



# Lamoni Elementary Newsletter

October 4-October 8, 2021

## Specials

Monday- C

Tuesday-D

Wednesday-A

Thursday -B

Tuesday, October 19

Bus Evacuation Drills

Thursday, October 21

GU Baseball Halloween  
Game

## BREAKFAST AND LUNCH MENU

Mon, Oct 11	Tues, Oct 12	Wed, Oct 13	Thurs, Oct 14	Fri, Oct 15
Breakfast Pizza	French Toast	Long John	Sausage & Biscuit	Coffee Cake
Pizza Rice	Walking Taco Cookie	Tater Tot Casserole	Hot Ham & Cheese	Chicken Noodles Mashed Potatoes/ Gravy Roll

## Graceland University Halloween Baseball Game

Plan on joining the Graceland University Baseball team on October 21st for a fun evening at their 7th annual Halloween Game! See attached flyer for more information.

### **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. See the attached letter and order form for more information.

### **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.





# Graceland University Baseball Program

## 7th Annual Halloween Game

**Where:** Chase Stadium at North Park

**When:** October 21st  
6:00PM meet players and run the bases with 1st pitch at 6:30pm

The Graceland University Baseball Program would like to invite all of you and your little ones out to watch our 7th Annual Halloween Game. All players be will be in costume during our final intra-squad 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***



# 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!



# PEDIATRIC REHABILITATION

## CONTACT

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



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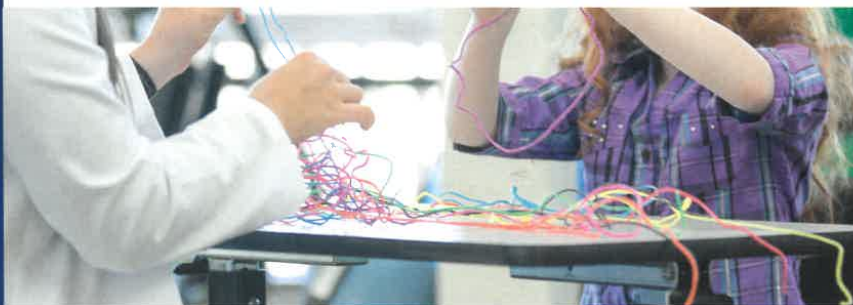
## PEDIATRIC REHABILITATION AVAILABLE AT DECATUR COUNTY HOSPITAL

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.**

October 6, 2021

## LCS FOOD PANTRY

Lamoni Community School families:

The school pantry is up and running and overflowing with food! We are thrilled to be able to provide food for ALL families in our district this year.

Below is a partial list of foods we have in stock currently. Remember, this is only a partial list. Students are encouraged to return this to their teacher or contact Mrs. Daily or Mrs. Perkins in the middle school building (where the pantry is located) at the end of the day to collect food to take home.

Parents, please circle the items below that you would like your child to bring home.

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Student's name \_\_\_\_\_ Teacher \_\_\_\_\_

Home address \_\_\_\_\_

Number of people in household \_\_\_\_\_

Whole frozen ham  
Frozen fish fillets  
Fish sticks  
Smoked turkey breast lunch meat  
Turkey bologna  
Frozen ground venison (2 lb)  
Frozen ground sausage (1 lb)  
Frozen chicken strips  
Frozen ground beef (4 lb – limited supply)  
Canned tuna  
Canned chicken breast  
Canned ground pork  
Canned pink salmon  
1 dozen eggs  
1 lb butter  
carton cottage cheese  
block cheese (similar to Velveeta)  
shredded cheddar cheese (2 lb)  
frozen hashbrown patties (10 patties)  
frozen hashbrown patties (20 patties)  
5 lb bag of potatoes  
instant mashed potatoes  
white rice (2 lb bag)  
Barilla spaghetti noodles (12 oz)  
Barilla spaghetti noodles (2 lb box)  
spaghetti sauce  
Vegetable Oil  
Dry baking mix  
Peanut butter  
Cheerios cereal (or Toasty O's)  
Honey Nut Cheerios cereal  
Crispy Hexagon cereal  
Quaker Oats instant variety pack  
Orange Juice

We also have a variety of canned fruits, vegetables, and soups. If you indicate what your family would like, we will try to fill your order. Thank you!!