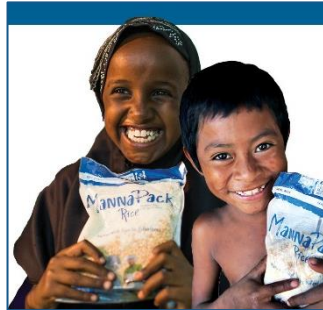


Feed My Starving Children Mobile Pack Event

Feed My Starving Children (FMSC) is a Christian nonprofit dedicated to providing nutritious meals to children worldwide. The Rice Lake High School FBLA will again host a FMSC Mobile Pack Event on **February 16 & 17 at the Rice Lake High School**. The goal is to raise \$30,000 for the cost of the food and transportations and obtain 500 volunteers needed to pack the food.



Sign up to **volunteer** or **donate online** at the following link: give.fmsc.org/ricelake

Checks should be made out to Feed My Starving Children. Put the event number in the memo line: 2402-256EA
Return to the Rice Lake High School:

Feed My Starving Children MobilePack Event---Attention Kelly Orr
30 South Wisconsin Avenue
Rice Lake, WI 54868



Life-CPR

CPR/FIRST AID & LIFEGUARD TRAINING

*Get Certified
in First Aid,
CPR, AED and
Lifeguarding*

*Questions? Call
715-234-4279*

February 23rd-25th
at the Rice Lake Swimming Pool
Friday-5-8PM
Saturday-8:30 AM-7:30 PM
Sunday-8:30 AM - 7:30 PM

Prerequisites

- 300 Meter Swim
Free, Breast or Sidestroke
- 2 Minutes Treading, no arms
- Brick test
- Must be 15 years old



**American
Red Cross**

Together, we can save a life

REGISTER AT:
WWW.RICELAKE.K12.WI.US/SCHOOLS/SWIMMING_POOL

**RICE LAKE YOUTH
VOLLEYBALL**

**24
SPRING**

**Sign up for Spring Youth Volleyball 4-8 grade
by February 17**

Cost: 4th-5th grade \$75 / 6th-8th grade \$100
Season:

4th-5th grade: Feb 28-April 29 / Mon & Wed

6th grade: Feb 27-May 9 / Tues & Thurs

7th-8th grade: Feb 26-May 13 / Mon & Wed

Registration:

<https://ricelakevolleyball.sportngin.com/register/form/461282214>

or Find us on Facebook-Rice Lake Youth Volleyball to register

Contact: ricelakevolleyball@gmail.com

RLMS BGC CAREER FAIR

FRIDAY, FEBUARY 23, 2024
4:00PM - 6:00 PM

204 Cameron Rd, Rice Lake, WI 54868
Enter E5 Doors to Rice Lake Middle School Gold Gym

Prizes

Family Fun Games
&
Scavenger Hunt

Raffle

GREAT FUTURES START HERE

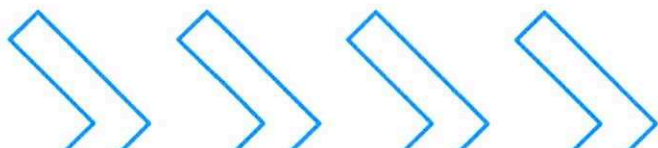


**BOYS & GIRLS CLUBS
OF BARRONCOUNTY**

Contact Us :

715-736-7445

www.bgcbarroncounty.org





2024 WARRIORS YOUTH BASEBALL REGISTRATION

Registration Now Open! - Register at www.ricelakebaseball.com



In person registration will be available at the upcoming parent teacher conferences for your school!

T-Ball: 5 & 6 year old's (Born between 9/1/2017 to 8/31/2019). **Register before 4/1 to avoid \$10 late fee.**

- **Cost: \$35** (Players will need their own glove. All other gear provided)
- Season begins in early May and runs through end of June.
- Play 1 game per week, Saturday mornings

Coach Pitch: 7 & 8 year old's (Born between 9/1/2015 to 8/31/2017). **Register before 4/1 to avoid \$10 late fee.**

- **Cost: \$45** (Players will need their own glove. All other gear provided)
- Season begins in early May and runs through end of June.
- Play 2 game per week, Tuesday's and Thursday's

