



Voyager



From The Superintendent's Desk — By Dr. Plas

Thanksgiving is my favorite holiday of the year! It is a time for us to focus on all the positives in our life and give thanks. Like many others, I can get trapped in worrying about what is next, what would make life easier, and comparing to others but forget to give the proper amount of gratitude for the many gifts for which we have been blessed. With that said, here a few things I am thankful for at Lakeview:

- Some of the best students of any school system in the state of Nebraska
- A wonderful, caring staff that puts students first
- The Lakeview community that will do anything to help the district
- A supportive Board of Education with a deep passion for Lakeview
- A support staff that is second to none
- Amazing administrative assistants that do so much behind the scenes for our students
- A maintenance crew that keeps our buildings clean and safe
- A school nutrition staff that provides excellent meals every day to our students

It is nice to spend a day giving thanks for all of the positives in our life! I truly hope you and your family have a wonderful Thanksgiving!

Annexation Information

Lakeview is aware of the many rumors that the Country Club Shores residential neighborhood and the surrounding businesses along 33rd Avenue have been targeted for annexation from the city of Columbus. This greatly affects Lakeview Community Schools since this would shift school boundaries for Columbus Public Schools to include those areas. At this point, there has not been an official proposal or resolution offered from the city of Columbus. Lakeview is working closely with our legal counsel to ensure that all state statutes are being followed by all entities. If an official proposal comes forward, Lakeview will work to protect our district boundaries to the best of our abilities. In addition, we will communicate all information to the patrons as it becomes available.

If you have any questions, please contact Aaron Plas at (402) 564-8518 or aplas@lakeview.esu7.org.

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Check out our website!

www.lakeview.esu7.org

In & Around the Jr/Sr High School...

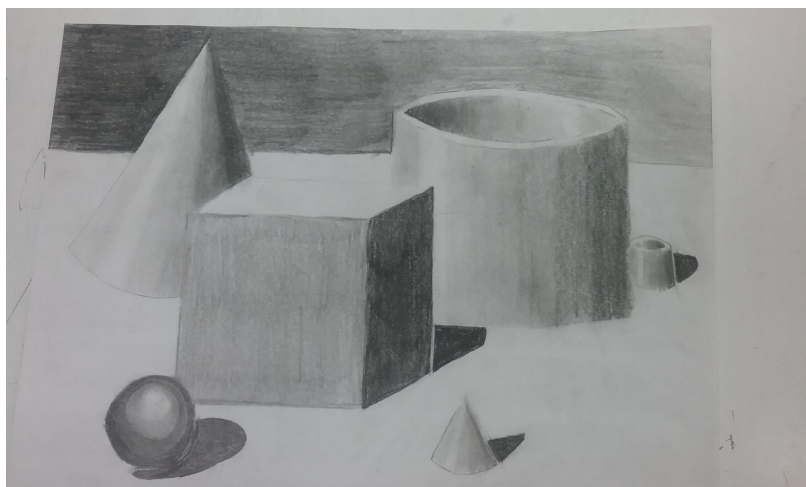


Congratulations to Mason Klug for being selected as the Junior High, Viking Way Student of the Month! Mason serves as a leader in student council and is always willing to participate. Great job Mason!

Congratulations to Ali Janssen for being selected as the High School, Viking Way Student of the Month! Ali dedicates her time to help other students, she demonstrates a lot of patience and grace when working with these students. That's awesome Ali!



The featured artist for November is seventh grader Josie Bentz. Her parents are Michelle and Don Bentz. Josie is enrolled in first quarter Creative Arts. We practiced shading shapes with art pencils and then arranged them together to draw a still life. This is what Josie had to say about her drawing, "It was fun to do."



On September 30th, the Viking Marching Band competed at the 43rd annual Columbus Marching Festival.



