken & pasta, whole wheat dinner rolls, carrots, sugar snap peas, applesauce, juice

ALA CARTE: Sloppy joes

WEDNESDAY'S BREAKFAST: Mini triple berry French toast, kiwi, juice, milk

WEDNESDAY'S LUNCH: Taco in a bag, lettuce/cheese, fresh grape tomatoes, salsa, golden rice, refried beans, oranges, milk

WEDNESDAY'S ALA CARTE: Spaghetti

ANNOUNCEMENTS:

1. PBIS Quote of the Week - *Nothing is impossible, the word itself says 'I'm possible'!* by Audrey Hepburn
2. Yearbook will meet today 3:30-4:30; Thursday 3:30-4:30 and Friday 3:30-5:00.
3. One Act today - Everyone meet on stage at 4:30. Actors need to be ready in costume by 4:30. Kirk will join us. Supper is provided. No absences permitted. Rehearsal will be done at at 7:00.
4. Knowledge Bowl travels to Staples tomorrow for their first meet of the season. Meet at the front high school doors at 8:00 a.m. and board bus 8.
5. FCCLA has scheduled a lunch meeting for Thursday for those participating in STAR Events.
6. Students grades 6-8 - The Snow Days dance scheduled for Friday, January 26 has been cancelled.

SENIORS:

1. Get your quotes to the yearbook staff if you have not already done so.

ATHLETICS:

1. Practice Schedule: No JH boys or girls basketball practice; JV/Varsity girls basketball 3:30-4:45 Tiger Arena; Gymnastics 3:30-6:00
2. 9th/JV/Varsity boys basketball teams host Red Lake. 9th grade game time is 5:00, JV starts at 6:00 with varsity to follow at 7:30.
3. JV/Varsity wrestling team travels to Mille Lacs for a 5:00 meet. Departure TBA.
4. Varsity girls hockey team travels to Long Prairie/Grey Eagle for a 7:00 meet.
5. The varsity boys basketball team will play at Target Center on Saturday, February 3. A fan bus is being offered for this game. The cost to ride the bus is \$15.00. Ticket prices for the game (this ticket gets you into the boys game PLUS the Timberwolves game that night vs. the Pelicans): \$80 lower level and \$25 upper level (during the Nevis boys game you can sit lower level). Game time for Nevis vs. Houston is 1:30 p.m. The Timberwolves start at 8:00 p.m. Bus departure is TBA and will return in the wee hours of the morning on Super Bowl Sunday. Sign up in the high school office for the fan bus. Coach Kramer has the tickets. Questions, see Coach Kramer.

PARENTS:

1. The dates for spring parent-teacher conferences have been changed to March 5 and 6 from 3:45-7:15 p.m. Elementary parents - contact Linda Hanson in the elementary office (218-652-3500, option 2 or email lhanson@nevis308.org) to schedule or reschedule your appointment.
2. Nevis School will present its One Act production of 'Us and Them' by David Campton at Nevis High School on Friday at 7:00 p.m. in the original gym. They will perform again at the Park Rapids High School Auditorium on Saturday starting at 10:00 a.m. as part of the Minnesota State High School League Subsection 24A One Act competition. Both performances are free and open to the public.

UPCOMING EVENTS:**Thursday ~**

1. 9th/JV/Varsity boys basketball teams host Cass Lake-Bena. 9th grade game time is 5:00, JV starts at 6:00 in the small gym, and varsity start time is approximately 8:00 in Tiger Arena.
2. JV/Varsity girls basketball teams host Park Rapids. Varsity game time is 6:00 in Tiger Arena and JV starts at approximately 8:00 in the small gym.

Friday ~

3. JV/Varsity gymnastics team competes at Long Prairie-Grey Eagle at 6:00 p.m.

Saturday ~

4. Varsity wrestling team competes at the Grand Rapids Tournament.
5. Varsity girls hockey team hosts Minnehaha Academy in Park Rapids at 1:00.