

# Lewiston-Altura Schools

## Cardinal Newsletter

VOL. XXXV Issue 21

February 9, 2024

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

## Menu Change

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. 17 & 18 – Field Trip Fundraiser – See flyer  
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

### Early Childhood News

Preschool registration begins the first week of March. Watch for updates on our website and newsletters.

Cardinal Club Registration opens in March for summer care and 24-25 school year for children ages 33 months - Grade 5.

Tuesday ECFE classes have been cancelled. Please join us on Thursday mornings 9-10:30 in the preschool classroom.

We are accepting vendor registrations for our Spring Shopping Event on Friday April 12<sup>th</sup> 5-7:30. This is an Early Childhood Family Event for children and their families to shop and create a make and take art project- perfect for gift giving! This event is free of charge for all.

Contact Vicky at [vgreden@lewalt.k12.mn.us](mailto:vgreden@lewalt.k12.mn.us) for questions or to sign up for any of our programs.

## Parenting Tip

### Here's what happened:

My friend's daughter asked for an avocado snack. My friend picked up the avocado and gave it a gentle squeeze. She decided, 'It's not ready yet.'

And then, it happened—the dramatic sigh, the eye roll ☹️, and the daughter's daring accusation, "You're lying! You didn't even look!"

### But here's where it gets interesting:

My friend didn't just brush off the talking back. Instead, in her kind and firm voice, she said:

"I know you're disappointed – you really wanted avocado. But talking to me like that is not OK."

Instead of shutting down her daughter with anger, she modeled respectful communication.

### And that's when the magic happened:

"Yeah," her daughter admitted. "I'm sorry. I just really wanted avocado."

My friend gracefully accepted the apology and offered an alternative snack.

They enjoyed it while chatting about her daughter's school day, turning what could have been a power struggle into a connection moment.

So, the next time your child talks back, don't let anger take the wheel. Take a deep breath and remember that their misbehavior is either an unmet need or an undeveloped skill.

### We can **assertively address rudeness while modeling respect.**

In this week's parenting guide, we dive into the art of responding to your child when they talk back, helping you maintain your cool and model respect.

Ready to transform those challenging moments into heartwarming ones? Dive into our guide now! 🖱️

# Things to Say When Your Child Talks Back

When confronted with rude behavior from your child, it's important to see beyond the surface. Challenging behavior is often how children communicate their big feelings related to stress, anxiety, family dynamics, or a simple need for attention.

The key is not to take it personally but to approach it with patience and empathy.

## Instead of:

"Stop talking like that, you're being rude!"

## Try:

"I understand that you don't agree with me. But it's not okay to talk like that. *"Can you please say what you want to say in a more respectful way?"*

## Instead of:

"Don't you dare use that tone with me!"

## Try:

"Okay, we're both feeling a little frustrated right now. *Let's both take some time to calm down* and then we can try again in a few minutes."

## Instead of:

"I would never ask someone that way!"

## Try:

"It sounds like you need my help. I know there is another way you can ask for that. I would be happy to help you. *How else could you ask?"*

## Instead of:

"I'm not listening when you are talking like that!"

## Try:

"I want to hear what you think and I expect you to say it in a respectful way. *"Can you please say it differently?"*

## Instead of:

"Go to your room and calm down!"

## Try:

"*I would like to continue our conversation when we're both calm.* I will be in the kitchen so please come when you're ready."

## Instead of:

"I don't have time for this attitude!"

## Try:

"It's okay to be upset with what I just said. *We still need to speak calmly in order to continue our conversation.*"

## All behavior is communication.

When our child acts rudely, try to understand what's really behind it. Stress, anxiety, family dynamics, and the need for attention can cause challenging behavior.





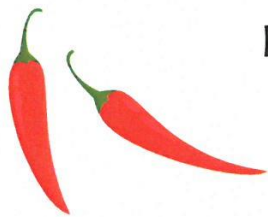


Ready set school presents the  
**ANNUAL CHILI TASTING  
FUNDRAISER**

**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 [readyschoolwinona.org/chili/](http://readyschoolwinona.org/chili/)  
or in person at the downtown location of WNB Financial**





