

Lewiston-Altura Schools

Cardinal Newsletter

VOL. XXXV Issue 17

January 12, 2024

Visit our Website at www.lewalt.k12.mn.us

Spirit Days

Spirit days are often associated with sporting events. However, it is always fun to show school spirit. Elementary students are encouraged to celebrate our school by wearing red or Cardinal clothing on Fridays.



Upcoming Events

Jan. 22 – P.L.A.Y Meeting, 6:30, Elem.
Jan. 25 – Bell Museum Program
Feb. 9 – RSS Chili Tasting Fund Raiser
Feb. 21 – School Dental Sealant Day

Lunch Menu Changes

Jan. 16 – BBQ Pork
Jan. 18 – Chicken Alfredo over Pasta
Jan. 22 – Roasted Turkey over Mashed Potatoes

School Readiness

School Readiness is opening a new preschool class on Tuesday and Thursday afternoons 12:30-3 starting Jan 16th. This class is for children ages 3-5. Please call Nancy at 523-2191 option 1, or email vgreden@lewalt.k12.mn.us to enroll your child.

There are still some openings, please call today.

Early Childhood

Early Childhood drop-in days will start Jan 18th from 9-10:30. This is for **childcare providers**

and families with children ages birth to K. Come play with us! Circle time, activities, and gym time provided. No RSVP required, see attached flyer.

Early Childhood also offers **family classes** on Tuesdays 9-10:30am. This class is for children and their parent(s) or guardian to stay and play together. Circle time, activities, snack and gym time provided. Email vgreden@lewalt.k12.mn.us to sign up.

Join us for one session or all 3! Winter session: Now-Feb 6, Spring session: Feb 27-April 30, and late Spring: May 7-21



Early Childhood Drop-in Days

Thursday mornings 9-10:30

Starting Jan 18th

Join us in the preschool classroom for projects, circle time, snack, and gym time (through March on school days only)

Questions ? Contact vgreden@lewalt.k12.mn.us

Principal: Mr. Dave Riebel

Phone (507) 523-2191

Fax (507) 523-2609

Mark Morris After School Enrichment Registration Form



January 16th 3-5

3:00 - 4:30 Meet in the Library

*3-5: Join Nora and Delaney from Happy Dancing Turtle to explore the mystery of bugs in winter. Where do they go & how come we don't see them? Solve some puzzles to learn about insect life cycles & become a scientist as we dissect a gall (a growth on a plant) to reveal a surprising find living inside! We'll explore the school yard to see if we can uncover any signs of insects. **Please be prepared to spend time outside and be dressed appropriately for the weather!***

January 18th K-2

3:00 - 4:30 Meet in the Library

*K-2: How do birds stay warm in the winter time? Which ones stay here? How can we help them? Join Nora and Delaney from Happy Dancing Turtle to learn about some of the birds that stay in Minnesota all winter long & what we can do to help! Make a bird feeder to take home & join us for a walk around the school to see if we can find any winter birds. **Please be prepared to spend time outside and be dressed appropriately for the weather!***

Tori Todd

Elementary School Counselor

vtodd@lewalt.k12.mn.us

PLEASE RETURN FORM TO OFFICE

Participate Information

Name:

Grade:

Parent/ Guardian Name:

Preferred Phone Number:

Email address:

Transportation

How will your child get home?

Parent pick up

Walk

Minnesota School Sealant Program



Parents or Guardians,

Your school will be hosting the Minnesota School Sealant Program, where your child has the opportunity to receive **FREE** or reduced cost preventive dental services at school. A licensed dental professional will be offering sealants, cleanings, and fluoride varnishes to students.

The School Sealant Day will be on: Wednesday, February 21st for grades PreK-5.

In order to be eligible to receive these services, you need to fill out this consent form with your child's information and return it to school.

The consent form is due by: Friday, January 26th.

If you have any kind of dental insurance, these services are completely FREE to you. We submit the procedures to your insurance and donate whatever portion they do not cover. If you do not have dental insurance, your child can receive these services at 70% off the usual rates.

