



# Lamoni Elementary Newsletter

**October 10-14, 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**

October 10	Picture Retakes
October 11	Preschool Field Trip to the Pumpkin Patch
October 12	Vision Screenings
October 17	Bus Evacuation Drills
October 21	Professional Development- NO SCHOOL
October 26	Challenge to Change Yoga Day
November 7 & 10	Early Dismissal @ 1pm Parent Teacher Conferences 3-7pm
November 11	Professional Development- NO SCHOOL

### Specials Schedule Oct 10-14

**Grades K-1 Mon-C Tues-D Wed-A Thu-B Fri-C**

**Grades 2-5 See Below**

Mon, Oct 10	Tues, Oct 11	Wed, Oct 12	Thurs, Oct 13	Fri, Oct 14
Muffins	Apple or Raspberry Churros	French Toast Sticks Omelet	Pancakes	Cinnamon Roll
Hamburger Tri Tater	Walking Tacos Cookie	Pork Patty Mashed Potatoes/ Gravy Roll	Mr. Rib Baked Beans	Chicken Nuggets Mac & Cheese

## **Picture Retakes on Monday**

If your child was absent on picture day or needs a retake, picture retakes will be held first thing Monday morning, October 10th.

## **GU Baseball 8th Annual Halloween Game**

Plan on attending the 8th annual Halloween Baseball Game! See attached flyer for more information.

## **USDA Fresh Fruit and Vegetable Program (FFVP)**

The USDA Fresh Fruit and Vegetable Program (FFVP) provides all children in our elementary school with a variety of free fresh fruit and vegetables as healthy snacks each week. The goal is to increase a child's consumption of fresh produce as they continue to be introduced to new and different types through nutrition education and tasting opportunities.

Be sure to ask your child what fruits or vegetables they have been trying in their classroom, any they were surprised they liked or interesting facts they have learned about related to the fresh fruits and vegetables they have tasted.

## **Lamoni Public Library October Events**

The Lamoni Public Library has two family fun events coming in October on the 13th and 31st. Please see the attached flyers for all the details!

## **The Lamoni Community Schools Food Pantry Has Gone Digital!**

The Lamoni Community Schools Food Pantry is up and running and is now easier than ever to use! Go to [lamonischools.org](http://lamonischools.org), click on More... , then Food Pantry and then Food Pantry Order Form. Simply fill the form out and hit submit! Paper order forms are still available only upon request.

Remember, orders will only be filled if a TEFAP (The Emergency Food Assistance Program) application has been submitted and accepted. Applications are also available in the Food Pantry tab on our website. Only one application per family is necessary.

## **interACT Program Available for Families and Children Grades 3-6th**

If you need help learning skills to help you accept, choose and take action for self care and healthy relationships, please see attached flyer for a virtual class for adults and youth provided by Iowa State Extension and Outreach.

## Specials Schedules

Elementary specials include PE, Art, Music and Library for Kindergarten and First Graders. We use a four day (A-D)schedule. See below for the schedule:

K-1 Specials	Grade	A Day	B Day	C Day	D Day
Mickelson	KG	Art	Library	PE	Music
Ranney	KG	PE	Music	Art	Library
McKillip	1	Library	PE	Music	Art
Rushing	1	Music	Art	Library	PE

2-5 grade students will use a five day specials schedule which includes Art, Library, PE, Music and Computers. See below for the schedule:

2-5 Specials	Grade	Monday	Tuesday	Wednesday	Thursday	Friday
McMacken	2	Art	Library	PE	Music	Computers
Kacmarynski	3	Computers	Art	Library	PE	Music
Martin	3	Library	PE	Music	Computers	Art
Boswell	4	Music	Computers	Art	Library	PE
Pitt	5	PE	Music	Computers	Art	Library



# interACT

*For Families  
and Children  
3rd-6th Grade*



Learn Skills to help you **Accept, Choose, and Take Action** for self care and healthy relationships! interACT is a FREE virtual 4-Week series with one hour separate group sessions for adults and youth!

Free Gift Card  
Upon Completion  
of Course for both  
Youth and Adults

**Sundays in October**  
October 9, 16, 23, & 30  
Youth: 6:00-7:00 PM  
Adults: 7:15-8:15 PM

## Lessons Focus On:

- living a life that follows your values
- setting goals to reach new heights
- learning new tools to connect with each other
- finding new ways to be in the present moment
- how to overcome difficult thoughts and feelings
- and much more!

## Register:

<https://go.iastate.edu/XLEZ8X>  
Cyfar@iastate.edu  
515.957.1593

Questions?  
Malisa Rader  
[mrader@iastate.edu](mailto:mrader@iastate.edu)  
515.708.0622

Foster Parents can  
earn credits

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to [www.extension.iastate.edu/diversity/ext](http://www.extension.iastate.edu/diversity/ext).

IOWA STATE UNIVERSITY  
Extension and Outreach



**10/26/2021**

## **Graceland University Baseball Program**

# **8<sup>th</sup> Annual Halloween Game!**

**Where:** Chase Stadium at North Park

**When:** Wednesday, Oct 26th

6:00 PM meet players and run the bases with 1<sup>st</sup> pitch at 6:30 pm.

The Graceland University Baseball Program would like to invite all of you and your little ones out to watch our 8th Annual Halloween Game. All players will be in costume during our final Intrasquad Scrimmage of the fall. Kids 12 and under in Costume will receive a goody bag and also be allowed on the field to meet our players and run the bases prior to the game. Come enjoy a fun night of Costumes and baseball.

Sincerely,

Coach McKillip and the Graceland Baseball Program

# FAMILY FUN NIGHT



**THURSDAY  
OCTOBER 13TH  
4:30-6:30**

## FAIRY LANTERNS

Help us create decorations for our  
Halloween Party, by letting us display  
your lantern until November!

All Ages Welcolme!



LAMONI PUBLIC LIBRARY'S 6TH ANNUAL

# A NEVERLAND HALLOWEEN

COME JOIN US FOR OUR ANNUAL  
**COSTUME CONTEST**

10.31.22 | 5-7 PM  
@ LAMONI PUBLIC LIBRARY