UNION ELEMENTARY @ LA PORTE CITY WEEKLY NEWSLETTER

UNION COMMUNITY SCHOOL DISTRICT

"EDUCATION TO MEET TOMORROW'S CHALLENGES"

"ALL IN – EVERY CHILD – EVERY DAY"

ISSUE #5

SEPT. 20, 2018

Next Week's Schedule

Mon. Sept. 23 - 21st Day of School-Day 3(PE/M) - Regular Day of School

Tues., Sept. 24 - 22nd Day of School-Day 4(A/M) - Regular Day of School

Wed., Sept. 25 - 23rd Day of School-Day 5(PE/L) - Regular Day of School

Thurs., Sept. 26 - 24th Day of School-Day6(PE/M) - Regular Day of School

Fri., Sept. 27 - 25th Day of School-Day 1(M/L) - Regular Day of School

Upcoming Dates

Sept. 2 - Labor Day Holiday - No School
Sept. 13 - School Pictures
Oct. 7-11- Homecoming Week
Oct. 22 & 24 – Conferences 3-7pm
Oct. 25 – No School

Zones of Regulation

Again, this year both elementary buildings are incorporating the Zones of Regulation curriculum into our classrooms. These are lessons and activities designed to help students recognize their feelings and gain skills in the area of self-regulation, which is centered around self-control, self-management, impulse control, and state of alertness. The lessons and learning activities are designed to help students recognize when they are in the different zones and learn how to use strategies to change or stay in the zone they are in. In addition, the students will gain an awareness of emotional terms, skills in reading other people's facial expressions, perspectives about how others see and react to their behavior, insight into events that trigger their behavior, calming and alerting strategies, and problem solving skills. A critical aspect of this curriculum is that all staff members know and understand the Zones Language. This creates a supportive environment for students to practice their self-regulation skills. You can help at home by asking your child to explain to you what the four zones of regulation colors on the back of today's newsletter mean to them and what they are learning at school.

Blue Zone Green Zone Yellow Zone Red Zone

Home Football Game Reminders

Our varsity home football games have begun. A reminder that there is **No Smoking allowed on the Union Community School District grounds** pursuant to the Iowa Smokefree Air Act. The school does not provide direct supervision of students, but will uphold appropriate student behavior and student expectations as follows: 1. Ideally, elementary students should sit with their parents or in small parent-supervised groups in the bleachers or on the hill and **watch the game**. 2. Students are **not allowed to bring footballs** to the game. 3. **No students are allowed on the practice field.** 4. We also are asking that students dispose of all plastic bottles properly in the waste cans available. **No kicking or throwing of pop bottles will be allowed.** ***Also we ask that students do not sit or stand in the middle of the brick retaining wall under the scoreboard***. Your cooperation is needed and very much appreciated. We want students to have fun and show their school spirit in a good way.

Good Sportsmanship

As the junior high and high school football, volleyball, and cross-country seasons are ready to begin, our district needs your help. As parents and role models, we need you to set the tone at all games. We need you to support our players, cheerleaders, and coaches in a positive manner that represents our school with pride. Come cheer on the Knights to V-I-C-T-O-R-Y! See you at the games. Go Knights!

District Calendar Online

This year our district calendar is online at the Union Community School District's webpage at www.union.k12.ia.us. Just click on the "Calendar" tab at the top of the page next to the "Staff Directory" button. Parents do have the option to print off the up-to-date printable calendar with district events listed.

UNION KNIGHTS

LPC Elementary PTO:

Dates to Remember

Announcements
The PTO has a variety of gift cards on-hand and available for purchase. We also have shirts, sweatshirts, beanies, and drawstring bags for sale. Be sure to check out our Facebook page to see the available cards and apparel. We will be sending a new apparel order home this fall and those orders will arrive by Christmas.

Scrip Orders due Monday September 23rd
Scrip is an ongoing PTO fundraiser and an easy way to raise money without selling anything! Shop with Scrip is a way to buy gift cards for yourself or to purchase as gifts for any occasion. Gifts cards for yourself can be used for gas, groceries, restaurants, clothes, etc. Every gift card purchased earns a rebate percentage for our school. For example, purchasing a $20 Tootsie's certificate through Scrip earns a 20% rebate (or $4) for our school.

