

# Lewiston-Altura Schools

# Cardinal Newsletter

VOL. XXXV Issue 10

November 17, 2023

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

## *Mr. Riebel's Report*

### *10 Days of Giving Food Drive*

*The 35<sup>th</sup> Annual "10 Days of Giving" Food Drive will again be conducted during the first 10 days of December. This annual event throughout Winona County, coordinated by Merchants Bank, is set up in hopes of generating nonperishable food items to stock our county's food shelves.*

*The Elementary School will collect nonperishables on Fri., Dec. 1 and Mon.-Fri., Dec. 4-8.*

*Merchants Bank would like to emphasize that monetary donations can generate greater buying power due to the connections that the food bank has with vendors. Students and parents can send or drop off monetary donations at the school office. Please make checks out to 10 Days of Giving. Your family's participation will be greatly appreciated! Thank you for helping.*

### *Lewiston-Altura Community Sharing Tree*

*The Lewiston and Altura communities come together each Holiday season to offer assistance to families who could use a little extra help for the holidays. An effort is being made to centralize and to connect families in need with families able to help.*

*The Lewiston-Altura Sharing Tree is open to families living in the Lewiston and Altura communities, or families with children attending L- A public and parochial schools. The Sharing Tree will be for students only.*

#### ***If you have a need:***

*If you would like your family to receive food or gifts before the Christmas holiday, sign up by visiting the Sharing Tree site, clicking the link during the activation window of time and providing the requested information.*

***The link will be activated from Monday, Nov. 13 through Friday, Dec. 1.***

<https://sites.google.com/view/lasharingtree/home>

#### ***If you would like to donate:***

*If you, your family or business are interested in helping those in need by donating during this holiday season, please visit the Sharing Tree site, scroll down to the Donations section, click the link and complete the information. Someone will be able to connect you to those in need. THANK YOU for your generosity!*

<https://sites.google.com/view/lasharingtree/home>

*Happy Holidays!*

*Mr. Riebel*

Principal: Mr. Dave Riebel

Phone (507) 523-2191

Fax (507) 523-2609

# 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>

## Upcoming Events

### 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.



Nov. 23-24 – Thanksgiving, No School  
Dec. 1-10 – 10 Days of Giving  
Dec. 13 – No School for Students, Workshop  
Dec. 25-Jan. 1 – No School

### Parenting Tip

I remember in high school we did a super interesting experiment.

We had two plants. Every day we spoke lovingly to one plant and said nothing to the other. And then, we observed how each plant grew.

#### Guess what happened!

We found that the plant that received positive words of affirmation grew healthier and stronger than the plant that was ignored.

It's hard to believe, but positive words and energy can have an enormous power on all beings!

#### How do I apply this lesson in my parenting?

I make it a point to say positive things to my boys every day. I often say things like, "I love spending time with you!" or "You have a kind heart!"

I know it isn't always easy to find the right words to say, so this week's parenting guide, **75 Things You Should Say to Your Child More Often**, is a great list of ideas you can pull from.

Take a look! 



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.





