

# Lewiston-Altura Schools

# Cardinal Newsletter

VOL. XXXV Issue 1

September 15, 2023

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

## Cardinal Club

Cardinal Club is open 6am-8:05 and 3:00- 5:30pm for children ages PreK-Grade 5.

All children/families need to have a current 2023-2024 registration form and monthly calendar on file before a child may start in the program. See attached forms to sign up. No registration fee required!

## Early Childhood Family Education

Early Childhood Family Classes start on September 19<sup>th</sup> from 9-10:30 in the preschool classroom. This first session through Nov 14<sup>th</sup> is non-separating, parents are expected to stay in the room with their children. We will have three nine-week sessions throughout the school year and one special three-week session in December.

Class will follow this schedule:

9:00-9:25 Welcome and projects and activities

9:25 clean up and transition to group

9:30-9:45 Group time, Story and Songs

9:45-10:00 bathroom and snack

10:00-10:20 gym time

10:30 Say Goodbye

Registration forms will be available on the first day.

## 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

Sept. 21 – No School for Students

Oct. 5 – Picture Day

Oct. 18 – No School for Students

Oct. 19-20 – No School, Education MN (MEA)

Nov. 9 – Last Day of 1<sup>st</sup> Quarter

Nov. 10 – No School for Students

## Parenting Tip

I still remember the jitters I'd get in the weeks before a new school year, wondering about my upcoming classes, new teachers, and the age-old question: "Will I make new friends?"

With our sons, instead of dwelling on the unknowns, we focus on the adventures awaiting them.

We ask them questions like, "What are you most excited to learn about?" or, "What are your biggest wishes for this school year?"

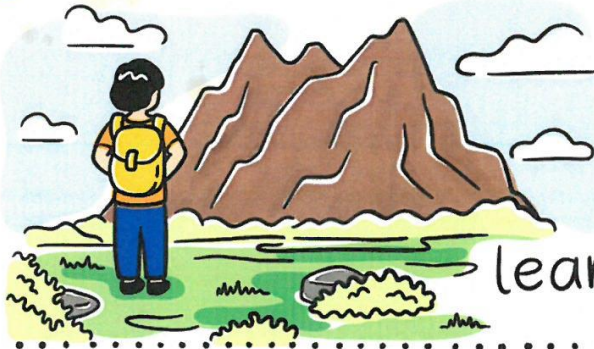
To guide your child towards embracing the upcoming school year with optimism, we've crafted a new **Back-to-School Manifesto**. It's a little reminder for them to learn from mistakes, grow each day, make new friends, and always be proud of who they are. Display this manifesto anywhere your child will see it in the mornings before school begins.

Principal: Mr. Dave Riebel

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# BACK TO SCHOOL MANIFESTO



I'm ready for the  
most **AMAZING**  
learning journey **YET**

MISTAKES will be  
my **STEPPING**  
**STONES**  
to success



**CURIOSITY**  
will be my  
**KEY**  
to learning



I'll welcome  
**NEW FRIENDSHIPS**



This year I will



Think **BRAVELY**

**GROW** everyday

Be **PROUD** to be **ME**

2023-2024

Please check: School Year \_\_\_\_\_ Summer \_\_\_\_\_

**CARDINAL CLUB SCHOOL AGE CHILD CARE REGISTRATION FORM**

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 \_\_\_\_\_

Address: \_\_\_\_\_ Apt. #: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone #: \_\_\_\_\_

Child lives with: Parents Mother only Father only Other \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Address/Phone (if different) \_\_\_\_\_

Father's Name: \_\_\_\_\_ Address/Phone (if different) \_\_\_\_\_

Mother

Father

Place of Employment: \_\_\_\_\_

Occupation: \_\_\_\_\_

Work hours: \_\_\_\_\_ to \_\_\_\_\_ days \_\_\_\_\_

Work phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Cell: \_\_\_\_\_

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:

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

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

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

If your child 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 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 before a child's first attendance day. Be sure to update your immunization form as needed.

#### **Sunscreen**

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. Kids Junction 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 on page 2)

☐ 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.

#### **RECORDS RELEASE**

I hereby authorize Lewiston-Altura to release a copy of the above named child'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

#### **CARDINAL CLUB AUTHORIZATION FORM**

Parent's Agreement:

I consent to the enrollment of my child/children \_\_\_\_\_ in Cardinal Club School Age Childcare Program Dist. #857. I give consent to have pictures of my child taken by the news media and/or the staff at Cardinal Club.

