

# Lewiston-Altura Schools

## Cardinal Newsletter

VOL. XXXV Issue 13

December 8, 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. 1-10 – 10 Days of Giving  
Dec. 13 – No School for Students, Workshop  
Dec. 25 - Jan. 1 – No School  
Jan. 22 – P.L.A.Y Meeting, 6:30, Elem.

### LFD Poster Contest

On Thursday, December 7, 2023 the Lewiston Fire Department announced the 2023 Fire Prevention Poster Contest winners! Each year the LFD works with our schools to run a contest for students from grades K-5. Rules are created by the MN State Fire Chief's Association and the Fire Prevention Theme must appear on each student's poster. The 2023 Fire Prevention Theme was: "Cooking Safety Starts With You". Students are placed into 3 divisions. K-1<sup>st</sup>, 2<sup>nd</sup>-3<sup>rd</sup>, and 4<sup>th</sup>-5<sup>th</sup> grade are judged amongst each other in our district. Winners are then sent to the Tri-County Fire Dept. Association to be judged. We had an overwhelming number of posters submitted and we are so happy the students participated! The 2023 winners are:

#### K-1<sup>st</sup> Grade Division

Benton Reps- 1<sup>st</sup> Place  
**Aspen Dahl**- 2<sup>nd</sup> Place  
Nathan Bartelson- 3<sup>rd</sup> Place



#### 2<sup>nd</sup>-3<sup>rd</sup> Grade Division

**Avyana Marvel**- 1<sup>st</sup> Place  
Anissa Olson- 2<sup>nd</sup> Place  
Llewyn Tweten- 3<sup>rd</sup> Place



#### 4<sup>th</sup>-5<sup>th</sup> Grade Division

**Genevieve Lubinski**- 1<sup>st</sup> Place  
Avery Kreidermacher- 2<sup>nd</sup> Place  
**Halle Wirt**- 3<sup>rd</sup> Place



*Highlighted students are pictured.  
Thank you to all the students for participating and  
please continue to practice Fire Safety!*

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



**Third grade enjoying the bowling unit in Physical Education.**

## **Parenting Tip**

### **This week's tip...**

Many of us are looking forward to spending time with our extended family and friends during this time of the year.

### **But here's what we often forget...**

Holiday events can be quite overwhelming for our children.

I remember how a few years ago, during a hectic holiday gathering, my son was so overwhelmed that I spent most of the party comforting him.

### **These years I'm approaching it a bit differently.**

Since I know my kids thrive on structure and routine, I make sure to *prepare* them for the holiday events.

We have a so-called **"Pre-Event Debrief"** where we talk about what's about to come.

The pre-event debrief can be a great way to create a calm space before the festivities. It will give you time to set expectations with your kids, share the plan, and address any questions.

It might sound like:

*"We'll be visiting Uncle Joe's house on Saturday. We'll leave after breakfast and then spend the afternoon with the whole family. You'll see your grandma and grandpa and all of your cousins will be there too! Let's come up with a plan when you feel like you need a break from the big crowd..."*

You can also agree on a "sign" your child can give you when they feel overwhelmed at the party – like squeezing your hand twice, for example.

This debrief is also a great time to set expectations around behavior, consumption of sweets, or sharing toys.

This week's guide is a script to show you what this conversation could sound like.

## TALKING SCRIPTS FOR PARENTS

### How to prepare your child for a holiday event.



**Important Note:** Before talking to your child, check in with yourself. If you feel dysregulated, take deep breaths. It's okay to focus on yourself first. Your state impacts your child more than your words.

## Before the Event...

### ✦ Talk About What to Expect

"Hey sweetie, let's talk about what to expect at Grandma's house tonight so you'll be prepared. All the different members of our family will be there, so it might feel busy and loud."

"Grandma may offer you that food that isn't your favorite. It's ok to say 'no,' but let's practice saying it in a way that's polite and kind. Do you have any ideas of what you can say?"