Minors: 9 & 10 year old's (Born between 9/1/2022 to 8/31/2015). **Register before 4/1 to avoid \$10 late fee.**

- **Cost: \$50**
- Players will need their own glove, gray baseball pants, belt, and athletic shoes (no metal cleats)
- Season begins in late April and runs through end of June.
- Play 2 game per week, Monday's and Wednesday's

Majors: 11 & 12 year old's (Born between 9/1/2010 to 8/31/2013). **Register before 4/1 to avoid \$10 late fee.**

- **Cost: \$50**
- Players will need their own glove, gray baseball pants, belt, and athletic shoes (no metal cleats)
- Season begins in late April and runs through end of June.
- Play 2 game per week, Tuesday's and Thursday's.

Babe Ruth: 13 & 15 year old's (current 7th & 8th Graders). **Register before 4/1 to avoid \$10 late fee.**

- **Cost: \$75**
- Players will need their own glove, white baseball pants, belt, socks, and baseball shoes (metal cleats allowed)
- Season begins in early May and runs through end of June.
- Play 2 game per week, Monday's and Wednesday's.

Traveling Programs: Available for all players age 9-15.

- Cost: \$100 (includes personalized Jersey and hat) - players may be required to purchase additional pants based on uniform selection. Start date late April.
- Involves 3-5 weekend competitive level tournaments
- Travel is required and potential for some overnight stays
- Evaluations or tryouts will be communicated if considered necessary and a date is TBD.

FAMILY FUN NIGHT - TUESDAY, JULY 9, 2024



3rd Annual Youth Softball Clinic



The RLHS softball team and coaching staff would like to invite Rice Lake youth softball players to participate in the 3rd annual youth softball clinic on Saturday April 13th and Sunday April 14th held in the RLHS gyms. All proceeds go to the RLHS softball program. Contact Coach Beise with any questions. beisej@ricelake.k12.wi.us

Saturday Times:

Gr. 1-2: 9 a.m.-11:00 a.m.

Gr. 3-5: 11:15 a.m.-2:15 p.m.

Gr. 6-8: 2:30 p.m.-5:30 p.m.

Sunday Times:

Gr. 1-2: 11:00 a.m.-1:00 p.m.

Gr. 3-5: 1:15 p.m.-4:15 p.m.

Gr. 6-8: 1:15 p.m.-4:15 p.m.

Sign up
at
ricelakesoftball.com

Cost covers both days and includes a t-shirt

Gr. 1-2: \$25

Gr. 3-5/6-8: \$50

RL CLUB BALL SUMMER TEAMS

DEADLINE FEBRUARY 23, 2024

**10 U coached by Lindsay Berkseth and
Jon Eckhoff**

**12U coached by Sean Briggs and
Justin Parker**

**14U coached by Jackie Beise and
Janelle Kalina**

10/12U tournaments for the summer:

Fall Creek (May 5-12)

Raptors Rumble- Chippewa (May 31-June 2)

Mustang Stampede- Menomonie (June 14-16)

RL Seam Ripper- Rice Lake (June 21-23)

Lightening Strikes- Shell Lake (July 12-14)

**14U tournaments for the summer: **More tournaments to come due
to the late start based on the HS season.**

RL Seam Ripper- Rice Lake (June 21-23)

Lightening Strikes- Shell Lake (July 12-14)