Scrip order forms are sent home throughout the year - at least once per month. Shop online at www.shopwithscrip.com to select from a variety of card options including 800+ retails and physical or electronic cards. New this year - Scrip online now offers an option to pay with credit card!

To sign up to order online, click 'Register' in the upper right corner, then 'Join a Scrip Program' and enter our enrollment code: B4L78C7141185. Contact JoLisa at LPCElementaryPTO@gmail.com or 319-269-5446 to see what cards we have on-hand or if you have any questions.

Spirit Day! October 4th
Every Friday is Spirit Day! Wear red and black to show your school spirit! The LPC PTO and Student Council will be selling spirit beads for $2 per set (1 red, 1 black, 1 silver) on the first Friday of each month. They will be available at the table outside Mrs. Juhl's room from 7:40-8:00am.

Homecoming Week October 7-11th
The PTO and Student Council will be selling spirit beads and temporary tattoos during Homecoming Week. Forms to pre-order will be sent home with students.

Save the Date!
Mark your calendars for Family Night Out at Vinton Pizza Ranch on Monday November 18th from 5-8pm. A percentage of sales and all tips will be donated to LPC PTO. Follow us on Facebook for updates! Don't forget to get your Pizza Ranch gift cards ordered through Scrip.

Check these Out!
Here are a few simple ways to help earn money for our school that add up to make a big difference throughout the school year -

Box Tops for Education is going digital. The Box Tops logo will be printed on packaging but instead of clipping, Box Tops will be earned digitally by scanning receipts. Families can download the Box Top app, register, select La Porte City Elementary School, then scan receipts. The earning is 10 cents for each Box Tops product along with bonuses offered in the app. Receipts need to be submitted within 14 days of purchase.

Receipts from online grocery orders can be emailed to receipts@boxtops4education.com using the email linked to your Box Tops account. If you have clipped Box Tops that are not expired, please continue to send those to school.

Remember to turn in your receipts from any **Waterloo, Cedar Falls, or Waverly HyVee** to earn cash for your school. Any purchases made at HyVee stores and gas stations can be turned into school from now until March 31, 2020.

To stay up-to-date with PTO events or announcements, please like our page on Facebook!

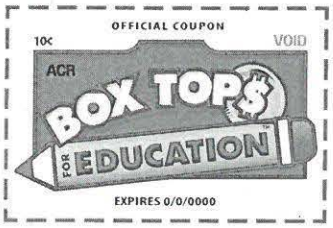
https://www.facebook.com/LPCElementaryPTO/

Thank you for your continued support!

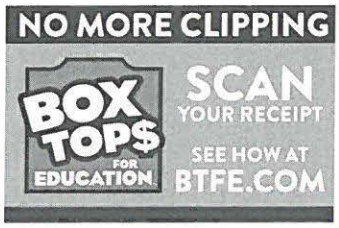
Dear Families,

The Box Tops for Education program is changing the way we can earn cash for our school!

Over the summer, participating brands have begun to change their packaging from the traditional Box Tops clip to the new Box Tops label.



SEE THIS...
CLIP IT



SEE THIS...
SCAN
YOUR RECEIPT

Going forward, instead of clipping from packages and checking expiration dates, all Box Tops will be earned digitally by scanning your receipt. The Box Tops for Education team has worked hard to build a NEW-and-improved, user-friendly Box Tops mobile app, available now.

The new app features state-of-the-art technology that allows you to scan your store receipt, find participating products and instantly add Box Tops to our school's earnings online.

BE SURE TO DOWNLOAD THE NEW APP OR UPDATE YOUR EXISTING APP:

Download on the App Store

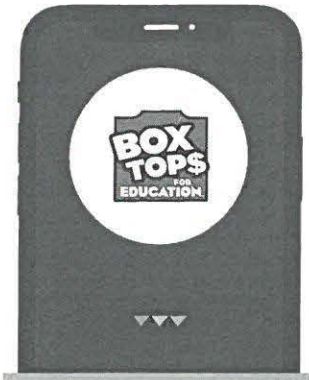
GET IT ON Google Play

If you still have traditional Box Tops clips at home, make sure to send them to school. We will still earn cash for all clipped Box Tops until they expire. Better yet, you can "double dip" during the packaging transition by clipping traditional Box Tops AND scanning your store receipt containing participating products.