Dental sealants, fluoride varnishes, and teeth cleanings are often provided in a public health setting due to the amazing benefits they provide at a low cost. Your child will be kept comfortable throughout these easy preventive dental services. The entire process takes less than 15 minutes. They even get to see the tooth fairy that travels with our program!

Your student is encouraged to participate in this annual program every year. If we saw your student last year, this will allow us to provide a cleaning and fluoride varnish which we recommended once every 6 months for kids. Sealants only need to be placed once for each adult molar tooth. If there is a new adult tooth erupted that needs a sealant, it will be placed. Please check all three boxes on the consent form for optimal oral health.

If you are able, we prefer that you fill out the consent form online at www.schoolsealants.com/consentform. This helps us process things quicker and more efficiently so we can help serve more students in our state that need these services. Otherwise, please complete this paper consent form today and return it to school to make sure your child will be able to benefit from this great program.

Please note that we are only at schools for a limited time and have many children to help. Checking the boxes on the following page authorizes us to perform those services, but **DOES NOT GUARANTEE** they will be completed. We provide services as time allows. We will only submit the services that we are able to complete to your insurance. These procedures may affect your insurance frequency limitations so ensure that you **let your dentist know** what procedures you had done and the date. This will ensure that they provide the appropriate services and do not duplicate procedures that may not be covered under your insurance contracts.

Please allow the MN School Sealant Program 2-6 weeks for processing all the paperwork after the program is complete. We will send you an email in 2-6 weeks with the results of your student's oral health screening, what procedures were completed and recommendations for follow up care with a dentist. If you want more information about this program, please visit www.schoolsealants.com.

School Dental Program Consent Form

Child's Information

Child's First Name _____

Child's Last Name _____

Child's Birthdate _____

School _____

Teacher _____

Race For MDH Reporting _____

Grade _____

Parent/Guardian Contact Info

Parent/Guardian Name _____

Phone Number _____

Email _____

Home Address _____

Address Line 2 _____

City _____ State _____ Zip _____

Time since child last saw a dentist _____

☐ My child has a known allergy to methyl acrylate and cannot have sealants

☐ My child has an Individualized Education Plan (IEP) or Special Health Needs For MDH Reporting

I approve the following dental treatments for my child:

☐ **Sealants** - the best way to prevent cavities in the grooves of the back teeth

*Up to four sealants may be placed on erupted permanent molars that do not already have sealants

*A sealant retention check may be done at a later date at school and sealant reapplied at no cost if needed

☐ **Fluoride Varnish** - a boost of reinforcement for helping protect the teeth

☐ **Cleaning** - helping the teeth stay clean and shiny white

The Minnesota School Sealant Program highly recommends all three treatments for optimum oral health for kids.

Parent/Guardian Signature _____ Date _____

☐ My child has dental insurance. These preventive services are billed to your insurance and are provided at NO COST TO YOU.

Policy Holder's Name _____ Group Number _____

Policy Holder's Birthdate _____ Employer _____

Insurance Carrier Name _____ Insurance Phone # _____

Insurance ID # _____ Insurance Billing Address _____

PMI # _____ City _____ State _____ Zip _____

*This section must be **FILLED OUT COMPLETELY** for your child to be eligible to receive services.

You may also attach a scanned copy of the front and back of your insurance card.

☐ My child has no dental insurance. I would like my child to receive the services selected at the rate of \$25 per sealant (max of 4), \$25 for fluoride and \$25 for cleaning.

You save 70% off the regular fees!

Credit Card Number _____

Expiration (MM/YY) _____ CSV (3 digits) _____

*We require a credit card on file to be able to provide services at schools. No other payment methods are accepted at this time. We will only charge your card after services are completed. Max charge would be \$150 if four sealants, varnish, and a cleaning are done (a \$500 value).

Please check only one box

Programa de selladores escolares de Minnesota



Padres y tutores,

Su escuela será la anfitriona del Programa de Selladores Escolares de Minnesota, donde su hijo tiene la oportunidad de recibir servicios dentales preventivos **GRATUITOS** o de costo reducido en la escuela. Un profesional dental con licencia ofrecerá selladores, limpiezas y barnices de fluoruro a los estudiantes.

