

Viking Voice

Ruby Van Meter 515-242-8220

11/12/21

Volume 15, Issue 11

From Sarah Hippler - School Nurse

November is American Diabetes Month



Understanding type 1

Here's what you need to know about type 1 diabetes. Type 1 diabetes occurs at every age and in people of every race, shape, and size. It is an autoimmune disease, where your body destroys the cells that produce insulin. If you were diagnosed with Type 1 diabetes, you will have to take insulin for the rest of your life.

Understanding type 2

Type 2 diabetes is the most common form of diabetes—and it means that your body doesn't use insulin properly. And while some people can control their blood sugar levels with healthy eating and exercise, others may need medication or insulin to help manage it.

Diabetes Symptoms

- Urinating often
- Feeling very thirsty
- Feeling very hungry—even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss—even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

If you feel someone you love might be experiencing symptoms of diabetes, reach out to your health care professional.

Sarah Hippler, RN Ruby Van Meter School Nurse-1-515-242-8220 or sarah.hippler@dmschools.org

Lunch Menu

15	16	17	18	19
Breaded Pork Sandwich or Mini Corn Dogs	Pizza Sticks or Hamburger on a Bun	Chicken Nuggets w/ Cheez-it Crackers or Grilled Cheese Sandwich	Citrus Asian Chicken w/ Rice or Beef & Bean Burrito	Fish Sandwich or Cheese Pizza
Baked Beans Cole Slaw Kiwi	Green Beans Spinach Salad Fruit Cocktail, Orange Wedges	Steamed Broccoli Baby Carrots Pears, Apple Slices	Corn Grape Tomatoes Peaches, Banana	Oven Crispy French Fries Fresh Veggies Fruit Slushy, Pineapple

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. 11 - 15 - 21

Tues. 11 - 16 - 21

Fall Conferences 4:00 - 7:00

School Board Meeting

Wed. 11 - 17 - 21

Thurs. 11 - 18 - 21

Fri. 11 - 19 - 21

Upcoming Events:

11/24: NO SCHOOL

11/25-26: Thanksgiving Holiday

Biking the Hallways of Ruby

Every year, more and more Ruby students are choosing to ride our adaptive bikes for their earned break times. Two of the bikes we currently use have been at RVM for many years and are showing great wear and tear. Our largest bike is a side-by-side two-seater that was donated by a parent many years ago. One of the bikes we have for our younger students was donated by a parent and staff member, Kathy Claussen, two years ago when her son Lance outgrew it. On Thursday, we received another bike donation from Tess Lippold. Her grandson Cody, has also outgrown his bike and she wanted it to go to RVM students. We're also happy to report we will be receiving two bikes from the Variety Club of Iowa next week! We are so thankful for donations like these that keep our students moving and giving them healthy options for break choices!



Left, Calvin Bennett enjoying his bike break. Above, Tina Ballou and Tess Lippold, with the donated bike for students.

From the Office -

Please remember to call Ruby Van Meter if your student is going to be absent or late to school. If you change addresses or change telephone numbers, contact the office with the new information as soon as possible. **Bus changes can take up to 2 weeks to schedule.**

Office hours are 8:00 to 3:45 daily, office phone is 242.8220. If you have not signed up for School CNXT please follow the link through your email or text message. School CNXT is a family engagement platform that translates messages from your learner's teacher school to the language you choose. It is a great opportunity to stay connected with your learner's experiences here at Ruby Van Meter. Contact Laurel Friedman or Jen Brindle-Rothman with questions - 242.8220.

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CNXT 