

# Lewiston-Altura Schools

## Cardinal Newsletter

VOL. XXXV Issue 14

December 15, 2023

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

Dec. 18–22 – Holiday Spirit Week, See flyer  
Dec. 25 - Jan. 1 – No School  
Jan. 22 – P.L.A.Y Meeting, 6:30, Elem.  
Jan. 25 – Bell Museum Program

### Parenting Tip

A friend recently shared an awkward parenting situation with me:  
Her son met his great-aunt for the first time, and Great Auntie asked for a hug. However, her son hid behind her, leaving Great Auntie unhappy.  
“I didn’t know what to say,” she asked. “It was so uncomfortable.”  
So here’s a frank question we can ask ourselves when things like this come up:  
**Is it more important for our kids to endure discomfort OR for an adult to feel slightly annoyed?**  
The answer is clear. We need to protect our children’s boundaries.

This becomes especially important during holiday gatherings when awkward situations may arise.

“Your hair looks funny now.”

“Do you have a girlfriend yet?”

“Where’s my hug and kiss?!”

Some of these comments and questions from family members, even if they seem harmless, can make our children feel awkward and even humiliated.

**So, how can we protect our children's boundaries respectfully?**

Often our children are not brave enough to speak up for themselves, so we need to be their voice and advocate for them.

When your child doesn’t want to hug Great Auntie, you can respond with,

*“It doesn’t look like Daniel wants to hug right now. Let’s see if he wants to give a high-five or a wave instead.”*

Or if your brother-in-law jokingly comments on your child’s appearance, you can say:

*“Our goal is to build up Claire’s self-esteem so she feels comfortable with who she is. Let’s keep our comments positive and uplifting, please.”*

It’s important to stay calm and respectful in those moments.

And remember, many of us find it challenging to express these concerns to our family, especially if we struggle with setting our own boundaries. Be kind to yourself if you can’t always speak up.

This week’s parenting guide will help you with further examples:

Principal: Mr. Dave Riebel

Phone (507) 523-2191

Fax (507) 523-2609

# How to Protect Your Child's Boundaries at Family Gatherings

| A situation:   | You can say:   |
|--|--|
| A family member asks your child<br>"Why are you so shy?"                                 | "Yes, Michael has a gentle and observant nature. We love that about him."  |
| Your uncle says to your child<br>"Hey there! Give me a hug!"                             | "It looks like Jack doesn't want to hug. You can offer him a high-five instead."   |
| Your family member is trying to<br>parent your child.                                    | "I'm right here, I've got it. You just enjoy being a grandma (uncle, etc.). You can leave parenting to me."                        |
| Your dad says to your child<br>"Wow! You're eating a lot."                               | "Every child is different, and they know when they're hungry or full. Let's focus on enjoying our meal."                           |
| Your family jokes about your child<br>having a girlfriend or boyfriend.                  | "Let's respect Sawyer's privacy. If he ever wants to share something with us, we'll be here to listen."                            |
| Your family jokingly comments<br>about your child's appearance                           | "We want to help Grace feel confident and comfortable with who she is. So, let's keep our comments positive and uplifting."        |
| Your family member shares<br>private information about your<br>child without permission. | "I appreciate your concern, but we believe it's important to respect Emily's privacy. Let's focus on other conversations tonight." |

These boundaries need to be voiced clearly and respectfully. It may be uncomfortable to say these things but it's important. Our kids might not have the courage to set their own boundaries and we need to advocate for them (especially in the beginning!).





Lewiston- Altura Elementary School

# Holiday Spirit Week



Monday, December 18<sup>th</sup>- Friday, December 22<sup>nd</sup>



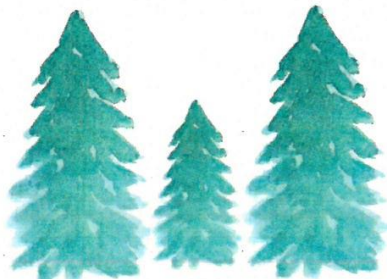
Merry **Monday**- Wear Red

Tinsel **Tuesday**- Wear Something Bright/Sparkly

White Out **Wednesday**- Wear White

Thawing **Thursday**- Wear Green

Flannel **Friday**- Wear Your Flannel/Cozy Clothes





Dear Parents/Guardians:

Our school has a subscription to TumbleBookLibrary, and your family can access it from home! It's unlimited, and it's FREE to you use from home!

