

Lewiston-Altura Schools

Cardinal Newsletter

VOL. XXXV Issue 5

October 13, 2023

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

School Arrival Time

Doors at the elementary open at 7:45 for students to enter the building. Students arriving earlier wait outside or on their buses. As it gets colder or rainy please be sure your children are dressed to be outside until then. Students coming to Cardinal Club will enter that door and clock in as usual.

Elementary Yearbook

Students and parents look forward to the yearbook to remember the special people and times. In order for this to happen, we need a volunteer or team to step forward and create that special memory. Templates and guidance are available from the publisher. If interested (or you know someone who is), please contact the elementary with contact information.

Upcoming Events

Oct. 16-20 – National School Bus Safety Week
Oct. 17 – Unity Day – Wear Orange
Oct. 17 – Lewiston Fire Truck & Smoke House
Oct. 18 – No School for Students
Oct. 19-20 – No School, Education MN (MEA)
Oct. 19-20 – Cardinal Club Closed
Oct. 23 – P.L.A.Y Mtg., 6:30 Elem.
Nov. 7 – Election Day
Nov. 9 – Last Day of 1st Quarter
Nov. 10 – No School for Students
Nov. 13 – Hearing & Vision Screening (K,1,2,4)

Menu Changes

Oct. 17 – Chicken Nachos
Oct. 31 – Cheese Quesadilla

Cardinal Club

Cardinal Club is open 6am-8:05 and 3:00- 5:30pm for children ages PreK-Grade 5. All children/families need to have a current 2023-2024 registration form and monthly calendar on file before a child may start in the program. See attached forms to sign up. No registration fee required!

Early Childhood Family Education

Early Childhood Family Classes started on September 19th. This first session through Nov 14th is non-separating, parents are expected to stay in the room with their children. We will have three nine-week sessions throughout the school year and one special three-week session in December. You may still join, register and meet other families.

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.



Principal: Mr. Dave Riebel
Phone (507) 523-2191
Fax (507) 523-2609

3rd-6th Volleyball Fall Skills Camp Update

- New Date: Monday, October 23
 - 5th-6th (3:30-5) C-Gym
 - 3rd-4th (5-6:30) C-Gym

Pop Tabs for Ronald McDonald House

Keep collecting and bringing in pop tabs to fill the bucket by Ms. Todd's office. The tabs will be donated to the Ronald McDonald House as a fund raiser for them.



Please Label Everything

Visitors are often amazed at the number of items in lost and found. If you could label any item your child can remove it would help us locate owners

After School Reminder

If it is necessary for your child to go someplace other than their usual destination after school, a note must be sent to school letting us know where and/or with whom. A bus pass is given to students needing to ride a different bus or getting off at a different stop than normal. Thanks for helping us get your children safely home.



It's that time of year again! Applications for assistance from the Winona Goodfellows, a program that has provided Winona-area children with warm winter clothing for more than 100 years, will open on Monday, Oct. 16.

Winona County families who meet the eligibility requirements can receive a \$50 voucher for each student enrolled in a preschool program or in Grades K-8. Our online application at winonagoodfellows.org will go live on Oct. 16

Parenting Tip

Do you remember those days when the little wins felt like winning the lottery?

My friend shared a heartwarming moment the other day. Her 5th-grader burst through the door, practically bouncing off the walls with joy over nailing his long division test.

She laughed, "I just couldn't resist joining his victory dance!"

There's nothing quite like the glow on our kids' faces when they conquer their dragons. That light-up-the-room kind of pride? It's parenting gold. In our cozy corner, we've brewed up a tradition called the **"High Five" Journals**.

Here's how it works:

✧ Your child picks out a journal that screams 'them'.

✧ Every night, they jot down their daily 'wins'. Could be doing something kind for someone, having a creative idea, or just making a bed.

✧ The best part? Revisit those entries together and relive those 'YAY ME!' moments. It's like having a treasure chest of confidence-boosters.

It's not just about the journals, though.

If you want to sprinkle some more confidence-boosting magic in their lives, dive into this week's treasure trove, **"25 Magical Tricks to Make Your Child Feel Like a Star."**