Thanks for helping our school get what it needs!

LEARN MORE ABOUT THESE CHANGES AT

BTFE.COM

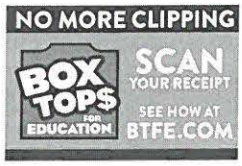


EARN CASH FOR OUR SCHOOL

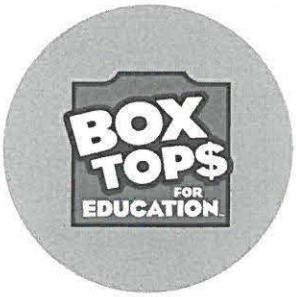
NO MORE CLIPPING. ALL YOU NEED IS YOUR SMARTPHONE.

The NEW and improved Box Tops mobile app uses state-of-the-art technology to scan your store receipt, find participating products and instantly add Box Tops to our school's earnings online.

LOOK FOR THE NEW LABEL:



HERE'S HOW IT WORKS:



BUY
BOX TOPS PRODUCTS

You can find Box Tops on hundreds of products throughout the store.

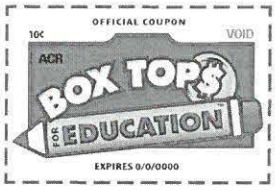
SCAN
YOUR RECEIPT

Use the app to snap a photo of your receipt within 14 days of purchase.

EARN
CASH FOR OUR SCHOOL

Box Tops earnings are identified and automatically updated at BTFE.com.

You do not need to clip or send Box Tops labels to school.



BOX TOPS CLIPS ON PACKAGES

Traditional Box Tops clips are being phased out of production but may continue to be found on many products throughout the store as packages transition to the new Box Tops labels. **You can still clip these and send them to school.** Please make sure each clip has a valid expiration date.

BUY
BOX TOPS PRODUCTS

CUT
OUT THE BOX TOP FROM EACH PACKAGE

SEND
YOUR BOX TOPS TO SCHOOL

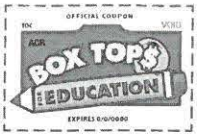
SEE PRODUCTS & LEARN MORE ABOUT THE BOX TOPS APP AT BTFE.COM

© General Mills

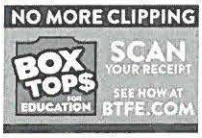
THE ALL-NEW BOX TOPS IS HERE! DOWNLOAD THE APP:

LOOK FOR BOX TOPS ON HUNDREDS OF PRODUCTS!

THE ALL-NEW BOX TOPS IS HERE!
DOWNLOAD THE APP:



CLIP: Traditional Box Tops clips are being phased out of production, but you can still send unexpired clips to school. **Every valid Box Tops clip is worth 10¢.**



SCAN: If you see this label, **do not send it to school**. Use the new Box Tops app to scan your store receipt within 14 days of purchase. The app will find participating products and instantly add Box Tops to your school's earnings online.

BEVERAGES

- Nestle Pure Life Water .5-Liter 24, 28, 32,35-Packs
- Nestle Pure Life Water 8 oz. 6, 12, 24 & 56-Packs
- Nestle Pure Life Water 11.15 oz 6-Pack

HOUSEHOLD CLEANING

- Lysol® Disenfectant Spray
- Lysol® Disenfecting Wipes
- Lysol® Toilet Bowl Cleaner

MEALS & SIDES

- Annie's® Baking Mix
- Annie's® Brownie Mix
- Annie's® Cake Mix
- Annie's® Cookie Mix
- Annie's® Mac & Cheese
- Annie's® One Pot Pasta
- Annie's® Soup
- Hamburger Helper™
- Chicken Helper™
- Tuna Helper™
- Old El Paso™ Beans
- Old El Paso™ Taco Kit
- Old El Paso™ Tortillas
- Old El Paso™ Shells

