

# Lewiston-Altura Schools

# Cardinal Newsletter

VOL. XXXV Issue 25

March 8, 2024

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



## Upcoming Events

Mar. 10 – Daylight Savings Time Starts  
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

## Cardinal Club Registration Preschool Enrollment

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

Preschool enrollment forms for half day and extended care are also available. Forms will be sent home with current families. To request a paper copy, email [vgreden@lewalt.k12.mn.us](mailto:vgreden@lewalt.k12.mn.us)

Families will be notified by April 15<sup>th</sup> of their child's placement.

## Parenting Tip

Have you ever seen your child hit their sibling, seemingly for no reason at all? In these upsetting (and confusing) situations, it's a very normal reaction to ask:

"Why did you do that?!"

But this reaction isn't helpful because it just creates shame. Plus, kids often don't know WHY they did something anyway.

It's more helpful to shift the focus to **finding solutions and teaching self-reflection**.

Here's how:

First, calmly **acknowledge the feeling** behind the behavior (even if you have to guess):

*"It's okay to feel frustrated."*

Then, **set a limit** and explain why their actions are not workable:

*"But I won't let you hit your brother. When you hit it hurts the other person and it doesn't solve the problem."*

Finally, **explain what they can do instead**:

*"Next time, you can say, 'I'm not ready to share.'"*

*You can also come and get me if you need help."*

Acknowledging your child's feelings without judgment shows that it's safe to come to you for help or guidance.

And giving them new tools encourages them to take responsibility for their actions and make better choices in the future.

In this week's guide, **"Why did you do that?"** we share more example scenarios to help you offer guidance instead of judgment in challenging situations.

Principal: Mr. Dave Riebel

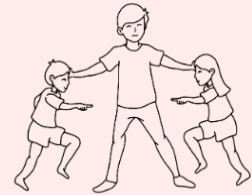
Phone (507) 523-2191

Fax (507) 523-2609

## WHY ASKING YOUR CHILD "WHY DID YOU DO THAT?" IS NOT HELPFUL

This can create **shame** and your child often **doesn't know WHY** they did something.

Instead, **give them new tools** to prevent unwanted behavior.



### FOR EXAMPLE, IF YOUR CHILD HITS THEIR SIBLING...

#### 1 ACKNOWLEDGE THEIR FEELINGS WITH A CALM VOICE.

##### Instead of

"Why did you do that? I said NO hitting!"

##### Try

"You can be frustrated but I won't let you hit your sister."

#### 2 WHEN THEY'RE CALM, EXPLAIN WHY THEIR ACTIONS ARE NOT WORKABLE.

"When you hit it hurts the other person which doesn't solve the problem. It just makes everyone feel worse."

#### 3 THEN, EXPLAIN WHAT THEY CAN DO INSTEAD.

"Next time you can politely say, 'I'm not ready to share.'"

You can also come and get me if you need help resolving the conflict."

When we give kids new tools to resolve conflict, they gain  
the **skills they need to handle situations differently.**





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](mailto:vgreden@lewalt.k12.mn.us)





## 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 3<sup>rd</sup> and 4<sup>th</sup> March 14<sup>th</sup> and 21<sup>st</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.

# 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](https://redcrossblood.org)  
Or call 1-800-RED CROSS (1-800-733-2767).



**American Red Cross**

[redcrossblood.org](https://redcrossblood.org) | 1-800-RED CROSS | 1-800-733-2767

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# 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](mailto:resilientwinonacounty@gmail.com)

# Love and Logic

PK-12 Parent Education Course for L-A District Parents  
*Facilitated by Emily Tweten*

Learn practical resources to build healthy relationships with kids while setting firm, loving limits that turn problem behaviors around.

## 6-Week Course

**Mondays, 6:00pm – 8:00pm**

**March 18, 25, April 1, 8, 15, 22**

Location: High School Library (*April 8<sup>th</sup> will be in a HS classroom.*)

Free childcare provided.