25 Magical Tricks to Make Your Child Feel Like a Star



- 1. Stop doing for them what they can do for themselves.**
E.g. encourage them to order their own food at a restaurant.
- 2. Model positive self-talk to them.**
"Sometimes I feel a bit nervous before trying something new. But I remind myself that I'm capable and brave!"
- 3. Talk about things THEY like.**
Their hobbies, their interests, their passions
- 4. Give them age-appropriate "special tasks" to help you out.**
- 5. Join them while they are playing and let them lead.**
- 6. Remind them of their past successes.**
"Remember when you finished that big LEGO® project? That took a lot of determination, and you did it!"
- 7. Ask them for their advice or opinion.**
- 8. Create a "confidence jar" filled with notes of encouragement.**
"I wrote a special note for you in this jar, reminding you how amazing you are!"
- 9. Create a gratitude journal to focus on what's going well.**
- 10. Listen attentively and validate their feelings and ideas.**
"I can see that you're feeling upset. Tell me more about what happened and how you feel."
- 11. Encourage them to try a theatre class.**
- 12. Encourage physical activities to boost their sense of competence.**
- 13. Create a Wall of Fame to recognize their achievements.**
- 14. Offer gentle guidance and support when they face setbacks.**
"I know you're feeling disappointed about not winning the game. And I also know you improved since last time and you tried your best."
- 15. Point out when they make good choices.**
"You remembered to put your toys away without me reminding you. That shows great responsibility."
- 16. Tell them you love them unconditionally.**
"I love you, no matter what. You're special, and I'm so lucky to be your parent."
- 17. Leave little encouraging notes or drawings in their lunchbox.**
- 18. Create a collage using images and words describing their positive qualities and aspirations.**
- 19. Provide a safe space for them to explore and be themselves.**
"You can always come to me if you want to share your thoughts or if you're feeling unsure about something."
- 20. Surround them with positive, confident people (including their friends).**
- 21. Create a playlist of empowering songs for them.**
- 22. Ensure they know you're upset with their choices, not with who they are.**
- 23. Praise their positive character traits.**
"I love how you helped your friend carry their backpack today. You have a very kind heart."
- 24. Read books together that promote confidence and self-acceptance.**
- 25. Start a "High Five" journal where you both write down your daily accomplishments and celebrate small victories.**



Orange Tuesdays

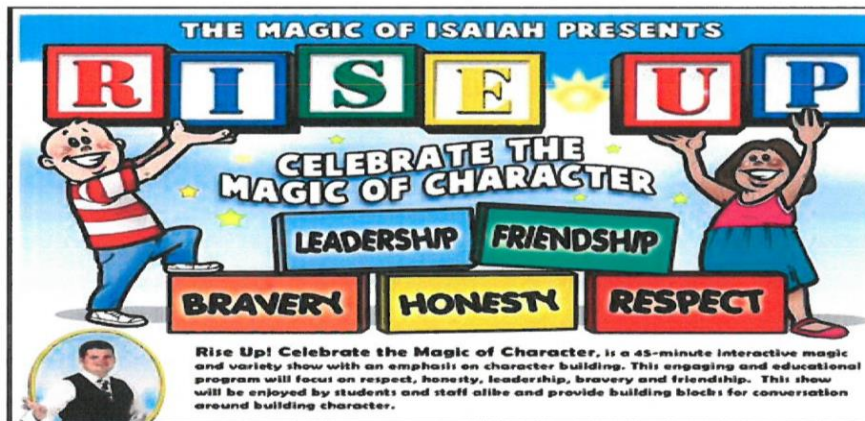


Wear and share orange. We are wearing orange to show that we are together against bullying and united for kindness.

UNITY DAY OCT. 17th

Today is the day! We are coming together to celebrate kindness, acceptance, and inclusion-our whole school community of students, teachers, staff and parents-so that we can make a school that's happier and healthier, a school where you can be all that you want to be.

We will end the day with an all school assembly - 1:45



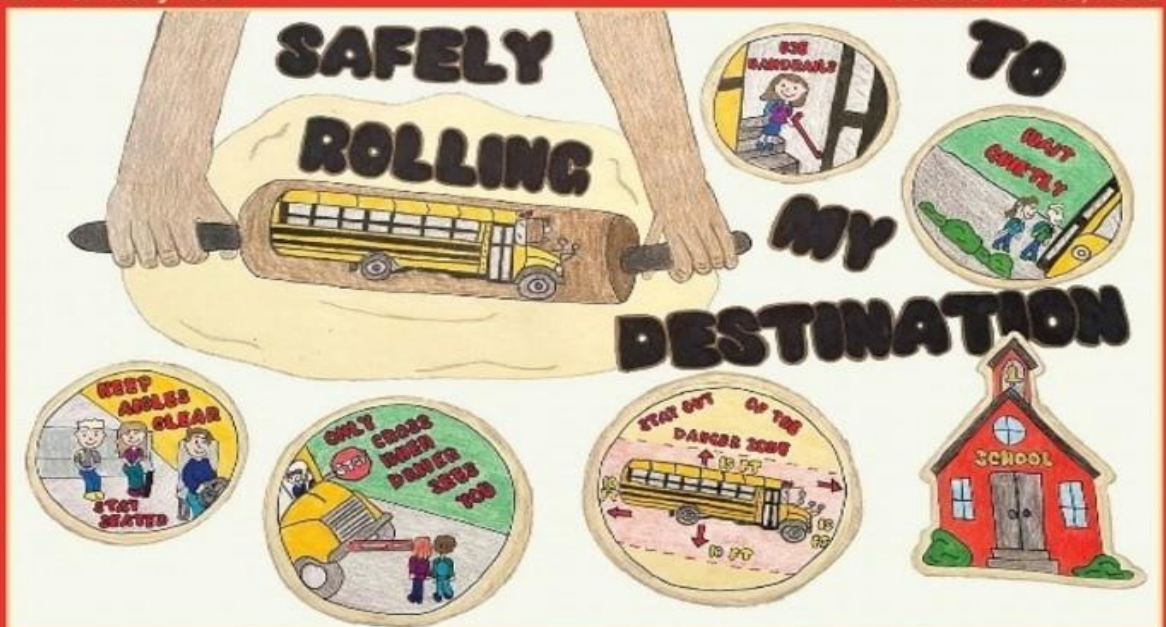
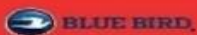
RISE UP Celebrating the Magic of Character