In prior years, the band has only participated in the parade portion of the festival. This year, however, the band participated in both the parade and field show divisions. This huge step forward for the program was met with great enthusiasm from the students and they received an Excellent (Division II) rating for their performance.

Drum Major Marina Jimenez proudly displaying the plaque for an Excellent rating



Winter Concert Dates

Please consider joining us at the following concerts this winter. It is always a pleasure to have such supportive audiences for the students to showcase their talents in front of.

Senior High Concert Band: Sunday, December 10th at 3:00 PM at the CCC Fine Arts Theatre (in collaboration with CCC Concert Band and Choirs)

5th, 6th, 7th, and 8th Grade Bands: Monday, December 18th at 7:00 PM in the Lakeview East Gym

FBLA – ELEVATE YOUR FUTURE

NOVEMBER ISSUE



OUT OF TOWN BUSINESS TOURS

This year's Out of Town Business Tours was held at Omaha's Henry Doorly Zoo. The admission fee was \$7, which included a sack lunch from the school. 40 students participated and heard a presentation from the Finance and Marketing department.

JUNIOR HIGH DANCE

Officers and volunteer members hosted a Junior High Dance in the commons area on October 28 from 6 – 9 p.m. The chapter provided a snack break in the Cafeteria. Thank you to everyone that volunteered to make this event a success.

SOCIAL MEDIA UPDATE

Officer, Courtney Miller, updated the chapter's Facebook page, Twitter and Snapchat accounts. At the meeting, officer had members add the accounts. This way they will be able to stay up to date immediately.

Like us on our Facebook page, Twitter, and Snapchat accounts. All which are Lakeview FBLA./

LEADERSHIP TEAM

MRS. TARA DLOUHY	ADVISER
SHELBY BERGER	PRESIDENT
ANDREW HERLEY	VICE PRESIDENT
HALLA PASCHALD	SECRETARY
SAVANNA DENTON	TREASURER

NATIONAL FALL LEADERSHIP CONFERENCE

The 2017 – 2018 officer team along with selected members have been chosen to attend the National Fall Leadership Conference to be held in St. Louis, MO. This conference provides officers and enhances student's leadership skills. Opening/closing sessions and workshops are presented by national speakers to prepare FBLA members for years to come. The registration fee was \$65, due on October 12th. The conference itself is November 10 – 12.

CHRISTMAS FOR OUR TROOPS

This project was started last year, where Lakeview and other local schools/businesses collected nonperishable items. These then were packaged to send to troops from our area. A list was made to help give ideas for what students should bring. In November, Pinnacle Bank volunteered to provide their basement to set up stations of supplies. Then the community is able to come fill boxes.

Some Items for this would be nonperishable items, such as:

Beef Jerky	DVD's/CD's	Card Games	Blank Journals
Razor	Letter Paper	Puzzle Book	Frisbees

UPCOMING EVENTS

October 25	BAA Work Time Scheduled
November 9	Christmas For Our Troops
November 10 – 12	National Fall Leader Conference
November 14	Viking Time Meeting
November 18	Dodge Ball Tournament

BUSINESS ACHIEVEMENT AWARDS

Officers, Halla Paschold and Sydney Loseke, will hold a work time for members who wish to complete the awards. The goal is to have a meeting at least once a month. This will allow the members to ask any questions they collect during the activities.

SYDNEY LOSEKE	REPORTER
MEGAN FERRIS	HISTORIAN
ETHAN GOLDFISH VINSON	PARLIAMENTARIAN
COURTNEY MILLER	WEBMASTER
KASSIDY SOULLIERE	PUBLIC RELATIONS

Senior & Junior Parents – Post Prom Information

Prom-April 21st with Post Prom to follow

NEXT MEETING: NOVEMBER 13TH at 7 PM @ Lakeview cafeteria.

Parent involvement is what makes Post Prom a success! **If you plan on working at Post Prom, we ask that you serve on a committee or help with the fundraisers.** We realize everyone is BUSY, but hopefully you can look at your schedule and find some time to volunteer. Please check the Lakeview website for updates, under the Community tab.

