

Viking Voice

Ruby Van Meter 515-242-8220

5/13/22

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From Cara Held - Speech, Language Pathologist

Let's Talk!

It's heating up and making us all think about summer break! Your kids have a lot to say during the day at school, and sometimes it is hard to find friends to talk to over the summer. Below are some ideas to keep working on communication at home:

- **Think Out Loud:** During a usual time that your child is with you, start to think aloud. Say out loud what you are doing, what you are thinking about, or comment on things that you see and like! This helps your child learn ways to express themselves.
- **Give Choices:** During mealtime, play time, or TV time, give your child 2 or 3 options to choose from. Go through the options again asking which one they "want" on their device.

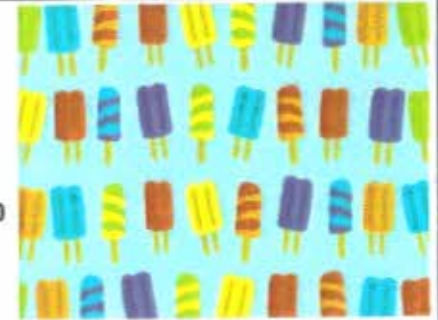
Explore their AAC: Take time together to look through their communication system. Have fun exploring! It's OK to be slow or make mistakes. Seeing family use the device can be a big motivator for our students.

If you have questions, contact Cara Held for support at 242-8220, or cara.held@dmschools.org

Lunch Menu

16	17	18	19	20
Breaded Pork Sandwich	Pizza Sticks w/Marinara Sauce	Chicken Nuggets w/ Dinner Roll	Citrus Asian Chicken w/ Noodles	Fish Sandwich
or	or	or	or	or
Mini Corn Dogs	Hamburger on a Bun	Grilled Cheese Sandwich	Beef & Bean Burrito	Cheese Pizza
Baked Beans, Cole Slaw	Green Beans, Spinach Salad	Steamed Broccoli, Baby Carrots	Stir Fry Veggies, Grape Tomatoes	Oven Crispy French Fries, Fresh Veggies
Kiwi	Fruit Cocktail, Orange Wedges	Pears, Apple Slices	Peaches, Banana	Grapes, 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. 5 - 16 - 22

Middle School Career Fair

Tues. 5 - 17 - 22

Wed. 5 - 18 - 22

Thurs. 5 - 19 - 22

K-2 Play Day

Fri. 5 - 20 - 22

Special Olympics Ames

Upcoming Events:

- 5/25: Senior Assembly/
power point
- 5/27: Graduation
- 5/30: Memorial Day,
No Classes
- 5/31: PBIS School Spirit
Day
- 6/3: Last Day Assembly

We Are The Champions!



The 46th Annual Ruby Van Meter Swimming Championships were held on Friday April 1st in the Ruby Van Meter Pool for Middle School through Transition Levels. Over 60 students competed in five different events to earn individual points, as well as team points for their respective home room squads. Winners of the Outstanding Swimmer Trophies in the Middle School Level were Loretto Gutierrez and Marcus Clevenger. Winners of the Outstanding Swimmer Trophies in the High School 9-10 Level were Lydia Wagner and Jack Lehman. Winners of the Outstanding Swimmer Trophies in the High School 11-12 Level were Stella Thompson and Christian Ortiz. Winners of the Outstanding Swimmer Trophies in the Transitional Level were Adriane Coleman and Colby Collins.



The 2nd Annual Ruby Van Meter Elementary Swimming Championships were held on Thursday April 21st in the Ruby Van Meter Pool. Over 20 students competed in swim races. Winners of the Outstanding Swimmer Trophies for the girls were Elize Niyonyishu and Lupita Arviso-Rosales. Outstanding Swimmer Trophies for the boys went to Sam Smith and James Forkner.



Thanks to all staff for making the Swim Championships a success and great job to all of our students that competed this year.

Top left, Sam Smith - Champion Swimmer! Middle Elize Niyonyishu showing her stroke with Coach Gene. Bottom, Nery Escobar Burciaga swimming the width with Coach Forrest.

Graduation Reminders -

May 16 - Senior fees are due to the school office

May 25 - Final day of classes for seniors, Senior PowerPoint, Graduation rehearsal

May 27 - GRADUATION, 6:00 pm, Ruby Van Meter School Gym

