



# Lamoni Elementary Newsletter

Oct 14-18, 2024

## 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

Oct 16	4 yr old LEEP Field Trip Vision Screenings KG
Oct 18	Quarter 1 Ends
Oct 21	Vision Screenings PK
Oct 25	<b>NO SCHOOL</b> (Professional Development)
Nov 5 & 7	Parent Teacher Conferences 3-7pm Early Out 1pm
Nov 8	<b>NO SCHOOL</b> (Professional Development)
Nov 26	PRIDE Day Celebration Bus Evacuation Drills PK-12
Nov 27-29	<b>NO SCHOOL</b>
Dec 20	Quarter 2 Ends

### Specials Schedule for Oct 14-18 (full schedule on back page)

Monday	Tuesday	Wednesday	Thursday	Friday
B	C	D	A	B

Mon, Oct 14	Tues, Oct 15	Wed, Oct 16	Thu, Oct 17	Fri, Oct 18
Long John	Apple or Raspberry Churros	French Toast Sticks Omelet	Pancakes	Cinnamon Roll
Mr. Rib BBQ Beans	Walking Tacos Refried Beans	Pork Patty Mashed Potatoes/ Gravy Roll	Pizza Crunchers Peas	Goulash Bread Stick

**Dealing with life's challenges? Let SAP help you!**



# 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)





## GU Jr. Gadet Clinic



# Jr Gadets

## CLINIC

Kindergarten - 12th Grade



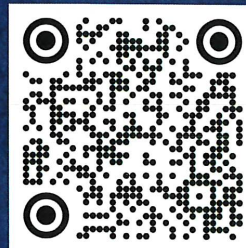
Cost  
**\$25**

 **Saturday, November 9, 2024**

 Clinic: 11 a.m. - 1 p.m.  Shaw Center, Movement Room  
Game: 1 p.m.

### THE CLINIC INCLUDES

- Dance Technique
- Performance with Dance Team at Halftime of Football game
- T-Shirt, Snacks, Entry into Football Game



SIGN UP HERE:  
[graceland.edu/DanceClinic](https://graceland.edu/DanceClinic)

Questions? [alber1@graceland.edu](mailto:alber1@graceland.edu)

## **Specials Schedule**

<b>K-5 Specials</b>		<b>Time</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
Johnson	K	10:21-10:51am	PE	Library	Music	Art
Johnson	K	11:21-11:51am	Art	PE	Library	Music
McKillip	1	10:21-10:51am	Art	PE	Library	Music
McKillip	1	11:21-11:51am	Music	Art	PE	Library
Mickelson	2	10:21-10:51am	Music	Art	PE	Library
Mickelson	2	11:21-11:51am	Library	Music	Art	PE
Gilliland	2	10:21-10:51am	Library	Music	Art	PE
Gilliland	2	11:21-11:51am	PE	Library	Music	Art
Nary	3	10:51-11:21	PE	Library	Music	Art
Nary	3	11:51-12:21	Art	PE	Library	Music
Boswell	3	10:51-11:21	Art	PE	Library	Music
Boswell	3	11:51-12:21	Music	Art	PE	Library
Rushing	4	10:51-11:21	Music	Art	PE	Library
Rushing	4	11:51-12:21	Library	Music	Art	PE
Pitt	5	10:51-11:21	Library	Music	Art	PE
Pitt	5	11:51-12:21	PE	Library	Music	Art