SNACKS

- Annie's® Bunny Cookies
- Annie's® Bunny Grahams
- Annie's® Cheddar Bunnies
- Annie's® Cheddar Squares
- Annie's® Cookies
- Annie's® Crackers
- Annie's® Fruit Snacks
- Annie's® Granola Bars
- Annie's® Popcorn
- Annie's® Snack Bars
- Annie's® Snack Mix
- Bugles™
- Cascadian Farm™ Granola
- Cascadian Farm™ Granola Bars
- Cascadian Farm™ Protein Bars
- Cereal Treat Bars
- Chex™ Mix
- Fiber One™ Bars
- Fiber One™ Brownies
- Fiber One™ Cheesecake Bars
- Fiber One™ Cookies
- Food Should Taste Good™ Chips
- Fruit by the Foot™
- Fruit Roll-Ups™
- Gardettos™
- General Mills™ Fruit Snacks
- Gushers™
- LARABAR™ Kid
- Mott's® Fruit Snacks
- Nature Valley™ Bars
- Nature Valley™ Biscuits
- Nature Valley™ Bites
- Nature Valley™ Granola Cups
- Nature Valley™ Layer Bars
- Nature Valley™ Snack Mix
- Nature Valley™ Squares
- Nature Valley™ Wafer Bars

CEREAL & BREAKFAST

*Bagged cereals do not participate

- Ancient Grains Cheerios™
- Annie's® Cereal
- Annie's® Toaster Pastries
- Apple Cinnamon Cheerios™
- Apple Cinnamon Toast Crunch™
- Banana Nut Cheerios™
- Basic 4™ Cereal
- Big G Cereal Breakfast Pack (8 Pouches)
- Berry Berry Kix™
- Birthday Cake Cookie Crisp™
- Blueberry Cheerios™
- Blueberry Chex™
- Blueberry Toast Crunch™
- Boo Berry™
- Cascadian Farm Cereal™
- Cheerios™
- Cheerios™ Oat Crunch Cinnamon
- Chocolate Cheerios™
- Chocolate Chex™
- Chocolate Lucky Charms™
- Chocolate Peanut Butter Cheerios™
- Chocolate Toast Crunch™
- Cinnamon Chex™
- Cinnamon Toast Crunch™
- Cinnamon Toast Crunch™ Churros
- Cinnamon Toast Crunch™ Shreds
- Cocoa Puffs™ Cereal
- Cookie Crisp™ Cereal
- Corn Chex™ Cereal
- Count Chocula™
- Dippin Dots™ Cereal
- Drumstick™ Cereal
- Fiber One™ Cereal
- Fillows™ Cereal
- Franken Berry™
- French Toast Crunch™
- Frosted Cheerios™
- Frosted Lucky Charms™
- Fruity Cheerios™
- Girl Scouts™ Cereal
- Golden Grahams™
- Honey Kix™
- Honey Nut Cheerios™
- Honey Nut Cheerios™ Crunch
- Honey Nut Chex™
- Kix™ Cereal
- Lucky Charms™
- Maple Cheerios™
- Mermaid Cereal
- Multigrain Cheerios™
- Nature Valley™ Cereal
- Nature Valley™ Granola
- Oatmeal Crisp™ Cereal
- Peach Cheerios™
- Peanut Butter Chex™
- Peanut Butter Chocolate Shreds™ Cereal
- Protein Cheerios™ Oat & Honey
- Pumpkin Spice Cheerios™
- Raisin Nut Bran™
- Reese's Puffs™
- Rice Chex™
- Star Wars™ Cereal
- Strawberry Toast Crunch™
- Sugar Cookie Toast Crunch™
- Toasted Coconut Cheerios™
- Total™ Cereal
- Trix™ Cereal
- Vanilla Chex™
- Very Berry Cheerios™
- Wheat Chex™
- Wheaties™

FROZEN

- Annie's® Bagel Pizzas
- Annie's® Pizza Bagels
- Annie's® Pizza Poppers
- Cinnamon Toast Crunch™ Bites
- Pillsbury™ Mini Cinnis
- Pillsbury™ Pancakes
- Pillsbury™ Toaster Scambles
- Pillsbury™ Toaster Strudel
- Totino's™ Party Pizza (4-pack only)
- Totino's™ Pizza Rolls

REFRIGERATED & DAIRY

- Annie's® Biscuits
- Annie's® Cinnamon Rolls
- Annie's® Crescent Rolls
- Yoplait® Go-GURT® Yogurt
- Yoplait® Go-Gurt® Dunkers
- Yoplait® Kid
- Yoplait® Multipack