Future fundraising dates below. Please mark your calendars:

Viking Jam **March 23rd -24th****Ironman Volleyball March 18th**

Thank you from the steering committee! Melissa Foltz (402) 910-6998, Lenette Sprunk (402) 910-1238, Kara Johnson (402) 276-6842 and Lori Van Cleave (402) 659-8265

**Junior-Senior Parent Donation
For Lakeview High School Post Prom
April 22, 2018**

Please consider donating to the Post Prom fund with a monetary gift of at least \$25.00. We are asking all Junior and Senior parents, grandparents or willing Lakeview patrons to donate. Your donation will be used to purchase food and gifts for Post Prom for all junior and senior students in attendance. Please drop your contribution in the mail to: Lakeview Community Schools, Attn: Post Prom Committee, 3744 83rd St., Columbus, NE 68601

I am willing to donate \$ _____ towards the 2018 Lakeview Post-Prom and help my child to have a safe and fun event to attend following the Jr.-Sr. Prom on April 21st, 2018.

Patron Name(s) _____



SAVE THE DATES!!



It's almost that holiday time of year again- the snow will be falling, the cookies will be baking, and all of the Christmas concerts will be happening! Below are the dates for ALL of the Christmas programs the Lakeview music department will be putting on. Please make sure you read closely as 5th-6th grade band and Lakeview High School band are different this year. More information will follow from the specific teachers, but we wanted to get these dates out as soon as we could as we understand this is an incredibly busy time of year. If you have any concerns about your child being able to attend their performance, please contact their music teacher as soon as possible. Remember, your student is only required to be at a performance that they are involved in, although they are welcome to attend any of the concerts.

Mr. Howles (all Band students): 402-564-8518

Mrs. Goedeken (Shell Creek): 402-564-8008

Mrs. Goedeken (Junior/Senior High Choir and Viking Voices): 402-564-8518

Mrs. Howles (Platte Center): 402-246-3465

Lakeview Junior/Senior High Dates

TUESDAY, DECEMBER 5 at 7:00 p.m.: 7th-12th Choir Concert at Lakeview

SUNDAY, DECEMBER 10 at 3:00 p.m : High School Concert Band Concert in conjunction with CCC Concert Band and Choirs at CCC Music Building

MONDAY, DECEMBER 18 at 7:00 p.m.: 5th-8th Grade Band Concert

Elementary Music Programs

TUESDAY, DECEMBER 19 at 7:00 p.m.: K-3rd grade Christmas Program

*Band parents please note that 5th and 6th grade band students will perform their band concert on Monday, December 18 as listed above.

Also, in an effort to avoid sports and end-of-the-year conflicts, the **4th-6th grade Spring Music Program** will be held on **Monday, March 26th** this year. Mark your calendars now!

In & Around Platte Center Elementary School...

Students Attend Cyber-Bullying Symposium

Cyber-bullying is a form of bullying that is carried out through an Internet service such as e-mail, chat rooms, discussion groups, online social networking, instant messaging, online gaming or web pages. It can also include bullying through mobile phone technologies such as text messaging. Examples of cyberbullying behavior are teasing and being made fun of, spreading of rumors online or sending unwanted messages. Cyberbullying can happen to anyone, and the bully can act anonymously. People can also be bullied online by groups of people such as classmates or team mates.

Emerson Sprunk and Jesus Riojas, accompanied by Mrs. Schure, attended a cyber-bullying symposium on September 21st at the Educational Service Unit in Columbus, to learn ways that students can fight against online bullying. They learned that being bullied can lower your self-esteem and might cause you to feel alone, sad, angry and scared. They also learned that in some extreme situations, cyberbullying can be illegal. They hope to bring the message back to students at Platte Center Elementary that if you are being bullied, it's not your fault and there is nothing wrong with you. Don't be afraid to let someone know that you are being bullied—they might be able to help you.



