



# Lamoni Elementary Newsletter

Sept. 30-Oct 4, 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

Sept 30	I-Smile Dental Screenings
Sept 30-Oct 3	Little Demon Cheer Clinic
Oct 2	Iowa's Healthiest Walk
Oct 5	LAFF
Oct 8	AEA Hearing Screenings
Oct 9	Picture Day
Oct 10	1st & 2nd Field Trip to Shatto Dairy
Oct 16	4 yr old LEEP Field Trip
Oct 18	Quarter 1 Ends
Oct 25	<b>NO SCHOOL</b> (Professional Development)
Nov 5 & 7	Parent Teacher Conferences 3-7pm Early Out 1pm

### Specials Schedule for Sept 30-Oct 1 (full schedule on back page)

Monday	Tuesday	Wednesday	Thursday	Friday
D	A	B	C	D

Mon, Sept 30	Tues, Oct 1	Wed, Oct 2	Thu, Oct 3	Fri, Oct 4
Cinna Mini	Breakfast Pizza	Waffles	Long John	Pancake on Stick
Pizza Rice	Burrito Refried Beans	Chicken Sandwich Green Beans	Stuffed Cheesesticks	Sloppy Joe Corn

## **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 three days 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.

## **Join us on October 2<sup>nd</sup> to walk for our physical, social, and mentalhealth!**



Physical activity is one of the most important things we can do to improve our health – and walking is a great and easy way to get moving while connecting with others.

The Iowa Healthiest State 14th Annual Walk, presented by Delta Dental of Iowa, asks Iowans to walk for 30 minutes. Lamoni Community Schools is joining the effort on October 2<sup>nd</sup>

The walk will take approximately 30 minutes. Teachers will determine the route dependent on the age group. Together we can help every Iowan live their healthiest life!

## **Vision Screening**

Students in **Preschool, Kindergarten and 3rd grade** are required to have a vision screening no later than 6 months after the start of the school year. If your student is in preschool or kindergarten and have not done this already for your student, we will have a volunteer from KidSight here to do the screenings in October. Parents need to have completed a KidSight form or a Public Health Child Vision Screening form as soon as possible if you want your child to be screened. KidSight forms will be sent home to those students who have not already turned them in.

If your student has been screened by an eye doctor no earlier than 1 year before the start of the school year, please request a copy of the screening and turn it into the Elementary or Nurse's Office.

**Lamoni's Annual Fall Festival**



# LAFF

## Lamoni's Annual Fall Festival

Saturday October 5, 2024

*Join us for a day of fun!*

Vendors - Games - Food - Inflatables - Face  
Painting - Balloon Twister - Airbrush Tattoos -  
Pony Rides - Petting Zoo - Spin Art -  
Caricatures - Scarecrow & Pumpkin Contests -  
Kid Raffle Table - Nate's Hoops -  
Pucker Powder Station -  
Pack-a-Pal - Little River Hunting Shack -  
Mechanical Bull - Escape Room Chamber -  
Trackless Train - PTO Scavenger Hunt Hayride -  
Magic Show - Fire Show - Street Dance

**LOCATED DOWNTOWN LAMONI NEAR LINDEN STREET**

Parents -  
Check out our Facebook  
page for more info!  
LAFF - Lamoni's Annual  
Fall Festival



**Little Demon Cheer Camp**

LAMONI HIGH SCHOOL



**LITTLE DEMON  
CHEER  
CLINIC**

**SEPT. 30 THROUGH OCT. 3  
FROM 3:05 TO 4:15**

**PERFORMANCE OCTOBER 4TH @ 6:30 AT  
GRACELAND UNIVERSITY BEFORE & AT  
HALFTIME OF THE LAMONI VS SOUTHEAST  
WARREN FOOTBALL GAME**

**\$25  
PER  
CHEERLEADER**

*Includes T-Shirt  
and Bow*

**Registration is Now Open for all  
students in Kindergarten through  
6th grade. Sign up by Sept. 16th.**

Learn the basics of cheerleading! Students will perform a few cheers before the start of the game. They will also perform a short dance at half time.

