

# Lewiston-Altura Schools

## Cardinal Newsletter

VOL. XXXIV Issue 7

October 19, 2022

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

### Upcoming Events

**Oct. 21-21 – No School, EdMn Break**

Oct. 24 – Intermediate Picture Retake Day  
Oct. 24 – P.L.A.Y. Meeting, 6:30, Elem Lib  
Oct. 31 – Hearing & Vision Screening, 5<sup>th</sup> & 6<sup>th</sup>  
Nov. 2 – Elementary Picture Retake Day  
Nov. 11 – Last Day of 1<sup>st</sup> Quarter  
Nov. 14- Teacher Workshop, No School  
Nov. 15 & 17 – K-6 Conferences  
Nov. 23-25 – Thanksgiving Break, No School

### Applications for Economic Benefits

(also known as Free/Reduced Lunch)

Free/reduced lunch applications from 21-22 have expired. If you have not been certified by the state or completed an application, students will be charged full price for lunch and breakfast. Forms are available online or at any of the school offices

### Intermediate School Cardinals of the Week

The Intermediate School promotes positive school atmosphere. Each day, students have the opportunity to earn cardinal tickets by following the posted Cardinal Rules. The three rules that make our school a good place to be are:

1) Respect ourselves and each other.

- 2) Respect our efforts at school and work hard to do our best.
- 3) Respect our school and supplies.



5<sup>th</sup> Grade – Kate Schloegel



6<sup>th</sup> Grade – Katelyn Neu

Principal: Mr. Dave Riebel

Elementary:

Phone (507) 523-2191(option 1)

Fax (507) 523-2609

Intermediate:

Phone (507) 796-6851 (option 2)

Fax (507) 796-5127



*Providing Winona-area children with warm winter clothing since 1900.*

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.

I have some exciting news to announce for 2022! We are expanding the program to include students in Grades 7 and 8! We are able to do this because of consistent, generous support from our community. Winona County families who meet the eligibility requirements can receive a \$50 voucher for each student enrolled in a preschool through Grade 8.

The online link is:

<https://winonagoodfellows.org/apply>

**John Casper**, Board President/Administrator  
[winonagoodfellows@gmail.com](mailto:winonagoodfellows@gmail.com) | 920.216.1726

## Spirit Days

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



## Student Activity Passes

Students are being given their school ID cards that were provided after picture days. These cards make it possible for students to attend games at the high school if they have their card and are accompanied by a parent who will be at the game.

**KIDS MEA CAMP**  
AGES 6-13

**FUN & CREATIVE ACTIVITIES**  
Full day of games, crafts, trampoline, etc!

**OCTOBER 20-21, 2022**  
8:00AM-4:00PM  
Register for one or both days!  
Register online  
REGISTER: [WWW.KIDSPORTWINONA.NET](http://WWW.KIDSPORTWINONA.NET)  
507-454-5850

SIGN UP FOR ONE OR TWO DAYS!  
\$50/DAY

You can also scan here to register!

**Winona Family YMCA**

**TEEN NIGHT!**

**Saturday October 22, 2022**  
7-10pm

**FREE event for teens in grades 6-9, but registration is required.** Registration closes 10/22 at 12pm  
Parent/Guardian must register teen online or in-person at the Front Desk  
Walk-ins will not be allowed in

**HIP HOP DANCE CLASS**  
**DODGEBALL**  
**GAMES**  
**BASKETBALL**

**VOLLEYBALL**  
**COSTUME CONTEST (no fake weapons)**  
**PRIZES!**  
**& MORE!**

Winona Family YMCA  
507.454.1520  
[www.winonaymca.org](http://www.winonaymca.org)

WINONA COUNTY  
**ASAP**  
the Y



EVENT CODE: FE96122  
código de evento:

Preview, personalize and pay at **jostenspix.com**  
*Previsualice, personalice y pague en **jostenspix.com***

## 1. **PREVIEW** *PREVISUALICE*

**VIEW YOUR PHOTOS ONLINE | A FEW DAYS AFTER PICTURE DAY AT JOSTENSPIX.COM**



### **CREATE AN ACCOUNT** *CREE UNA CUENTA*

For immediate access to your student's photos, use the email address you provided to your school.