This message really hit home when Dr. Mark and Joni Adler shared their personal story about the loss of their son Reid to suicide, and the problem of bullying among youth.

The students were reminded that words we use online are very powerful and that we can use the internet to complement and encourage others instead of putting them down. Emerson and Jesus finished the day by working with students from Shell Creek Elementary to create a slideshow outlining the important lessons they learned about being safe, responsible and kind online.



High School Sports Teams from Lakeview High School visited Platte Center every day during Spirit Week.



Our theme for Accelerated Reader is "Be a Super Reader". Each student that meets their A.R. Goal will earn a spot on our bulletin board dressed as a super hero. They also receive an invitation to the party in December.



Grade 4, 5, and 6 attended the Mobile Museum in Columbus.





Platte Center 1st Graders traveled to Norfolk, NE to visit the Elkhorn Valley Museum and the Fire Department.



Animals Inside and Out was an interesting event for 4th Grade at Ag Park in Columbus. Students saw actual organs of farm animals and even learned how to give injections!



Platte Center Family activity was to use balloons to make the tallest structure using only masking tape and balloons. It took a lot of teamwork to create a free-standing structure. All the families did an amazing job!



Thank you to the Platte Center Fire Department for coming to our school and explaining fire safety to our students!



Home of the Vikings

In & Around Christ Lutheran School...

On Oct. 12, Christ Lutheran students enjoyed a beautiful day at Camp Luther.



The day started out with a nature hike/scavenger hunt of the camp. Up and down the rolling hills the students went in search of the answers to questions about the camp.

field games
One of the
was back

learned some new prayers to the Row, Row Your Boat. After lunch, could try out different activities to practice their archery skills, sing



Next, fun
were played.

favorites was Eagle's Egg. Then it Gerwick Hall for lunch where we tunes of Twinkle, Twinkle and Row, stations were set up so students that the camp offers. Students got some pretty cool action songs, play



on the sports courts, or go canoeing. It was a packed day of fun-filled activities in God's classroom.



Pumpkins, pumpkins everywhere! That's what could be seen this last month at our church and school. Thank you to Crystal Klug and Shelly Korte for planting and tending to the plants all summer and into the fall. It was fun for the students to see the plants sprout, flower, and produce all different kinds of pumpkins and gourds. To learn more about the process of pumpkin growing, the 6-7-8 graders travelled to Sutton, NE to visit The Country Pumpkin. To put into practice what they had learned, they helped pick, wash off and carry all of the produce from the CLS patch to the front

of school and up to church so members of the congregation could purchase them. Thank you to all who supported this fundraiser.



Jill Goedecken visited the K-1-2 classroom recently for a lesson on the life cycle of a pumpkin. She read a book about pumpkins and then she had the class do a craft showing the different stages in the life cycle.

October is Pastor Appreciation month. Chapel families made cards for Pastor Witt to show their appreciation for all he does for our school. Pastor Witt, we are thankful for you every day!



In & Around St. John's Lutheran School...

Our 6th through 8th grade students enjoyed two days and nights at Camp Luther for their Outdoor Education activity with Pastor Birtell and Ms. Warneke in September. It was cold and rainy the first day, but we still managed to get outside and do the Rock Wall, Archery, and Shelter building. The second day was much nicer. We canoed, navigated with compasses and even did a service project. In Science the students are making a life size cell for the Little Room and Middle Room to experience. Volleyball with Christ Lutheran is wrapping up with a winning season. We helped with serving and busing tables at our Oktoberfest German dinner which was held recently.

Our 3rd through 5th grade students enjoyed a special day at Ag Park where they attended sessions about animals sponsored by the 4-H Extension. They are learning about the human body in science, and this field trip was a good springboard to our unit about the systems of the body. Our Nebraska Studies have been enriched by the Trails and Tales magazine that we receive. We also received several up-to-date Nebraska Atlases from the ESU and will be using these as we do map activities. The classes enjoyed reading the novels Maniac Magee and Because of Winn Dixie. These books helped us make a connection to how we can make a difference in people's lives when we live as children of God.