TumbleBookLibrary is an online collection of e-books and digital audiobooks for children K-6. They are a great way to encourage tech-savvy kids to enjoy reading!

[WWW.TUMBLEBOOKLIBRARY.COM](http://WWW.TUMBLEBOOKLIBRARY.COM)

USERNAME: LACARDINALS

PASSWORD: BOOKS

OR VISIT OUR WEBSITE FOR INSTANT ACCESS: [WWW.LEWALT.K12.MN.US](http://WWW.LEWALT.K12.MN.US) -> STUDENT  
RESOURCES->MEDIACENTERS->ELEMENTARY LIBRARY

There are over 250 animated, talking pictures books. The site also features Spanish and French books, read along chapter books, non-fiction books, quizzes and exciting games and puzzles. Our TumblePremium plan has 1100+ titles total! We hope that you will get the chance to check out the collections with your child. Below is all the information you'll need to login to the collection.

You can use your computer, tablet, or mobile phone! All you need is an internet connection. There are no downloads: books are streamed right to your device at the click of a button.

Happy Tumbling, everyone!





Estimados padres/tutores:

¡Nuestra escuela tiene una suscripción a TumbleBookLibrary y su familia puede acceder a ella desde casa! ¡Es ilimitado y GRATIS para usarlo desde casa!

TumbleBookLibrary es una colección en línea de libros electrónicos y audiolibros digitales para niños K-6. ¡Son una excelente manera de alentar a los niños expertos en tecnología a disfrutar de la lectura!

Hay más de 250 libros animados con imágenes parlantes. El sitio también presenta libros en español y francés, libros de capítulos de lectura continua, libros de no ficción, cuestionarios y emocionantes juegos y acertijos. ¡Nuestro plan TumblePremium tiene más de 1100 títulos en total!

[WWW.TUMBLEBOOKLIBRARY.COM](http://WWW.TUMBLEBOOKLIBRARY.COM)

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RESOURCES->MEDIACENTERS->ELEMENTARY LIBRARY

Esperamos que tenga la oportunidad de ver las colecciones con su hijo. A continuación se muestra toda la información que necesitará para iniciar sesión en la colección.

¡Puedes usar tu computadora, tableta o teléfono móvil! Todo lo que necesitas es una conexión a Internet. No hay descargas: los libros se transmiten directamente a su dispositivo con solo hacer clic en el botón.

¡Feliz caída a todos!



Winona Family YMCA

# SWIM WITH SANTA

**Sunday December 17**

Children ages 10 and under are invited to celebrate the holidays with crafts, cookie decorating and splashing in the pool with Santa!

Children 7 years old and under must have an adult in the pool with them.

**Members  
\$10/child**

**Non-Members  
\$15/child**

## EVENTS

12-1:15pm- Holiday craft & cookie decorating

11:45am-12:10pm- Ages 0-2  
Swim w/Santa

12:15-12:40pm- Ages 3-5  
Swim w/Santa

12:45-1:10- Ages 6-10  
Swim w/Santa

1:15-1:40- All Ages Adaptive  
Swim w/ Santa

Families with children of different age groups may be in same time slot.



# COMMUNITY YOUTH PROJECT DAY



## HOSTED BY WINONA COUNTY 4-H

JOIN US FOR A FUN DAY OF CRAFTING, COOKING, LEARNING & EXPERIMENTING! YOUTH WILL COMPLETE HANDS ON ACTIVITIES LEARNING ABOUT ANIMAL SCIENCE, FOODS, FINE ARTS, STEM EXPERIMENTS & SO MUCH MORE!