La fecha del programa será:

21 de febrero de 2024 para los estudiantes en los grados PreK - 5.

Para ser elegible para recibir estos servicios, debe completar este formulario de consentimiento con la información de su hijo y devolverlo a la escuela.

Este formulario de consentimiento se debe del: 26 de enero de 2024.

Si tiene algún tipo de seguro dental, estos servicios son completamente GRATIS para usted. Enviamos los procedimientos a su seguro y donamos cualquier porción que no cubran. Si no tiene seguro dental, su hijo puede recibir estos servicios con un 70% de descuento sobre las tarifas habituales.

Los selladores dentales, los barnices de flúor y las limpiezas de dientes a menudo se proporcionan en un entorno de salud pública debido a los sorprendentes beneficios que brindan a un bajo costo. Su hijo se mantendrá cómodo durante estos fáciles servicios preventivos dentales. Todo el proceso lleva menos de 15 minutos. ¡Incluso pueden ver al hada de los dientes que viaja con nuestro programa!

Se alienta a su estudiante a participar en este programa anual todos los años. Si vimos a su estudiante el año pasado, esto nos permitirá proporcionarle un limpieza y barniz de flúor que recomendamos una vez cada 6 meses para los niños. Los selladores solo deben colocarse una vez para cada diente molar adulto. Si hay un nuevo diente adulto en erupción que necesita un sellador, se lo colocará. Todavía marque las tres casillas en los procedimientos del formulario de consentimiento para permitirnos hacer esto.

Si puede, preferimos que complete el formulario de consentimiento en línea en www.schoolsealants.com/consentform. Esto nos ayuda a procesar las cosas de manera más rápida y eficiente para que podamos ayudar a atender a más estudiantes en nuestro estado que necesitan estos servicios. De lo contrario, complete este formulario de consentimiento en papel hoy y devuélvelo a la escuela para asegurarse de que su hijo pueda beneficiarse de este gran programa.

Tenga en cuenta que solo estamos en las escuelas por un tiempo limitado y tenemos muchos niños para ayudar. Marcar las casillas en la siguiente página nos autoriza a realizar esos servicios, pero **NO GARANTIZA** que se completarán. Brindamos servicios según lo permita el tiempo. Solo enviaremos los servicios que podamos completar a su seguro.

Por favor, espere el Programa de Sellador Escolar de MN de 2 a 6 semanas para procesar toda la documentación una vez que se complete el programa. Le enviaremos un correo electrónico en 2-6 semanas con los resultados del examen de salud bucal de su estudiante, qué procedimientos se completaron y recomendaciones para la atención de seguimiento con un dentista. Si desea más información sobre este programa, visite www.schoolsealants.com.

Formulario de consentimiento del programa dental escolar

Información del niño

Nombre del niño _____

Apellido del niño _____

Fecha de nacimiento del niño _____

Escuela _____

Maestro _____

Raza para los informes de MDH _____

Grado _____ Tiempo desde la última vez que el niño vio a un dentista _____

☐ Mi hijo tiene una alergia conocida al acrilato de metilo y no puede tener selladores

☐ Mi hijo tiene un Plan de educación individualizado (IEP) o necesidades especiales de salud para los informes de MDH

Información de contacto

Nombre del padre / tutor _____

Número de teléfono _____

Correo electrónico _____

Dirección de casa _____

Línea de dirección 2 _____

Ciudad _____ Estado _____ Código postal _____

Apruebo los siguientes tratamientos dentales para mi hijo:

☐ **Selladores:** la mejor manera de prevenir las caries en las ranuras de los dientes posteriores.

* Se pueden colocar hasta cuatro selladores en molares permanentes erupcionados que aún no tienen selladores

* Se puede realizar una verificación de retención del sellador en una fecha posterior en la escuela y el sellador se volverá a aplicar sin costo si es necesario

☐ **Barniz de flúor** - un impulso de refuerzo para proteger los dientes

☐ **Limpieza** : ayuda a que los dientes se mantengan limpios y de un blanco brillante

El Programa de Sellador Escolar de Minnesota recomienda los tres tratamientos para una salud bucal óptima.