### **PREVIEW YOUR PHOTOS** *PREVISUALIZA SUS FOTOGRAFÍAS*

If you don't see your photos in the gallery, go to Find Your Student and enter your event code.

## 2. **PERSONALIZE** *PERSONALICE*

**CHOOSE FROM A VARIETY OF BACKGROUNDS  
AND PERSONALIZE WITH YOUR STUDENT'S NAME**



## 3. **PAY** *PAGAR*

**BUY ONLY THE PHOTOS YOU WANT | NOTHING MORE, NOTHING LESS.**  
Photos are shipped directly to you!

ORDER AT  
**JOSTENSPIX.COM**

ORDENAR EN **JOSTENSPIX.COM**

FOR QUESTIONS, PLEASE CALL 1-877-515-1447



PRESENTS

# WE WORK HARD BASKETBALL CLINIC

WITH SPECIAL GUESTS

WINONA STATE HALL OF FAME PLAYER  
& BOYS VARSITY HEAD COACH

**JONTE  
FLOWERS**

WINONA STATE ALUM  
& BOYS VARSITY HEAD COACH

**ZANDER  
CULVER**



**OCTOBER  
22ND**

**\$25**  
PER PERSON

**GRADES**

**3RD - 6TH** | **7TH - 10TH**  
9:30AM - 10:30AM | 10:30AM - 12PM

**WINONA MIDDLE SCHOOL**  
1570 HOMER RD, WINONA MN 55987



# Winona Family YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## DUNKIN' FOR PUMPKINS

### Floating Pumpkin Patch

Sunday October 23, 2022  
12p-2p

Children ages 10 and under are invited to enjoy some Halloween fun at the YMCA! Children can splash and play until they find their favorite pumpkin, play games, make crafts and Trick-or-Treat around the building in costume (please no facepaint or toy weapons).

#### REGISTER TODAY!

\$5/child member

\$10/child non-member

Limited number of participants



#### EVENT SCHEDULE

12-2PM: Trick-or-Treating, activities, games, crafts, pumpkin decorating, photo booth

12:15-12:40PM: Floating pumpkin patch  
0-2 years (Adult required)

12:45-1:10PM: Floating pumpkin patch  
3-5 years (Adult required)

1:15-1:30PM: Floating pumpkin patch 6-10  
years (Adult required for children under 7)

For more information contact 507.454.1520

Register online at [www.winonaymca.org](http://www.winonaymca.org) or at the Front Desk



## My District, My Minnesota

### Guidelines

- Students must be enrolled in K-12 for the current school year (or the one about to start).
- Students may submit **one** drawing **or** photograph through October 31.
- The chosen submission will be hung in the Minnesota Senate Building for the following calendar year.
- **Students should include their first and last name, their grade, their teacher, their school, and their Senate District number.** Should their photo or drawing be chosen, Minnesota Senate staff will reach out to the school to confirm the chosen entry as well as to facilitate any further requirements.
  - At this time, a letter for the student will be sent to the school, congratulating them on their entry being chosen. We ask that the school deliver the letter to the student, rather than include personal information, such as home addresses.

### Specifics

- Drawings and photographs cannot display any identifiable people.
- The subject of the entry must be non-partisan in nature. (No campaign images, no themes that clearly demonstrate preference on a political topic.)
- Entries are limited to an 8x10 piece of paper.
  - Because they will go in a frame, any medium must be flat on the paper (pencils, charcoal, markers, etc.).
- Photographs will be resized through the Minnesota Senate. The higher the resolution, the better the resulting photo will be.

For any further questions, please visit [www.senate.mn/mdmm](http://www.senate.mn/mdmm) or email [mdmm@senate.mn](mailto:mdmm@senate.mn).