NATIONAL SCHOOL BUS SAFETY WEEK

Love the Bus Month: February 2024

October 16-20, 2023

Program hosted by:



Artwork by: Avrie Siedschlag, Coon Rapids Middle School, Coon Rapids MN



Project NIFTY

(NASA Inspires Futures for Tomorrow's Youth)
For Youth Ages 9-14



Wednesdays @ the ERC
October 11 & 18
4-5 PM

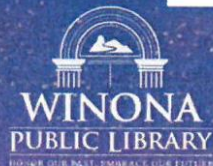
Join Winona Public Library for an out-of-this-world series of programs at the East End Rec. Center (210 Zumbro St.)! No prior experience necessary!

October 11: Use recycled materials to make a robotic arm!

October 18: Telescope moon viewing with Dr. Jennifer Anderson from Winona State University!

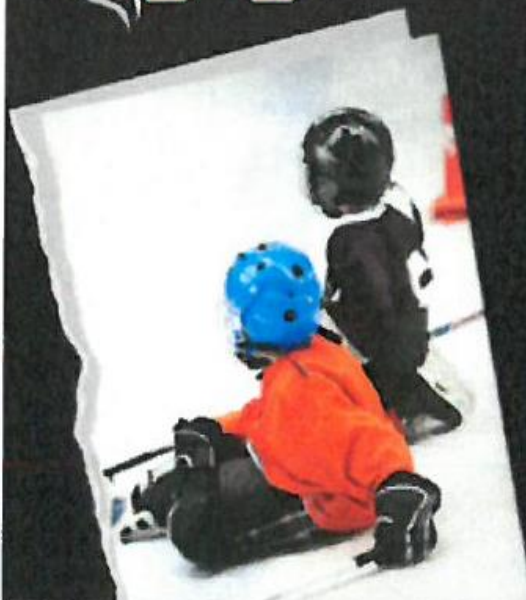
Reach out to WPL with any questions:
507-452-4592 or winonapl@selco.info

***Registration
required at:**





UPCOMING EVENTS TO TRY HOCKEY FOR FREE



OCTOBER 7

Bud King Ice Arena

9:00 AM - 10:00 AM

GIRLS TRY HOCKEY FOR FREE

- Girls Ages 4-9
- No Experience Necessary
- Equipment Provided
- Safe Environment with Trained Coaches
- Register @ https://www.tryhockeyforfree.com/event_detail/2114

NOVEMBER 11

Bud King Ice Arena

12:00 PM - 1:00 PM

TRY HOCKEY FOR FREE

- All Kids Ages 4-9
- No Experience Necessary
- Equipment Provided
- Safe Environment with Trained Coaches
- Register @ https://www.tryhockeyforfree.com/event_detail/2115

MORE INFORMATION

Nick Henderson
tournaments@winonahockey.com
(507) 313-2682



Registration links for both of these classes were emailed to all families last week.

Kids in Motion is a group that is partially funded by the Mark Morris Foundations.

COST: \$5

Join Winona State University students as we enter a world of delicious, healthy snacks and exciting physical activities that will make you jump for joy!

Tuesdays- 10/17, 10/24, 11/7 and 11/14

Time: 3:00-4:00

Grades 4th and 5th

Go to this link to resister!

<https://forms.gle/8STYK9wyGaUsPwJf6>

Lego Club

Lego Club is a group that is partially funded by the Mark Morris Foundations.
COST: \$5

At Lego Club, students will be given the opportunity to build, explore, and have fun with Lego! Bring an after school snack and your imagination!

