

Viking Voice

Ruby Van Meter 515-242-8220

10/22/21

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From Michele Alexander - Physical Therapist

Many of our students here at Ruby Van Meter wear braces on their feet/legs to help them walk or transfer from one surface to another. The most common type of brace is an Ankle-Foot-Orthosis (AFO). The AFO can assist with keeping the foot in proper alignment, ensure the foot/ankle are stable, and even assist in controlling the knee joint. Some of the goals for wearing AFOs are improving independence by enhancing mobility, decreasing fatigue and stress, reduce the likelihood of a fall or injury, and allowing safe family/play/peer time. AFOs must be ordered by a physician and then are typically made by an Orthotist with consult from the child's Physical Therapist. The Orthotist will make a cast of the child's foot/leg that will then be used to make a custom brace for the child. Typically, during the brace fitting, the Orthotist will provide special socks and shoes to be worn with the AFOs. A wearing schedule is necessary at first to allow the child to get used to wearing the AFO and to prevent any skin breakdown. If skin is raw or visibly broken down, AFOs should not be worn until consulting with the student's Physical Therapist or Orthotist. It is important for students to wear their braces (AFOs) even on the weekends and during the summer to maintain mobility and joint health. Replacing AFOs every 6 months or so will help to ensure proper fit and help prevent any type of skin issues.



If you have specific questions, contact Michele Alexander for support at 242-8220 or michele.alexander@dmschools.org

Lunch Menu

25	26	27	28	29
Breaded Chicken Sandwich or Grilled Cheese Sandwich	Beef & Bean Burrito or Yogurt Kydz-able	Chicken Nuggets w/ Cheez-it Crackers or Chef Salad w. Cheese and Cheez-it		
Coked Carrots Celery Sticks Peaches, Raisels	Refried Beans, Lettuce and Cheese Salsa Cup Mandarin Oranges, Apples Slices	Scallop Potatoes Baby Carrots Pineapple, Orange Wedges		

It is the policy of the Des Moines Community school District not to illegally discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you believe you have (or your child has) been discriminated against or treated unjustly at school, please contact Mary Grinstead, 2100 Fleur Drive, Des Moines, IA 50321, (515) 242-7664, mary.grinstead@dmschools.org.

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This Week's Events

Mon. 10 - 25 - 21

Tues. 10 - 26 - 21

Wed. 10 - 27 - 21

Thurs. 10 - 28 - 21

No Classes - Fall Break
Fall Conferences 12:30-
7:00pm

Fri. 10 - 29 - 21

No Classes - Fall Break

Upcoming Events:

11/2: School Board Meeting
11/8: PTO Meeting
11/16: Fall Conferences
11/24: NO SCHOOL
11:25-26: Thanksgiving Holiday

The Science of Glass

In High School 9-10 science, Bobby Jo's students are learning about natural resources and all the different things that make up the items we use everyday. They learned that plastic is made from oil and acid, and paper is made from wood. Students also learned about how we can reduce what we use, reuse some things, and how we can recycle to help the planet!

As a special fun activity the learners also explored sand as a natural resource that is used to make glass! The students watched a video that showed how glass is made using sand and then got to work with the sand. They really enjoyed the lesson AND exploring the natural resource that is used to make glass!



Left, David Bedford works with the sand where it fell. Right, Ahmmed Elamin feels the texture of his sand.

Fall Conferences will be held on Thursday, October 28th from 12:30 to 7:00pm. If you do not already have a conference booked, please contact your student's teacher to schedule a time. We look forward to seeing you!

From the Office: Fall Break for Students - NO CLASSES

Thursday, October 28th

Friday, October 29th

Monday, November 1st

and Tuesday November 2nd

We hope you have a safe and healthy break!

