



# Lamoni Elementary Newsletter

October 4-October 8, 2021

## Specials

Monday- **C**

Tuesday- **D**

Wednesday- **A**

Thursday - **B**



Mon-Fri, Oct 4-8      Fire Prevention Week  
 Monday, October 4      I-Smile Dental Screenings  
 Friday, October 8      **NO SCHOOL**

## BREAKFAST AND LUNCH MENU

Mon, Oct 4	Tues, Oct 5	Wed, Oct 6	Thurs, Oct 7	Fri, Oct 8
Biscuits & Gravy	Egg Omelet Toast	Oatmeal	Cinnamon Roll	NO SCHOOL
Shrimp Banana Bar	Nachos	Mr. Rib Baked Beans	Chicken Sandwich Green Beans	NO SCHOOL



**FIRE PREVENTION WEEK**

**OCTOBER 4-8**

See attached flyer for more info!

## I-Smile No Cost Dental Services

**October 4th**

Don't forget that Marion County Public Health I-Smile School program is offering no-cost dental screenings for children at our school. Only children with signed consent forms will be screened.

## **Picture Retakes**

Picture retakes will be on October 4th at 8:00am. If your child was absent the day of pictures or if you have requested a retake, please make sure your child is at school on time. JostensPix will only be here for a limited amount of time.

## **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.



# Learn the Sounds of Fire Safety™



Is there a beep or a chirp coming out of your smoke or carbon monoxide alarm? What does it all mean? Knowing the difference can save you, your home, and your family! Make sure everyone in the home understands the sounds of the smoke and carbon monoxide alarms and knows how to respond. Learn the sounds of your smoke and carbon monoxide alarms by checking the user guide or search the brand and model online.

## What is your alarm telling you?

### SMOKE ALARMS

- A continued set of three loud beeps—beep, beep, beep—means smoke or fire. Get out, call **9-1-1**, and stay out.
- A single “chirp” every 30 or 60 seconds means the battery is low and must be changed.
- All smoke alarms must be replaced after 10 years.
- Chirping that continues after the battery has been replaced means the alarm is at the end of its life and the unit must be replaced.

### CARBON MONOXIDE (CO) ALARMS

- A continuous set of four loud beeps—beep, beep, beep, beep—means carbon monoxide is present in your home. Go outside, call **9-1-1** and stay out.
- A single chirp every 30 or 60 seconds means the battery is low and must be replaced.
- CO alarms also have “end of life” sounds that vary by manufacturer. This means it’s time to get a new CO alarm.
- Chirping that continues after the battery has been replaced means the alarm is at the end of its life and the unit must be replaced.

Make sure your smoke and CO alarms meet the needs of everyone in your home, including those with sensory or physical disabilities.

#### Some tips:

- ✓ Install a bedside alert device that responds to the sound of the smoke and CO alarms. Use of a low frequency alarm can also wake a sleeping person with mild to severe hearing loss.
- ✓ Sleep with your mobility device, glasses, and phone close to your bed.
- ✓ Keep pathways like hallways lit with night lights and free from clutter to make sure everyone can get out safely.

## Hear a Beep, Get On Your Feet!

Get out and stay out! Call 9-1-1 from outside.



## Hear a Chirp, Make a Change!

A chirping alarm needs attention. Replace the batteries or the entire unit if it's over 10 years old. If you don't remember how old the unit is, replace it!



**FIRE  
PREVENTION  
WEEK™**

For fire safety tips, visit [firepreventionweek.org](http://firepreventionweek.org) and [sparky.org](http://sparky.org)

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# 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)



**DCH**  
DECATUR COUNTY HOSPITAL

An Affiliate of **MERCYONE**

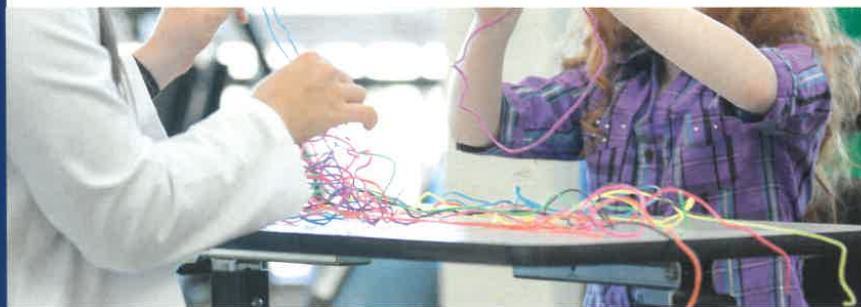
## PEDIATRIC REHABILITATION AVAILABLE AT DECATUR COUNTY HOSPITAL

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.**