**When:**

**Thursday,  
December  
28th**

**9 am - 3 pm**

**Where:**

**Faith Lutheran  
Church**

**1717 W Service Dr,  
Winona, MN 55987**

**Who:**

**Winona County  
youth in grades  
K - 5th**

### Registration for this event in [4honline.com](https://4honline.com)

- Registration: <https://z.umn.edu/YouthProjectDay4H>
- Create a [4honline.com](https://4honline.com) account if you do not already have one to register for the event
- Select "Community Youth Project Day" in the events tab & follow the steps
- Cost: \$15 per youth for the entire day
- Reach out to Mika at [mill7335@umn.edu](mailto:mill7335@umn.edu) with any questions



UNIVERSITY OF MINNESOTA EXTENSION





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SKILLS CONFIDENCE & CHARACTER

## 1st & 2nd Grade Co-ed Basketball League

This league helps kids take their skills to the next level and experience positive competition! It consists of two organized practices per week and team contests with coaches and officials. The first two weeks will focus on skill development and team building, followed by the introduction of games with officials, along with continued practice. Participants will be placed on co-ed teams. All league teams will play teams in the YMCA program. Game t-shirts are included.



**DATES:** January 2 - February 24th, 2024

**TIMES:** Tuesday & Thursday, 5-6p.m.

**GAMES:** Saturday mornings, starting January 20

**FEE:** \$95 Member / \$115 Non-Member

Register by **December 17**, in person or online at [www.winonaymca.org](http://www.winonaymca.org)

Interested in coaching?  
Contact Skylar at [sdegroot@winonaymca.org](mailto:sdegroot@winonaymca.org)





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Winona Family YMCA

# PLAYER TEAMMATE LEADER

### 3rd & 4th Grade Girls, Boys Developmental Basketball League

This league helps kids take their skills to the next level and experience positive competition. It consists of two organized practices per week and team contests with coaches and officials. The first two weeks will focus on skill development and teamwork building, followed by the introduction of scored games with officials, along with continued practice. Teams will be a mix of 3rd & 4th graders. All league teams will play other teams in the YMCA program. Game t-shirts included.

**DATES:** January 3–February 24, 2024

**TIMES:** Mondays & Wednesdays Girls 6–7pm

Tuesday & Thursdays Boys 6–7pm

**GAMES:** Saturday mornings starting January 20

**FEE:** \$95 Member / \$115 Non-Member

Register by **December 17**, in person or  
online at [www.winonaymca.org](http://www.winonaymca.org)



**We are looking for parent  
coaches!** Interested in  
coaching or have additional  
questions?

Contact Skylar at  
[sdegroot@winonaymca.org](mailto:sdegroot@winonaymca.org)