# 75 Things You Should Say to Your Child More Often



1. You matter.
2. Today is your day!
3. I'm grateful that you're in my life.
4. I love being your parent.
5. You can always come to me, no matter what.
6. I'm never too busy for you.
7. I love spending time with you.
8. You're becoming more confident.
9. You're a very good friend.
10. I love just watching you play.
11. Your best effort is enough.
12. You are important.
13. I love watching you grow.
14. Thank you for being patient.
15. I'll support you no matter what.
16. You belong here.
17. You make the world a better place.
18. I appreciate you.
19. I see you, I hear you, you matter.
20. You filled my bucket today.
21. You spread kindness everywhere!
22. You make me happy.
23. You can do anything you dream of.
24. I like you just the way you are.
25. I believe in you.
26. Just be you. That's enough.
27. Thank you, I appreciate your help.
28. I love listening to your stories.
29. You are my sunshine.
30. I'm lucky to have you in my life!
31. You can never disappoint me.
32. You are a very good friend.
33. Would you like to join us?
34. Your smile brightens my day.
35. We're so grateful to have you in our family.
36. How are you feeling?
37. Let me know if I can support you.
38. I'm thinking about you.
39. I'm sorry, I was wrong.
40. What can I do to make you feel loved?
41. I'm here for you.
42. You didn't make me mad; these are my feelings.
43. I'm always on your side.
44. I love spending time with you.
45. Can you teach me?
46. I feel so lucky to be in your life.
47. I'm proud of the person you are.
48. I love you more than all the hairs on all the bears!
49. You are beautiful to me, inside and out.
50. You can always talk to me.
51. You make my heart full of love.
52. You're one of a kind.
53. I'm grateful that you're in my life.
54. You make a difference in my life.
55. I care about you more than you can imagine.
56. I'm here for you, no matter what happens.
57. I love seeing the world through your eyes.
58. What do you want to do together?
59. I noticed how well you...
60. I respect you and your opinions.
61. We're a team, you and me.
62. You will never be in trouble with me.
63. There's only one you in the world.
64. I love your imagination!
65. I like every part of you.
66. You're an important part of this family.
67. It's exciting to watch you grow up.
68. Being your parent is my favorite part!
69. You are special to me.
70. I believe in you!
71. What does your heart say?
72. It's okay to be sad. We're all sad sometimes.
73. I know it's hard. I'm here.
74. Nothing you can do or say will make me love you less.
75. Your voice and opinion matter.





WINONA  
PUBLIC LIBRARY  
HONOR OUR PAST, EMBRACE OUR FUTURE

# Flippin' For Books

**FREE!**

**FREE!**

**NOVEMBER 18, 9-11 AM**

Join Winona Public Library for a morning of early literacy fun! There will be storytimes every half hour, crafting tables, community resource info, and a free book for every child!

This is a drop-in event, so come and go as you please. We won't run out of books. This is geared toward children age 6 and under.

Located on Winona Public Library's  
second floor—151 W. 5th Street  
[winona.lib.mn.us](http://winona.lib.mn.us)



The U.S. Marine Corps in conjunction with Lewiston-Altura Fellowship of Christian Athletes (FCA) is once again bringing toys and hope to families in need at Christmas. Please note the change in day, time and location from previous years. The distribution of the toys will be:

**Saturday, December 9, 2023 from 3:00-6:00 pm**

**St. Rose Church  
180 Fremont Street  
Lewiston, MN**

If you are in need of toys for your children, please complete the form below and return it to school by December 7<sup>th</sup>. If you have registered on-line please indicate so on the form so that duplicates can be avoided.

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### **Registration Form**

**Return to School by December 5, 2023.**

Father \_\_\_\_\_ Address \_\_\_\_\_ Phone \_\_\_\_\_

Mother \_\_\_\_\_ Address \_\_\_\_\_ Phone \_\_\_\_\_

Guardian \_\_\_\_\_ Address \_\_\_\_\_ Phone \_\_\_\_\_

Child 1 Age \_\_\_\_\_ Sex \_\_\_\_\_ Name \_\_\_\_\_

Child 2 Age \_\_\_\_\_ Sex \_\_\_\_\_ Name \_\_\_\_\_

Child 3 Age \_\_\_\_\_ Sex \_\_\_\_\_ Name \_\_\_\_\_

Child 4 Age \_\_\_\_\_ Sex \_\_\_\_\_ Name \_\_\_\_\_

Child 5 Age \_\_\_\_\_ Sex \_\_\_\_\_ Name \_\_\_\_\_

Child 6 Age \_\_\_\_\_ Sex \_\_\_\_\_ Name \_\_\_\_\_

(Additional Children on back)

**Please bring your own bag(s) to take the toys home in.**





El cuerpo de Marines de Estados Unidos en conjunto con Altura de Lewiston beca del cristiano atletas (FCA) es una vez más traer juguetes y esperanza a las familias necesitadas en Navidad. Tenga en cuenta el cambio de día, hora y lugar de años anteriores. La distribución de los juguetes será:

**Sábado, 9 de Diciembre de 3:00-6:00 pm**

**St. Rose Church**

**180 Fremont St**

**Lewiston, MN**

Si usted está necesitando juguetes para sus hijos, por favor complete el siguiente formulario y volver a la escuela por diciembre 7<sup>th</sup>.

Si se han registrado on-line por favor indicarlo en el formulario para que se puedan evitar duplicados.

