

Lewiston-Altura Schools Cardinal Newsletter

VOL. XXXV Issue 23

February 23, 2024

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

Menu Change

Feb. 26 – Roasted Pork

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 be meeting on Monday, Feb. 26 at 6:30 in the elementary media center. All are welcome to come share ideas and support.

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. Watch for some fun dress up days coming up.



Upcoming Events

Feb. 26 – P.L.A.Y. Mtg, 6:30, Elem Media Center
Mar. 4-8 – Read Across America Week
April 26 – PJ/Comfy Clothes Day
May 23- Concerts – See flyer

Child Tax Credit

Minnesotans can now claim the Child Tax Credit, with no limit on the number of children claimed. You must file a 2023 individual income tax return in order to claim the credit. Most taxpayers who are eligible to claim the new Child Tax Credit are also eligible for free tax preparation assistance. Learn more about income requirements and qualifications on the [Child Tax Credit webpage](#). The tax credit of up to \$1750 per child is estimated to cut child poverty by up to one third in Minnesota. Nearly 300,000 households including 513,000 children are estimated to qualify for the credit.

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



WSU Kids Dance Clinic

Saturday, February 24

Grades: K - 4th grade **Cost:** \$40 Includes poms, water bottle, scrunchie, & a snack

Times: 12:30 – 4pm WSU Talbot Gym (Memorial Hall)

Clinic/Performance: Learn dance skills/techniques & a fun routine that will be performed at half-time of the WSU women's basketball game @ 3:30pm!

Online Registration Form: <http://tinyurl.com/WSUDanceClinic2024>

***Must be registered by Feb. 17!**

Questions: E-mail Claire McGinn at clairewsudt@gmail.com



Find us at "Winona State Dance Team"

Kids Dance Clinic 2024 event page

No dance experience required!



Sponsored by:



Mark Morris After School Enrichment



What: An after school program with a focus on nature connection through outdoor education programming with a survival/wilderness living skills focus.

When: Session 2: Grades 3rd and 4th March 14th and 23rd

Registration Online at:

<https://campscui.active.com/orgs/SeekersWild?season=3461336&session=62124636>

Where: Wild spaces around the Lewiston-Altura area including but not limited to:

(transport provided by Seekers Wild)

-Bronk/Plowline Trail State Forest unit

-Farmers Park

-Whitewater State Park

Each day we will venture out to various wild spaces surrounding the Lewiston-Altura School District. We will hike short ways on and off trail with the intent to create a sense of wilderness. Then between our core and secondary routines, we will tackle skills and activities that focus on the things that tie us to the land which are obtaining and securing our basic human needs; air, shelter, water and food. We will also talk about and participate in activities that focus on the brain's role in maintaining a healthy balance and the relationship that has in survival/wilderness living situations.



2024 Graphic Art Button Contest for the 159th Lewiston Heartland Days

Lewiston Heartland Days Event Committee is now accepting entries for the **2024 Button Contest**. The winning design will appear on official event button and may appear on select advertising. **Deadline for submission is Friday, March 1st, 2024!**

1. Selection of design will be based on **theme, craftsmanship and reproducibility**
2. The contest is open to anyone of any age
3. The design should be submitted in a 6" circle (template provided) and must contain these components:
 - a. Heartland Days
 - b. Lewiston
 - c. June 19-23, 2024
4. Design can be hand-drawn or done on a computer. Computer entries should be emailed as both a **JPEG** and **PDF**.
5. The Lewiston Heartland Days Event Committee reserves the right to alter any design submission to meet the above requirements.
6. Entries that do not meet the above requirements may be disqualified.
7. The winning artist will receive a \$25 Crossings Center gift card, plus 4 Lewiston Heartland Days event buttons and the option to be in the Grand Parade.
 - a. First Place - \$25 Crossings Center gift card, 4 Lewiston Heartland Days event buttons, and optional parade participation
 - b. Second Place - \$15 Crossings Center gift card
 - c. Third Place - \$10 Crossings Center gift card

All entries must include: **(Please clearly PRINT)**

1. Entrant's Name
2. Mailing address with ZIP code
3. Phone Number with area code
4. Email address (if available)

Submitting Artwork

Hand-drawn entries can be submitted to one of the following school offices: L-A Elementary, L-A High School, St. John's, and Silo. Entries must be submitted to the school office by the end of the school day on Friday, March 1, 2024.

