

Lewiston-Altura Schools Cardinal Newsletter

VOL. XXXV Issue 26

March 15, 2024

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

P.L.A.Y. Group Notes

P.L.A.Y. will be meeting on Monday, Mar. 25 at 6:30 in the elementary media center. All are welcome to come share ideas and support.

Spirit Days

It is always fun to show school spirit. Elementary students are encouraged to celebrate our school by wearing red or Cardinal clothing on Fridays.



The Lewiston-Altura Theater Department will be presenting “Clue On Stage” starting tonight (Mar. 18). The play is mostly appropriate for all ages but be aware that there are seven murders on stage. There are also some inferences that adults and older students may understand.

Cardinal Club Registration Preschool Enrollment

Cardinal Club registration for the summer and 2024-2025 school year is open now. Forms were sent by email to current families. Paper copies will be available outside the Cardinal Club room, or email cardinalclub@lewalt.k12.mn.us

Preschool enrollment forms for half day and extended care is also available. Forms will be sent home with current families. To request a paper copy, email vgreden@lewalt.k12.mn.us. Families will be notified by April 15th of their child's placement.

Upcoming Events

Mar. 15 & 16 – “Clue” presented at HS, 7:00
Mar. 17 – “Clue” presented at HS, 2:00
Mar. 17 – St. Patrick’s Day
Mar. 25 – P.L.A.Y. Group Meeting, 6:30, Elem
Mar. 26 – Kindergarten Registration, 5-7:00 pm
Mar. 26 – End of Quarter 3
Mar. 27 - Apr. 1 - Spring Break for Students
Apr. 2 – Start of Quarter 4
April 26 – PJ/Comfy Clothes Spirit Day
May 23- Concerts – See flyer



Principal: Mr. Dave Riebel

Phone (507) 523-2191

Fax (507) 523-2609



Lewiston-Altura Elementary School will once again be collecting aluminum pop tabs for the Ronald McDonald House.

We would like to encourage students, families and the community to collect the tabs and bring them to school. Our goal is to try and collect as many tabs as we can in order to benefit the Ronald McDonald House.

The purpose for collecting the aluminum tabs is to help families in a time of hardship. Children diagnosed with cancer, or any other serious disease or injury, need the support of their families. The Ronald McDonald House provides a place to stay for these families. To help keep the costs low, the Ronald McDonald House depends on volunteers and generous community support. Aluminum tab recycling plays a very important role and helps so many people.

Thank you so much for your time and effort in helping “pull” for children in difficult times.



[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)

Parenting Tip

Just recently a friend shared how she burst into tears after stubbing her toe. Then, she realized that her tears were NOT about the toe at all...

It was simply the last drop. Lots of frustrations were building up throughout the day and finally spilled over.

Our children are the same.

To us, it might seem like their big meltdown is just about something very trivial or small.

But what's really happening is that their **Frustration Tolerance Cup** finally overflowed.

Here's what I mean:

Consider that your child has a Frustration Tolerance cup. Every frustrating moment they experience is like water filling that cup.

As they're getting ready for school, they can't find their shoes = *a drop into their tolerance cup* ∆.

During math, they break a pencil = *another drop into their tolerance cup* ∆.

At lunch, someone knocks their sandwich onto the floor = *one more drop into their tolerance cup* ∆.

They are officially worn out, frustrated, hangry, and then, when they finally get home, they realize that a sibling ate the last cookie.

And boom! It's a flood of emotions 🌊.

So what can we do?

First, we can teach them about their tolerance cup and how to recognize that it's getting full.

Second, we can give them **tools to empty the cup before it spills out**.

This week's parenting resource is all about **The Tolerance Cup** and how you can help your child keep theirs from overflowing. Take a look!



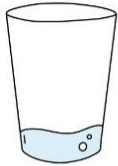


Manage Your Frustration Using the Tolerance Cup



Our body has a **tolerance cup**.

Depleting or frustrating experiences **add water** to the cup throughout the day.



- * You had a terrible night's sleep
- * Your sibling broke your favorite toy
- * You have a test at school, and you are anxious

By the middle of the day, **your tolerance cup is filling up**.
You might be feeling **irritable with many emotions inside**.



