

Lewiston-Altura Schools

Cardinal Newsletter

VOL. XXXV Issue 20

February 2, 2024

Visit our Website at www.lewalt.k12.mn.us

Mr. Riebel's Report

Parent - Teacher conferences are coming soon!!

*Each February, school staff look forward to our annual Spring Parent-Teacher Conferences. We have passed the midpoint of the school year and we appreciate being able to discuss the learning levels of your child(ren). Our Spring conferences will be held at the Elementary School from **from 4:00 to 7:00pm on Tuesday, February 20 and Thursday, February 22**. These conferences are scheduled with your child's homeroom teacher.*

Sign up for Conferences:

We will again utilize the online conference scheduling website PTCFast for this spring's conference scheduling. You can navigate using the link below to sign up for conferences. (All families will also be sent an email via JMC email blast to sign up for conferences.)

*NOTE: The conference scheduler link will be **launched and become live at 6:00pm on Sunday, February 11 through the dates of conferences**. Please use the following address:*

https://ptcfast.com/schools/Lewiston_Altura_Elem_Parent_Teacher_Conferences

NOTE: Parents, please review the complete list of available teachers and schedule with your child's homeroom teacher.

All specialist teachers; Music, Phy. Ed., Media, Counseling, Intervention and Special Education will be available at our building for parents for drop in conferences before or after their homeroom conferences.

See you soon!

Lewiston-Altura Elementary School staff

Mr. Riebel

Winona County Dairy Jr. Ambassadors

The American Dairy Association of Winona County is looking for boys and girls in fourth grade who have a connection to the dairy industry. If you are interested please contact Cortney Duncanson at 507-421-6402.

P.L.A.Y. Group Notes

P.L.A.Y will again be providing food for staff on parent-teacher conference nights. Please open this link to help with this much appreciated event.
<https://www.signupgenius.com/go/70A0C4DAEA82CA0FD0-conference>

Principal: Mr. Dave Riebel

Phone (507) 523-2191

Fax (507) 523-2609

Fifth Grade Math Wizards Jan. 30th at Dover-Eyota



Isabella, Lily, Penny, Audrey, Brady
Second Place Team



Lily – 8th Place Drill Round



Penny – 8th Place, Lily – 6th Place Individual Round

Menu Changes

Feb. 7 – Popcorn Chicken
Feb. 14 – Cheese Ravioli

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

Feb. 9 – RSS Chili Tasting Fund Raiser
Feb.13 – No School Students, Teacher Workshop
Feb. 19 – No School – Presidents Day
Feb. 20 – Conferences & Bookfair 4-7:00
Feb. 21 - School Dental Sealant Day
Feb. 22 – Conferences & Bookfair 4-7:00
Feb. 26 – P.L.A.Y. Mtg, 6:30, Elem Media Center

Parenting Tip

“Mom, do LEGOs make me a nerd?” my son asked recently after school.

I felt a pang of concern because he had shared with his classmates that he'd joined a LEGO club, and some of them had teased him for it.

This stung, especially since he was enjoying the club and had even made some new friends there.

What could I say?

Luckily, I remembered the brilliant elevator analogy. Sometimes, I explained, it's like we're in an elevator, going up ☐ we're learning something new or pursuing a passion. And we feel great about it!

Our friends might join us in the elevator for the ride up, but some might choose not to or may even get off at different floors.

That's OK, I said, because **new people always come on**. We meet new friends on our elevator ride to where we want to go.

I shared with him that as we grow older and learn more about ourselves and our interests, our friendships may naturally change. This is because our friends are also growing and discovering what they like and don't like.

It's all part of how we grow and change.

This week's parenting guide explores the "**Elevator Analogy**" in more depth and provides tips on helping your child navigate these natural transitions in friendships.

How to Navigate New Friendships and Experiences

If your child is facing challenges when trying new things, here's a practical analogy to help them understand and cope.

Explain the “Elevator” analogy:

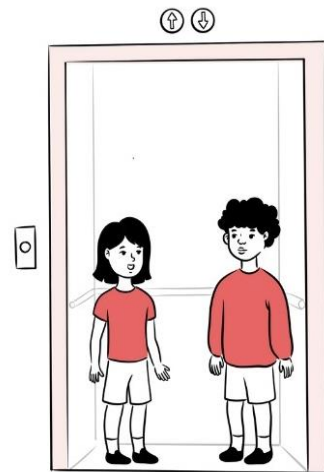
Share with your child that when we venture into new experiences or embrace change, not everyone will always support our choices. Explain it to them like riding an elevator:

"Imagine you're in an elevator, and it's taking you to a higher level, with bigger dreams and goals."

"As you ascend, you may need to let go of some old friends to make room for new ones who share your interests and passions."

"Sometimes, the elevator might seem empty as you're between floors, riding it by yourself."

"But have faith that new people will come along, and they'll be a good fit for the exciting new things you're exploring and growing into."



Children need to hear that sometimes friends come and go.

The important part is staying true to themselves, doing things **THEY** choose and following **THEIR** passions.

