



February 10, 2023

Dear Parents and Friends,

We hope that you all had a great week. We would like to share the following information with all of you:

Carnation Fundraiser to benefit the Eighth-Grade Class

On Valentine's Day, Tuesday, February 14th carnations will be for sale in the cafeteria during lunchtime for \$2.00. All proceeds will go to the 8th-grade graduation! If your child is interested in purchasing, please send in \$2.00.

Kids Heart Challenge

The month of February is recognized as Heart Health Month by the American Heart Association. Throughout the month of February, students will learn about their hearts in their Health and PE classes, raising awareness and funds for the American Heart Association. Please see the attached document for more information about the Kids Heart Challenge.

2022-2023 Yearbooks

Please see the attached document to order this year's yearbook. We have 50 copies available for purchase. If you have any questions, please contact Mr. Gracia at jgracia@lisbonschool.org.

Civics Project

Students in Mrs. Sheldon's Social Studies are currently learning about Civics and have created a newsletter to showcase what they have learned. We are proud to share these documents with you over the next few weeks. Please see this week's newsletter, History of the Constitution. attached.

Coaches Needed

We are looking for coaches to help with spring sports. Please see attached for more information.

LCS Substitutes

We are looking for substitute teachers and educational assistants to join our team. Please feel free to share the attached application with prospective candidates.

Variety Show

The LCS Variety show is back! Save the Date, March 9, 2023, 7:00 pm. Participants who make it through the auditions will receive all the necessary information to bring home. If you have any questions please contact Mrs. Gilgenbach at kgilgenbach@lisbonschool.org.

Healthy Hint of the Week

Eat plenty of fruits and vegetables. Vegetables and [fruits](#) are loaded with prebiotic fiber, vitamins, minerals, and antioxidants, many of which have potential health effects. Studies show that people who eat more [vegetables](#) and fruits tend to live longer and have a lower risk for heart disease, obesity, and other illnesses

Health Update

Please see the attached document from the nursing office for tips to prevent food allergen exposure. Additionally, the nursing office has a limited number of COVID-19 test kits available. Please contact our school nurse, Mrs. Svab at tsvab@lisbonschool.org for more information.

Have a fantastic weekend!
Christopher & Sal