☐ Mi hijo tiene seguro dental. Estos servicios preventivos se facturan a su seguro y se proporcionan SIN COSTO PARA USTED.

Nombre del titular de la póliza _____ Número de grupo _____

Fecha de nacimiento del titular de la póliza _____ Empleador _____

Nombre de la compañía de seguros _____

Número de teléfono del seguro _____ PMI # _____

Número de identificación del seguro _____

Dirección de facturación del seguro _____

Ciudad _____ Estado _____ Código postal _____

* Esta sección debe COMPLETARSE COMPLETAMENTE para que su hijo esté elegible para recibir servicios. También puede adjuntar una copia escaneada del anverso y reverso de su tarjeta de seguro.

☐ Mi hijo no tiene seguro dental. Me gustaría que mi hijo reciba los servicios seleccionados a razón de \$25 por sellador (máximo de 4), \$25 por flúor y \$25 por limpieza.

¡Ahorrar 70% de descuento en las tarifas regulares!

Número de tarjeta de crédito _____

Vencimiento (MM / AA) _____ CSV (3 dígitos) _____

* Se requiere una tarjeta de crédito en el archivo para poder prestar servicios en las escuelas. No se aceptan otros métodos de pago en este momento. Solo cobraremos a su tarjeta una vez que se completen los servicios. El cargo máximo sería de \$150 si se realizan cuatro selladores, flúor y una limpieza (un valor de \$ 500).

Nombre _____

Firma _____

Fecha _____

Solo marque una casilla

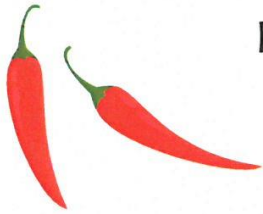


Ready Set School presents the
**ANNUAL CHILI TASTING
FUNDRAISER**

FEBRUARY 9th



LUNCH 10:15 - 1 & DINNER 4:30 - 5:30



**Pick-up at Steak Shop catering
301 E. Mark Street
Winona, MN 55987**



\$11/advance \$13/at door

Includes: 3 types of chili, a Bloedow's roll, a cookie, chili toppings, and utensils

**ALL PROCEEDS BENEFIT READY SET SCHOOL'S MISSION TO SUPPLY
WINONA COUNTY K-12 STUDENTS WITH THE SCHOOL SUPPLIES THEY
NEED TO START EACH SCHOOL YEAR**

**order tickets online at readyschoolwinona.org/chili/
or in person at the downtown location of WNB Financial**



girl scouts
river valleys

FIND YOUR
Friends

FIND YOUR
Fun



With Girl Scouts, kids can thrive—
making new friends, learning new skills, and
experiencing new things as they grow into their
strongest, kindest, and most authentic selves.

Grades K-1 can join for free through March 31, 2024!
Use code 477WINTER2024 when you register.



Learn more at
gsrv.gs/join

Girl Scouts River Valleys | GirlScoutsRV.org/Join | 800-845-0787 | girlscouts@girlscoutsrv.org

girl scouts
river valleys

ENCUENTRA
Amistades

ENCUENTRA TU
Diversión



Con las Girl Scouts, la niñez puede prosperar:
hacer nuevas amistades, aprender nuevas habilidades y
experimentar cosas nuevas a medida que se convierten
en su versión más fuerte, amable y auténtica.

**¡Los grados K-1 pueden unirse gratis hasta el 31 de
marzo de 2024!**

Usa el código 477WINTER2024 cuando te registres.



Más información
en gsrv.gs/unete



GAMBLERS

FASTPITCH

<http://www.gamblerssoftball.org/>

<http://www.facebook.com/GamblersFastpitch/>

Gamblers provides an opportunity for area youth to experience fast pitch softball in a tournament atmosphere. To teach them the skills needed to play in a more competitive environment.

Athletes who choose to join will be playing games on 5-6 weekends this summer. We ask that you make every effort to attend as much as possible.

Practice is a major part of success. Practices will begin in April and will run through July. The nights and times will be based on the coaches' schedule and field availability.