Their old friends may come around, or maybe they will meet new friends, but either way, they don't lose sight of who they are.

This analogy can help your child grasp the natural ebb and flow of friendships and the importance of embracing change as they pursue their personal growth and interests.

This analogy is borrowed from Martha Beck, a sociologist and world-renowned coach.

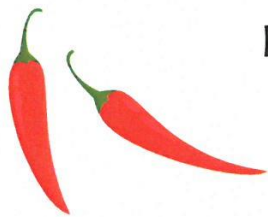


Ready Set School presents the
**ANNUAL CHILI TASTING
FUNDRAISER**

FEBRUARY 9th



LUNCH 10:15 - 1 & DINNER 4:30 - 5:30



**pick-up at Steak Shop catering
301 E. Mark Street
Winona, MN 55987**



\$11/advance \$13/at door

Includes: 3 types of chili, a Bloedow's roll, a cookie, chili toppings, and utensils

**ALL PROCEEDS BENEFIT READY SET SCHOOL'S MISSION TO SUPPLY
WINONA COUNTY K-12 STUDENTS WITH THE SCHOOL SUPPLIES THEY
NEED TO START EACH SCHOOL YEAR**

**order tickets online at readysetschoolwinona.org/chili/
or in person at the downtown location of WNB Financial**



Join us for
Sibshops at

Bowlocity

Entertainment Center

This is an event for kids (ages 6-12 years) who have a sibling living with chronic health, mental health, or developmental needs.

**Monday,
February 19th
9AM-3PM**

**Bowling
Arcade
Laser Tag**

**\$10 Registration
(Scholarships
available)**

**Pizza, soda &
dessert will be
provided.**

Questions? Email: mavosibshop@mavo.edu



Please complete the registration form below for your child(ren) (ages 6-12 years) to participate in Sibshops at Bowlocity on Monday, February 19, 2024.

Drop-off: 9:00 am, Pick-up: 3:00 pm

Registration forms must be postmarked by Friday, February 2nd, 2024.

Participant(s) Information:

Name of participant: _____ Birthdate (m/d/y): _____ Age: _____

Name of participant: _____ Birthdate (m/d/y): _____ Age: _____

Has your child(ren) ever attended a Sibshops Event? ☐ Yes ☐ No

Does your enrolled child(ren) have any allergies, limitations, or other health restrictions that we should know about? _____

Caregiver(s) Information:

Name of parent(s)/caregiver(s): _____

Home address: _____

City: _____ State: _____ Zip: _____

E-mail: _____ Phone: (_____) _____

Name of sibling with chronic health, mental health, or developmental needs: _____

Name or description of health concern: _____ Age: _____

I hereby give my child permission to participate in Sibshops. I also agree to hold Sibshops harmless for any and all liability incurred as a result of my child's participation. Further, I grant full permission to use any photographs, videotapes, recordings, or any other record of this program for the purpose of education and promotion of Sibshops.

Signature of parent or guardian: _____ Date: _____

☐ \$10 registration fee enclosed/has been sent in the mail to the address listed below

☐ \$10 scholarship is requested

Please mail the registration form & payment (checks are the preferred form of payment) to:

Mayo Clinic Sibshops
Child Life Program
1216 2nd St. SW
Rochester, MN 55902

Questions? Contact us at: mayosibshop@mayo.edu

girl scouts
river valleys

FIND YOUR
Friends

FIND YOUR
Fun



With Girl Scouts, kids can thrive—
making new friends, learning new skills, and
experiencing new things as they grow into their
strongest, kindest, and most authentic selves.

Grades K-1 can join for free through March 31, 2024!
Use code 477WINTER2024 when you register.



Learn more at
gsrv.gs/join

Girl Scouts River Valleys | GirlScoutsRV.org/Join | 800-845-0787 | girlscouts@girlscoutsrv.org



girl scouts
river valleys

ENCUENTRA
Amistades



ENCUENTRA TU
Diversión



Girl Scouts.

Con las Girl Scouts, la niñez puede prosperar:
hacer nuevas amistades, aprender nuevas habilidades y
experimentar cosas nuevas a medida que se convierten
en su versión más fuerte, amable y auténtica.

**¡Los grados K-1 pueden unirse gratis hasta el 31 de
marzo de 2024!**

Usa el código 477WINTER2024 cuando te registres.



Más información
en gsrv.gs/unete



SAVE THE DATE

YMCA DAY CAMP OXBOW REGISTRATION

REGISTER JANUARY 23RD, 2024 FOR THE
2024 CAMP SEASON!

DATES: JUNE 10TH- AUGUST 16TH

Wee Backpackers: entering Kindergarten
Traditional Camp: entering 1st-6th Grade
Leaders in Training: entering 7th-9th Grade



Questions? Contact Nicole Weninger
nicole.weninger@ymcamn.org



GAMBLERS

FASTPITCH

<http://www.gamblerssoftball.org/>

<http://www.facebook.com/GamblersFastpitch/>

Gamblers provides an opportunity for area youth to experience fast pitch softball in a tournament atmosphere. To teach them the skills needed to play in a more competitive environment.

