

Lamoni Elementary Newsletter

April 26-April 30, 2021

April 26	Bus Evacuation Practice
April 28	Challenge to Change Yoga Day
April 30	No School for students! (Professional Development Day)
May 12	Challenge to Change Yoga Day
May 16	Lamoni High School Graduation
May 18	Ride Don't Hide bike ride @ 3:30pm

Breakfast and Lunch Menu for April 26-April 30

Monday, Apr 26	Tuesday, Apr 27	Wed, Apr 28	Thurs, Apr 29	Friday, Apr 30
Apple Churros	Egg Patty Biscuit	Pancakes Sausage Patty	Breakfast Taco	No School

Monday, Apr 26	Tuesday, Apr 27	Wed, Apr 28	Thurs, Apr 29	Friday, Apr 30
Cheese Stuffed Breadstick Hot Vegetable	Crispito Hot Vegetable Bar	Chicken Noodles Mashed Potatoes Roll	Cheeseburger French Fries	No School

Specials Schedule for April 26-April 30

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

COVID-19 REMINDER: If a student tests positive for Covid-19 or is in close contact to someone that has tested positive, please contact the school nurse, Donna Binning, @ 784-3422. This is extremely important to maintain the health and safety of our students and staff. THANK YOU!



May 18th – 3:30pm

EFR (Employee and Family Resources) will be hosting a “Ride Don’t Hide” bike ride to benefit mental health and addiction. Come join us on May 18th on the **bike trail starting at Central Park** (by the library) at 3:30pm or pick your own time to take a bike ride that day. There is no set distance, so just come, bring your family and friends, and enjoy yourself!

School Food Pantry

If your family is in need of food the school food pantry will be open by appointment. Call (641)784-3351 during school hours or email aarchiebeque@lamonischools.org to set up an appointment.

Dress For the Weather!

Please make sure your child wears a season appropriate coat, hat and mittens/gloves to school every day! Students will be expected to go outside for recess unless the “feels like” temperature is less than 15 degrees.

Changing After School Plans

Please notify the elementary office of any changes to your child's after school plans **PRIOR TO 2:00PM**. The end of the day is a hectic time and we want to insure that all relevant parties have been notified. Also, please try and solidify your child's plans for the week prior to the week starting. Having a consistent plan is helpful for the student and their safety.

Face Coverings

Facemasks will be required when social distancing cannot occur or around individuals with compromised health concerns. It is the recommendation of the Lamon 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.

My Student Assistance Program (SAP)

If you, or your family, are struggling to deal with life's challenges, a Student Assistance Program (SAP) is available for you to call. You can count on your SAP for guidance, support and to develop helpful strategies. See attached flyer for more information.



My Student Assistance Program (SAP)

What is a Student Assistance Program (SAP)?

An SAP is here for you when you and your immediate family members are dealing with life's challenges.

You can count on your SAP for guidance and support when it comes to assessing your concerns and developing strategies for addressing any of the following:

- *School-life balance*
- *Family or relationship issues*
- *Emotional issues*
- *Alcohol and drug-related issues*
- *Other issues that interfere with your daily living, happiness, and overall well-being*

CONFIDENTIAL

NO COST

24/7 ACCESS

What Does My SAP Provide?

TELEPHONE CONSULTS

- Phone lines open **24/7/365**
- Phones answered by a **masters-level clinician**
- Make as many calls as needed (**no limit**)

VIRTUAL COUNSELING

- Receive up to **three (3) FREE virtual counseling sessions**
- After 3 sessions, referral options may be provided

How Do I Use My SAP?

It's **easy**. It's **free**. It's **confidential**.

Call 800.327.4692

Together, we will identify steps you can take to resolve whatever challenge life is throwing your way. We're here to help!

www.efr.org/sap

