



LAKEWOOD MIDDLE SCHOOL

WEEKLY CALENDAR

Monday, January 22ND

Lunch: Mozzarella sticks, marinara sauce, peas, garden salad, fresh apple slices

3:30pm: Scholars Bowl @ Haysville leave time: 1:00pm

5:00pm 7/8th grade A/B Boys Basketball VS Andover Central

Tuesday: January 23RD

Lunch: Chicken nuggets, cheesy mashed potatoes, cauliflower, fresh strawberries, BBQ sauce

3:30pm: Scholars Bowl @ Prairie Hill Leave time: 1:30pm

5:00pm: 7/8th grade A/B Boys Basketball @ Great Bend Leave time: 1:45pm

Wednesday, January 24th

Lunch: Beef fiestada pizza, black beans, orange peppers

Thursday, January 25th

7:05am: Restorative team meeting- Staff Development Room

Lunch: Chili, corn chips, oven roasted potato wedges, fresh baby carrots, watermelon shock raisels, cinnamon knot

8:00am: Real Men Sing @ Bethany College Leave time: 7:00am

5:00pm: 7/8th grade A/B Boys Basketball VS Hutchison

Friday, January 26th

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

Saturday, January 27th

9:00am: 7/8th grade (B only) Boys Basketball Tourney VS Andover Central & Goddard Eisenhower

School News

- Congratulations to Dylan Atteberry for being recognized as our Renaissance Student of the Week. Dylan works hard, turns everything in, and gets along with everyone. She is self-managing and has a great attitude. Thank you for being a STAR (safe, teachable, and respectful) student Dylan!
- We will be holding parent teacher conferences on Wednesday, February 7 and Thursday, February 8. We want to provide you with all of the information you need to know about your student and we also want to honor your time by avoiding long lines. Please use the links below to sign up for a time. There are 15 spots reserved for each grade level in 30-minute intervals. When you arrive, you can choose to meet with your student's Advisory teacher for an overall summary on how your student is doing, or you can choose the teachers you need to speak with. You will be given your students current grades and assessment data when you enter the building. 6th grade conferences will take place in the small gym and 7th and 8th grade conferences will take place in the main gym. Elective teachers will be in the commons. On Thursday, February 8 our doors will be closed from 11:15am-12:00pm and from 3:00pm-5:00pm.

Here are a couple of other items of note about conferences:

- Please plan on bringing your student with you to the conference if possible.
- There may be times when a teacher has to attend a conference for their own student, or has to attend a group conference in another area of the building. If this is the case a sign will be left on their table and a contact sheet will be available for you to leave your contact information.

Please click on your students' grade level to sign up for a time. We hope to see everyone in three weeks.

[6th Grade Conference Sign-Up](#)

[7th Grade Conference Sign-Up](#)

[8th Grade Conference Sign-Up](#)

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 (only 3 times a month).
- 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

• CAPS Parenting Classes

- A Cure for the Wintertime Blues Monday, January 29th from 6:00-9:00. Learn strategies to teach instead of blame and shame; connect and problem solve with your child and take better care of yourself.
- Cooperative Parenting in Divorce Mondays, February 12, 19 and 26 from 6:00-8:00. This three session course will assist divorcing or divorced parents in reducing parental conflict and improving their child's post-divorce adjustment.
- The Grief Recovery Method Wednesdays, March 6, 20, 27 and April 3, 10, 17, 24 and May 1 from 6:00-8:00. The Grief Recovery Method Support Group is an 8 week program that provides a safe environment, using evidence-based practices, for you to look at your old beliefs about dealing with loss, which losses have affected your life and take actions that will lead you to complete unresolved emotions that may still be causing you pain.
- Internet Safety: Child Predators in the Mobile Age Wednesdays, March 20, 27 and April 3 6:00-8:00. How to keep your kids safe from the ever-changing internet including topics like cyberbullying, sextortion, sexting, online grooming, social media and gaming apps.
- Helping Children with Loss 1st session: Wednesdays, January 10, 17, 24 & 31 6:00-8:30. 2nd session: Tuesdays, February 6, 13, 20 and 27 from 6:00-8:30. For adults to help children deal with death, divorce, moving and other forms of loss. There are many myths and dealing with sad emotions that confuse children, like "time heals all wounds." In this program you will learn how to replace these myths with practical guidance for your children.

- The Explosive Child Mondays, April 8, 15, 22 & 29 from 6:00-8:00. This class is based on the book of the same title by Dr. Ross Greene, PH.D and New York Times bestselling author. If your child lacks the skills to be flexible, handle frustration and solve problems, this class is for you.
- El Proyeacto Padre (The Parent Project taught en Español) Thursdays, January 18-March 21 from 5:30-8:00.. This 10-week series is designed for parents raising difficult or out-of-control adolescents, ages 10 and up. The Parent Project provides concrete, no-nonsense solutions to even the most destructive adolescent behaviors.

Additional info:

- Classes are FREE to attend!
- Free childcare for children under 12 (pre-registration required).
- 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/

- **Autism Parent Support Group**

- 1st Tuesday of each month from 5:30-6:45
- OCCK office 1710 W. Schilling Rd. Salina, KS 785-827-9383
- Zoom or Teams link available if unable to attend in person!

- **1800children.org**

- 24/7 parent support. No question is too big or too small when it comes to parenting! Find helpful resources about food, housing, parenting, safety, and legal supports in Salina through this website, or by calling 1-800-CHILDREN. The support provided is free and confidential and available in multiple languages.

Other

- **Laundry Love**

- Quarters and laundry supplies are provided for those who need them to wash and dry their laundry.
 - January 16th from 5:00-9:00 at Speedy Wash Laundromat on Iron Ave.
 - January 27th from 9:00-1:00 at Missing Sock Laundromat on Ohio.
 - January 27th from 12:00-4:00 at Quick and Clean Laundromat on Crawford.

- **Transportation**

- Youth ages 7-18 will be able to purchase a Get On & Go Winter Youth Bus Pass for \$10. The pass will be good for unlimited rides on Salina CityGo from December 1st to February 28th. Youth must show the drivers their “Get On &

Go” pass when they board the buses. Face masks and social distancing policies will be followed as needed.

- The Get On & Go Fall Bus Pass is available for purchase online on November 13th 2023, at www.salinacitygo.com and Buy A Pass, with options for pick up. They will also be available at the OCCCK Transportation office, 340 N. Santa Fe, starting November 17th, 2023.
- The Winter Pass will also be available digitally in the Token Transit app. All OCCCK Transportation services have a digital fare option.

- **Commodities Distribution**

- January 17th from 9:00am to 10:00am at the 4-H building.
- You will need a Saline County photo I.D. and proof of income for a month. If you are picking up for someone you will need their information.

- **Free Dental Clinic**

- January 12th and January 13th doors open at 5:30am.
- Free oral healthcare to patients on a first come, first serve basis.
- No dental records or proof of income needed.