

# Lamoni Elementary Newsletter

October 12 -October 16, 2020

Friday, October 9      **No School-Professional Development**  
Monday, October 12    Picture Retakes  
Wednesday, October 14 AEA Hearing Screenings for Preschool and Kindergarten  
October 19-23        National Bus Safety Week  
Monday, October 19    Bus Evacuation Practice  
Tuesday, October 20    Yoga Day/Challenge to Change  
Oct 26-30              Red Ribbon Week

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## Breakfast and Lunch Menu for October 12-October 16

Monday, Oct 12	Tuesday, Oct 13	Wed, Oct 14	Thurs, Oct 15	Friday, Oct 16
Biscuits & Gravy	Pancake Bites	Omelet & Bacon	Grape Crescent	Long John
Monday, Oct 12	Tuesday, Oct 13	Wed, Oct 14	Thurs, Oct 15	Friday, Oct 16
Chicken Sandwich Green Beans	Walking Taco	Hamburger Tri Tater	Popcorn Chicken Macaroni & Cheese Cookie	Cheeseburger Noodle Casserole Peas

## Specials Schedule for October 12-October 16

Monday-C; Tuesday-D; Wednesday-A, Thursday-B, Friday-C

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## WALK TO SCHOOL DAY A SUCCESS!

Thanks for making Lamoni Elementary's Walk to School Day a huge success! Approximately 60 students and several staff members walked or rode their bikes to school that day!

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## Challenge to Change Yoga & Mindfulness Program October 20

Lamoni Elementary is excited to announce our participation in the Challenge to Change Yoga and Mindfulness program for the 2020-21 academic year. Students will participate in a monthly curriculum designed to increase the student's social emotional skills. October 20<sup>th</sup> will be our first yoga day, so please have your student(s) wear comfy clothes they can move around in! See the attached parent letter for more information.

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## Red Ribbon Week- October 26 to October 30

The theme for this year's Red Ribbon Week is "Be Happy. Be Brave. Be Drug Free." Besides participating in activities at school, students can participate in the Red Ribbon Photo Contest beginning Oct 1<sup>st</sup>. See the attached flyer for more information or visit [www.redribbon.org/contest](http://www.redribbon.org/contest).

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## **Receive a Free Thermometer**

Sign up now to receive a free smart thermometer. If you haven't ordered yours yet, see the attached flyer from kinsa FLUency + Lysol for more information.

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## **Parent Teacher Conferences November 2 & November 5**

Fall Parent Teacher Conferences will be held virtually this year via Google Meet. Please watch your e-mail as we get closer to the dates for your specified time(s) and important sign-on information. Report cards and other pertinent information will be emailed to parents prior to the conference.

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## **Dress For the Weather!!!**

As cooler weather approaches, please make sure your child wears a jacket to school in the morning. Students will be expected to be outside for recess.

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## **Visitors to School**

Parents / guardians will NOT be allowed into the district past the Elementary and High School offices. This will be in effect until further notice. This includes all parties, as well as drop-off and pick-up of the students. Parent / Teacher conferences, IEP meetings and 504 meetings will be the only exceptions at this time.

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## **Face Coverings**

Facemasks will be required when social distancing cannot occur or around individuals with compromised health concerns. It is the recommendation of the Lamoni Community School District, in accordance with other governing bodies, that because facemasks can play a substantial role in mitigating the contraction and spread of COVID-19 (if properly worn, maintained and cleaned), in order to provide the maximum amount of safety and security, their use is recommended while at school.

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## **Remote Learning and Virtual Students**

If you have any questions regarding your student's remote learning or virtual academic curriculum, please call 641-784-3422. Please continue to check your email frequently for additional information.

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## ENTER THE 2020 NATIONAL RED RIBBON WEEK PHOTO CONTEST

Win An iPad & \$1,000 For Your School

### 2 WAYS TO ENTER WAYS TO WIN

#### ENTER

Families may submit a photo of a home decoration

Schools may submit a photo of a school or virtual school decoration

#### WIN

Receive the most votes in your Region for your entry

Receive one of the following Judges Awards:

##### Home Entries

- Most Creative Home
- Best Use of Family
- Best Use of The Theme
- Best Virtual Photo (e.g. Photos taken while using Zoom, FaceTime, MS Teams or any other online virtual tool)
- Most Educational

##### School Entries

- Most Creative School or Virtual School
- Best Use of School or Virtual School
- Best Use of The Theme
- Most Ambitious
- Most Educational