*For more information, please email Joseph Kacmarynski:  
[joe.kacmarynski@lamonischools.org](mailto:joe.kacmarynski@lamonischools.org)*





## GU Jr. Gadget Clinic



# Jr Gadgets

## CLINIC

Kindergarten - 12th Grade



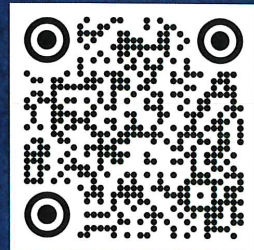
Cost  
**\$25**

 **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)



# **FAMILY FUN NIGHT**

## **DRAGON EGG CRAFT**



**Create your own Spooky Dragon Egg  
and help decorate the Library for Halloween!**

**THURSDAY, OCTOBER 3RD**  
**5-7PM DROP-IN**



## **Nurturing Healthy Minds**



**Let's reframe the conversation on children's mental health.**

Parenting is incredibly rewarding, but let's face it, it's tough too. As caregivers, you pour your heart and soul into giving your kids everything they need to succeed, including love and support for their physical and mental health.

Sometimes, though, our kids might struggle in ways that aren't immediately obvious. That's why it's important to have the tools to recognize the difference between everyday stress and more serious challenges they might be dealing with.

Learn more about how to spot signs of growing challenges in your child's mental health and find resources for additional help at [nurturinghealthyminds.education.uiowa.edu](https://nurturinghealthyminds.education.uiowa.edu).



Scan to learn more.

**IOWA** | Scanlan Center for School Mental Health







WELCOME LAMONI COMMUNITY TO

Graceland's Ag Club

# HARVEST

# FEST

OCTOBER 6TH

6-8PM


FREE  
ENTRY

Where: Graceland's Ag  
Business Test Plot  
(Across the road from Big G Lake)  
Parking is available by the  
entrance of the test plots and in  
the lot by Big G Lake



**Pie eating contest starting at 7pm!**

PUMPKIN PAINTING,  
HAYRIDES, PUMPKIN  
BOWLING, APPLE BOBBING,  
AND SO MUCH MORE!



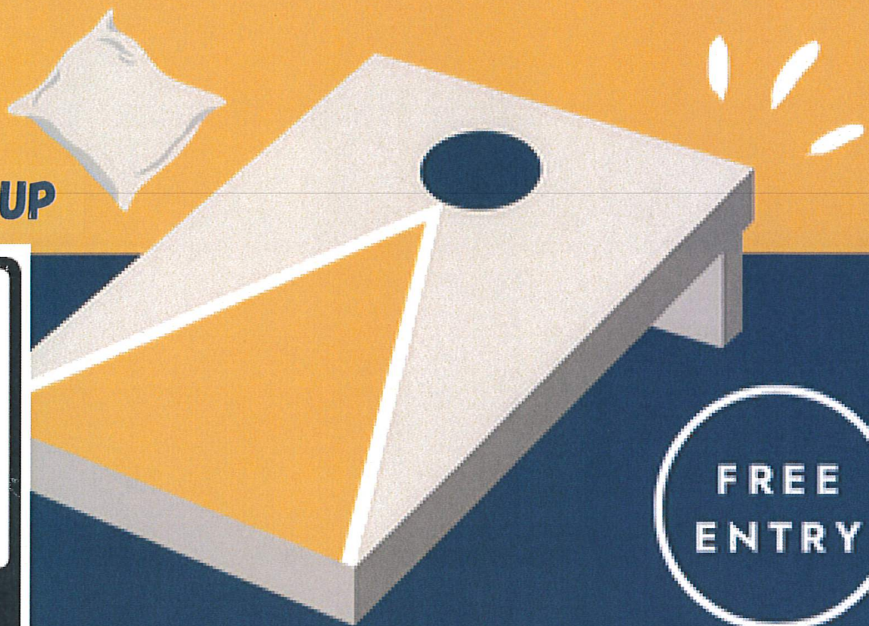


# AG CLUB CORNHOLE *Tournament*

SCAN TO SIGN-UP



SCAN ME



FREE  
ENTRY

SPONSORED BY:



THURSDAY, OCTOBER 10TH IN THE NSU  
TEAM CHECK-IN @ 6:30 PM  
TOURNAMENT STARTS @ 7 PM

K-5 Specials		Time	A	B	C	D
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