****Register at ricelakesoftball.com****

Contact ricelakegirlsfastpitch@gmail.com with questions

FEBRUARY 2024

Rice Lake Public Library

2 E Marshall St.

715-234-4861

rlpl.org



SUN	MON	TUE	WED	THU	FRI	SAT
	Library Hours Monday-Friday 9:00am to 7:00pm Saturday 9:00am to 5:00pm			1 Adult Craftworks 5:00pm	2 Storytime 10:30	3 Storytime 10:30 The Fellowship 10:30 am
4	5 Computer 101 1:00pm Lego Club 3:30pm Chess-heads 6:00	6 Embrace Storytime 10:30am Garden Club 6:30p.m.	7 SMART Recovery 7:00pm	8 Explore & Create 1:00	9 Storytime 10:30	10 Storytime 10:30 The Fellowship 10:30 am Sit 'n' Knit 1:00
11	12 Chess-heads 6:00	13 See the Reader Book Club 4pm Library board 4:00pm	14 Afternoon Movie & Chocolate tasting 2:00pm SMART Recovery 7:00pm	15 Computer 101 10:30am Tween Yoga 4:30pm	16 Storytime 10:30	17 Storytime 10:30 The Fellowship 10:30 am
18	19 Chess-heads 6:00	20 Your Move adult gaming 5:30pm	21 Pokemon Trainers Club 4pm Book Club 5:00 SMART Recovery 7:00pm	22 Red Cedar Valley Heritage Group 5:30pm	23 Storytime 10:30	24 Storytime 10:30 The Fellowship 10:30 am
25	26 Chess-heads 6:00	27 Superhero Storytime 10:30am Board in the Library Board Games 4pm	28 SMART Recovery 7:00pm	29 Coffee & Coloring 10:30a.m.		



Lego Club

Join us for Lego club each first Monday of the month at 3:30p.m. We have the Legos, you provide the creativity.

The Fellowship

The Fellowship is a free program for autistic and neurodiverse teens and young adults (ages 16 and older) who wish to form solid connections among like-minded peers and their communities using digital and hands-on creative arts activities, community immersion, and supportive peer discussions. This weekly Saturday morning Fellowship program is supported by two talented facilitators: Mary Warner and Elise Kallenbach.

Registration required at:

<https://www.islandsofbrilliance.org/the-fellowship>

Embracing Books

February 6th at 10:30am trained advocates from Embrace Services will assist children in learning coping skills through age appropriate story and activities.

Pokemon Trainer Club

Join us upstairs at the Library for Pokémon Club on the 3rd Wednesday of each month. Show and trade cards, play trivia, do Pokémon themed crafts, and maybe even win a pack of cards!

Explore & Create for kids

Explore & Create for Kids is a program for kids to explore and create a variety of science and art activities. Meet with us this month on Thursday, February 8 at 1:00p.m. We'll be making animal mosaics.

Board In the Library: Board Game Club

'Board' in the Library? Hang out with us upstairs at the library on the 4th Tuesday of each month at 4pm while we eat snacks and play card and board games. All ages and skill levels welcome!



Superhero Storytime!

Books to the rescue! Join us for a superhero storytime and craft at 10:30am on Tuesday, February 27th. Don't forget to dress as your favorite hero!

See the Reader: Beginning Readers Book Club

Join us for Beginning Readers Book Club on Tuesday February 13th at 4pm. Designed for early readers aged 5-7, but open to all readers. We will read and discuss See the Dog by David LaRochelle. David will join us for an author visit and drawing workshop on April 2nd, 2024!

Afternoon Movie & Chocolate



Join us to enjoy the movie about, Nobleman, military man, and poet Cyrano de Bergerac is secretly in love with Roxanne. However, his insecurity over his dwarf stature prevents him from professing his love. We'll profess our love of chocolate with a chocolate tasting and choose our favorites.

Your Move gaming for adults

We're bringing adults together on February 20 at 5:30 p.m. to play games at the library. Games and staff help will be available.

Book Club

Book club meets each month at the library. Join us for our discussion.

This month's book is: The Midnight Library by Matt Haig

Sit 'n Knit

Knitters and crocheters come together at the library on the second Saturday of the month at 1:00pm to share time together while working on projects. Beginners are welcome.

Rice Lake Garden Club meeting

February 6, 2024 – 6:30 – Join ornithologist Steve Betchal of Eau Claire as he explains how the climate crisis is impacting birds and bird conservation, and what you can do to help where you live.

Red Cedar Valley Heritage Study Group

Join us for **Geology of the Ice Age Trail Dreamer Route in the Blue Hills** by Kent M. Syverson, Professor of Geology and Environmental Science, UWEC. Syverson will discuss the results of an undergraduate geomorphology research project in the Blue Hills region. Heritage Association meeting on at 4:30pm with presentation beginning at 5:30pm on Thursday, February 22.

SMART Recovery

Every Wednesday at 7pm. Facilitated by the Barron County Department of Health & Human Services, this program offers tools and support for family and friends who have a loved one struggling with addiction

Tween Yoga

Join us on February 15, 2024 at 4:30pm for a relaxing after-school yoga session with certified Yoga teacher, Evie from Sacred Dream Studio. Age 8-14.

