



# Lamoni Elementary Newsletter

November 1-November 5, 2021

## 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

October 30	Saturday Night in Lamoni @ The Alley 3-5pm
October 31	Trick or Treats @Crown Colony 5-7pm Lamoni Beggar's Night 6-8pm
November 2	Bus Evacuation Drills
November 4	Frank Howell Fundraiser 4-6:30pm Thelma's Chicken Dinner
November 9	Parent/Teacher Conferences-Early Out 1pm
November 10	Challenge to Change Yoga Day
November 11	Parent/Teacher Conferences-Early Out 1pm
November 12	NO SCHOOL

### Specials

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

### BREAKFAST AND LUNCH MENU

Mon, Nov. 1	Tues, Nov. 2	Wed, Nov. 3	Thurs, Nov. 4	Fri, Nov. 5
Biscuit & Gravy	Egg Omelet	Oatmeal	Apple or Cherry Strudel	Pancakes
Sloppy Joe Tater Tots	Nachos	Chicken Nuggets	Pizza Cookie	Hamburger/ Cheeseburger

## **Frank Howell Fundraiser-Thelma's Drive Thru Dinner- November 4th**

Please plan on attending our fundraiser for Frank Howell and his family! Tickets for Thelma's Drive Thru Chicken Dinner can be purchased at all Lamoni Community School offices and around town. See flyer for more information!

## **Saturday Night In Lamoni - October 30th 3-5pm**

Americorps Youth Launch and Exploration Academy are excited to invite all families to Saturday Night In Lamoni at The Alley on October 30th from 3-5pm. Please see the attached flyer for more information.

## **Trick or Treat @ Crown Colony on October 31st**

Students and families are invited to trick or treat at the main community room at Crown Colony from 5-7pm on October 31st. Please plan on attending for lots of treats and fun!

## **LCS FOOD PANTRY is Up & Running!**

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 serve all families, no proof of income is needed. Order forms should be in your child's backpack!

## **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.

## **Pediatric Rehabilitation Available at Decatur County Hospital**

If you have noticed the following conditions in your child; difficulty with handwriting, restlessness during class or at home, difficulty staying on task, difficulty developing appropriate behavior techniques, or eating difficulties, pediatric rehabilitation may benefit your child. Please see the attached flyer from Decatur County Hospital for more information.



# Attention Ghouls and Boys,

Make sure you follow my pumpkin rules for a safe  
Halloween

- 1) Stay with your friends.
- 2) Look both ways when you cross the road.
- 3) Stay on sidewalks when possible.
- 4) Have an adult check your candy before you eat it.
- 5) Carry a flashlight or glow stick.
- 6) Watch for cars backing out of driveways.
- 7) Only go to homes with the porch lights on.
- 8) Never go inside a strangers home.
- 9) Never cut across lawns or go through alleys.
- 10) Say thank you.
- 11) Have a spookingly good time!



Your Friend,  
Mr. Pumpkin

**FRANK HOWELL FUNDRAISER  
THELMA'S DRIVE-THRU DINNER  
NOVEMBER 4TH 4-6:30PM  
Lamoni Community Center**



Come support  
Frank Howell  
and his family!

Fried Chicken, Mashed Potatoes with Gravy,  
Green Beans, Dinner Roll and Cookie

Tickets available at:

Lamoni Elementary/MS/HS Offices, BTC Bank, American State  
Bank, and Lamoni City Hall

\$10  
PER  
MEAL



**LAMONI**

AMERICORPS YOUTH LAUNCH  
PARTNERING WITH  
EXPLORATION ACADEMY



# SATURDAY NIGHT IN LAMONI



PUMPKIN PAINTING  
COSTUME CONTEST  
COOKIE DECORATING  
CRAFTS



LITERACY NIGHT WITH  
EXPLORATION & FUN!

OCTOBER 30, 2021 3PM-5PM  
AT THE ALLEY



# PEDIATRIC REHABILITATION

## CONTACT

1405 NW Church Street  
Leon, IA 50144  
641-446-2219  
[www.decatourcountyhospital.org](http://www.decatourcountyhospital.org)



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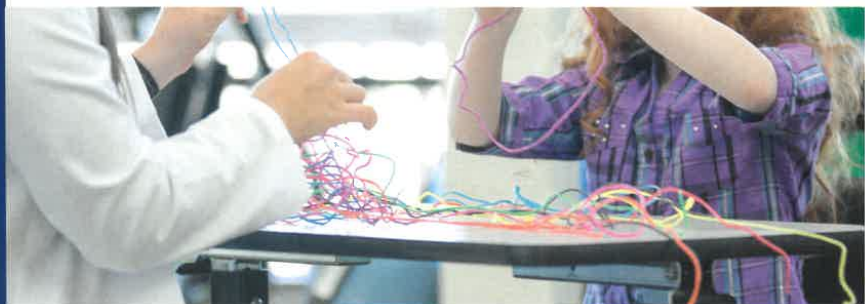
## PEDIATRIC REHABILITATION AVAILABLE AT DECATUR COUNTY HOSPITAL

In the DCH Rehabilitation Services Department, our team helps patients recover from a fall, illness, or surgery. In addition to these services, Taylor Kohlwey, Registered and Licensed Occupational Therapist (OTR/L) and Certified Lifestyle Eating and Performance Therapist (CLT); and Rachael Lesan, Doctor of Physical Therapy (DPT) and Certified Athletic Trainer (ATC), offer comprehensive, personalized plans developed specifically for pediatric patients. These plans can help identify and meet the needs of children with development delays, injuries, disabilities, and other special needs. Some of the conditions we can treat include:

- Developmental delay including skills such as social, play, fine motor, handwriting, throwing/catching, jumping, running, walking, self-cares, etc.
- Down syndrome, ADHD, cerebral palsy, and autism
- Sensory processing disorders

### If you notice the following conditions in your child, they may benefit from our pediatric rehabilitation services.

- Difficulty handwriting. If your child struggles with handwriting, holding writing devices, forming letters, or other basic skills, therapy can help. With strength training, muscle memory training, practice using different writing utensils, and other techniques, we can help improve your child's handwriting skills.
- Restlessness during class or at home activities. Though a certain level of restlessness is expected in children, some experience difficulty sitting through class, or sitting still during relaxing activities at home. Children who seem overactive, or who cannot sit through class may benefit from our rehabilitation programs which help develop coping techniques to displace excess energy.
- Difficulty staying on task or transitioning from one task to another. Children who have trouble focusing on one activity, or changing their frame of mind from one activity to another, may benefit from rehabilitation therapy. Customized programs help teach children techniques to keep their focus and ignore distractions, and provide opportunities to practice changing focus when transitioning between activities.
- Developing appropriate behavior techniques. Children with certain conditions often struggle in social situations. Our rehabilitation team works with patients who need to learn appropriate behavior in social situations including classrooms, stores, restaurants, and other public places. Children can learn techniques to cope with triggers in these unknown environments, and how to behave in a way that lessens their disruption to others.
- Eating. There are many obstacles children must overcome when eating. These obstacles are more difficult for some children than others. If your child has trouble using utensils properly, or struggles with other mechanics of eating, our rehabilitation therapy may be able to help.



If you feel your child could benefit from our pediatric rehabilitation services, call us at 641-446-2219 to learn more and schedule an appointment. One of our therapists will work with you and your child to develop a plan to meet their needs, and address your concerns. Each patient receives a customized plan to ensure your child gets the best treatment possible.

**To best serve your needs, we offer extended appointment hours in our Rehabilitation Services Department to work around your schedule.**

# 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!