# Breakfast Menu

Dec 2023

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

## Monday

27

28

## Tuesday

## Wednesday

30

## Thursday

## Friday

|    |                                       |  |  |   |                                       |   |  |  |                                       |  |                                       |  |
|----|---------------------------------------|--|--|---|---------------------------------------|---|--|--|---------------------------------------|--|---------------------------------------|--|
| 4  | Offering #1<br>Cereal Bowl<br>Yogurt* | Offering #2<br>Muffin<br>Sausage Link*   | Offering #1<br>Cereal Bowl<br>String cheese<br>Juice Assorted<br>Oranges<br>1% Flavored<br>1% White<br>Skim White        | Offering #2<br>Pancake on a Stick<br>Juice Assorted<br>Oranges<br>1% Flavored<br>1% White<br>Skim White | Offering #1<br>Cereal Bowl<br>Yogurt* | Offering #2<br>Breakfast Pizza<br>Applesauce<br>Juice Assorted<br>1% Flavored<br>1% White<br>Skim White | Offering #1<br>Cereal Bowl<br>String cheese<br>Juice Assorted<br>Peaches<br>1% Flavored<br>1% White<br>Skim White      | Offering #2<br>Croissant<br>Egg Patty*   | Offering #1<br>Cereal Bowl<br>Yogurt* | Offering #2<br>English Muffin<br>Sausage Gravy*  | Offering #1<br>Cereal Bowl<br>Yogurt* | Offering #2<br>Chef's Choice<br>Juice Assorted<br>Pineapple<br>1% Flavored<br>1% White<br>Skim White |
| 11 | Offering #1<br>Cereal Bowl<br>Yogurt* | Offering #2<br>Breakfast Burrito<br>Apples<br>Juice Assorted<br>1% Flavored<br>1% White<br>Skim White          | Offering #1<br>Cereal Bowl<br>String cheese<br>Fruit Cocktail<br>Juice Assorted<br>1% Flavored<br>1% White<br>Skim White | Offering #2<br>Sausage Link*<br>Waffle<br>Fruit Cocktail<br>Juice Assorted<br>1% Flavored<br>1% White   | No School                             | No School   | Offering #1<br>Cereal Bowl<br>String cheese<br>Juice Assorted<br>Strawberries<br>1% Flavored<br>1% White<br>Skim White | Offering #2<br>Breakfast Walking Taco<br>Juice Assorted<br>Strawberries<br>1% Flavored<br>1% White<br>Skim White | Offering #1<br>Cereal Bowl<br>Yogurt* | Offering #2<br>Egg Scrambled*<br>Sausage Patty*  | Offering #1<br>Cereal Bowl<br>Yogurt* | Offering #2<br>Chef's Choice<br>Juice Assorted<br>Pineapple<br>1% Flavored<br>1% White<br>Skim White |
| 18 | Offering #1<br>Cereal Bowl<br>Yogurt* | Offering #2<br>Mini Cmn. Donuts<br>Juice Assorted<br>Mandarin Oranges<br>1% Flavored<br>1% White<br>Skim White | Offering #1<br>Cereal Bowl<br>String cheese<br>Applesauce<br>Juice Assorted<br>1% Flavored<br>1% White<br>Skim White     | Offering #2<br>French Toast<br>Applesauce<br>Juice Assorted<br>1% Flavored<br>1% White<br>Skim White    | Offering #1<br>Cereal Bowl<br>Yogurt* | Offering #2<br>Breakfast Pizza<br>Peaches<br>1% Flavored<br>1% White<br>Skim White                      | Offering #1<br>Cereal Bowl<br>String cheese<br>Juice Assorted<br>Pears<br>1% Flavored<br>1% White<br>Skim White        | Offering #2<br>Pancakes<br>Pears<br>1% Flavored<br>1% White<br>Skim White  | Offering #1<br>Cereal Bowl<br>Yogurt* | Offering #2<br>Chef's Choice<br>Juice Assorted<br>Pineapple<br>1% Flavored<br>1% White<br>Skim White | Offering #1<br>Cereal Bowl<br>Yogurt* | Offering #2<br>Chef's Choice<br>Juice Assorted<br>Pineapple<br>1% Flavored<br>1% White<br>Skim White |
| 25 | No School                             | No School  | No School  | No School   | No School                             | No School   | No School  | No School  | No School                             | No School  | No School                             | No School  |
| 1  | 1                                     | 2  | 3  | 4   | 5                                     | 6   | 7  | 8  | 9                                     | 10   | 11                                    | 12   |



- 2023 -

# DECEMBER

## 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

FRIDAY

1

Spaghetti w/Meat  
sauce  
Garlic Toast  
Salad Bar  
Fruit Bar  
Milk

THURSDAY

8

French Toast  
Sausage links  
Salad Bar  
Fruit Bar  
Milk

15

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

22

Spaghetti w/Meat  
sauce  
Garlic Toast  
Salad Bar  
Fruit Bar  
Milk

29

No  
School

WEDNESDAY

7

Mini Corn Dogs  
Chips  
Salad Bar  
Fruit Bar  
Milk

14

Crunchy Chicken  
Tender Wrap  
Tortilla shell  
Salad Bar  
Fruit Bar  
Milk

21

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

28

No  
School

TUESDAY

6

Ravioli in Red Sauce  
Salad Bar  
Fruit Bar  
Milk

13

No  
School

20

Meatball Sub  
Marinara Sauce  
Salad Bar  
Fruit Bar  
Milk

27

No  
School

MONDAY

4

Hamburger w/bun  
Potato fries  
Salad Bar  
Fruit Bar  
Milk

11

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

18

Chicken Nuggets  
Mashed Potatoes  
Dinner roll  
Salad Bar  
Fruit Bar  
Milk

25

No  
School

19

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

26

No  
School

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