

Lewiston-Altura Schools

Cardinal Newsletter

VOL. XXXV Issue 3

September 29, 2023

Visit our Website at 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 started on September 19th. This first session through Nov 14th 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. You may still join, register and meet other families.

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

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

Oct. 1-7 – National 4-H Week
Oct. 3 – Scouting Registration, 6:30, Crossings
Oct. 5 – Picture Day PreK-5
Oct. 6 – Picture Day - PreK
Oct. 8-14 – Fire Prevention Week
Oct. 17 – Unity Day
Oct. 18 – No School for Students
Oct. 19-20 – No School, Education MN (MEA)
Nov. 9 – Last Day of 1st Quarter
Nov. 10 – No School for Students
Nov. 13 – Hearing & Vision Screening (K,1,2,4)

Elementary Cross Country Race

Thursday, Oct. 5

All students in grades K-6 in the Lewiston-Altura school district are invited to participate in the annual elementary 1000 meter cross country race at the Lewiston Golf Course. The race will start promptly at 4:15 (late comers will miss the race). Students will need to find their own transportation. Any students not doing their usual routine after school will need to bring a note to their teacher.

3rd-6th Volleyball Fall Skills Camp Update

- New Date: Monday, October 23
 - 5th-6th (3:30-5) C-Gym
 - 3rd-4th (5-6:30) C-Gym

Principal: Mr. Dave Riebel

Phone (507) 523-2191

Fax (507) 523-2609

LEWISTON LIONS

Chicken Barbecue

Halves only

**Come Help the Lewiston Lions
Celebrate Homecoming**

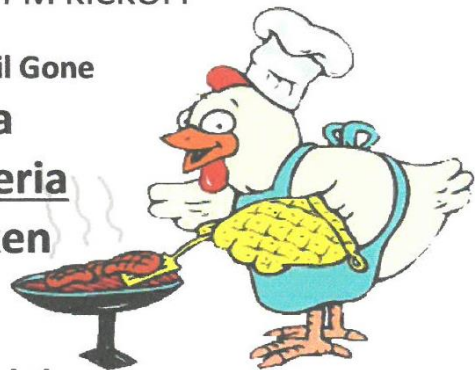
***Friday, September 29th* at the LA High
School Cafeteria for a Chicken BBQ**

YOU DO NOT NEED TO ATTEND THE FOOTBALL GAME
TO ENJOY THE CHICKEN BARBECUE but IT WILL BE
LA VS. Wabasha-Kellogg, 7 PM KICKOFF



