

Viking Voice

This Week's Events

Mon. 3-30-15

Tues. 3-31-15

- Swim Awards 2pm

Wed. 4-1-15

- Adjusted Dismissal

Thurs. 4-2-15

- MS Music Program
1:30pm

Fri. 4-3-15

- Track & Field Day
- HS Pep Assembly
2pm

March/April Events

3/28: Special Olympics
Challenge Day

3/31: Swim Awards 2pm

April Events

4/2: MS Music Program

4/3: Track & Field Day

4/7: Special Olympics
Spring Games

4/23: Special Olympics
Award Assembly

Ruby Van Meter 515-242-8220

3/30/15

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Home to School Connections

Track and Field Day - Track & Field Day will be held on April 3rd. This is an annual event to prepare our student-athletes for their Special Olympics events. Students will receive a certificate for participation in the RVM meet on the 3rd. No ribbons will be given that day. Special Olympic packets with maps and information will be sent home with students on April 3rd.

Special Olympics will be held on April 7th.

Student Highlights: Rede Drost loves his break time!!



Our 40th Annual RVM Swimming Championships

was held on March 24th. An awards assembly celebrating our swimmers will be held in the gym on Tuesday March 31, 2015 at 2:00pm.

NEWS AND UPDATES FROM DES MOINES PUBLIC SCHOOLS



THE WEEK@DMPS

Check out the newest edition of The Week@DMPS, the district's e-newsletter with news, updates and reminder from Des Moines Public Schools. This week: parents organize in support of education funding, the national high school coach of the year is working with the coaches of DMPS, and the Central Campus Café begins its spring lunch service. Also be sure to check out information about Summer Programs at DMPS.

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

Make half your plate fruits and vegetables. Choose red, orange, and dark green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or serve as dessert.

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

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Courage League Sports



Courage League Sports is offering a 6-week SUMMER SPORTS CAMP. This SUMMER SPORTS CAMP will provide opportunities for skill enhancement and fitness training in a fun, barrier-free and safe environment for ALL ability levels.

Wk. 1: June 8-10, Basketball

Wk 2: June 15-17, Soccer

Wk 3: June 22-24, Volleyball

Wk 4: July 7-9, Outdoor baseball/Kickball

Wk 5: July 20-22, Basketball

Wk 6: August 4-6, Outdoor baseball/Kickball

ADAPTIVE SWIMMING—Our first swimming program in the summer of 2015! Four-week sessions will be held at Walnut Ridge Senior Living Center in Clive and are led by instructors certified in water safety and experienced with special needs.

Session 1: June 7- July 2nd

Session 2: July 20th - Aug. 14th

Please call 515.421.4020 or email info@couragleaguesports.com to register!

Lunch Menu

30	31	1	2	3
R - Pizza	R - Walking Taco w/ rice	R - Baked Potato w/ chees sauce	R - Breaded Chicken sandwich	R - French Bread Pizza
A - Cheeseburger	A - Grilled Chicken Sandwich	A - Pizza	A - Mac & Cheese	A - Chicken Nuggets
E - Meatball Sub	E - Pizza	E - Triple PB&J	E - Deli Sandwich	E - Yogurt box