SCHOOL & OFFICE SUPPLIES

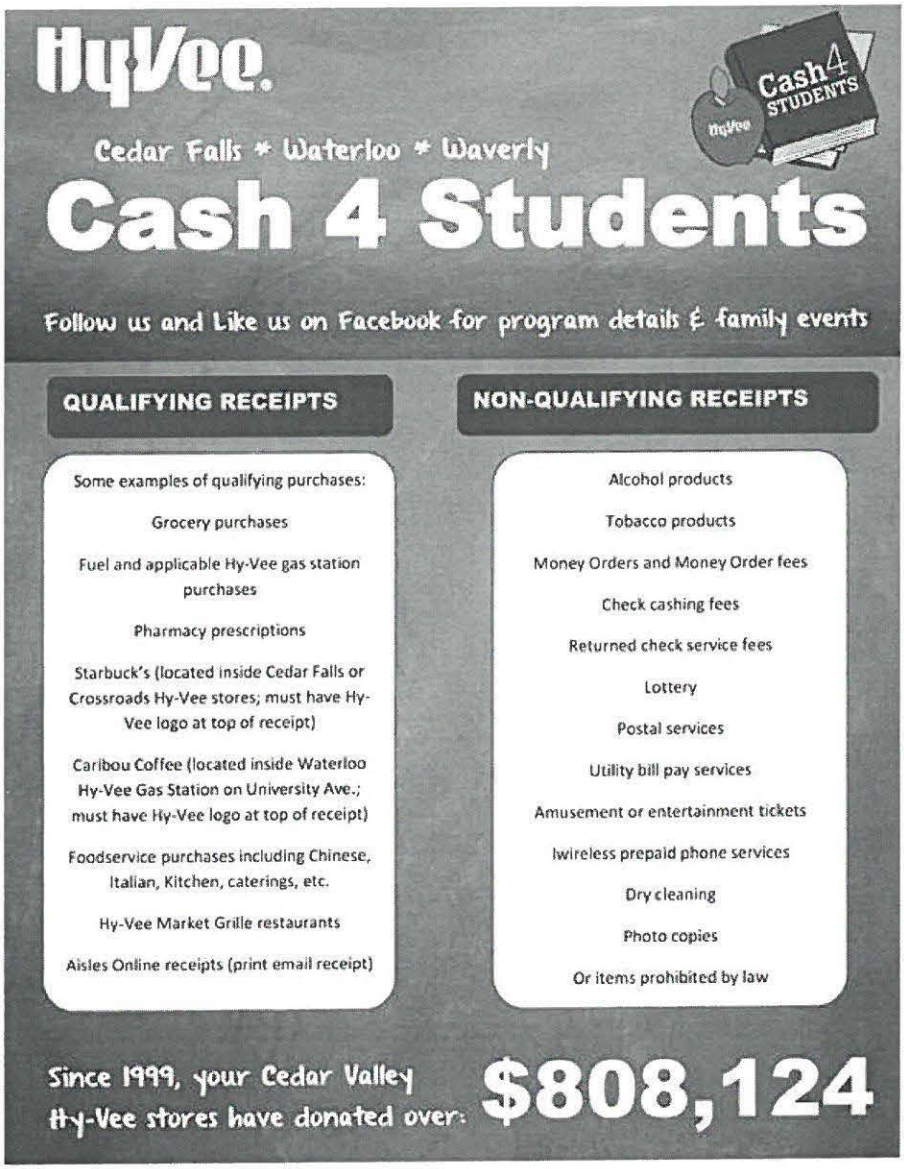
- Boise® POLARIS® Premium Paper
- Boise® X-9® Paper
- Paper Mate® Arrowhead® Erasers
- Paper Mate® Clearpoint® Mechanical Pencils
- Paper Mate® Colored Pencils
- Paper Mate® Comfortmate Ultra™
- Paper Mate® Correction Pens
- Paper Mate® DryLine® Products
- Paper Mate® Eagle® Pens
- Paper Mate® Eraser Mate®
- Paper Mate® Expressions® Erasers
- Paper Mate® Flair® Felt Tip Pens
- Paper Mate® Flexgrip® Elite
- Paper Mate® Flexgrip® Ultra
- Paper Mate® Gel Pens
- Paper Mate® Flexgrip® RT
- Paper Mate® Handwriting
- Paper Mate® Holiday
- Paper Mate® Infinite Lead
- Paper Mate® Inkjoy® Ballpoint Pens
- Paper Mate® Inkjoy® Gel Pens
- Paper Mate® Inkjoy® Stylus 2-in-1
- Paper Mate® Lead Refills
- Paper Mate® Liquid Flair®
- Paper Mate® Liquid Paper® Fast Dry
- Paper Mate® Markers
- Paper Mate® Mirado® Woodcase Pencils
- Paper Mate® Pens
- Paper Mate® Pink Pearl® & White Pearl® Erasers
- Paper Mate® Profile®
- Paper Mate® Profile® Elite
- Paper Mate® Quick Flip™
- Paper Mate® Sharpwriter® Mechanical Pencils
- Paper Mate® Speederase
- Paper Mate® Write Bros. Pens
- Paper Mate® Write Bros. Mechanical Pencils