Hand-drawn and digital designs can be emailed to **heartlanddays@gmail.com**

Upon submission, all artwork becomes the property of the Lewiston Heartland Days Event Committee. Lewiston Heartland Days Event Committee and the City of Lewiston reserve the right to administrate the use of the winning design.

Questions? Please send your questions to heartlanddays@gmail.com or message us on Facebook.

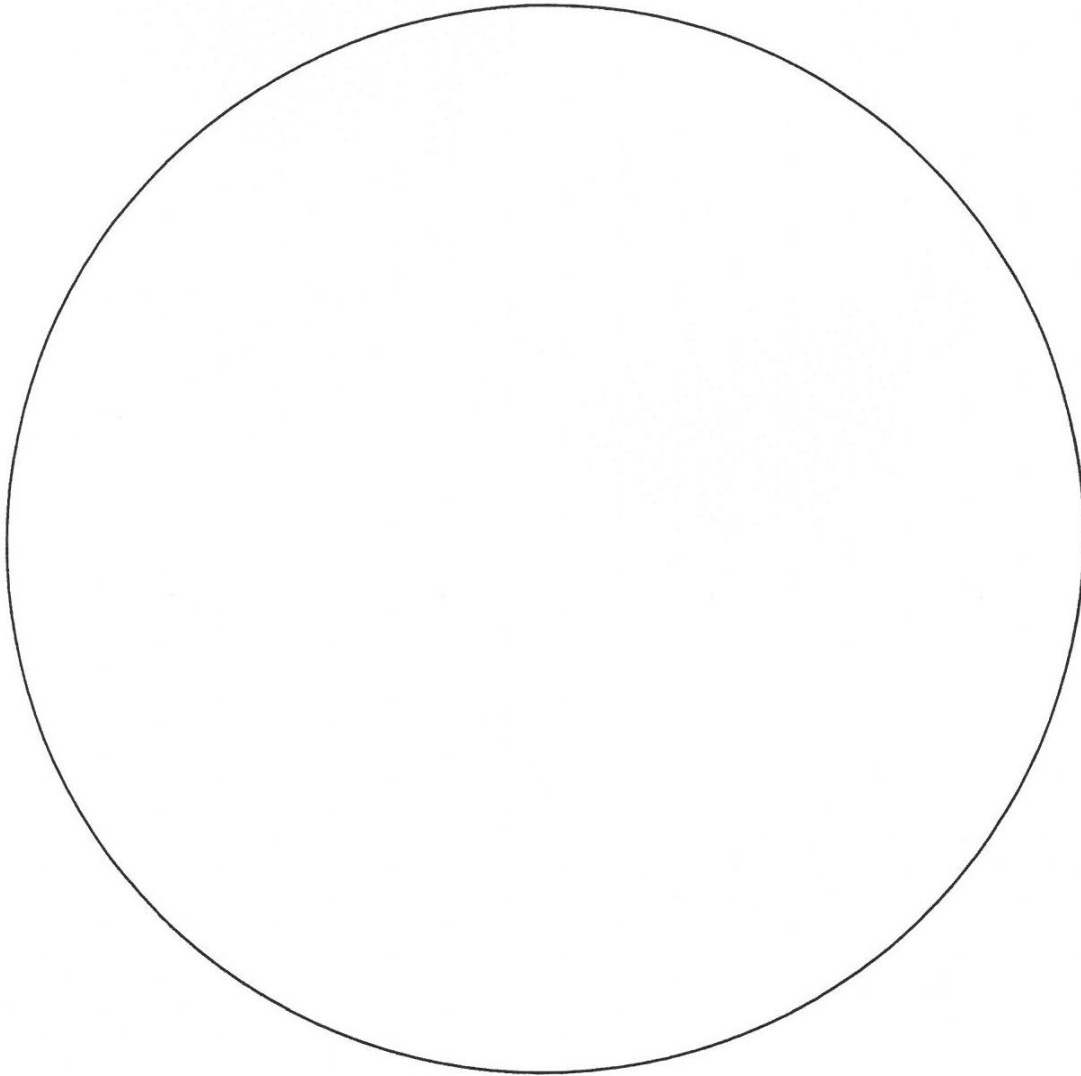
TIPS: Block lettering is preferred, no cursive or calligraphy. Think of reducing down to button size. Designs should be simple and original – avoid a cluttered look – have impact.

