



Lamoni Elementary Newsletter

November 8-November 12, 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



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
November 24-26	NO SCHOOL

Specials

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

BREAKFAST AND LUNCH MENU

Mon, Nov. 1	Tues, Nov. 2	Wed, Nov. 3	Thurs, Nov. 4	Fri, Nov. 5
Breakfast Pizza	French Toast	Breakfast Tornado	Long John	No School
Chicken Sandwich Green Beans	Chicken Soft Taco	Chicken Noodles Mashed Potatoes Gravy/Roll	Mr. Rib Baked Beans	No School

*** NO Exploration Academy on November 9th and 11th due to Parent
Teacher Conferences**

Challenge to Change Yoga Day

Lamoni Elementary is excited to announce that we will once again be participating in the Challenge to Change Yoga and Mindfulness Program during the 2021-22 school year. Students will participate in a monthly curriculum designed to increase the student's social emotional skills. November 10th will be our first mindfulness and yoga day, so please have your student(s) wear comfy clothes they can move around in.

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 be able 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.

PEDIATRIC REHABILITATION

CONTACT

1405 NW Church Street
Leon, IA 50144
641-446-2219
www.decaturchospital.org



DCH
DECATUR COUNTY HOSPITAL

An Affiliate of

MERCYONE

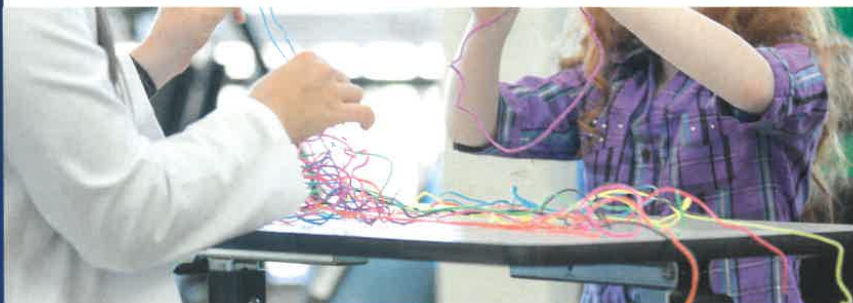
PEDIATRIC REHABILITATION AVAILABLE AT DECATUR COUNTY HOSPITAL

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!

www.efr.org/sap