## HOW TO ENTER

### Decorate

Decorate your Home front door, mailbox or fence with a Red Ribbon (double-looped) and this year's theme: "Be Happy. Be Brave. Be Drug Free.™"

Decorate your School or Virtual School with a Red Ribbon (double-looped) and this year's theme: "Be Happy. Be Brave. Be Drug Free.™"

### Snap A Photo & Upload

Take a picture of your Red Ribbon decoration (preferably with people in it!) and upload to [www.redribbon.org/contest](http://www.redribbon.org/contest). You must be 18 years old to enter, so parents (or for school entries, school staff or PTA members) must submit the photos.

### Get Votes!

Ask your friends, family, colleagues and school contacts to vote for your photo on our website.

Entry Period	Oct. 1 - Nov. 1, 2020
Voting Period	Nov. 2 - Nov. 16, 2020
Winners Announced	Dec. 2, 2020



Get Started Today!  
For more details and a list of terms and conditions, visit [www.redribbon.org/contest](http://www.redribbon.org/contest)



**Our school is partnering with Kinsa's FLUency™ School Health Program this year!**

**Sign up now to receive your FREE smart thermometer**

If you haven't ordered yours yet, now's your chance!

1. Text **FLUENCY** to **900900**! Open the link to download the free Kinsa app.\*
2. Finish signing up with our school in the Kinsa app to get your free thermometer!

*\*Messages and data rates may apply. You can always text STOP to end messages.*

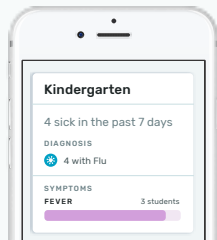
**¡Regístrese ahora para recibir un termómetro inteligente GRATIS!**

1. ¡Textea la palabra FLUENCY al 900900! Abre el enlace para descargar la aplicación gratuita Kinsa.\*
2. ¡Regístrese con su escuela a través de la aplicación Kinsa para obtener su termómetro gratis!



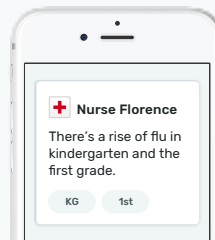
**WHAT IS KINSA'S FLUENCY PROGRAM?**

Kinsa is on a mission to stop the spread of illness! [Learn more at kinsahealth.co](http://kinsahealth.co). FLUency is Kinsa's school health program. For the past five years, FLUency has partnered with sponsors to provide parents free thermometers and a smartphone app to help detect and respond to spreading illnesses. This year, participation in FLUency matters more than ever to keep your school community healthy!



**Know what's going around your child's school**

*Sepa lo que pasa en la escuela de su hijo*



**Receive messages from your school nurse**

*Recibe mensajes de la enfermera de tu escuela*



“If every 8 year old in the world is taught meditation, we will eliminate violence from the world within one generation.”

~ Dalai Lama

Dear Parents,

Our school is honored to be a part of your child’s educational journey. We pride ourselves on finding new ways to support, challenge, and encourage our students each year. This year our school is honored to bring the practices of Yoga and Mindfulness into our classrooms. Your student is invited to participate in monthly Yoga and Mindfulness practices led by a certified Challenge to Change Kid’s Yoga Teacher. The program prides itself on having reliable professionals with a passion for working with children and a proven curriculum. The Mindfulness curriculum delivered during these lessons was created by founder and former educator, Molly Schreiber and designed to increase social emotional skills in children. The Mindfulness Practices include, but are not limited to, deep breathing exercises, yoga poses and games, brain breaks, sensory tools and experiences, and guided relaxation practices.

These practices are proven to assist in the regulation of emotions, aid in focus and attention, improve self-awareness, mitigate the effects of bullying, increase self-confidence, and create a calm learning space. Yoga and Mindfulness practices promote self-connection and regulation and are not affiliated with any religious beliefs. Yoga is a multifaceted practice that has many layers, such as deep breathing, physical poses, relaxation tools, and sensory experiences.

If you have any questions regarding Yoga and Mindfulness in the Classroom please feel free to contact the Lamoni Elementary Office or Challenge to Change Inc. If you would like to know more about Yoga and Mindfulness please connect with Challenge to Change Inc. at <http://challengetochangeinc.com/> or [MollyMSchreiber@gmail.com](mailto:MollyMSchreiber@gmail.com).

Thank you for sharing your students with us!