Registration for the 2024 season can be completed online at <https://www.gamblerssoftball.org/signup>

February 15th is the deadline any registrations after February 1st will be assessed a \$25 late fee and enrollment is not guaranteed!

Scholarships are available.

Please contact Adam Gust if your daughter is in need of one.

507-272-0375 or thegusts654@yahoo.com



Breakfast Menu

Jan 2024

Lewiston-Altura - Lewiston-Altura - K-8th Grade

Monday

1 No School

Tuesday

2 Offering #1
Cereal Bowl
String cheese
Juice Assorted
Oranges
1% Flavored
1% White
Skim White

Offering #2
Pancake on a Stick
Juice Assorted
Oranges
1% Flavored
1% White
Skim White

3 Offering #1
Cereal Bowl
Yogurt*
Applesauce
Juice Assorted
1% Flavored
1% White
Skim White

Offering #2
Breakfast Pizza
Applesauce
Juice Assorted
1% Flavored
1% White
Skim White

4 Offering #1
Cereal Bowl
String cheese
Juice Assorted
Peaches
1% Flavored
1% White
Skim White

Thursday

5 Offering #1
Cereal Bowl
Yogurt*
Juice Assorted
Pineapple
1% Flavored
1% White
Skim White

Friday

Offering #2
PB & J Sandwich
Juice Assorted
Pineapple
1% Flavored
1% White
Skim White

Wednesday

8 Offering #1
Cereal Bowl
Yogurt*
Apples
Juice Assorted
1% Flavored
1% White
Skim White

Offering #2
Breakfast Burrito
Apples
Juice Assorted
1% Flavored
1% White
Skim White

9 Offering #1
Cereal Bowl
String cheese
Fruit Cocktail
Juice Assorted
1% Flavored
1% White
Skim White

Offering #2
Fruited
Fruit Cocktail
Juice Assorted
1% Flavored
1% White
Skim White

10 Offering #1
Cereal Bowl
Yogurt*
Juice Assorted
Mandarin Oranges
1% Flavored
1% White
Skim White

Offering #2
Breakfast Pizza
Juice Assorted
Mandarin Oranges
1% Flavored
1% White
Skim White

11 Offering #1
Cereal Bowl
String cheese
Juice Assorted
Strawberries
1% Flavored
1% White
Skim White

12 Offering #1
Cereal Bowl
Yogurt*
Juice Assorted
Raisins
1% Flavored
1% White
Skim White

Offering #2
Chef's Choice
Juice Assorted
Raisins
1% Flavored
1% White
Skim White

15 Offering #1
Cereal Bowl
Yogurt*
Juice Assorted
Peaches
1% Flavored
1% White
Skim White

Offering #2
Mini Cornis
Juice Assorted
Peaches
1% Flavored
1% White
Skim White

16 Offering #1
Cereal Bowl
String cheese
Applesauce
Juice Assorted
1% Flavored
1% White
Skim White

Offering #2
French Toast
Applesauce
Juice Assorted
1% Flavored
1% White
Skim White

17 Offering #1
Cereal Bowl
Yogurt*
Juice Assorted
Peaches
1% Flavored
1% White
Skim White

Offering #2
Breakfast Pizza
Juice Assorted
Peaches
1% Flavored
1% White
Skim White

18 Offering #1
Cereal Bowl
String cheese
Juice Assorted
Pears
1% Flavored
1% White
Skim White

19 Offering #1
Cereal Bowl
Yogurt*
Juice Assorted
Pears
1% Flavored
1% White
Skim White

Offering #2
Biscuit
Sausage Gravy*
Juice Assorted
1% Flavored
1% White
Skim White

22 Offering #1
Cereal Bowl
Yogurt*
Juice Assorted
Pears
1% Flavored
1% White
Skim White

Offering #2
Muffin
Sausage Link*
Juice Assorted
Pears
1% Flavored
1% White
Skim White

23 Offering #1
Cereal Bowl
String cheese
Juice Assorted
Oranges
1% Flavored
1% White
Skim White

Offering #2
Pancake on a Stick
Juice Assorted
Oranges
1% Flavored
1% White
Skim White