**Formulario de inscripción**

**Regreso a la escuela antes del 4 de diciembre de 2023.**

Padre \_\_\_\_\_ Direccion \_\_\_\_\_ Telefono \_\_\_\_\_

Madre \_\_\_\_\_ Direccion \_\_\_\_\_ Telefone \_\_\_\_\_

Guardian \_\_\_\_\_ Direccion \_\_\_\_\_ Telefono \_\_\_\_\_

Niño de 1 Edad \_\_\_\_\_ Sexo \_\_\_\_\_ Nombre \_\_\_\_\_

Niño de 2 Edad \_\_\_\_\_ Sexo \_\_\_\_\_ Nombre \_\_\_\_\_

Niño de 3 Edad \_\_\_\_\_ Sexo \_\_\_\_\_ Nombre \_\_\_\_\_

Niño de 4 Edad \_\_\_\_\_ Sexo \_\_\_\_\_ Nombre \_\_\_\_\_

Niño de 5 Edad \_\_\_\_\_ Sexo \_\_\_\_\_ Nombre \_\_\_\_\_

Niño de 6 Edad \_\_\_\_\_ Sexo \_\_\_\_\_ Nombre \_\_\_\_\_

(Otros niños en parte trasera)

**Por favor traigan sus propias bolsas para llevar los juguetes en.**

Lewiston-Altura Early Childhood  
Presents

An Evening with Santa  
Dec 5th 6-7:30 pm



Please don't hurry, no need to dash!  
Follow the route on the lighted path.  
With walking feet and hands to hold,  
You must dress warm, it will be cold.  
When you look North, you will see  
Santa, that's where he will be.

No registration necessary.

This is a walk through event, please follow signs for parking.

115 S Fremont St

Lewiston, MN 55952







**RESILIENT**  
WINONA COUNTY

# WINTER GATHERING

**DEC. 11, 2023**

**4:30-6:30 PM**

Learn about community care with  
The Joy Labs!

**@ Saint Charles City Hall**  
**830 Whitewater Ave.**

**Free - All are welcome - FREE dinner + prizes**

Mental health community care is a preventive model of care that equips and empowers all individuals with the ability to provide informal, community-based mental health support.

Contact: [resilientwinonacounty@gmail.com](mailto:resilientwinonacounty@gmail.com)  
Or find us on Facebook



# EIGHT GREAT WAYS TO BE THANKFUL

• For kids of all ages •

Thanksgiving is a time of year when we express our gratitude for all the things we have. Here are eight great ways to show how thankful you are:



## 1 Just say "Thanks!"

Learn how to say "Thank You" in different languages. You never know when it will come in handy.

**Gracias** Spanish (grah-see-uhs)

**Merci** French (mer-see)

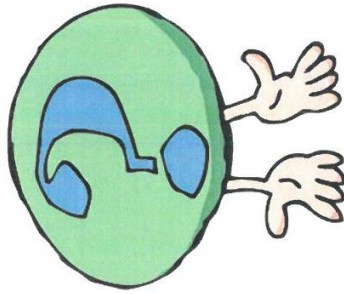
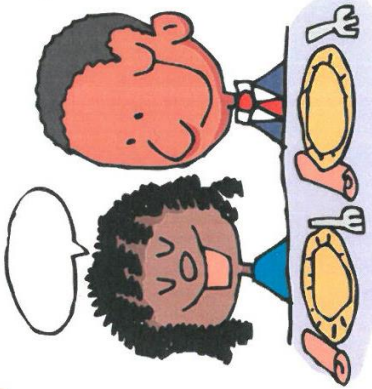
**XièXie** Chinese (syeh-syeh [Mandarin])

**Arigatō** Japanese (ahr-ee-gah-toh)

**Danke** German (dahng-kuh)

## 2 Start your own tradition

How about asking everyone around the table to share one thing (or several) that they are grateful for, then repeat the process every year? That's tradition!



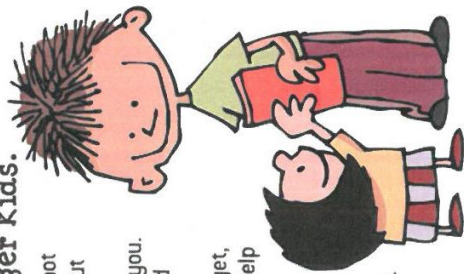
## 3 Offer to help without being asked.