# **6<sup>TH</sup> GRADE FAITH FORMATION BOOK SALE**

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**FEBRUARY 17: 8AM – 4PM**

**FEBRUARY 18: 10AM – 4PM**

**St. Rose of Lima, 180 S Fremont Street, Lewiston, MN**

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**HARD COVER BOOKS: \$2**

**SOFT COVER BOOKS: \$1**

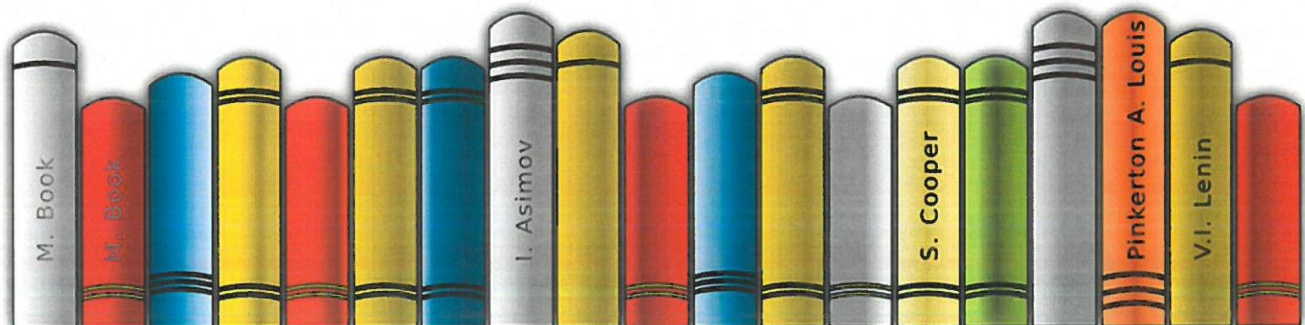
**KIDS BOOKS: \$0.25**

**Come and Enjoy Story Time every hour, balloon animals, hair tinseling, face painting, crafts, and games for the kids!**

**MONEY RAISED WILL BE DONATED TO HELP FUND LEWISTON-ALTURA FIELD TRIPS.**

**TO DONATE BOOKS, CONTACT ONE OF THE 6<sup>TH</sup> GRADE FAITH FORMATION STUDENTS: EMILY BURT, CLARA GOSSEN, KAYLEE HANSEN, SARAH HENNESSY, ANIKA JANSEN, ALAINA KAMPA, SHAWN KURTH, KARLIE LARSON, DYLAN MUNDT, BEAU SMITH, GREENLEE SPELTZ, PAYSON SPELTZ**

**OR HOLLY BURT @ 507-421-5727**





Smell that new book excitement: it's Scholastic Book Fair time! On February 20th & 22nd, come experience the limitless possibilities with your kids. Every purchase benefits our school library. For more information, go to <https://www.scholastic.com/bf/lewistonalturaelemschool>  
Online purchasing begins  
02/12/2024!

## 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 1: Grades 4<sup>th</sup> and 5<sup>th</sup> Feb. 15<sup>th</sup> and 29<sup>th</sup>.

**Registration Online at:**

<https://campscui.active.com/orgs/SeekersWild?season=3461336&session=62124436>

**When:** Session 2: Grades 3<sup>rd</sup> and 4<sup>th</sup> March 14<sup>th</sup> and 23<sup>rd</sup>

**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.

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





# 2024 Graphic Art Button Contest for the 159<sup>th</sup> 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](mailto:heartlanddays@gmail.com) or message us on Facebook.

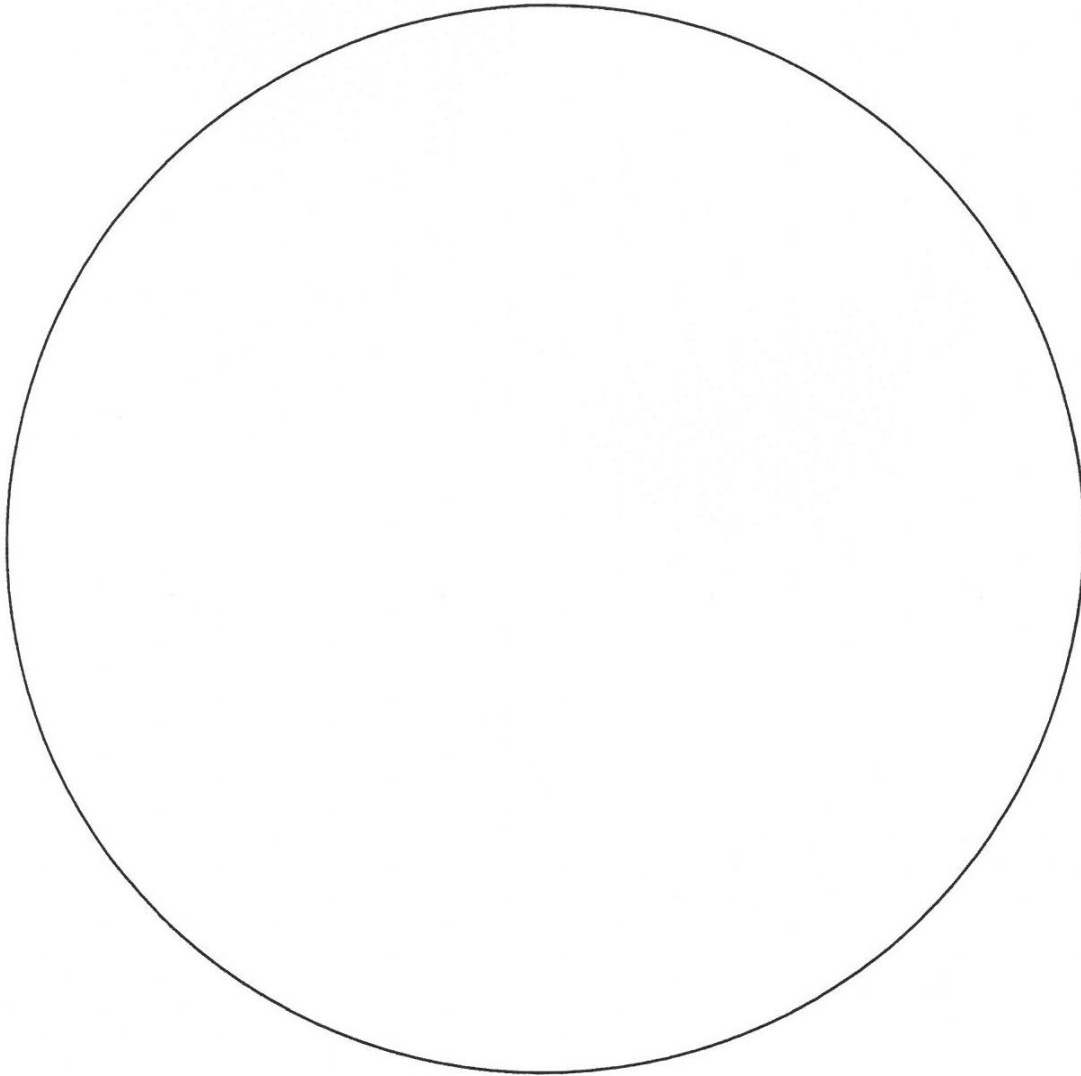
**TIPS:** Block lettering is preferred, no cursive or calligraphy. Think of reducing down to button size. Designs should be simple and original – avoid a cluttered look – have impact.

