



**LAMONI**

# Lamoni Elementary Newsletter

**January 10-January 14, 2022**

## PRIDE PLEDGE

**P** I will have  
**PERSEVERANCE**

**R** I will have  
**RESPECT**

**I** I will have  
**INTEGRITY**

**D** I will have  
**DISCIPLINE**

**E** I will have  
**ENTHUSIASM**

January 12	<i>Yoga Day</i>
January 14	End of 1st Quarter
January 24	Donuts with Dad
February 4	Professional Development/ <b>NO SCHOOL</b>
February 9	<i>Yoga Day</i>
February 22	Early Out @ 1pm Parent Teacher Conferences
February 24	Early Out @ 1pm Parent Teacher Conferences
February 25	<b>NO SCHOOL</b>

### Specials Jan 10-14

**Monday-B Tuesday-C Wednesday-D Thursday-A Friday-B**

Mon, Jan 10	Tues, Jan 11	Wed, Jan 12	Thurs, Jan 13	Fri, Jan 14
Breakfast Pizza	Churro	Sausage & Biscuit	Muffin	Coffee Cake
Chicken Sandwich Green Beans	Walking Taco	Tater Tot Casserole	Cheese Stuffed Breadsticks	Chicken Noodles Mashed Potatoes Gravy/Roll



Please make sure your child has a water bottle at school. To prevent the spread of illness, our water fountains are limited to bottle filling stations only.



## **Challenge to Change Yoga Day**

January 12th and February 9th will be our next mindfulness and yoga days. Please remind your child(ren) to wear comfy clothes on those days, so they can move around and be comfortable.

## **Donuts with Dads**

Donuts with Dads will be on January 24th, starting at 7:15am. The cost for breakfast is \$2.45 per adult. Sign-up forms will be in your child's backpack today or you can print the attached form for your use. We request that you send in your form or call the Elementary Office at 641-784-3422 prior to January 17th so we can be prepared. See attached flyer!

## **Dress for the Weather!!!**

Please make sure your child is dressed appropriately with a coat, hat and gloves when they come to school. All students will be required to go outside for recess, unless the feels like temperature is below 15 degrees.

## **LCS FOOD PANTRY**

If you and your family are in need of food, please consider ordering from the Lamoni Community School's food pantry. We are excited to be able to serve all families, no proof of income is needed. Call 641-784-3351 during school hours or look for an order form in your child's backpack!

## **When Should My Child Stay Home?**

The season for cold, influenza and other illnesses has arrived! To keep your child and others safe, please be sure to keep your child home if they have a fever (100.0 or higher), vomiting, diarrhea, excessive coughing or are complaining of not feeling well. Although we want our students to be at school, we also want them healthy! Thanks for your help in protecting our school!

## **Reminders for Inclement Weather**

- \* Breakfast will not be available on days when school is delayed due to bad weather.
- \* Before-School Exploration Academy will be canceled if school starts late.
- \* After-School Exploration Academy will be canceled if school is dismissed early because of inclement weather.

## **My Student Assistance Program (SAP)**

If you, or your family, are struggling to deal with life's challenges, a Student Assistance Program is available for you to call. You can count on your SAP for guidance, support and assistance developing helpful strategies. See the 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](http://www.efr.org/sap)





When: Monday, January 24th

Time: 7:15am-8:00am

Cost: \$2.45 per adult

Plan on attending our annual Donuts with Dad event! Just complete the form at the bottom of the page and return it to the Lamoni Elementary Office by Monday, January 17<sup>th</sup>.

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\_\_\_\_\_, will be

attending Donuts with Dad with my child,

\_\_\_\_\_.