You can start with helping to prepare dinner, or end with dirty dishes that need cleaning, or many other small things.

## 4

**Make an example of yourself for younger kids.**

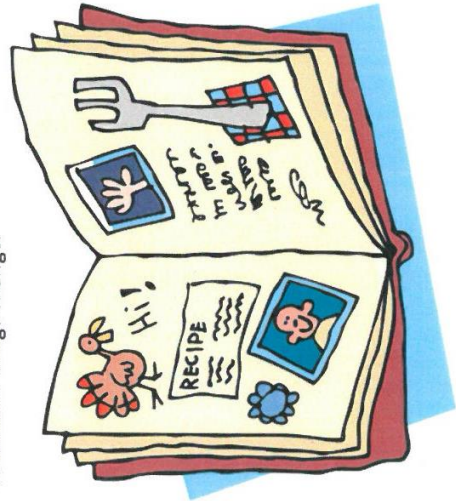
You may not know it, but they are watching you. Set a good example. Or better yet, let them help you with small projects around the house.



## 6

**Create a Thanksgiving diary or scrapbook.**

Ask everyone to jot down their thoughts or contribute a photo on this wonderful day. Be sure to get it out and add to it each year, to see how things change.



## 7

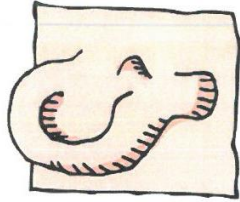
**Remember others that help with the holidays.**

The sacker at the grocery store, the mail person, the trash collectors; they all help. Leave a simple note or small bag of candy. They will really appreciate being remembered.



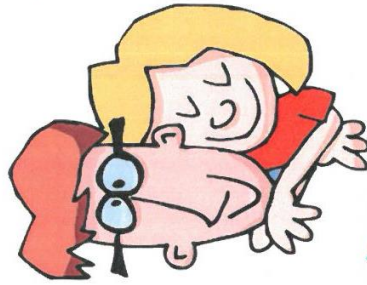
## 8 Be a good listener.

If you're always talking about yourself, you'll never learn anything about anyone else.



## 5 Hug someone for no reason.

Tell them that you are thankful for them being in your life. Sometimes the simplest things are the best things.





# THANKSGIVING JR WARRIORS CLINIC

**November 26th**

**1:00 - 4:00 PM**

**Cost: \$30.00**

**Open to BOYS and GIRLS**

**Grades K-8**

**T-shirt included**



**LOCATION: MCCOWN GYM**  
**TO REGISTER VISIT**

**[WWW.WINONASTATEWBB CAMPS.COM](http://WWW.WINONASTATEWBB CAMPS.COM)**





# 10 Days of Giving

December 1-10

To make sure no one in our area goes hungry this winter.

We're proud to participate in the 10 Days of Giving food drive.  
To make a donation, please drop off food or monetary donations.

## 10 Days of Giving Statistics

Total Pounds Collected  
During 34-Year History:

**4,546,811**

2022 Totals:

**260,375** pounds

Food: **18,473** pounds

Cash: **\$120,951**

*Our goal is  
to make sure no one  
in our area goes  
hungry this winter.*

**42%**  
of total food drive  
donations were  
collected during the  
10 Days of Giving.

**2** pounds of food are counted  
for every dollar donated.  
WVS can do more with  
monetary donations.

## 2022 Winona Volunteer Services Statistics

**5,871**  
Volunteer hours  
helped to distribute  
**522,356**  
pounds of food.

**1,475**  
unduplicated individuals  
were served with  
food at Winona  
Volunteer Services.

Pounds of food  
distributed: **522,356**

**561** Households on average used  
the food shelf each month.

**345** Households received  
food from WVS for the  
first time in 2022.



(507) 457-1100 | [merchantsbank.com/10daysofgiving](https://merchantsbank.com/10daysofgiving)



Winona Volunteer Services, Inc.