Serving From 4:30 P.M. until Gone

**Lewiston-Altura
High School Cafeteria
\$12.00 Half Chicken**



**Dinner Includes:
Baked Beans, Baked Potato
Dinner Roll, Milk**

PROCEEDS TO BE USED FOR COMMUNITY PROJECTS

**LEWISTON,
MINNESOTA**



**DRIVE THROUGH
ONLY**



Orange Tuesdays

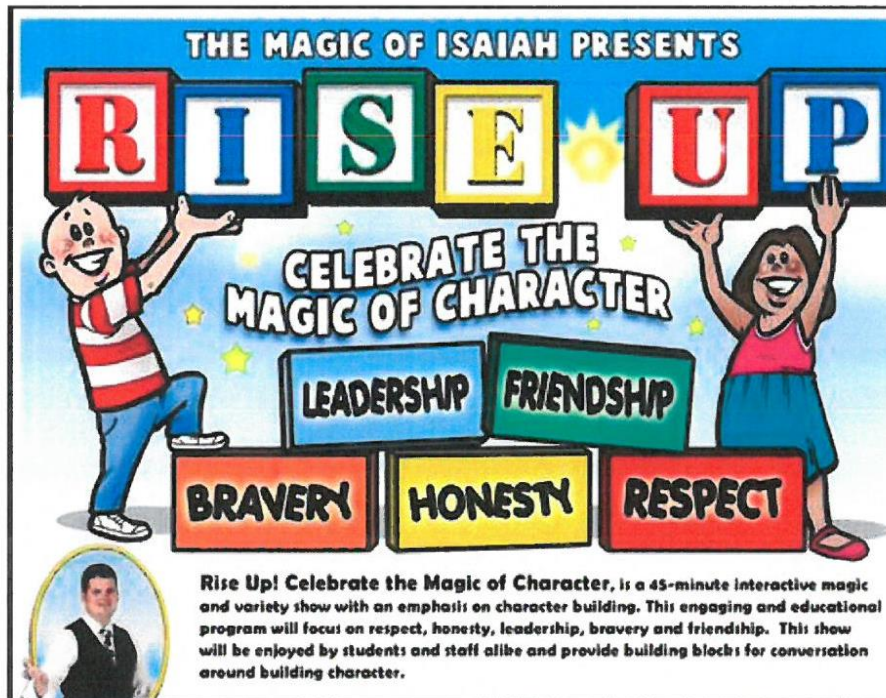


Wear and share orange. We are wearing orange to show that we are together against bullying and united for kindness.

UNITY DAY OCT. 17th

Today is the day! We are coming together to celebrate kindness, acceptance, and inclusion-our whole school community of students, teachers, staff and parents-so that we can make a school that's happier and healthier, a school where you can be all that you want to be.

We will end the day with an all school assembly - 1:45



RISE UP Celebrating the Magic of Character

UNITY DAY

t-shirt order form



October is Bully Prevention Month and Lewiston-Altura Elementary is celebrating all month long

Have Courage and Be Kind

Don't miss the chance to get your

Orange UNITY Day Shirt

Order Deadline

Thursday October 5th

\$8.00 each

Add \$2 for adult 2XL and 3XL

Accepting cash or Checks made to ISD 857

Please mark your selections below and return with the money to the Elementary Office

YOUTH SIZES				ADULT SIZES					
XSmall	Small	Medium	Large	Small	Medium	Large	X Large	3XL	2X Large
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
QTY	QTY	QTY	QTY	QTY	QTY	QTY	QTY	QTY	QTY

Total # of Shirts _____ **x \$8.00 each =** _____ **Total Amount**

\$2.00 more for each 2XL or 3XL

Student Name: _____

Teacher: _____ **Grade** _____



Contact: Cubmaster
Mark Simon
507-259-5461
Lewistoncubscoutspack16@gmail.com

Sign-up also available at
BeAScout.org

Pack 16 – Welcome to Scouting Registration Event!

WHO: All Boys & Girls in Grades K-5

WHEN: Tuesday, October 3rd, 2023, 6:30 PM

WHERE: The Crossings Center

Cost:

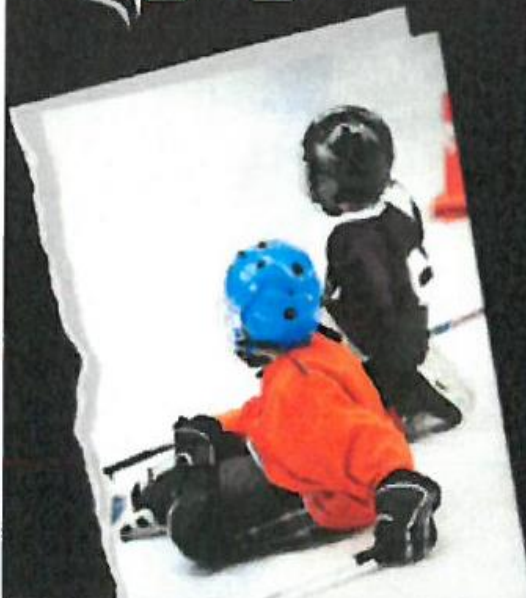
\$13.33 per month (\$160/ year) with a one-time joining fee of \$25 for new Scouts.

Financial scholarships are available.

We participate in fundraising to help offset registration fees and proceeds are also utilized to run our pack.



