



# LAKEWOOD MIDDLE SCHOOL

## WEEKLY CALENDAR

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### **Monday, January 9<sup>th</sup>**

Lunch: Pepperoni Rippers, marinara sauce, peas, garden salad, fresh apple slices

3:30pm: Scholars bowl @ Haysville West 7/8<sup>th</sup> grade leave time: 1:00pm

**9<sup>TH</sup> HOUR RESUMES TODAY**

### **Tuesday, January 10<sup>th</sup>**

Lunch: Chicken Nuggets, Cheesy mashed potatoes, cauliflower, fresh strawberries

4:00pm Spelling Bee @ Newton 7/8<sup>th</sup> grade leave time: 2:00pm

### **Wednesday, January 11<sup>th</sup>**

**7:05am: Crisis team – Staff development room**

Lunch: Beef fiestada pizza, black beans, orange peppers, tropical fruit

### **Thursday, January 12<sup>th</sup>**

Lunch: Chili, corn chips, celery sticks, fresh baby carrots, orange wedges, cinnamon knot

3:30pm: Scholars bowl @ Haysville 7/8<sup>th</sup> grade leave time: 1:00pm

### **Friday, January 13<sup>th</sup>**

First day of Q3 Advisory club activities

Lunch: Teriyaki chicken, savory brown rice, steamed broccoli, Asian sesame coleslaw, frozen strawberry mango juice cup

## SCHOOL NEWS

- Report cards for the first semester are being sent home with students today, January 6<sup>th</sup>.
- The afterschool program will resume again on Monday, January 9<sup>th</sup>.
- There will be **no school on Monday, January 16<sup>th</sup>** for Martin Luther King Jr. day.

## Community Resources

### Food/Commodities

- Salina Emergency Food Bank
  - Food distribution times are **Monday – Friday from 1-2:45pm** and **Mondays from 5-6:45pm**.
  - Individuals/families can access the food bank once every 7 days.
  - Needed information:
    - Photo ID for anyone in the home 16 years and up.
    - Name, DOB, and SSN (SSN not mandatory, but preferred if available).
    - Proof of a Saline Co. Address (Utility bill, mail with name and address, lease)
    - There are no income guidelines to utilize this resource.
  - The lobby is currently closed – Food bank staff are utilizing the front windows to communicate with individuals.
  - Call 785-827-7111 for questions regarding food distribution, financial aid availability, etc.

### Parenting Resources

- Parent and Teen Academy by CAPS. This academy is packed full of effective strategies to make family life with teenagers less stressful and even fun-for both the parent and the teen. CAPS is offering 4 classes, 1 for the teen and 3 for the parent.
  - **Mind Matters: Overcoming Adversity & Building Resilience**  
**Mondays, 2/27-4/24** (for teens, ages 12-18 Techniques learned can

help teens expand the space between stimulus and response, and thus make choices more from logic and less from emotion.)

- **Helping Children with Loss 2/27, 3/6, 3/20 and 3/27** (This class will help your child deal with death, divorce, pet loss, moving on and other losses.)
- **Love and Logic for Teens 1/23, 1/30 and 2/6** (Love and Logic provides loving, powerful tools for parenting teens. Learn to avoid power struggles and set limits that let your teens know they are loved. You can help them learn good decision-making skills as well as navigate the rocky years of peer pressure.)
- **Internet Safety: Child Predators in the Mobile Age Tuesdays, 4/3-4/24** (Learn how to keep your kids safe from the ever-changing internet. The dangers of cyberbullying, sexting, gaming apps, social media and online grooming are discussed.) **(VIA ZOOM)**

#### Additional info:

- Classes are FREE to attend!
- Free childcare for children under 12.
- Parents do not have to attend with their teen.
- Parents do not have to attend all 3 classes, each class can stand-alone.
- In-Person classes are held at the CAPS office, 155 N. Oakdale Ste. 200, Salina, KS.
- Times of classes and registration can be found at [www.capsosalina.org/parenting-classes/](http://www.capsosalina.org/parenting-classes/)

#### Other

- Salina Shares
  - Laundry Love: quarters and laundry supplies provided for those who need them to wash/dry their laundry.
    - **January 17th from 6p-8:30p at Speedy Wash Laundromat on Iron Ave.**
      - Quarters provided for up to 2 loads of laundry per family/household.

- **January 28th from 9a-1pm at Missing Sock Laundromat on Ohio St.**
  - Quarters provided for up to 5 loads of laundry per family/household.
- **January 28th from 12pm-4pm at Quick and Clean Laundromat on Crawford St.**
  - Quarters provided for up to 5 loads of laundry per family/household.
- **CityGo Bussing**
  - Youth 7-18 can purchase a Get On and Go Winter Youth Bus Pass for \$10. The passes are good for unlimited rides on Salina's CityGo bus from December 1<sup>st</sup> to February 28<sup>th</sup>.
  - Passes can be purchased online at [www.salinacitygo.com](http://www.salinacitygo.com), or via the Token Transit app or in person at OCKK Transportation 340 N. Santa Fe or OCKK Corporate Office 1710 W. Schilling.