- * A boy pushed you on the bus
- * You are tired from sports practice
- * You did not do well on your test

You come home from school **tired and irritable**.
Your tolerance cup is **very close to overflowing**.



- * You are asked to do chores
- * Someone asks how your test went
- * You are asked about your homework

Sometimes, even the tiniest drip can make it spill if our cup is really full.
When your cup overflows, strong emotions come out of your body,
which can get messy!

When our big emotions come out, our cup gets emptied again.

This is a good thing.

Some ways to pour water out of your tolerance cup:

- Go to bed early!
- Dance it out!
- Hug someone (or a pet)!
- Take a shower or bath.
- Take slow, deep breaths.
- Stretch or do some yoga!

SAVE THE DATE

for

COW

Careers On Wheels!



May 7th 2024

9am-11am

Lewiston-Altura
Elementary School

Please consider volunteering to help with the

2024 Careers On Wheels.

COW makes students aware of a variety of careers, links school with the world of work, and allows students to meet positive career role models. It gives students an opportunity to examine, explore, question and learn about a variety of careers.

If you are interested in bringing a vehicle please contact Tori Todd at vtodd@lewalt.k12.mn.us



Lewiston-Altura ISD 857 Early Childhood Registration
School Readiness Preschool with Cardinal Club Extended Care

September 2024 — May 2025

Lewiston-Altura School Readiness is a 4-Star Parent Aware rated preschool program that offers a play-inspired and educational learning environment for children ages 3 years old and up. Our Early Childhood Licensed Teachers plan daily education and care activities based on the accredited Creative Curriculum while supporting and engaging the children to develop confidence in learning while having fun and making new friends.

We provide:

- Quality, seamless, developmentally appropriate education and care 7am-5:00 pm
- New extended-day programming will provide quality developmentally appropriate activities and care designed to support families and children.

School District Transportation may be available for children who are ages 4 and up.

The preschool schedule follows the district calendar for holidays and weather related closings. Full day programming may be offered on no school days and is included in the monthly fee.

Class options:



Full care is a half day of preschool and half day of Cardinal Club care

Children ages 4 and 5, entering Kindergarten in Fall 2025

*Preference is given children enrolling in full care



3x/ week afternoons only (\$120/month)

5x/week - mornings or afternoons (\$200/month)

5x/week-full days (\$280/month)

Children ages 3 and 4, entering Kindergarten in Fall 2026

*Preference is given to children enrolling in full care



3x/week mornings only (\$120/month)

3x/week full days (\$168/month)

5x/week mornings only (\$200/month)

5 full days (\$280/month)

Families will be notified around April 15th of their child's placement.

Additional care from 7-8:30am and 3-5:00pm maybe available in the Cardinal Club program for an additional fee.

We offer staff and family discounts. Scholarships may be available to those that qualify.

Questions? Contact the Early Childhood Program at 523-2191 option 1
Or email vgreden@lewalt.k12.mn.us



BRAXSTRONG BLOOD DRIVE

**Donate Blood
In Honor of
Braxton
Wohlferd**

Blood Drives

St Charles High School

Wednesday, March 20, 2024

9:00 a.m. - 2:00 p.m.

600 E 6th St

St Charles Fire & Ambulance

Thursday, March 21, 2024

1:00 p.m. - 6:00 p.m.

613 Church Avenue

For an appointment, please visit redcrossblood.org
Or call 1-800-RED CROSS (1-800-733-2767).



American Red Cross

redcrossblood.org | 1-800-RED CROSS | 1-800-733-2767

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SAINT MARY'S TENNIS PRESENT

FREE TENNIS CLINIC



**FRIDAY,
MARCH 22**

5:00 PM - 6:30 PM

**WINONA TENNIS
CENTER**

360 VILA ST
WINONA, MN 55987

OPEN TO ALL AGES-
LESSON GROUPS WILL BE
DETERMINED BY PARTICIPANT
NUMBERS

CONTACT
PABUER19@SMUMN.EDU
WITH ANY QUESTIONS

**REGISTER FOR
THE EVENT USING
THE QR CODE
BELOW**





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.