**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): \_\_\_\_\_



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](https://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](https://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](mailto:nicole.weninger@ymcamn.org)





# **GAMBLERS**

## **F A S T P I T C H**

**<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](mailto:thegusts654@yahoo.com)**





## Breakfast Menu

Feb 2024

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

### Monday

29

5

Offering #1  
Cereal Bowl  
Yogurt\*

Offering #2  
PB & J Sandwich  
Juice Assorted  
Mandarin Oranges

Offering #1  
Cereal Bowl  
String cheese  
Applesauce  
Juice Assorted

Offering #2  
French Toast  
Applesauce  
Juice Assorted

7

Offering #1  
Cereal Bowl  
Yogurt\*

Offering #2  
Breakfast Pizza  
Juice Assorted  
Peaches

8

Offering #1  
Cereal Bowl  
String cheese  
Juice Assorted

Offering #2  
Pancakes  
Juice Assorted  
Pears

9

Offering #1  
Cereal Bowl  
Yogurt\*

Offering #2  
Chef's Choice  
Juice Assorted  
Pineapple

12

Offering #1  
Cereal Bowl  
Yogurt\*

Offering #2  
Muffin  
Sausage Link\*

13

No School

14

Offering #1  
Cereal Bowl  
Yogurt\*

Offering #2  
Breakfast Pizza  
Applesauce  
Juice Assorted

15

Offering #1  
Cereal Bowl  
String cheese  
Juice Assorted

Offering #2  
Croissant  
Egg Patty\*

16

Offering #1  
Cereal Bowl  
Yogurt\*

Offering #2  
English Muffin  
Sausage Patty\*

19

No School

20

Offering #1  
Cereal Bowl  
String cheese  
Fruit Cocktail  
Juice Assorted

Offering #2  
Sausage Link\*  
Waffle  
Fruit Cocktail  
Juice Assorted

21

Offering #1  
Cereal Bowl  
Yogurt\*

Offering #2  
Breakfast Pizza  
Juice Assorted  
Mandarin Oranges

22

Offering #1  
Cereal Bowl  
String cheese  
Juice Assorted

Offering #2  
Breakfast Walking Taco  
Juice Assorted  
Strawberries

23

Offering #1  
Cereal Bowl  
Yogurt\*

Offering #2  
Egg Scrambled\*  
Sausage Patty\*

26

Offering #1  
Cereal Bowl  
Yogurt\*

Offering #2  
Mini Cinnits  
Juice Assorted  
Oranges

27

Offering #1  
Cereal Bowl  
String cheese  
Applesauce  
Juice Assorted

Offering #2  
French Toast Sticks  
Applesauce  
Juice Assorted

28

Offering #1  
Cereal Bowl  
Yogurt\*

Offering #2  
Breakfast Pizza  
Juice Assorted  
Peaches

29

Offering #1  
Cereal Bowl  
String cheese  
Juice Assorted

Offering #2  
Pancakes  
Juice Assorted  
Pears

1

### Tuesday

30

31

### Wednesday

### Thursday

1

Offering #1  
Cereal Bowl  
String cheese  
Juice Assorted

Offering #2  
Breakfast Walking Taco  
Juice Assorted  
Strawberries

2

Offering #1  
Cereal Bowl  
Yogurt\*

Offering #2  
Egg Scrambled\*  
Sausage Patty\*

### Friday

-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.