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September 20, 2024

Dear Parents and Friends,

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

**From the LCS PTO**

The first skate night will take place this Tuesday, September 24th. Please [click on this link](#) for more information. Please [click on this link](#) for the information about the LCS PTO and [click on this link](#) for some highlights of what is planned by the LCS PTO for the 2024-2025 school year. Additional information can be found on the [LCS PTO Facebook](#) page.

**Before-and After-school care**

Lisbon Central School provides both before-school and after-school childcare programs. For more details, [click on this link](#) here to learn more about these services.

**High School Information**

Please [click on this link](#) for information about the upcoming Griswold High School Open House occurring next Wednesday, September 25th.

**Community Partners**

The Lisbon Fall Festival Road Race will take place this weekend on Sunday, September 22nd. Please [click on this link](#) for the road race flyer. Please [click on this link](#) to register online for this event. Please [click on this link](#) for upcoming events from the Griswold Recreation Department.

NFA is holding a [Youth Field Hockey Clinic](#) for students in grades 4 through 8. Please [click on this link](#) for more information and to sign up.

**From the Nurse's office**

Please [click on this link](#) for guidance from the Nurse's office on when to keep a student at home.

**Healthy Hint of the Week**

Go to bed at the same time every night. Training your body to go to sleep at the same time each evening can help you fall asleep more quickly and prevent those restless nights of tossing and turning.

Have a wonderful weekend.

Christopher & Sal