Our Kindergarten, 1st, and 2nd grade students are busy learning how to write their numbers, adding and subtracting numbers to 10 and place value in math class. They are starting the fall weather off with reading stories to help them learn about corn and apple harvests. In Science they are learning all about weather. The students enjoyed making a wind gauge and getting outside to test it out.

Our pre-school and pre-kindergarten students started off the year by making photo picture books of classmates to get to know one another. We have begun to learn our A, B, C's and how much God Loves Me as well!

All students enjoyed our field trip to Concordia University in Seward, Nebraska as we took part in the Plum Creek Literacy Festival. Many of the students enjoyed some of the authors who were on hand to tell about their books.

We will be hosting another Veteran's Day event to honor the many veterans in our area on Friday, November 10th. We will serve a light breakfast and coffee and each class will do something with the men and women and also learn about each of the Veterans with us.

In & Around Shell Creek Elementary School...

October 20, 2017

Dear 1st through 6th Grade Parents/Guardians,

Shell Creek Elementary grades 1-6 will be participating in a very special community service program to raise funds for the American Heart Association. We're joining in the fight against our nation's No. 1 and No. 3 killers – cardiovascular disease and stroke. Jump Rope for Heart is a nationwide event that helps students learn about the benefits of regular physical activity and heart health while raising funds to fight heart disease and stroke. The money our school raises will fund potentially lifesaving research and will support programs that help people in our community. The Shell Creek Students will be doing their Jump Rope for Heart on November 7th and 9th, 2017 during P.E. class at Shell Creek Elementary.

Most people do not realize that the roots for cardiovascular disease in adults often begin in childhood from age 10 and even younger. That's why it's important to make changes now to help your children and other family members eat healthy foods, stay physically active, and live tobacco-free.

As this year's sponsor and coordinator the students have shown a lot of interest and excitement in taking part in this year's Jump Rope for Heart. I will be sending home with each of them an information/money envelope along with this letter. This will have a listing of the prizes they can earn as well as your child's consent form. That's right I said prizes! Students who collect money donations for their schools Jump Rope for Heart event will receive dollar amount prizes for their hard work from the American Heart Association.

This year I am asking all parents to convert all cash and coin collected into one check. It makes it a lot easier to count the individual money collected and get it sent off so the students receive their prizes sooner. If someone that donates wants to write a check, please ask him or her to write it out to the American Heart Association. I ask that you do not allow your son or daughter to go door to door asking for money donations. I would prefer that they ask friends and family for money donations. Parents may take collection envelopes to their place of employment if they wish. I am giving the students two weeks to collect money donations and turn the money back into me by November 3, 2017.

Jump Rope for Heart is a fun and effective way to teach heart-healthy living. It emphasizes the importance of physical activity as our children do something they enjoy. Please sign your child's consent form to allow him or her to participate. The money you contribute will fund research that will save more lives each year... maybe your own or that of someone in your family. Our efforts can truly make a difference. Any questions please call 402-564-8008 or stop and visit with me at school.

Sincerely,

Chris Thoms
Physical Education Teacher/JRFH Coordinator
Shell Creek Elementary



In and
Around
Shell Creek
Elementary



5th Grade

Mrs. Blumenthal and Mrs. Wurdeman

On Sept. 18, Cornhusker Public Power came to share with the 5th graders the importance of power safety.

Students learned about the difference between insulators and conductors and what some of them look like on power poles. They also demonstrated many electrical mistakes that happen in and around neighborhoods and homes. Jay Wemhoff even climbed a telephone pole outside the school for us, after showing us the different parts of their work gear they wear. Thanks for coming out Cornhusker Public Power! Our students are now much more

knowledgeable and can help their families be safer around electricity and power units.