Coffee & Coloring

Drop in any time between 10:30 to 11:30 a.m. for some Coffee & Coloring! Grab a beverage (coffee, hot cider, hot chocolate) and as many coloring pages as you wish. De-stress with some coloring therapy. Colored pencils and coloring pages will be available.



Are you interested in becoming a Host Family?



- Do you like sharing?
- Are you interested in world events?
- Would you like to be more involved in the Rice Lake community?
- Have you thought about developing new friendships around the world?

Trying being a **Host Family** for a foreign exchange student!

We are looking for 4 host families for the 2024-2025 school year! For more information about the Sister City program at Rice Lake High School, please contact Amy Kelsey of the Rice Lake International Friendship Association at 715-651-6914.



RICE LAKE DRIVER EDUCATION THEORY CLASS

*All classes held at Rice Lake High School, Room 131.

Spring 2024 In-Person Schedule | \$125

- Class ID#: 25173 | Monday/Tuesday/Thursday (3:30-6:30pm)
Class Dates: 3/4, 3/5, 3/7, 3/18, 3/19, 3/21, 3/25, 3/26, 3/28, 4/2, 2024
Make-up session: Thursday, April 4 (skip spring break week & 4/1).

Parents Please Note: The make-up session is only required for students who have missed one **excused** session. Students who miss two or more sessions will be dropped out of the class with no refund.

Spring 2024 Online Schedule | \$125

- Class ID#: 24726
Class Dates: March 4 - April 21, 2024
- Class ID#: 24729
Class Dates: April 22 - June 2, 2024

- ❖ Online class runs for six weeks; each week five units open, and students have until Sunday evening to complete the assigned work within open units.
- ❖ There is no set time a student needs to be logged in.
- ❖ Students need to receive a grade of 78% or higher to pass the class.

FOR
REGISTRATION
INFORMATION



715.234.7082 (option 4)



driversed@northwoodtech.edu



Northwood
Technical College

Northwood Technical College is an Equal Opportunity/Access/
Affirmative Action/Veterans/Disability Employer and Educator.



COMMUNITY CONNECTIONS
to Prosperity

HELP MADE EASY

DO YOU NEED HELP?

Get connected with the services you need all in one place! Find help with many things, including housing, food, clothing, medical care, mental health, caregiving, financial assistance, transition services for young adults with disabilities, haircuts and so much more.

February 27th, 2024

10 am to 6 pm

*come anytime between 10am – 6pm
(If the weather is bad, it will be moved to March 5th)

Cedar Mall Rice Lake, WI

Free child care & meal provided



To stay up to date with
any changes in dates or
times, scan the QR code.



*6 out of 10
parents
report their
children are
less likely
to hit or kick
other children*

Raising a Thinking Child

Wisconsin's prosperity is rooted in the problem-solving skills and innovation of its people. Children who can think clearly are the base of a productive and responsible next generation of employees, parents, and community members.

Skills such as critical thinking, impulse control, problem-solving, and conflict resolution can be taught early in life by children's most influential teachers—their parents. Parenting programs that build these skills in young children set the stage for preventing school problems, juvenile delinquency, and substance use.

Finding the best program for Wisconsin

UW-Madison Extension educators and specialists sought out the most effective “brain-building” programs from around the world for Wisconsin families to use with their young children. After careful review, Raising a Thinking Child, a scientifically tested program for parents of children ages 4-7, was chosen. Raising a Thinking Child trains parents to teach their children how—not what—to think. UW-Madison Extension worked directly with the program creator, Dr. Myrna Shure of Drexel University, to update and adapt Raising a Thinking Child specifically for Wisconsin families.

Results

Over the past 15 years, UW-Madison Extension has brought the benefits of Raising a Thinking Child to Wisconsin families by:

- Training more than 150 human service professionals, including staff members from family resource centers, Head Start, childcare centers, elementary schools, and public health and social service agencies, to teach the program
- Providing morning and afternoon in-person classes and evening online classes
- Translating the materials for use with Spanish-speaking families

Over 100 families from counties and tribal nations across the state participate in Raising a Thinking Child each year.