Athletes who choose to join will be playing games on 5-6 weekends this summer. We ask that you make every effort to attend as much as possible.

Practice is a major part of success. Practices will begin in April and will run through July. The nights and times will be based on the coaches' schedule and field availability.

Registration for the 2024 season can be completed online at <https://www.gamblerssoftball.org/signup>

February 15th is the deadline any registrations after February 1st will be assessed a \$25 late fee and enrollment is not guaranteed!

Scholarships are available.

Please contact Adam Gust if your daughter is in need of one.

507-272-0375 or thegusts654@yahoo.com



Breakfast Menu

Feb 2024

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

Monday

29

5

Offering #1
Cereal Bowl
Yogurt*
Juice Assorted
Mandarin Oranges
1% Flavored
1% White
Skim White

Offering #2
PB & J Sandwich
Juice Assorted
Mandarin Oranges
1% Flavored
1% White
Skim White

6

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

7

Offering #1
Cereal Bowl
Yogurt*
Juice Assorted
Peaches
1% Flavored
1% White
Skim White

Offering #2
Breakfast Pizza
Juice Assorted
Peaches
1% Flavored
1% White
Skim White

8

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

9

Offering #1
Cereal Bowl
Yogurt*
Juice Assorted
Pineapple
1% Flavored
1% White
Skim White

Offering #2
Chef's Choice
Juice Assorted
Pineapple
1% Flavored
1% White
Skim White

12

Offering #1
Cereal Bowl
Yogurt*
Juice Assorted
Pears
1% Flavored
1% White
Skim White

Offering #2
Muffin
Sausage Link*
Juice Assorted
Pears
1% Flavored
1% White
Skim White

13

No School

14

Offering #1
Cereal Bowl
Yogurt*
Juice Assorted
1% Flavored
1% White
Skim White

Offering #2
Breakfast Pizza
Applesauce
Juice Assorted
1% Flavored
1% White
Skim White

15

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

16

Offering #1
Cereal Bowl
Yogurt*
Juice Assorted
Pineapple
1% Flavored
1% White
Skim White

Offering #2
English Muffin
Sausage Patty*
Juice Assorted
Pineapple
1% Flavored
1% White
Skim White

19

No School

20

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
Skim White

21

Offering #1
Cereal Bowl
Yogurt*
Juice Assorted
Mandarin Oranges
1% Flavored
1% White
Skim White

Offering #2
Breakfast Pizza
Juice Assorted
Mandarin Oranges
1% Flavored
1% White
Skim White

22

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

23

Offering #1
Cereal Bowl
Yogurt*
Juice Assorted
Raisins
1% Flavored
1% White
Skim White

Offering #2
Egg Scrambled*
Sausage Patty*
Juice Assorted
Raisins
1% Flavored
1% White
Skim White

26

Offering #1
Cereal Bowl
Yogurt*
Juice Assorted
Oranges
1% Flavored
1% White
Skim White

Offering #2
Mini Cinnits
Juice Assorted
Oranges
1% Flavored
1% White
Skim White

27

Offering #1
Cereal Bowl
String cheese
Applesauce
Juice Assorted
1% Flavored
1% White
Skim White

Offering #2
French Toast Sticks
Applesauce
Juice Assorted
1% Flavored
1% White
Skim White

28

Offering #1
Cereal Bowl
Yogurt*
Juice Assorted
Peaches
1% Flavored
1% White
Skim White

Offering #2
Breakfast Pizza
Juice Assorted
Peaches
1% Flavored
1% White
Skim White

29

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

1

- 2024 -

FEBRUARY

THURSDAY

FRIDAY

WEDNESDAY

TUESDAY

MONDAY

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

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

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

7 Ravioli in Red Sauce
Salad Bar
Fruit Bar
Milk

6 Pasta Bar
Garlic Brown rice
Dinner roll
Salad Bar
Fruit Bar
Milk

5 Hamburger w/bun
Potato fries
Salad Bar
Fruit Bar
Milk

9 French Toast
Sausage links
Salad Bar
Fruit Bar
Milk

8 Mini Corn Dogs
Chips
Salad Bar
Fruit Bar
Milk

14 Popcorn Chicken
Dinner Roll
Salad Bar
Fruit Bar
Milk

13 No
School

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

15 Crunchy Chicken
Tender Wrap
Tortilla shell
Salad Bar
Fruit Bar
Milk

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

21 BBQ Chicken w/bun
Salad Bar
Fruit Bar
Milk

20 Pizza
Salad Bar
Fruit Bar
Milk

19 No
School

23 Chicken & Waffles
Salad Bar
Fruit Bar
Milk

22 Beef Stroganoff
Dinner Roll
Penne Pasta
Salad Bar
Fruit Bar
Milk

28 Pizza Burger w/bun
Marinara Sauce
Shredded Mozzarella
Salad Bar
Fruit Bar
Milk

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

26 Meatballs
Mashed Potatoes
Fresh Bread
Salad Bar
Fruit Bar
Milk

29 Calzone
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.