### ✦ Let Your Child Ask Questions and Share Concerns

"Is there anything else that you feel unsure about or want to talk through?"

"Ok, I hear you. You're worried that you might feel overwhelmed and need a break, or might forget what to do. I can help you with that."

### ✦ Create a Game Plan

"How can I support you? Do you want me to come check on you throughout the evening to make sure everything is going ok? Or maybe come up with a special way to let me know that you need to take a break?"



**Tip:** Loud family gatherings with new, unfamiliar foods and extra stimuli can sometimes cause sensory overload and throw our kids into fight or flight mode. They may need extra care and tools to feel supported during these times.

## In the Moment...

### ✦ Check In With Your Child Periodically

Quietly pulling your child aside: "Hey, how are you doing? Are you feeling good or do you feel like you could use a quick break with me?"

### ✦ If Your Child Needs a Break

"Hey, I'm noticing you're feeling upset about dessert. Let's go to the other room and take a minute to calm down... Let's practice our box breathing, ok? We can take as much time as we need... Do you want to share what's happening for you? Ok. Thank you for telling me. That makes sense. Let's talk about our plan for what we'll do once we leave this room."



**Remember:** Your secure presence and the tools that you offer can go a long way in helping your child feel supported in loud, hectic situations.





# HOLIDAY FAMILY *Festival*

Make ornaments, cards, decorate a cookie, enjoy hot cocoa, visit with Santa, and much more at our open house holiday fundraiser!

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<b>10</b>	December	1:00 to 4:00 PM
	2023	History Center

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FAMILY RATE: \$20 | INDIVIDUALS: \$5 ADULTS & \$3 YOUTH  
SPONSORED BY WNB FINANCIAL  
**WINONAHISTORY.ORG**



**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



**COUNTRY CLIMBERS  
AND  
LEWISTON/WINONA SNOW SPORTS**

SNOWMOBILE SAFETY FIELD DAY WILL BE HELD AT THE SOBECK FARM

24710 GILMORE VALLEY ROAD WINONA MN 55987 ON SATURDAY

DECEMBER 16<sup>TH</sup> AT 9:00 AM YOU MUST COMPLETE THE ONLINE

COURSE BEFORE ATTENDING FIELD DAY. PLEASE CONTACT:

GARY SOBECK 507-429-4478 OR STEVE SCHAMS 507-208-3577.

TO REGISTER FOR THE FIELD DAY.



**Winona Family YMCA**

# **CREATIVE MOVEMENT**

Creative movement classes provide children ages 3-5 with an introduction to the magical world of dance! Using make-believe imagery, hands-on props, and interactive music, children explore basic dance concepts. Children also practice taking turns, sharing, and following directions.

**Monthly Sessions**  
Classes held Fridays 4:30-5:15pm

**\$30/Member**  
**\$45/Non-member**

**Register in person or online: [www.winonaymca.org](http://www.winonaymca.org)**





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## Winona Family YMCA



# JR. HIP HOP

## DANCE CLASS

Jr. Hip hop encompasses a wide range of street styles including breaking, locking and popping. This class for young beginners specifically focuses on developing rhythm and coordination while encouraging individual style. Ages 4-9.

**Monthly Sessions**

**Fridays 5:30-6:15 p.m.**

**\$30 Member, \$45 Non Member**

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

# 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





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# 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)**