24 Offering #1
Cereal Bowl
Yogurt*
Applesauce
Juice Assorted
1% Flavored
1% White
Skim White

Offering #2
Breakfast Pizza
Applesauce
Juice Assorted
1% Flavored
1% White
Skim White

25 Offering #1
Cereal Bowl
String cheese
Juice Assorted
Peaches
1% Flavored
1% White
Skim White

26 No School

Offering #2
Breakfast Sandwich
Juice Assorted
Peaches
1% Flavored
1% White
Skim White

29 Offering #1
Cereal Bowl
Yogurt*
Apples
Juice Assorted
1% Flavored
1% White
Skim White

Offering #2
Breakfast Burrito
Apples
Juice Assorted
1% Flavored
1% White
Skim White

30 Offering #1
Cereal Bowl
String cheese
Fruit Cocktail
Juice Assorted
1% Flavored
1% White
Skim White

Offering #2
Fruited
Fruit Cocktail
Juice Assorted
1% Flavored
1% White
Skim White

31 Offering #1
Cereal Bowl
Yogurt*
Juice Assorted
Mandarin Oranges
1% Flavored
1% White
Skim White

Offering #2
Breakfast Pizza
Juice Assorted
Mandarin Oranges
1% Flavored
1% White
Skim White

1

2

- 2024 -

JANUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

K-12 Lunch Menu

Please understand due to distribution, and snow days:

Menus are subject to change without Notice.

Productions records will show the changes.

Milk offered:

1%

1% Chocolate

Skim

Lactose free upon written request

Students have a choice of one milk. Students will be charged extra for more than one or if they bring a cold lunch. One milk is free only with a full meal.

All grain products are whole grain. Such as: breads, pastas, buns, chips, Waffles, French toast, pizza crust and Breading's.

Serving sizes and items will vary by age group. Productions records will show this change.

Calorie limit for K-8 = 600-700

Calorie limit for 9-12 = 750-850

1

No School

2

Pasta Bar
Garlic Brown rice
Dinner roll
Fruit Bar
Milk

3

Ravioli in Red Sauce
Salad Bar
Fruit Bar
Milk

4

Mini Corn Dogs
Chips
Salad Bar
Fruit Bar
Milk

5

French Toast
Sausage links
Salad Bar
Fruit Bar
Milk

8

Chicken Patty w/bun
Mashed potatoes
Salad Bar
Fruit Bar
Milk

9

Walking Beef Taco
Shredded Cheese
Chips
Salad Bar
Fruit Bar
Milk

10

Popcorn Chicken
Dinner Roll
Salad Bar
Fruit Bar
Milk

11

Crunchy Chicken
Tender Wrap
Tortilla shell
Salad Bar
Fruit Bar
Milk

12

Beef Hot Dog w/bun
Chips
Salad Bar
Fruit Bar
Milk

15

Pizza
Salad Bar
Fruit Bar
Milk

16

BBQ Chicken w/bun
Salad Bar
Fruit Bar
Milk

17

Sloppy Joe Mac
Goulash meat and
Elbow Macaroni
Salad Bar
Fruit Bar
Milk

18

Beef Stroganoff
Dinner Roll
Penne Pasta
Salad Bar
Fruit Bar
Milk

19

Chicken & Waffles
Salad Bar
Fruit Bar
Milk

22

Meatballs
Mashed Potatoes
Fresh Bread
Salad Bar
Fruit Bar
Milk

23

Beef Nacho's
Round Tortilla chips
Shredded Cheese
Salad Bar
Fruit Bar
Milk

24

Pizza Burger w/bun
Marinara Sauce
Shredded Mozzarella
Salad Bar
Fruit Bar
Milk

25

Calzone
Salad Bar
Fruit Bar
Milk

26

No School

29

Chicken Nuggets
Mashed Potatoes
Dinner roll
Salad Bar
Fruit Bar
Milk

30

Sloppy Joe's w/bun
Chips
Salad Bar
Fruit Bar
Milk

31

Meatball Sub
Marinara Sauce
Salad Bar
Fruit Bar
Milk