In & Around Lakeview Community...

We're getting healthier!

It's a fact – healthier students are better learners. That's why our school is launching a school wide wellness initiative to make Lakeview a healthier environment for everyone. We're part of a movement across Washington and the nation to make our schools healthier places to learn and work.

Our Wellness Policy Team, chaired by Jenny Sloup, is in charge of implementing our school's wellness policy. The wellness policy address school meal programs, nutrition education, physical activity and foods available during the school day. We are providing more nutritious yet tasty food options so that students can choose healthier foods for their meals and snacks. We are also increasing opportunities for physical activity.

Watch the Lakeview Web page (www.lakeview.esu7.org), under the District tab for regular updates, school policy, and Wellness Policy Team member names. Creating a healthier school environment is a team effort, we invite you to join us!



**2018 Lakeview Baseball/Softball
Registration Coming Soon!**



Online registration for the 2018 Baseball and Softball seasons will open on November 1, 2018. We will be offering a series of free clinics starting in January for those who have registered by December 31st. Please watch for more information that will be sent home with your child at the end of the month. We are looking forward to getting a jump on the summer season!



Lakeview

November, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 4:00pm-5:15pm Youth Boys Basketball Practice @ West Gym	2 4:00pm-5:15pm Youth Boys Basketball Practice @ West Gym 6:30pm-8:00pm 7th and 8th Girls Basketball Practice @ Both Gyms 7:00pm (Mock Trial) @ David City	3 TBD FB-Varsity TBD vs. TBD (Vocal) Elkhorn Valley Junior High Choral Clinic 3:30pm Robotics Tournament Setup - Gyms Closed @ Both Gyms 7:00pm (Mock Trial) @ Columbus	4 (Band) Doane University Fall Festival of Winds TBD VB-Varsity TBA vs. TBD 7:00am-8:00pm Robotics Tournament @ Multiple locations 8:00am-10:00am 8th grade girls basketball practice @ West Gym
5 5:00pm-6:30pm Youth Boys Basketball Practice @ West Gym	6 6:30pm-8:00pm 7th and 8th Girls Basketball Practice @ Both Gyms 7:00pm (FFA) Labor Auction	7 8:00am (One Act) Osceola 6:30pm-8:00pm 7th and 8th Girls Basketball Practice @ Both Gyms 6:30pm WR-B/Middle School Norfolk Catholic	8 Early Dismissal - 1:30PM - All attendance centers	9 8th grade girls basketball practice @ West Gym Student Health Check Ups TBD VB-Varsity TBD vs. TBD 4:00pm-5:30pm 7th grade girls Basketball Practice @ West Gym 4:00pm WR-B/Middle School Madison Public Schools	10 TBD VB-Varsity TBD vs. TBD 8th grade girls basketball practice @ West Gym TBD FB-Varsity TBD vs. TBD 4:00pm-5:30pm 7th grade girls Basketball Practice @ West Gym	11 TBD VB-Varsity TBD vs. TBD 8:00am-9:30am 7th grade girls Basketball Practice @ East Gym 8:00am-10:00am 8th grade girls basketball practice @ West Gym
12 5:00pm-6:30pm Youth Boys Basketball Practice @ West Gym	13 Start of Winter Practice 4:30pm BB-G/7th Schuyler Community 6:30pm BB-G/8th Schuyler Community	14 (Vocal) Hastings Honor Choir Audition Applications Due 4:00pm WR-B/Middle School Columbus 6:00pm (Awards Night) Football @ Cafeteria 6:30pm-8:00pm 7th and 8th Girls Basketball Practice @ Both Gyms	15 6:30am-7:40am 7th grade girls Basketball Practice @ West Gym	16 (Band/Vocal) All State Band & Choir 6:30pm BB-G/7th Pierce 6:30pm BB-G/8th Pierce	17 (Band/Vocal) All State Band & Choir 6:30pm-8:00pm 7th and 8th Girls Basketball Practice @ Both Gyms	18 (Band/Vocal) All State Band & Choir 9:00am WR-B/Middle School Howells-Dodge 10:00am BB-G/8th York Middle School 10:00am BB-G/7th York Middle School
19 5:00pm-6:30pm Youth Boys Basketball Practice @ West Gym	20 6:30pm-8:00pm 7th and 8th Girls Basketball Practice @ Both Gyms 7:00pm 4-H Council Meeting @ Library 7:00pm (One Act) Public Performance @ East Gym	21 Early Dismissal - 1:30PM - All attendance centers TBD FB-Varsity TBD vs. TBD 10:00am (One Act) @ Conference 4:30pm BB-G/7th Twin River 6:30pm BB-G/8th Twin River	22 No School K-12	23 No School K-12	24 No School K-12	25 8:00am-10:00am 8th grade girls basketball practice @ West Gym
26 5:00pm-6:30pm Youth Boys Basketball Practice @ West Gym 6:00pm (Awards Night) Volleyball @ Cafeteria	27 6:30pm BB-G/8th Scotus Central Catholic 6:30pm BB-G/7th Scotus Central Catholic	28 6:30pm-8:00pm 7th and 8th Girls Basketball Practice @ Both Gyms	29	30 4:30pm BB-B/JV Crete 4:30pm BB-G/JV Crete 4:30pm BB-G/8th Aquinas Middle School - High School 4:30pm BB-G/7th Aquinas Middle School - High School 6:00pm BB-G/Varsity Crete 7:30pm BB-B/Varsity Crete		



