

# Lamoni Elementary Newsletter

September 27-October 1, 2021

September 27-October 1      Homecoming Week  
Thursday, September 30      AEA Hearing Tests for PK-5<sup>th</sup> grade  
Monday, October 4      I-Smile Dental Screenings

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## Breakfast and Lunch Menu for September 27-October 1

Monday, Sept 27	Tuesday, Sept 28	Wed, Sept 29	Thurs, Sept 30	Friday, Oct 1
Pancake on a Stick	Egg Patty Toast	Donut	Breakfast Taco	Apple or Cherry Strudel
Monday, Sept 27	Tuesday, Sept 28	Wed, Sept 29	Thurs, Sept 30	Friday, Oct 1
Sloppy Joe Corn	Walking Taco Refried Beans	Tater Tot Casserole Breadsticks	Chicken Nuggets Broccoli & Cheese Cookie	Hamburger/Cheeseburger

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## Specials Schedule for the Week of September 7-October 1

Monday– B; Tuesday–C; Wednesday–D, Thursday–A, Friday–B

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## YOUR JOSTENSPIX PHOTOS ARE READY!

Good news! JostensPIX was recently at Lamoni Elementary and your student's photos are now available for viewing and ordering. Please go to <https://shop.jostenspix.com> and find your student using event code: FE35321. You can personalize your photos, pay for all your students and photos at one time and the photos will ship directly to your home.

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## Saturday Night In Lamoni

Sponsored by Americorp

Come join in the fun and entertainment at an event sponsored by Americorp. The event will include a barn dance, outdoor games, crafts and more! See the attached flyer for more information!

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## HOMEcoming SPIRIT WEEK

Sept. 27-Oct. 1

In support of LCS homecoming week, the elementary will have it's own spirit days to dress up and have fun! Please make sure your child can still participate in all activities while in costume and we do not allow face paint of any kind. The themes are:

Monday- Senior Citizen/Baby Day  
Tuesday-Dynamic Duo Day  
Wednesday-PJ Day  
Thursday-Favorite Holiday Day  
Friday-Neon Lights Day

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## **I-Smile No Cost Dental Services**

**October 4, 2021**

The Marion County Public Health I-Smile School program is offering no-cost dental services for children at our school. Please check your child's backpack for more information and the necessary forms.

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### **Changes in After School Plans**

For the safety of our students, we ask that parents solidify their student(s) after school plans for the week prior to the start of the week. Changing plans frequently can lead to feelings of stress and confusion for students during the rush of getting children where they need to go at the end of the day. Phone calls after 2pm regarding changes in plans will no longer be accepted. Frequent changes in plans will be addressed by the principal. Our goal is to keep our children safe, so let us know if we can help you make a more consistent plan.

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### **Exploration Academy**

Lamoni Community Schools offers a Before and After School program called Exploration Academy for grades K-5. The Before School Program is Monday –Friday from 7 a.m. to 7:30 a.m. Students arriving after 7:30 will be sent to breakfast or the playground. The After School Exploration Academy runs Monday-Friday 3:05 p.m. to 5 p.m. Students must be registered to attend. You may register on line at [www.lamonischools.org](http://www.lamonischools.org).

Students participating in Exploration Academy will be given an opportunity for Homework Help, STEM activities, and Physical Fitness. Snack is also provided. Students need to be picked up promptly at 5 p.m.

If you have any questions, please contact Karen Roberts, On-Site Supervisor at [kroberts@lamonischools.org](mailto:kroberts@lamonischools.org)

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### **My Student Assistance Program (SAP)**

If you, or your family, are struggling to deal with life's challenges, a Student Assistance Program (SAP) is available for you to call. You can count on your SAP for guidance, support and to develop helpful strategies. See attached flyer for more information.

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

If you notice 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.





# SATURDAY NIGHT IN LAMONI

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9.25.21 | 6-8 P.M.

LAMONI FAIRGROUNDS BARN, LAMONI,  
IA

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BARN DANCE, OUTDOOR GAMES,  
CRAFTS, S'MORES, & FUN!

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SEE YOU THERE!



**SPONSORED BY AMERICORPS**



EFR EMPLOYEE & FAMILY RESOURCES  
We're Here To Help.

# 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](http://www.efr.org/sap)





# PEDIATRIC REHABILITATION

## CONTACT

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