UPCOMING EVENTS TO TRY HOCKEY FOR FREE



OCTOBER 7

Bud King Ice Arena

9:00 AM - 10:00 AM

GIRLS TRY HOCKEY FOR FREE

- Girls Ages 4-9
- No Experience Necessary
- Equipment Provided
- Safe Environment with Trained Coaches
- Register @ https://www.tryhockeyforfree.com/event_detail/2114

NOVEMBER 11

Bud King Ice Arena

12:00 PM - 1:00 PM

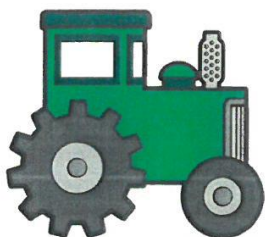
TRY HOCKEY FOR FREE

- All Kids Ages 4-9
- No Experience Necessary
- Equipment Provided
- Safe Environment with Trained Coaches
- Register @ https://www.tryhockeyforfree.com/event_detail/2115

MORE INFORMATION

Nick Henderson
tournaments@winonahockey.com
(507) 313-2682





Early Childhood Program is sponsoring

A WHEEL EVENT

Oct 10th 6-7:00pm

We have several activities planned for preschool aged children and younger. Children are encouraged to bring their own **"wheels"** for added fun. Don't have a bike or a car? We will have some available to share. Please, no motorized or battery powered vehicles. Kid powered only!

This event will be held in the school parking lot. Watch for signs for parking. In the event of rain, look for activities in the Elementary School .

Although this is a family event, for safety, these activities are suitable for children ages 6 and younger.



_ Registration not necessary, but appreciated, please return bottom portion by Oct 6th _

Contact information of parent: name and phone or email

How many total number of children are attending under age 3? _____

How many total number of children are attending ages 3-5? _____

How many children over the age of 6? _____

How many adults are planning on attending? _____



Sleep Stages



Sleep is a vacation for your body, but not for your brain, which works as hard at night as it does all day. Scientists aren't sure exactly what the brain does at night. Whatever the brain's nightly tasks may be, they have to be performed in order to keep you alive and functioning.



When it's bedtime, your brain releases a "sleepy" chemical. It's like turning over an hourglass. As the grains of sand fall, your muscles (and your eyelids!) start feeling heavy and tired.



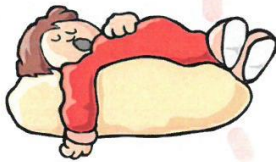
Stage One: Drifting Off and Dreaming

Your heart rate and body temperature drop, breathing slows, and muscles relax as you tune out the outside world.



Stage Two: Light Sleep

You shift around a lot—as much as 30 times per night—and a noise, smell, touch, or other trigger can wake you easily.



Stage Four: Deepest Sleep

Sleepwalkers and sleep talkers do their thing in this state, when almost nothing will wake you. That leaves you open to attack or other dangers, which may be why this stage lasts only a few minutes.



Stage Three: Deep Sleep

You are completely asleep, with low blood pressure, and you can't sense changes in temperature at all. In this sleep state, people have frozen to death without even waking up.



You repeat stages 3, 2, and a phase like stage 1 called REM, or rapid eye movement. You cycle through them about four or five times a night. You start dreaming in the REM stage. As the night goes on, you get less deep sleep and you dream more.



Think**PINK** Color Fun Run '23

To benefit community members through the
Winona Health Foundation's Breast Cancer Fund.

The untimed 5K (3.3 mile) fun run/walk will begin and end Unity Park, 860 Parks Avenue.

Sunday, October 8

Check-in/shirt pickup: 9 a.m. | Run/walk: 10 a.m.

To learn more about supporting or
participating, scan the QR code or visit:
runsignup.com/ThinkPINKWinona

Questions about the event:
contact us at ThinkPinkWinona@winonahealth.org



Register online!