@ SOBIESKI PARK LODGE

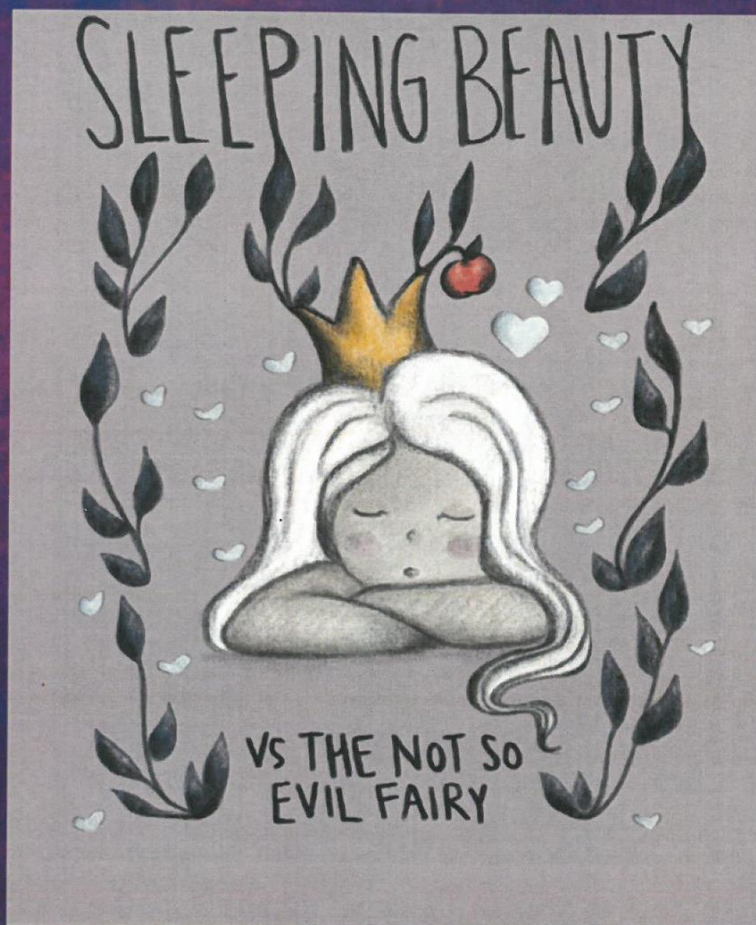
965 E 7TH ST, WINONA, MN

RSVP:



Questions? Contact
resilientwinonacounty@gmail.com

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>.



REGISTRATION FORM FOR Cardinal Club and Preschool Enrollment
June 2024-May 2025

_____ Summer
_____ School Year
_____ Both

1. Child's Name: _____ Birth Date: _____ Grade _____
2. Child's Name: _____ Birth Date: _____ Grade _____
3. Child's Name: _____ Birth Date: _____ Grade _____
4. Child's Name: _____ Birth Date: _____ Grade _____

Parent/Guardian name _____	Parent/Guardian name _____
Relationship to child _____	Relationship to child _____
Cell Phone _____	Cell Phone _____
Other: _____	Other: _____
Email _____	Email _____
Home and mailing address _____	Home and mailing address _____
_____	_____
Work phone _____	Work Phone _____
Place of Employment _____	Place of Employment _____

The student(s) lives with (Circle all that apply)

Both parents Mother Father Guardian other _____

Emergency notification if parent cannot be reached: Local if possible

Name: _____ relationship _____ Phone: _____

Name: _____ relationship _____ Phone: _____

Child's Doctor: _____ Phone: _____

Persons Authorized to take your child from Cardinal Club/Preschool:

All authorized persons may be asked to show a picture ID to pick up.

