

# Lewiston-Altura Schools

## Cardinal Newsletter

VOL. XXXV Issue 6

October 17, 2023

Visit our Website at [www.lewalt.k12.mn.us](http://www.lewalt.k12.mn.us)

### Mr. Riebel's Report

#### *The Change in Seasons*

*The month of September and start of October provided some beautiful fall weather. The students and staff enjoyed that seasonal weather during their Phy. Ed. and recess times. The recent cold and damp weather brings us all the realities for Minnesota and our elementary school students. We are blessed with ample space to enjoy the cold weather seasons at the elementary and we will continue to utilize and enjoy the opportunities to get outside. With this change in weather, we need to ask all families for preparation and cooperation to help keep our kids safe, warm and dry. Please take the time to gather up the needed coats, hats, gloves, mittens, boots that are needed to stay warm, safe and healthy as the weather shifts to colder temperatures. Thanks for your help! Enjoy!*

#### *Label, Label, Label*

*The arrival of cold weather and eventually the snow will bring out the snow gear. Many of our students need the next size of new boots, hats, gloves and mittens. PLEASE remember to label your child's belongings. It is very easy for these items to be dropped in the hallways, classrooms, buses or anywhere in the buildings. When a name is there, we can match the item to the owners right away. Unfortunately, our lost and found tables grow with items that do not have names in them. Thank you for your time in identifying the clothing.*

Mr. Riebel

#### 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.

#### Menu Change

Oct. 31 – Cheese Quesadilla

#### Upcoming Events

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 1<sup>st</sup> Quarter

Nov. 10 – No School for Students

Nov. 13 – Hearing & Vision Screening (K,1,2,4)

Principal: Mr. Dave Riebel

Phone (507) 523-2191

Fax (507) 523-2609

## Early Childhood Family Education

Early Childhood Family Classes started on September 19<sup>th</sup>. This first session through Nov 14<sup>th</sup> 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.

### School Pictures are Ready!

View and order at <https://shop.jostenspix.com/login>

- Lewiston Altura Elementary School
- Event Code: FE147423

## 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.



### Orange Tuesdays

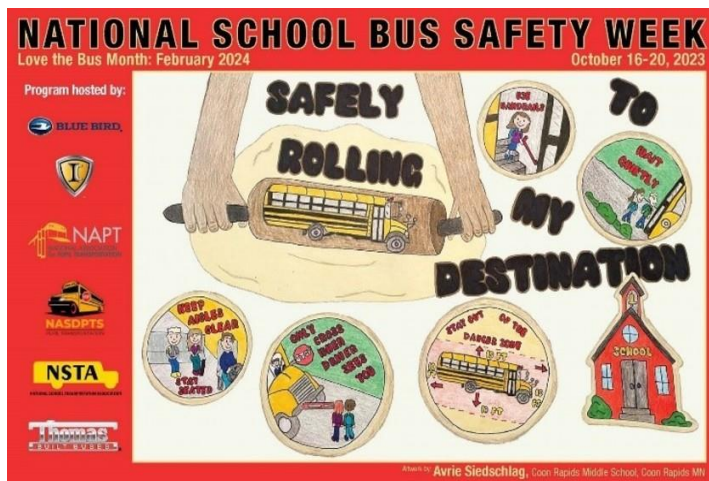
Wear and share orange. We are

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



### 3<sup>rd</sup>-6<sup>th</sup> Volleyball Fall Skills Camp Update

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



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, is open at [winonagoodfellows.org](http://winonagoodfellows.org).

Winona County families who meet the eligibility requirements can receive a \$50 voucher for each student enrolled in PreK-8<sup>th</sup> grade.

## Parenting Tip

We were at the playground the other day when I heard a little girl say to her friend, “No, I will not do that, you can’t make me!”

I was very impressed and could tell she was quite confident with her boundaries.