SUGGESTIONS: Reduce your design on a copy machine to button size (2 1/4" round) to get a better view. Please remember to include all entry information (name, address, phone number) in the email. All entries will be judged on originality, simplicity and visual impact.

2024 Heartland Days Button Design Contest

Button design must fit within the below template and include the following:

- a. Heartland Days
- b. Lewiston
- c. June 19-23, 2024



Entrant Information: (Please PRINT)

Name: _____

Full Mailing Address: _____

Phone Number: (____) ____-____

Email address (if available): _____



Baseball, Softball, T-ball Registration 2024

Altura Youth Sports will be running registration and organizing teams for both Altura and the City of Lewiston. Teams will be set up similar to previous years. Players will play on teams that may be a mix of Lewiston and Altura players, or teams that are mainly one town or the other. How that is set up really depends on the number of players that sign up. We will also continue to offer co-ed T-ball in Altura for free. Altura Youth Sports will continue to do our best to meet the needs of the youth of our communities.

WHEN: Online Registration Forms should be completed by **Monday, March 4, 2024**, to avoid a late fee. Late fees will be applied for those who register from March 5 - 11, 2024.

Registration closes at 8 PM on March 11th, 2024.

COST: Registration fee is \$90 per Baseball and Softball player.
Families with multiple players will pay a **maximum of \$250**.
Thanks to our generous local donors, T-Ball is free to players who participate.**
Registration is not complete until payment is received.

There is not an online payment set up for the registration. Please make checks out to AYS and **mail the payment** to Noelle Bergan at: 17197 Hall Dr., Altura MN 55910 or other arrangements will need to be made.

****An additional late fee will be enforced for those who miss the registration deadline: \$90 per Baseball/ Softball player and \$25 per T-Ball player. Custom printed uniforms will not be guaranteed with late registrations. A late fee will be enforced for those who miss the registration deadline from March 5–11.**

HOW: Please register through the online Google Form:
<https://forms.gle/jH9B5Gy7Mq5TnYUz6>

We hope to have good numbers of participants in all age groups. If your son or daughter is interested in playing summer ball, we encourage you to get signed up.

Please reach out if you need any assistance with registering or to make arrangements to pay the Player Registration Fees. You can email alturayouthsports@gmail.com or contact Katie Simon (katsimon99@gmail.com) or Noelle Bergan.

We are looking forward to having another successful season of baseball, softball, and t-ball!

April Shopping Event Vendor/Business Registration Form

Name _____

Business _____

Phone number _____

Email _____

Product/description of items for sale

____yes, I need a table and 2 chairs.

I assume all responsibility for my table and products and staff assisting me. I will set up and take down during the times event staff are available. I will hold harmless event staff and the school for any damages, injury, or loss incurred before, during, or after event.