Persons **NOT** Authorized to take your child from school programs: (Please notify the Cardinal Club Director or classroom teachers if staff needs to know about an Order for Protection or Custody Order and a copy of legal documentation must be on file). _____

RECORDS RELEASE FOR PRESCHOOL, CARDINAL CLUB, AND SUMMER PROGRAMMING

I hereby authorize Lewiston-Altura to release a copy of the above named child(ren)'s most recent school records, including but not limited to: physical exam records, special needs assessments, and IEP's in order to enable the Cardinal Club program to better meet the needs of my child. ____YES____ NO

Family Name

Does your child/children have any food or medication allergies? If so, please list and/or describe:

If your child/ children has any allergies, please answer the following questions.

1. Description of the allergy: _____
2. Triggers to allergens: _____
3. Symptoms if an allergic reaction were to occur (What to watch for): _____
4. How to respond to an allergic reaction (Include medication & dosage): _____
5. Doctor's contact information: _____

We administer only personal prescriptions filled by a pharmacist, with a physician's label, bearing the child's name and directions for administration. Over the counter medications (Tylenol, Advil, Ibuprofen, etc.) must be in the original container labeled for that medication. The parent must give medication to staff along with completed "Authorization for Giving Medication in Schools" form (physician signature required for prescriptions) which can be picked up at Cardinal Club or main office and is also available on the Lewiston-Altura District website. Over the counter medicines taken longer than 2 weeks require a physician's signature.

Immunizations

A copy of a child's immunizations or an applicable exemption is required to be on file before a child's first attendance day. Be sure to update your immunization form as needed.

Sunscreen (summer only)

Cardinal Club will provide sunscreen, or if you prefer to purchase sunscreen for your child, sunscreen must be labeled with child's name and turned into Cardinal Club staff. Children are not allowed to carry sunscreen in their backpacks. Staff will distribute sunscreen and remind students when to apply and reapply.

Please check the appropriate space:

- ☐ Yes, Cardinal Club staff may apply sunscreen to my child.
☐ No, Cardinal Club may not help administer sunscreen to my child.

Signature _____

Bee Sting Treatment

The staff will observe any child that is stung. Staff will call the parent if there are any complications or call 911 if the situation is considered life-threatening.

Please check the appropriate space:

- ☐ Yes, my child has a bee sting allergy (Please fill out the allergy questions above)
☐ No, my child does not have a bee sting allergy.
☐ I do not know if my child has an allergy to bee stings because he/she has never been stung.

AGREEMENT AND AUTHORIZATION FORM

Parent's Agreement:

☐ YES ☐ No I consent to the enrollment of my child/children in School Readiness Preschool and/or Cardinal Club School Age Childcare Program ISD #857. I give consent to have pictures of my child taken by the news media and/or district staff. I also give consent to have pictures of my child(ren) taken and posted on the Lewiston Altura School District, Cardinal Club, and/or Early Childhood Program Facebook pages.

Guardian Signature _____ Date _____

School Readiness Preschool and CARDINAL CLUB Agreement

1. I understand that I am responsible for payments of tuition and fees. A statement will be provided upon request.
2. I agree to pay for services with the rates as stated in the parent handbook. There will be a \$30.00 charge for all returned checks as a result of non-sufficient funds.
3. I understand that center hours are 7:00 am to 5:00p.m. I agree to pay a late fee of \$10.00 beginning at 5:05 p.m. This will be added to my bill. I will notify staff if I am running late as a courtesy. The phone number is 522-3245 for before and after school care.
4. I agree to supply the coordinator with a monthly schedule of our need for the program when applicable. (See handbook) Paper calendars are available for my convenience and will be emailed to me when ready. *Children enrolled in Preschool only do not need to submit a calendar.*
5. I understand that payment is required monthly. Calendars and/or payment are due by the first day of the month. If I am unable to pay at the time the payment is due, I will contact the director and we will determine a written pay schedule. There will be **no refunds** for failure to show, sickness, vacations, or changes in schedule. If the school or program closes due to weather or other emergencies, refunds will not be given. Adding my child for a day not already scheduled, may be possible when called in a day in advance depending on center activities.
6. I understand that the program reserves the right to close for any reason. Parents and guardians will be notified in advance.
7. I agree to notify the staff if anyone else will be picking up my child on a particular day.
8. I agree to pay a registration or activity fee (when applicable) that can be applied towards activities, new supplies, and/or equipment.
9. I understand that a parent or authorized person must personally come in to drop off and pick up, this is a safety issue. Please plan accordingly.