Grades 4-6: Four Wednesdays- October 25- Nov 15 from 3:00-4:15

Grades K-3: Three Wednesdays- November 22- Dec 6 3:00-4:15

Go to link to register

Lego Club

<https://forms.gle/d8GCB19XoyVqhsxT7>



Breakfast Menu

Oct 2023

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

Monday		Tuesday		Wednesday		Thursday		Friday	
2	Offering #1 Cereal Bowl Yogurt* Juice Assorted Pears 1% Flavored 1% White Skim White	3	Offering #1 Cereal Bowl String cheese Juice Assorted Oranges 1% Flavored 1% White Skim White	4	Offering #1 Cereal Bowl Yogurt* Applesauce Juice Assorted 1% Flavored 1% White Skim White	5	Offering #1 Cereal Bowl String cheese Juice Assorted Peaches 1% Flavored 1% White Skim White	6	Offering #1 Cereal Bowl Yogurt* Juice Assorted Pineapple 1% Flavored 1% White Skim White
9	Offering #1 Cereal Bowl Yogurt* Apples Juice Assorted 1% Flavored 1% White Skim White	10	Offering #1 Cereal Bowl String cheese Fruit Cocktail Juice Assorted 1% Flavored 1% White Skim White	11	Offering #1 Cereal Bowl Yogurt* Juice Assorted Mandarin Oranges 1% Flavored 1% White Skim White	12	Offering #1 Cereal Bar String cheese Juice Assorted Strawberries 1% Flavored 1% White Skim White	13	Offering #1 Cereal Bowl Yogurt* Juice Assorted Raisins 1% Flavored 1% White Skim White
16	Offering #1 Cereal Bowl Yogurt* Juice Assorted Mandarin Oranges 1% Flavored 1% White Skim White	17	Offering #1 Cereal Bowl String cheese Applesauce Juice Assorted 1% Flavored 1% White Skim White	18	No School	19	No School	20	No School
23	Offering #1 Cereal Bowl Yogurt* Juice Assorted Pears 1% Flavored 1% White Skim White	24	Offering #1 Cereal Bowl String cheese Oranges 1% Flavored 1% White Skim White	25	Offering #1 Cereal Bowl Yogurt* Applesauce Juice Assorted 1% Flavored 1% White Skim White	26	Offering #1 Cereal Bowl String cheese Juice Assorted Peaches 1% Flavored 1% White Skim White	27	Offering #1 Cereal Bowl Yogurt* Juice Assorted Pineapple 1% Flavored 1% White Skim White
30	Offering #1 Cereal Bowl Yogurt* Apples Juice Assorted 1% Flavored 1% White Skim White	31	Offering #1 Cereal Bowl String cheese Fruit Cocktail Juice Assorted 1% Flavored 1% White Skim White	1	Offering #1 Cereal Bowl String cheese Fruit Cocktail Juice Assorted 1% Flavored 1% White Skim White	2	Offering #1 Cereal Bowl String cheese Juice Assorted Peaches 1% Flavored 1% White Skim White	3	Offering #1 Cereal Bowl String cheese Juice Assorted Pineapple 1% Flavored 1% White Skim White

- 2023 -

OCTOBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

K-12 Lew-Alt 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

2	Chicken Patty w/bun Mashed potatoes Salad Bar Fruit Bar Milk	3	Walking Beef Taco Shredded Cheese Chips Salad Bar Fruit Bar Milk	4	Popcorn Chicken Dinner Roll Salad Bar Fruit Bar Milk	5	Crunchy Chicken Tender Wrap Tortilla shell Salad Bar Fruit Bar Milk	6	Beef Hot Dog w/bun Chips Salad Bar Fruit Bar Milk
9	Pizza Salad Bar Fruit Bar Milk	10	BBQ Chicken w/bun Salad Bar Fruit Bar Milk	11	Sloppy Joe Mac Goulash meat and Elbow Macaroni Salad Bar Fruit Bar Milk	12	Beef Stroganoff Dinner Roll Penne Pasta Salad Bar Fruit Bar Milk	13	Chicken & Waffles Salad Bar Fruit Bar Milk
16	Meatballs Mashed Potatoes Fresh Bread Salad Bar Fruit Bar Milk	17	Beef Nacho's Round Tortilla chips Shredded Cheese Salad Bar Fruit Bar Milk	18	No School	19	No School	20	No School
23	Chicken Nuggets Mashed Potatoes Dinner roll Salad Bar Fruit Bar Milk	24	Sloppy Joe's w/bun Chips Salad Bar Fruit Bar Milk	25	Meatball Sub Marinara Sauce Salad Bar Fruit Bar Milk	26	Sweet & Sour Chicken Garlic Brown Rice Salad Bar Fruit Bar Milk	27	Spaghetti w/Meat sauce Garlic Toast Salad Bar Fruit Bar Milk

This Institution is an equal opportunity provider. Menu is subject to change. A variety of milk is offered each day.