## My District, My Minnesota

### Required Information

**Name:** \_\_\_\_\_

**Grade:** \_\_\_\_\_

**Teacher:** \_\_\_\_\_

**School:** \_\_\_\_\_

**City of school:** \_\_\_\_\_

**Senate District (if known):** \_\_\_\_\_

### *Optional Information*

**Name of artwork:** \_\_\_\_\_

**Medium (crayons, pencil, etc.):** \_\_\_\_\_

**Additional Information:** \_\_\_\_\_

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**Please attach this portion to the back of your entry prior to sending it in.**



# Breakfast Menu

Oct 2022

Lewiston-Alta - Lewiston-Alta District #857 - K-8th Grade

## Monday

26	3	Offering #1 Cereal Bowl String cheese Juice Assorted Peaches 1% White Skim White	Offering #2 Bagel Juice Assorted Peaches 1% White Skim White	27	4	Offering #1 Cereal Bar Yogurt* -Assorted Fruit Juice Assorted 1% White Skim White	Offering #2 Strudel -Assorted Fruit Juice Assorted 1% White Skim White	28	5	Offering #1 Cereal Bowl String cheese Applesauce Juice Assorted 1% White Skim White	Offering #2 French Toast Applesauce Juice Assorted 1% White Skim White	29	6	Offering #1 Cereal Bar Yogurt* Juice Assorted Oranges 1% White Skim White	Offering #2 Sandwich Juice Assorted Oranges 1% White Skim White	30	7	Offering #1 Cereal Bowl String cheese Apples Juice Assorted 1% White Skim White	Offering #2 Pancakes Apples Juice Assorted 1% White Skim White
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10	11	Offering #1 Cereal Bowl String cheese Juice Assorted Peaches 1% White Skim White	Offering #2 Bagel Juice Assorted Peaches 1% White Skim White	12	13	Offering #1 Cereal Bar String cheese Juice Assorted Pineapple 1% White Skim White	Offering #2 Muffin Juice Assorted Pineapple 1% White Skim White	14	15	Offering #1 Cereal Bowl Yogurt* -Assorted Fruit Juice Assorted 1% White Skim White	Offering #2 Cinnamon Roll -Assorted Fruit Juice Assorted 1% White Skim White	16	17	Offering #1 Cereal Bowl String cheese Apples Juice Assorted 1% White Skim White	Offering #2 Donut Juice Assorted Pears 1% White Skim White
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17	18	Offering #1 Cereal Bowl String cheese Grapes Juice Assorted 1% White Skim White	Offering #2 Waffle Grapes Juice Assorted 1% White Skim White	19	20	Offering #1 Cereal Bowl String cheese Applesauce Juice Assorted 1% White Skim White	Offering #2 French Toast Applesauce Juice Assorted 1% White Skim White	21	22	No School	No School
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24	25	Offering #1 Cereal Bowl String cheese Juice Assorted Peaches 1% White Skim White	Offering #2 Bagel Juice Assorted Peaches 1% White Skim White	26	27	Offering #1 Cereal Bowl String cheese Applesauce Juice Assorted 1% White Skim White	Offering #2 French Toast Applesauce Juice Assorted 1% White Skim White	28	29	Offering #1 Cereal Bar Yogurt* Juice Assorted Oranges 1% White Skim White	Offering #2 Sandwich Juice Assorted Oranges 1% White Skim White
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31	32	Offering #1 Cereal Bowl Yogurt* -Assorted Fruit Juice Assorted 1% White Skim White	Offering #2 Chef's Choice -Assorted Fruit Juice Assorted 1% White Skim White	33	34	Offering #1 Cereal Bowl String cheese Apples Juice Assorted 1% White Skim White	Offering #2 Pancakes Apples Juice Assorted 1% White Skim White
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# October 2022

## Lewiston-Altura—District # 857

Monday		Tuesday		Wednesday		Thursday		Friday	
3		4		5		6		7	
Hamburger		Alfredo Chicken Fillet		Ravioli in Red Sauce		Mini Corn Dogs		French Toast Sticks	
10		11		12		13		14	
Chicken Patty Sandwich		No School CARDINALS		Sesame Popcorn Chicken		Turkey and Gravy		Beef Hot Dog	
17		18		19		20		21	
Breakfast Pizza		Beef Rib Sandwich		Grilled Cheese w/ Tomato Soup		No School CARDINALS		No School CARDINALS	
24		25		26		27		28	
Meatballs w/ Potatoes & Gravy		Beef Nachos		Hot Ham & Cheese		Pizza		Mac & Cheese	
31		1		2		3		4	
Chicken Nuggets									

Menu subject to change. A variety of milk is offered daily.  
 Side may differ from photos.  
 This institution is an equal opportunity provider

**NutriStudents K-12®**  
 Menu Freedom Tools for Success

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