[runsignup.com/Think**PINK**Winona](https://runsignup.com/ThinkPINKWinona)

Winona Health

To learn more about the Winona Health Foundation, visit: winonahealth.org/foundation or call 507.474.3050.



Breakfast Menu

Oct 2023

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

Monday		Tuesday		Wednesday		Thursday		Friday	
2	Offering #1 Cereal Bowl Yogurt* Juice Assorted Pears 1% Flavored 1% White Skim White	3	Offering #1 Cereal Bowl String cheese Juice Assorted Oranges 1% Flavored 1% White Skim White	4	Offering #1 Cereal Bowl Yogurt* Applesauce Juice Assorted 1% Flavored 1% White Skim White	5	Offering #1 Cereal Bowl String cheese Juice Assorted Peaches 1% Flavored 1% White Skim White	6	Offering #1 Cereal Bowl Yogurt* Juice Assorted Pineapple 1% Flavored 1% White Skim White
9	Offering #1 Cereal Bowl Yogurt* Apples Juice Assorted 1% Flavored 1% White Skim White	10	Offering #1 Cereal Bowl String cheese Fruit Cocktail Juice Assorted 1% Flavored 1% White Skim White	11	Offering #1 Cereal Bowl Yogurt* Mandarin Oranges 1% Flavored 1% White Skim White	12	Offering #1 Cereal Bar String cheese Juice Assorted Strawberries 1% Flavored 1% White Skim White	13	Offering #1 Cereal Bowl Yogurt* Juice Assorted Raisins 1% Flavored 1% White Skim White
16	Offering #1 Cereal Bowl Yogurt* Mandarin Oranges 1% Flavored 1% White Skim White	17	Offering #1 Cereal Bowl String cheese Applesauce Juice Assorted 1% Flavored 1% White Skim White	18	No School	19	No School	20	No School
23	Offering #1 Cereal Bowl Yogurt* Pears 1% Flavored 1% White Skim White	24	Offering #1 Cereal Bowl String cheese Juice Assorted Oranges 1% Flavored 1% White Skim White	25	Offering #1 Cereal Bowl Yogurt* Applesauce Juice Assorted 1% Flavored 1% White Skim White	26	Offering #1 Cereal Bowl String cheese Juice Assorted Peaches 1% Flavored 1% White Skim White	27	Offering #1 Cereal Bowl Yogurt* Juice Assorted Pineapple 1% Flavored 1% White Skim White
30	Offering #1 Cereal Bowl Yogurt* Apples Juice Assorted 1% Flavored 1% White Skim White	31	Offering #1 Cereal Bowl String cheese Fruit Cocktail Juice Assorted 1% Flavored 1% White Skim White	1		2		3	

- 2023 -

OCTOBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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

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

4 Popcorn Chicken
Dinner Roll
Salad Bar
Fruit Bar
Milk

5 Crunchy Chicken
Tender Wrap
Tortilla shell
Salad Bar
Fruit Bar
Milk

6 Beef Hot Dog w/bun
Chips
Salad Bar
Fruit Bar
Milk

9 Pizza
Salad Bar
Fruit Bar
Milk

10 BBQ Chicken w/bun
Salad Bar
Fruit Bar
Milk

11 Sloppy Joe Mac
Goulash meat and
Elbow Macaroni
Salad Bar
Fruit Bar
Milk

12 Beef Stroganoff
Dinner Roll
Penne Pasta
Salad Bar
Fruit Bar
Milk

13 Chicken & Waffles
Salad Bar
Fruit Bar
Milk

16 Meatballs
Mashed Potatoes
Fresh Bread
Salad Bar
Fruit Bar
Milk

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

18 No
School

19 No
School

20 No
School

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

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

25 Meatball Sub
Marinara Sauce
Salad Bar
Fruit Bar
Milk

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

27 Spaghetti w/Meat
sauce
Garlic Toast
Salad Bar
Fruit Bar
Milk

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

31 Pasta Bar
Garlic Brown rice
Dinner roll
Salad Bar
Fruit Bar
Milk