10 Days of Giving food drive is coordinated by Merchants Bank on behalf of the Winona Volunteer Services food shelf.  
Member FDIC





## Breakfast Menu

Nov 2023

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

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

30

31

6	Offering #1 Cereal Bowl Yogurt*	Offering #2 Mini Cinns Juice Assorted Mandarin Oranges 1% Flavored 1% White Skim White
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7	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
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13	Offering #1 Cereal Bowl Yogurt*	Offering #2 Muffin Sausage Link* Juice Assorted Pears 1% Flavored 1% White Skim White
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20	Offering #1 Cereal Bowl Yogurt*	Offering #2 Breakfast Burrito Apples Juice Assorted 1% Flavored 1% White Skim White
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27	Offering #1 Cereal Bowl Yogurt*	Offering #2 Mini Cinns Juice Assorted Mandarin Oranges 1% Flavored 1% White Skim White
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1	Offering #1 Cereal Bowl Yogurt*	Offering #2 Breakfast Pizza Juice Assorted Mandarin Oranges 1% Flavored 1% White Skim White
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8	Offering #1 Cereal Bowl Yogurt*	Offering #2 Breakfast Pizza Juice Assorted Peaches 1% Flavored 1% White Skim White
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15	Offering #1 Cereal Bowl Yogurt*	Offering #2 Breakfast Pizza Applesauce Juice Assorted 1% Flavored 1% White Skim White
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22	Offering #1 Cereal Bowl Yogurt*	Offering #2 Breakfast Pizza Juice Assorted Mandarin Oranges 1% Flavored 1% White Skim White
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2	Offering #1 Cereal Bowl String cheese Juice Assorted Strawberries 1% Flavored 1% White Skim White	Offering #2 Breakfast Walking Taco Juice Assorted Strawberries 1% Flavored 1% White Skim White
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9	Offering #1 Cereal Bowl String cheese Juice Assorted Pears 1% Flavored 1% White Skim White	Offering #2 Pancakes Juice Assorted Pears 1% Flavored 1% White Skim White
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16	Offering #1 Cereal Bowl String cheese Juice Assorted Peaches 1% Flavored 1% White Skim White	Offering #2 Croissant Egg Patty* Juice Assorted Peaches 1% Flavored 1% White Skim White
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23	No School	No School
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3	Offering #1 Cereal Bowl Yogurt*	Offering #2 Egg Scrambled* Sausage Patty* Juice Assorted Raisins 1% Flavored 1% White Skim White
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10	No School	No School
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17	Offering #1 Cereal Bowl Yogurt*	Offering #2 English Muffin Sausage Patty* Juice Assorted Pineapple 1% Flavored 1% White Skim White
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24	No School	No School
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30	Offering #1 Cereal Bowl String cheese Juice Assorted Pears 1% Flavored 1% White Skim White	Offering #2 Pancakes Juice Assorted Pears 1% Flavored 1% White Skim White
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1		
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-2023-

# NOVEMBER

## 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

6

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

7

Walking Beef Taco  
Shredded Cheese  
Chips  
Salad Bar  
Fruit Bar  
Milk

13

Pizza  
Salad Bar  
Fruit Bar  
Milk

14

BBQ Chicken w/bun  
Salad Bar  
Fruit Bar  
Milk

20

Meatballs  
Mashed Potatoes  
Fresh Bread  
Salad Bar  
Fruit Bar  
Milk

21

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

27

Chicken Nuggets  
Mashed Potatoes  
Dinner roll  
Salad Bar  
Fruit Bar  
Milk

28

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

8

Popcorn Chicken  
Dinner Roll  
Salad Bar  
Fruit Bar  
Milk

9

Crunchy Chicken  
Tender Wrap  
Tortilla shell  
Salad Bar  
Fruit Bar  
Milk

1

Ravioli in Red Sauce  
Salad Bar  
Fruit Bar  
Milk

2

Mini Corn Dogs  
Chips  
Salad Bar  
Fruit Bar  
Milk

3

French Toast  
Sausage links  
Salad Bar  
Fruit Bar  
Milk

10

No  
School

17

Chicken & Waffles  
Salad Bar  
Fruit Bar  
Milk

24

No  
School

30

Sweet & Sour Chicken  
Garlic Brown Rice  
Salad Bar  
Fruit Bar  
Milk