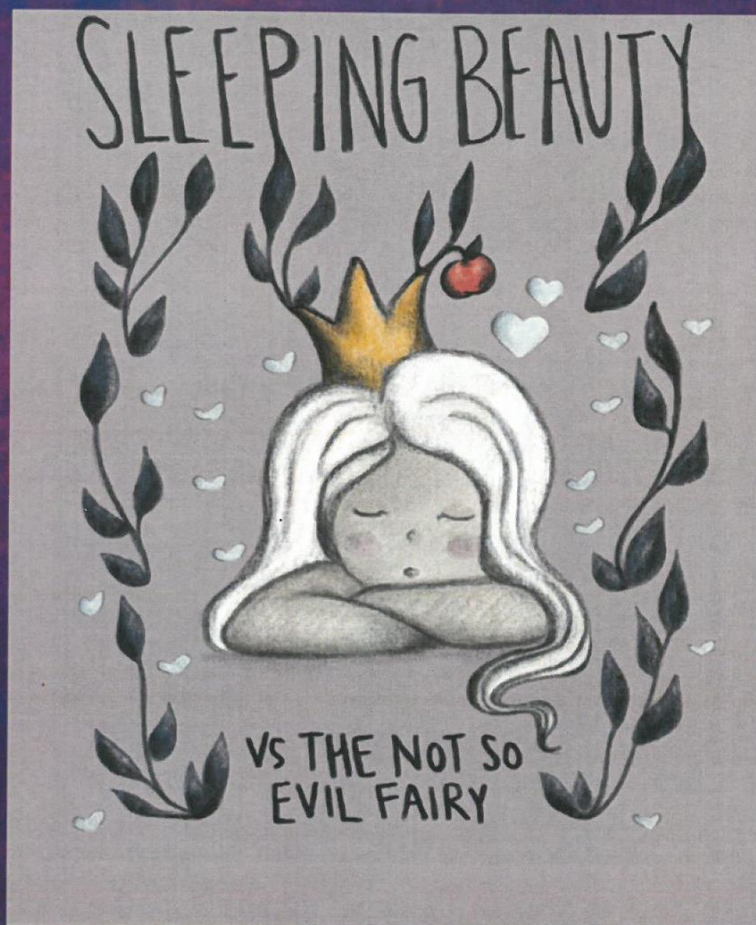
Signature and date _____

Please send form to:

Early Childhood Program
115 Fremont Street S
Lewiston, MN 55952

Or via email to
vgreden@lewalt.k12.mn.us

SUGARLOAF
THEATRE



Performances @ Bluffview Montessori School

March 16 @ 2:00 pm & 6:00 pm

March 17 @ 2:00 pm

For more info on tickets scan here or go to:
<https://linktr.ee/sugarloaftheatre>.





RESILIENT WINONA COUNTY SPRING GATHERING



Parents & caregivers:

Join us for this free workshop
about keeping our cool when our
kiddos have BIG feelings &
behaviors.

You'll come away with positive,
trauma-informed strategies for
supporting young people you love.



MARCH 25, 2024 | 4:30-6:30 P.M.

@ ENGAGE WINONA

119 E. 3RD STREET, WINONA, MN

RSVP:



Questions? Contact
resilientwinonacounty@gmail.com

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

ENCUENTRA
Amistades

ENCUENTRA TU
Diversión



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

★ ★
★ REGISTRATION OPENS
★ **FEBRUARY 1ST**

PROGRAM BEGINS WEEK OF
APRIL 1ST

5K WEEKEND
JUNE 1-2

FINANCIAL AID AVAILABLE



SCAN ME!



3rd-5th
Grade

Girls on the run®

Girls on the Run is a girl-empowerment organization that inspires participants to be joyful, healthy, and confident using evidence-based lessons that combine relationship building, community strengthening, and goal setting with physical movement.



97% learned

DECISION MAKING
HELPING OTHERS
RESOLVING CONFLICT
MANAGING EMOTION

Why it matters

It's fun. It's effective.

85% improved in

CONFIDENCE
COMPETENCE
CHARACTER
CONNECTION

FOR MORE INFORMATION, VISIT GOTRMN.ORG OR
EMAIL US AT PROGRAM@GOTRMN.ORG



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



February 20, 2024

Dear Grades K-5 Parents,

The Lewiston-Altura Elementary School Spring Concert times have been set. The concerts will be daytime performances.

Thursday May 23, 2024

9:00-9:30=Grades K-1st-2nd Grade

10:00-10:30=Grades 3rd and 5th Grade

10:40-10:55=Grade 5 Band Instrument presentation

1:00-1:45=Grade 4 Musical entitled "The Incredible Westward Movement"

All concerts will be held in the Lewiston-Altura Elementary Gymnasium. If you have any questions, call me at school 507-522-3251.

*Musically yours,
Mr. Harper*



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

5

Hamburger w/bun
Potato fries
Salad Bar
Fruit Bar
Milk

6

Pasta Bar
Garlic Brown rice
Dinner roll
Fruit Bar
Milk

7

Ravioli in Red Sauce
Salad Bar
Fruit Bar
Milk

8

Mini Corn Dogs
Chips
Salad Bar
Fruit Bar
Milk

9

French Toast
Sausage links
Salad Bar
Fruit Bar
Milk

12

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

13

No
School

14

Popcorn Chicken
Dinner Roll
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

19

No
School

20

Pizza
Salad Bar
Fruit Bar
Milk

21

BBQ Chicken w/bun
Salad Bar
Fruit Bar
Milk

22

Beef Stroganoff
Dinner Roll
Penne Pasta
Salad Bar
Fruit Bar
Milk

23

Chicken & Waffles
Salad Bar
Fruit Bar
Milk

26

Meatballs
Mashed Potatoes
Fresh Bread
Salad Bar
Fruit Bar
Milk

27

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

28

Pizza Burger w/bun
Marinara Sauce
Shredded Mozzarella
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.