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## 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 Cereal Bowl Yogurt*	Offering #2 Muffin Sausage Link*	Offering #1 Cereal Bowl String cheese Juice Assorted Oranges 1% Flavored 1% White Skim White	Offering #2 Pancake on a Stick Juice Assorted Oranges 1% Flavored 1% White Skim White	Offering #1 Cereal Bowl Yogurt*	Offering #2 Breakfast Pizza Applesauce Juice Assorted 1% Flavored 1% White Skim White	Offering #1 Cereal Bowl String cheese Juice Assorted Peaches 1% Flavored 1% White Skim White	Offering #2 Croissant Egg Patty*	Offering #1 Cereal Bowl Yogurt*	Offering #2 English Muffin Sausage Gravy*	Offering #1 Cereal Bowl Yogurt*	Offering #2 Chef's Choice Juice Assorted Pineapple 1% Flavored 1% White Skim White
5	Offering #1 Cereal Bowl String cheese Juice Assorted Oranges 1% Flavored 1% White Skim White	Offering #2 Muffin Sausage Link*	Offering #1 Cereal Bowl String cheese Juice Assorted Oranges 1% Flavored 1% White Skim White	Offering #2 Pancake on a Stick Juice Assorted Oranges 1% Flavored 1% White Skim White	Offering #1 Cereal Bowl Yogurt*	Offering #2 Breakfast Pizza Applesauce Juice Assorted 1% Flavored 1% White Skim White	Offering #1 Cereal Bowl String cheese Juice Assorted Peaches 1% Flavored 1% White Skim White	Offering #2 Croissant Egg Patty*	Offering #1 Cereal Bowl Yogurt*	Offering #2 English Muffin Sausage Gravy*	Offering #1 Cereal Bowl Yogurt*	Offering #2 Chef's Choice Juice Assorted Pineapple 1% Flavored 1% White Skim White
11	Offering #1 Cereal Bowl Yogurt*	Offering #2 Breakfast Burrito Apples Juice Assorted 1% Flavored 1% White Skim White	Offering #1 Cereal Bowl String cheese Fruit Cocktail Juice Assorted 1% Flavored 1% White Skim White	Offering #2 Sausage Link* Waffle Fruit Cocktail Juice Assorted 1% Flavored 1% White	Offering #1 Cereal Bowl String cheese Fruit Cocktail Juice Assorted 1% Flavored 1% White Skim White	Offering #2 Breakfast Pizza Applesauce Juice Assorted 1% Flavored 1% White Skim White	Offering #1 Cereal Bowl String cheese Juice Assorted Peaches 1% Flavored 1% White Skim White	Offering #2 Croissant Egg Patty*	Offering #1 Cereal Bowl Yogurt*	Offering #2 English Muffin Sausage Gravy*	Offering #1 Cereal Bowl Yogurt*	Offering #2 Chef's Choice Juice Assorted Pineapple 1% Flavored 1% White Skim White
18	Offering #1 Cereal Bowl Yogurt*	Offering #2 Mini Crm. Donuts Juice Assorted Mandarin Oranges 1% Flavored 1% White Skim White	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	Offering #1 Cereal Bowl Yogurt*	Offering #2 Breakfast Pizza Applesauce Juice Assorted 1% Flavored 1% White Skim White	Offering #1 Cereal Bowl String cheese Juice Assorted Peaches 1% Flavored 1% White Skim White	Offering #2 Pancakes Pears 1% Flavored 1% White Skim White	Offering #1 Cereal Bowl Yogurt*	Offering #2 Egg Scrambled* Sausage Patty*	Offering #1 Cereal Bowl Yogurt*	Offering #2 Chef's Choice Juice Assorted Pineapple 1% Flavored 1% White 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

MONDAY

4

Hamburger w/bun

Potato fries

Salad Bar

Fruit Bar

Milk

TUESDAY

5

Pasta Bar

Garlic Brown rice

Dinner roll

Salad Bar

Fruit Bar

Milk

WEDNESDAY

6

Ravioli in Red Sauce

Salad Bar

Fruit Bar

Milk

THURSDAY

7

Mini Corn Dogs

Chips

Salad Bar

Fruit Bar

Milk

THURSDAY

14

Crunchy Chicken

Tender Wrap

Tortilla shell

Salad Bar

Fruit Bar

Milk

THURSDAY

15

Beef Hot Dog w/bun

Chips

Salad Bar

Fruit Bar

Milk

THURSDAY

22

Spaghetti w/Meat

sauce

Garlic Toast

Salad Bar

Fruit Bar

Milk

THURSDAY

29

No

School

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