Parent/Guardian signature

Date

I have received a copy of the Parent Handbook and understand that I am responsible for the information contained in it. I recognize my responsibility to respect the rules of the programs my child is enrolled in as well as my responsibility to help my child respect the rules needed to provide a positive experience for all participants. I agree to pay for any damage my child might cause while participating in the program.

Parent's signature

Child's Signature (Age K and up)

RELEASE FORMS/TRAVEL AUTHORIZATION

I DO I DO NOT (circle one) give permission for my child/children to leave the School Readiness Preschool or School Age Childcare Program for trips in a car or on public transportation, to special places, walks to the park, shopping trips, etc. I understand that I will be notified before each such activity. I understand the arrangements and believe that the necessary precautions and plans for the care and supervision of the children during any scheduled trip will be taken. I also give permission for him/her to participate in field trips and will assume full responsibility for any and all medical expenses incurred during the trip.

Restrictions on such trips: **Each child riding in an automobile will be secured by a seat belt and safety seats if necessary under the state law.** Additional restrictions may be set by parents _____

Parent/Guardian Signature

Date

When YOU Shine, WE Shine!

Come share in the
HISTORY and the *FUTURE* of
Education at Winona State University.

What
Community Open House

When
April 6, 2024, 10am–2pm

Free!
FREE and OPEN to the Public

Where
Education Village on WSU Campus
(8th and Lafayette Street)

Activities
Family Friendly – Fun for ALL AGES

- Storytelling
- Little Warrior Drumline Performance
- Family YOGA
- Guided Tours
- Open Climbing Wall
- Tours of the One Room Schoolhouse
- WSU Education Museum
- Reading, Math and Science Activities
- Face Painting
- Food Trucks
- Obstacle Course
- Giveaways
- Games and So Much More!



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

Unlocking Power & Potential

Girls on the Run has fun, evidence-based programs that inspire participants to recognize their inner strength, increase their level of physical activity, imagine their possibilities, and confidently stand up for themselves and others.

Girls on the Run®



Lewiston - Altura Elementary
Tues/Thurs 3:00 - 4:30pm

8- Week Season starts April 2nd

REGISTER TODAY! * FINANCIAL AID AVAILABLE

<https://www.gotrmn.org/3rd-5th-grade-program-details>



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

Mar 2024

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

Monday

Tuesday

Wednesday

Thursday

Friday

26

27

28

29

4

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18

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22

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28

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2

3

4

5

- 2024 - MARCH

K-12 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% 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 Macaroni and Cheese
Dinner Roll
Salad Bar
Fruit Bar
Milk

THURSDAY

8 *Cheese Breadsticks*
Salad Bar
Fruit Bar
Milk

WEDNESDAY

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

6 Meatball Sub
Marinara Sauce
Salad Bar
Fruit Bar
Milk

TUESDAY

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

MONDAY

4 Chicken Nuggets
Mashed Potatoes
Dinner roll
Salad Bar
Fruit Bar
Milk

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

12 Pasta - *Chicken Alfredo*
Dinner roll
Salad Bar
Fruit Bar
Milk

13 Ravioli in Red Sauce
Salad Bar
Fruit Bar
Milk

14 Mini Corn Dogs
Chips
Salad Bar
Fruit Bar
Milk

15 French Toast
Sausage links
Salad Bar
Fruit Bar
Milk

19 Walking Beef Taco
Shredded Cheese
Chips
Salad Bar
Fruit Bar
Milk

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

21 *Chicken Taco/Fajita*
Tender Wrap
Tortilla shell
Salad Bar
Fruit Bar
Milk

20 Popcorn Chicken
Dinner Roll
Salad Bar
Fruit Bar
Milk

22 *Cheese Pizza*
Salad Bar
Fruit Bar
Milk

25 *Hot Dog*
Salad Bar
Fruit Bar
Milk

26 BBQ Pork w/bun
Salad Bar
Fruit Bar
Milk

27 No School

28 No School

29 No School