

# Viking Voice

## This Week's Events

Mon. 2-9-15

Tues. 2-10-15

Wed. 2-11-15

• Adjusted Dismissal

Thurs. 2-12-15

Fri. 2-13-15

Valentine Dance 6:30-8pm

\*\*Lunch Menu for the week is on the back\*\*

## February Events

2/4: Adjusted Dismissal

2/5: Music Program— HS 11-12, Bells and Singers

2/11: Adjusted Dismissal

2/13: Valentine Dance

2/16: PTO Meeting

2/18: Adjusted Dismissal

2/25: Adjusted Dismissal



Ruby Van Meter 515-242-8220

2/9/15

Volume 1, Issue 13

## Home to School Connections

### PTO Announcements:

A HUGE THANK YOU to all who were able to support our Basketball Jamboree this year. It was a great time! The kids had fun and we had such wonderful support from our Dowling friends. Our total this year was \$1918.66! This will help fund our upcoming Graduation Banquet and other various events throughout the school year. Thanks again! We couldn't do it without you!



## Student Group Highlight

Dakota Sanders and Israel Marquez go for the ball at the RVM Jamboree.



**Don't Forget The Valentine's Dance!** Our Annual Valentines Dance will be held this Friday, February 13<sup>th</sup> in the RVM gym. All current students and parents are welcome! Come dance the night away!

## Courage League Activities:

**Courage Club:** A social meet-and-play group with the goal of building friendships among teens with special needs and a network of parents to support the daily challenges that arise from having a teen with a disability.

**Parent Night - February 23<sup>rd</sup>, 6:30-7:30 pm**

**Teen Nights - March 20<sup>th</sup>, April 3<sup>rd</sup>, April 17<sup>th</sup>, May 1<sup>st</sup>, & May 15<sup>th</sup>, 6-7:30 pm**

**CONTACT COURAGE LEAGUE FOR MORE INFORMATION -**

**4405 121st St. Urbandale, IA P: 515-421-4020 [www.courageleagueaports.com](http://www.courageleagueaports.com)**

## From the Office

The RVM Valentine Dance on February 13 will be held from 6:30-8:00 pm. This dance is for *current* RVM students only. Remember— if you have new contact information, please turn it in to Cheryle as soon as possible!

## From the Nurse

Look at your plate before you start to eat. It should contain  $\frac{1}{4}$  fruit,  $\frac{1}{4}$  vegetables,  $\frac{1}{4}$  protein,  $\frac{1}{4}$  grains and a serving of dairy on the side. *If you would like to lose weight, use smaller plates.*

## From Social Worker

Do you have questions about Waiver services or establishing Guardianship for your 18 year old student? Give me a call (242-8220), email me at ([stacie.nessa@dmschools.org](mailto:stacie.nessa@dmschools.org)).

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Ruby Van Meter 515-242-8220

2/2/15

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## PTO -

The next PTO meeting will be February 16th, both at 3:00pm and 6:00pm at Ruby Van Meter in room 104. Please come at the time most convenient for you! If you have questions, email [naffierporras@gmail.com](mailto:naffierporras@gmail.com).

## Lunch Menu

9	10	11	12	13
R - Breaded Chicken Sandwich	R - Taco w/ Tortilla and Spanish rice	R - Chicken Nuggets	R - Cheese Lasagna	R - French Bread Pizza
A - Cheeseburger	A - BBQ Pork Rib Sandwich	A - Pepperoni Pizza	A - Grilled Chicken Sandwich	A - Cheeseburger
E - Pizza	E - Hamburger	E - Triple Peanut Butter and Jelly	E - Beef & Bean Burrito	E - Yogurt Box