Must have a minimum of 10 participants. Maximum of 30 participants.

Registration closes March 11<sup>th</sup>.

*This course is generously sponsored by The Mark Morris Foundation.*

**Participants must pay a \$20.00 deposit.**

**Deposit will be refunded if the individual attends at least 4 of the classes.**

**Attendance at all 6 classes strongly encouraged.**

## To Register

-----Cut and Return to Elementary or High School Office with \$20.00 cash or check for deposit.-----

Participant Name(s): \_\_\_\_\_

Contact Email: \_\_\_\_\_ Contact Phone Number: \_\_\_\_\_

- ☐ Yes, I need child care. My children are age(s): \_\_\_\_\_
- ☐ Yes, I would like to have a Spanish Translator present.



### **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](mailto: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

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\_\_\_\_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.

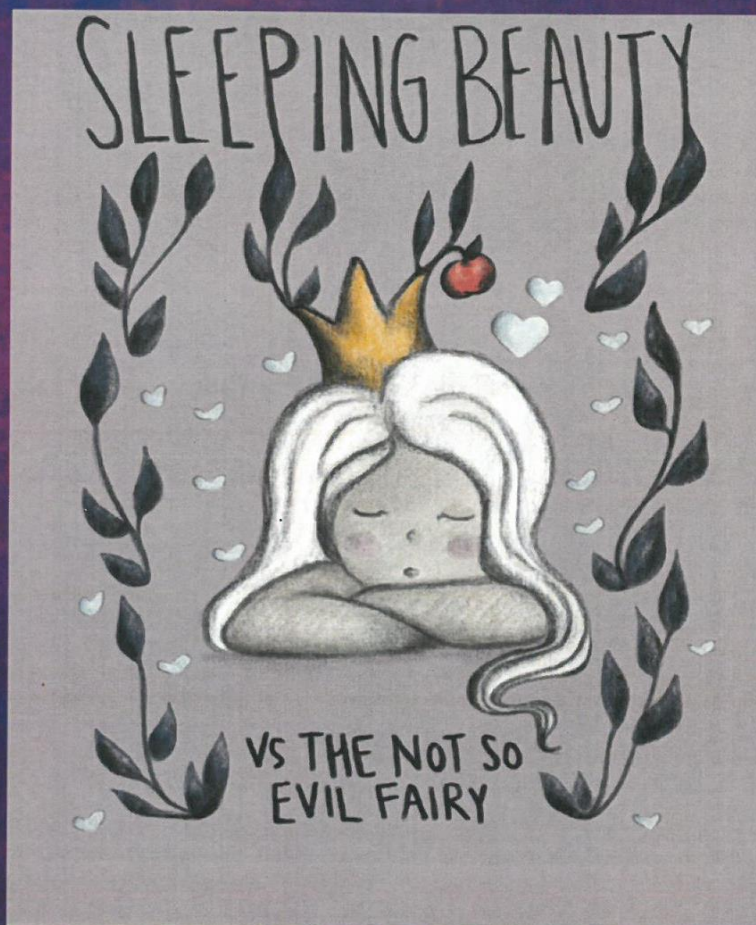
Signature and date \_\_\_\_\_

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>.





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)**



# 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-1<sup>st</sup>-2<sup>nd</sup> Grade

10:00-10:30=Grades 3<sup>rd</sup> and 5<sup>th</sup> 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

5

6

7

8

11

12

13

14

15

18

19

20

21

22

25

26

27

28

29

1

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

**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

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

**20**  
Popcorn Chicken  
Dinner Roll  
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

**22**  
*Cheese Pizza*  
Salad Bar  
Fruit Bar  
Milk

**28**  
No School

**27**  
No School

**26**  
*BBQ Pork w/bun*  
Salad Bar  
Fruit Bar  
Milk

**25**  
*Hot Dog*  
Salad Bar  
Fruit Bar  
Milk

**29**  
No School