I give consent to have pictures of my child(ren) taken post on the Cardinal Club Facebook page. YES ☐ No ☐

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 Cardinal Club program 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 damages my child might cause while participating in the program.

\_\_\_\_\_  
Parent's signature

\_\_\_\_\_  
Child's Signature

### CARDINAL CLUB REGISTRATION AGREEMENT

1. I understand that I am responsible for payments of fees. A statement will be issued every Monday with payment due that Friday. Accounts that are delinquent over 3 weeks will be suspended until the balance is paid in full.
2. I agree to pay for services with the rates as stated in the parent handbook. There will be a \$20.00 charge for all returned checks as a result of Non-sufficient funds.
3. I understand that closing time for the program is 5:30 p.m. I agree to pay a late fee of \$1.00/minute beginning at 5:30 p.m. This will be added to the weekly bill. I will notify staff if I am running late as a courtesy.
4. I agree to supply the coordinator with a schedule for at least two weeks in advance of our need for the program.
5. I agree to notify the staff if anyone else will be picking up my child on a particular day.
6. I agree to pay a registration fee (when applicable) that can be applied towards new supplies and equipment.
7. 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

### RELEASE FORMS TRAVEL AUTHORIZATION

I DO I DO NOT (circle one) give permission for my child/children \_\_\_\_\_  
\_\_\_\_\_ to leave the 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 on 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 in a seat belt and safety seats if necessary under the state law.**

Additional restrictions may be set by parents: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date



Adam Muschler  
Homeowner Services and Volunteer Manager  
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www.habitatwinona.org

### **Habitat Now Accepting Homeownership Applications**

Habitat for Humanity serving Winona County is preparing to build the next affordable home in St. Charles, Minnesota and will accept applications for homeowners between September 15<sup>th</sup> and November 20<sup>th</sup>, 2023.

In 2024 Habitat will build the next homes in a development of eleven they will be constructing in St. Charles over the next six years.

If homeownership has felt out of reach, Habitat may be able to help.

Habitat for Humanity builds safe, decent, affordable homes known for their durability and energy efficiency. To help prospective homebuyers prepare for the responsibilities of homeownership, Habitat partners with them from the time of application, through construction, to when the keys are handed over. This includes personalized support and classes like budgeting, home maintenance basics, and how to be a good neighbor.

Habitat homebuyers are united by a need for safe, affordable housing, often facing issues such as overcrowding, unsafe or unsanitary conditions, high rent compared to income, accessibility concerns, high heating costs, or other similar concerns. Once selected, Habitat homebuyers volunteer sweat equity 200 hours in the construction of their future homes. Homebuyers must also be willing and able to pay an affordable mortgage.

Habitat for Humanity will host three community information sessions with snacks and refreshments to answer questions about the application process, how to qualify, and more. Sessions will take place at the St. Charles City Hall Community Center on Wednesday, September 27<sup>th</sup> from 4:30-5:30pm, the St. Charles Elementary School near the library on Tuesday, October 10<sup>th</sup> from 3:30-4:30pm, and the St. Charles Public Library on Saturday, November 4<sup>th</sup> from 10:30-11:30am.

Habitat for Humanity is an equal housing opportunity lender. To learn more about the homeownership program or complete an application, visit the Habitat website at [habitatwinona.org/homes](https://www.habitatwinona.org/homes) or call 507-858-9449.







**RESILIENT**  
WINONA COUNTY

## 2023-24 GATHERINGS

Resilient Winona County is a coalition working to build a resilient, trauma-informed community. Join us in 2023 and 2024 for our quarterly gatherings, which are FREE opportunities designed to build relationships and build your skills to take care of yourself and those around you.

**SEPT. 25, 2023**

Learn to implement a new resilience video series for kids and teens with The Joy Labs!

@ Sobieski Lodge, Winona  
4:30-6:30 p.m.

**DEC. 11, 2023**

Learn about trauma-informed community care with The Joy Labs!

@ Location TBD  
4:30-6:30 p.m.

**MARCH 18, 2024**

**4:30-6:30 PM**

**SAVE THE DATE -  
DETAILS COMING SOON!**

**MAY 20, 2024**

**4:30-6:30 PM**

**SAVE THE DATE -  
DETAILS COMING SOON!**

Learn more at [Facebook.com/ResilientWinonaCounty](https://Facebook.com/ResilientWinonaCounty)  
Or contact [resilientwinonacounty@gmail.com](mailto:resilientwinonacounty@gmail.com)