United States Department of Agriculture

MYPLATE GUIDE TO SCHOOL LUNCH

for Families



GRAINS

Whole grains give kids B vitamins, minerals, and fiber to help them feel fuller longer so they stay alert to concentrate at school.

VEGETABLES

Vegetables



A variety of vegetables helps kids get the nutrients and fiber they need for good health.

MILK

Dairy



Low-fat (1%) or Fat-free milk. Children and teens need the calcium, protein, and vitamin D found in milk for strong bones, teeth and muscles.



PROTEIN FOODS

Meat, poultry, fish, dry beans, peas, eggs, nuts, and seeds provide many nutrients including protein and iron. Portion sizes are based upon the nutrition needs of children in various grade groups. School meals also allow cheese, tofu, and yogurt to count as the meat/meat alternate in the school lunch.

FRUITS

Fruits



Every school lunch includes fruits as well as vegetables. Only $\frac{1}{2}$ of the fruits offered may be 100% juice, since whole and cut-up fruits have more fiber.



Visit teamnutrition.usda.gov for additional tips and activities.



HOW DOES SCHOOL LUNCH HELP FAMILIES?



Provides a balanced meal

It meets one-third of the nutrition needs of most children for the day.



Helps kids learn where foods come from

Farm to school programs are in 42 percent of schools which increase kids access to locally produced foods and learning activities such as farmers' visits and school gardening.



Saves time

If you spend 10 minutes a day packing lunch, that adds up to 30 hours (1,800 minutes) each school year.



Supports learning at school

Research shows that kids with healthier eating patterns have better academic performance.

"We grow fruits and vegetables in our school greenhouse, which are harvested and given to the cafeteria to serve on the salad bar. It's great because the landscaping class gets involved, the leadership classes get involved, and even all the marketing plan classes get involved."

Nebraska student

HOW CAN FAMILIES HELP THEIR CHILDREN ENJOY SCHOOL LUNCH?

- Try new foods at home. Kids need many opportunities to taste a new food to "get used to it."
- Talk with your child about what's on the menu. Make sure he or she knows about all the foods that are included in his or her school.
- Eat lunch at school with your child. Learn more about what's offered and meet school nutrition staff.
- Encourage your child or teen to join in taste-testing events or surveys about school lunch, when available.