Raising a Thinking Child is an asset to families and helps children learn skills they can use throughout their lives.

fyi.extension.wisc.edu/rtcprogram/



Extension
UNIVERSITY OF WISCONSIN-MADISON

Family life is better

All parents are surveyed about their experiences with Raising a Thinking Child at the end of each 6- or 8-week class series. Overwhelmingly, parents praise Raising a Thinking Child and credit the class with bringing about substantial changes in themselves, their children, and family interactions. In fact, many parents found Raising a Thinking Child so useful they reported sharing what they learned with spouses, friends, and co-workers.

What parents say

"My family is happier. My son reacts much less with hitting and yelling and now responds much better with talking through problems."

"My daughter has become more social and empathetic and has an easier time playing with her siblings."

"There is much less yelling, arguing, and fighting. I talk more with my children rather than just telling them what to do."

"We communicate better with one another, spend more time on problem solving, and spend more quality time together."

Lasting change in parents

Do the positive changes in parents and children last? Parents have been contacted six months after completing Raising a Thinking Child to assess the long-term impact of the program.

"Our 5-year-old seems more aware of other's feelings. She seems to treat her sister like she she would want to be treated."

—Parent participant in Raising a Thinking Child

Over 75% of parents stated they still engaged in the following behaviors more often than they did before the class:

- Help their children pay attention to feelings
- Teach their children how to control their anger and frustration
- Guide their children to think about new solutions to problems
- Help their children identify consequences of their behaviors

In addition, about 70% of parents said they were better at controlling their own anger and frustration when interacting with their children.

Lasting change in children

Six months after completing Raising a Thinking Child, more than 50% of parents reported increases in the following child behaviors:

- Shows concern for other children
- Helps other children
- Takes turns with other children

More than 60% of parents reported reductions in the following child behaviors:

- Hits or kicks other children
- Threatens other children
- Calls other children mean names

When children show many positive behaviors and few problem behaviors, they are much more likely to do well in school, both socially and academically. These skills are part of the foundation children need to succeed across their lifetimes.



To learn more, contact:

Missy Bablick, Human Development and Relationships Educator:
missy.bablick@wisc.edu
Luisa Gerasimo, Human Development and Relationships Educator:
luisa.gerasimo@wisc.edu

*Classes held online using
Zoom: join with computer,
tablet, or smartphone
without leaving home*



Raising a Thinking Child Class

Tuesdays February 27– April 2nd, 2024

Two time options available

9:00-10:15 a.m. or

6:00-7:15 p.m.

Who should attend:

**Parents, caregivers, educators and
childcare providers of children ages 4-7**

Cost: FREE

12 hours Registry Credit available for \$50.00

Registration Deadline: February 14 Register online @ <https://go.wisc.edu/6fpx8a>

This evidence-based workshop series will help you guide children to solve common, everyday problems with decision making and communication skills using their thinking brain. It is a refreshingly practical curriculum that helps you help your child learn HOW to think, not what to think, as they learn to resolve their own problems.

Participants will learn:

- To give children skills to effectively solve their own problems
- Fun games to help children learn these problem solving skills and consider consequences
- How to help kids care about and understand their feelings and those of others

This program is Facilitated Missy Bablick Human Development & Relationship Educators with UW Madison Division of Extension, Barron County. For questions or to register via phone call Missy at 715-537-6254





(Formerly known as Trauma Informed Parenting “TIP” training)

Strengthening Families and Systems is a workshop designed for professionals, parents and community members to learn about childhood trauma and how to recognize and respond to trauma triggers to maximize child safety, stability and well-being.

The training will be held IN PERSON at the Barron County Government Center located at 335 East Monroe Avenue, Barron in Room #110.

PLEASE PLAN TO ATTEND ALL SESSIONS

Wednesday, March 13, 2024 from 5:30 pm – 8:00 pm
Wednesday, March 20, 2024 from 5:30 pm – 8:00 pm
Wednesday, March 27, 2024 from 5:30 pm – 8:00 pm
Wednesday, April 3, 2024 from 5:30 pm – 8:00 pm
Wednesday, April 10, 2024 from 5:30 pm – 8:00 pm
Wednesday, April 17, 2024 from 5:30 pm - 8:00 pm
Wednesday, April 24, 2024 from 5:30 pm – 8:00 pm
Wednesday, May 1, 2024 from 5:30 pm – 8:00 pm

Prior to each session a light meal will be available at 5:15pm

***16 hours of training for
licensed foster parents**