CLIP-ONLY PRODUCTS

A few brands have opted not to participate in the digital program; however, you can still find Box Tops clips on these products during the packaging transition. Be sure to send them to your school before they expire.

- Select Finish® Products
- Select Hefty® Products
- Select Kleenex® Products
- Select Reynolds® Products
- Select Scott® Products
- Select Ziploc® Products

©General Mills


Hy-Vee
Cash4 STUDENTS
Cedar Falls * Waterloo * Waverly
Cash 4 Students
Follow us and Like us on Facebook for program details & family events
QUALIFYING RECEIPTS
Some examples of qualifying purchases:
Grocery purchases
Fuel and applicable Hy-Vee gas station purchases
Pharmacy prescriptions
Starbuck's (located inside Cedar Falls or Crossroads Hy-Vee stores; must have Hy-Vee logo at top of receipt)
Caribou Coffee (located inside Waterloo Hy-Vee Gas Station on University Ave.; must have Hy-Vee logo at top of receipt)
Foodservice purchases including Chinese, Italian, Kitchen, caterings, etc.
Hy-Vee Market Grille restaurants
Aisles Online receipts (print email receipt)
NON-QUALIFYING RECEIPTS
Alcohol products
Tobacco products
Money Orders and Money Order fees
Check cashing fees
Returned check service fees
Lottery
Postal services
Utility bill pay services
Amusement or entertainment tickets
Iwireless prepaid phone services
Dry cleaning
Photo copies
Or items prohibited by law
Since 1999, your Cedar Valley Hy-Vee stores have donated over: $808,124

BLACK HAWK AREA SWIM TEAM

'Try Us Out'

SWIM CAMP

Come see how much FUN competitive swimming can be! The "Try Us Out Camp" is open to new swimmers. Current BLAST swimmers may participate, but only if they bring a new friend!

WHEN: Monday, September 23rd & Wednesday, September 25th

***Novice 1 & 2** – 5:30-6:15pm Mon & Wed

***Age Group 1, 2, & 3** – 6:15-7:00pm Mon & Wed

WHERE: Peet Jr. High Pool

COST: $20 (for both days)

***Register at the door; Please arrive 15 minutes prior to start time on Monday.**

Guidelines for Groups:

Novice 1 - swimmers must be able to swim one length of the pool without stopping using front crawl and one length without stopping using back crawl; ages are 8&Under.

Novice 2 – swimmers need to be able to swim 1 lap (down and back) of the pool without stopping using front crawl and back crawl; typical age is 8&Under.

Age Group 1 – swimmers who are new to competitive swimming and can swim one length of the pool without stopping using the front crawl and back crawl; ages are 9-11 years old.

Age Group 2 - swimmers need to be able to swim four lengths using the front crawl, four lengths using the back crawl, and one length butterfly. They should be able to do a summersault in the water and be able to dive into the pool; typical ages are 8-12 years old.

Age Group 3 – swimmers need to be able to swim all four competitive strokes – front crawl, back crawl, breaststroke, and butterfly. They need to be able to complete a forward summersault in the water as well as a standing dive; typical ages are 9-12 years old.

Questions: Contact Jamie Langner @ (319) 290-9299