Visit **Choosemyplate.gov/Families** for additional tips and activities for families.

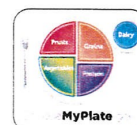
The National School Lunch Program is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. It provides nutritionally balanced, low-cost or free lunches to children each school day.

Learn more at: www.fns.usda.gov/nslp/national-school-lunch-program-nslp.

FNS-632

August 2016

USDA is an equal opportunity provider and employer.



**Attention Current 6th graders and 7th graders
Travel to Washington D.C. May 2019**



Price per student \$1700

Price per Adult \$1900

ROUND-TRIP TRANSPORTATION

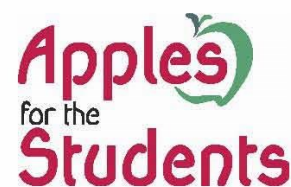
Hotel Accommodations

Overnight Security

Meal and all Gratuities

Guided Tour and Activities: Including White House, Lincoln Memorial, Capitol, Mt. Vernon. WWII memorial, Vietnam memorial, Martin Luther King Jr.

Contact Audrey Blaser at ablaser@lakeview.esu7.org in interested in going.



Dear Parents!

Educational technology and funding changes daily. To keep up with these changes and expenses, our school is participating in our local supermarket's Apples for the Students Program.

The Apples for the Students Program enables our school to earn Apple Computers and iPads, sporting goods, audio visual equipment, science supplies, hundreds of other items to choose from, and it is all FREE.....

To earn these FREE awards we simply have to collect as many register receipts as possible from September 1, 2017 through March 3, 2018. Ask your friends and relatives to shop at the sponsoring supermarket identified below and save every receipt.

Send the receipts to school with your student as often as possible. Here at school we count the value of the register tapes collected and redeem them for great items that benefit your child.

Thank you in advance for your participation!

Below is the name and address of our participating store.

Super Saver - Columbus

3318 23rd Street

Columbus, NE 68601

Support Lakeview Viking History...

BUY A BRICK!

For all those fans who wish to become a permanent part of Lakeview High School history and continue to building the Viking tradition, we offer a unique opportunity. Be a part of the most distinctive feature of the Lakeview Athletic Complex...the "VIKING WALK OF PRIDE". The entrance to the newly renovated stadium will consist of personalized bricks which will form a walkway for our fans. The walkway, to be named the "VIKING WALK OF PRIDE", will capture the LHS tradition of excellence. Viking athletics have produced some outstanding athletes. Now, the "VIKING WALK OF PRIDE" provides a unique opportunity to leave an enduring symbol of your support for Lakeview High School Athletics.

YES! I want to be a part of Viking History with a personalized **VIKING WALK OF PRIDE** brick!

Purchaser's Name _____

Address _____

City, State, Zip _____

____ This is a SURPRISE gift. (Do not send acknowledgement letter.)

____ Send acknowledgement letter to:

Purchaser's Name _____

Address _____

City, State, Zip _____

Print information exactly as you would like it to appear, noting there are a maximum of 16 characters per line (including spaces). It could be the name of your company, a special message or something more creative.

4" X 8" Standard size, imprinted: \$100.00

Maximum of 14 characters per line (including spaces) - 3 lines. If you wish to order more than one brick or would like your bricks placed next to a friend's brick or with a group of bricks, your orders **MUST BE PLACED TOGETHER!** All contributions are tax deductible to the extent allowed by law.

All profits from this sale will be used for the construction and maintenance of a new track. **ALL STATE PLAYERS!** There will be a spot reserved for you along the main entrance.

ORDER YOUR BRICKS TODAY!

CHECK OR MONEY ORDER

Enclose your check or money order along with this form in an envelope and mail to:

LAKEVIEW HIGH SCHOOL FOUNDATION (TRACK)

3744 83rd Street

COLUMBUS, NE 68601