

Viking Voice

This Week's Events

Mon. 3-23-15

- Rick Lussie Day
- PTO Meeting 3:00 and 6:00pm

Tues. 3-24-15

Wed. 3-25-15

- Senior Cap and Gown photos
- Adjusted Dismissal

Thurs. 3-26-15

- Swim Championship

Fri. 3-27-15

Sat. 3-28-15

- Special Olympics Challenge Day

March Events

3/5: Conferences 4-8pm

3/10: Conferences 4-8pm

3/13: No Classes

3/16-20: Spring Break -
NO CLASSES

3/23: Rick Lussie Music
Exploration Day

3/25: Adjusted Dismissal

3/26: Swim Championships

3/28: Special Olympics
Challenge Day

3/31: Swim Awards 2pm

Ruby Van Meter 515-242-8220

3/23/15

Volume 1, Issue 18

Home to School Connections

Rick Lussie Music Exploration Day:

A fun day of music and activities for the students. The Chicago Rick Lussie Blues Band will perform and there will be a Mariachi demonstration.

PTO News -

Our next PTO meeting will be March 23rd at 3:00 and 6:00pm (please come to whichever time works better for you). Please note: this is a week later than usual, because of spring break. We hope to see you there!!

Student Highlights: Michelle Calderon, Melissa Gerard, Nahomie Harper, Jasmyn Combs, and Kie'jah Anderson enjoy their afternoon Girls Club.



Our 40th Annual RVM Swimming Championships

will be held on Thursday March 26, 2015. Participants have been selected from Middle School, High School, and Transitional swimming classes and will be competing for individual awards as well as points for their homeroom teams. A plaque will be awarded to the homeroom team in each level whose students accumulate the greatest number of points for the entire meet. Will begin in the morning, starting at 8:45am with the pool events and should be completed by approximately 11:30am. The meet will resume after lunch at 12:30pm with length of the pool events until its completion. An awards assembly will be held in the gym on Tuesday March 31, 2015 at 2:00pm.



DID YOU KNOW? Studies have shown that running/jogging programs for children with Autism decrease self-stimulatory behaviors and increase the frequency of appropriate play and academic responding. **TEAM RUNFREE** is a NEW Courage League running program that matches trained, able-bodied runners with young people who are either *physically unable to simply slip on a pair of shoes and go for a run* or who have *extra energy to burn*. info@couragleaguesports.com for inquiries!

From the Office

Remember— if you have any new contact information for you or your child's caregiver, such as addresses, or phone numbers, please turn it in to Cheryle as soon as possible!

From the Nurse

Parents of 8th graders: Your student needs to have a dental screening before starting 9th grade. I will be sending more forms out at conferences. Please let me know if you need assistance finding a dental provider. If your student has already been to the dentist they can still fill out the form.

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

Viking Voice

Ruby Van Meter 515-242-8220

3/23/15

Volume 1, Issue 18

Special Egg Event

A free Easter Egg Hunt for children with special needs and their families. Join us at Valley Stadium in West Des Moines. Enjoy food, carnival games, activity areas, and egg hunts that are designed for your child.

A Quiet Egg Hunt for children on the autism spectrum

A Beeping Egg Hunt for children who are visually impaired

A Magnetic Egg Hunt for children with wheelchairs or mobility restrictions

A General Egg Hunt for all children including siblings.

ALL CHILDREN REGISTERED BY MARCH 23 WILL RECEIVE A FREE SPECIAL EGG EVENT T-SHIRT!

Go to www.specialeggevent.com to register your child, volunteer, or donate.



Lunch Menu

23	24	25	26	27
R - Breaded Fish Sandwich	R - Chicken Smackers	R - BBQ Rib Patty	R - Hamburger	R - French Bread Pizza
A - Burrito	A - Beef & Bean Enchilada	A - Mini Corn Dog	A - Pizza	A - Grilled Chicken Sandwich
E - Hamburger	E - Deli Sandwich	E - Triple Peanut Butter and Jelly	E - Beef Tips w/ noodles	E - Yogurt Box