### How can we teach our children that?

**First**, we need to let them know it’s *always* okay to say “No” and “Stop” to anyone, including us.

**Second**, we can give them the words and phrases to use in situations when they need to speak up.

For example, you can tell your child, “If someone is making fun of you, you can say, ‘Stop, I don’t like that!’ and walk away or go to a teacher for help.”

And when they are older you can guide them on how to respond to peer pressure:

“When someone pressures you to do something you don’t want to, it’s okay to say ‘no’ and walk away.”

Giving children examples of how to respond in certain situations will build their confidence to speak up when they need to.

This week’s guide “**Phrases Your Child Can Use to Stand Up for Themselves**” offers an array of additional phrases to equip your child with.



# Phrases Your Child Can Use to Stand Up for Themselves



## 1 "I need you to stop bothering me and leave me alone."

**Your child will show:** They have the confidence to stop the unacceptable behavior.

## 2 "I don't like being called that. I want you to call me by my name."

**Your child will show:** They expect others to be respectful, and they do not tolerate verbal abuse.

## 3 "I didn't have control over that. It's not okay to blame me."

**Your child will show:** They will not be the scapegoat, and they expect others to be accountable.

## 4 "I see that you're unhappy. But I can't let you treat me like this."

**Your child will show:** They know how to advocate for themselves and set boundaries.

## 5 "That's not safe. I'm getting someone to help."

**Your child will show:** They aren't afraid to ask for help.

### And most importantly:

Encourage them to stand up for themselves at home.

Teach them that NO is acceptable by allowing them to use it with you.

Respect their boundaries. If they don't want hugs or tickles, say, "Your body, your rules."





# P.L.A.Y.

*Parents for Lewiston-Altura Youth Group*

## Looking for New Members

### P.L.A.Y. GROUP ORGANIZES THE FOLLOWING:

HOLIDAY PARTY

CARNIVAL

READING/ MATH NIGHT

EAGLE BLUFF

READY SET SCHOOL DONATION

STAFF APPRECIATION TEACHER REIMBURSEMENT MIDDLE SCHOOL FUN NIGHT

END OF THE YEAR PARTY

CONFERENCE MEALS

## MEETING DATES

6:30 PM AT THE L-A LIBRARY

OCTOBER 23RD

NOVEMBER 27TH

JANUARY 22ND

FEBRUARY 26TH

MARCH 25TH

APRIL 22ND





# Project NIFTY

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



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

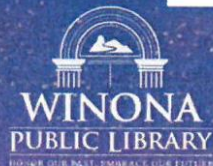
Join Winona Public Library for an out-of-this-world series of programs at the East End Rec. Center (210 Zumbro St.)! No prior experience necessary!

**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](mailto:winonapl@selco.info)

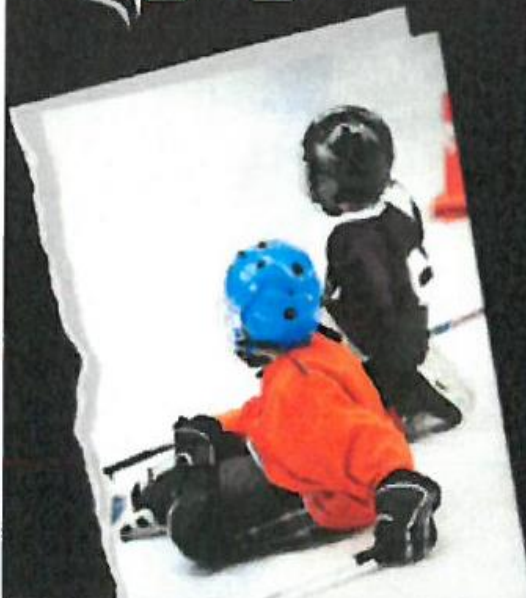
**\*Registration  
required at:**







# 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](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](https://www.tryhockeyforfree.com/event_detail/2115)

## MORE INFORMATION

Nick Henderson  
[tournaments@winonahockey.com](mailto: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 5<sup>th</sup>**

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 Juice Assorted 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		2		3	



- 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.