

JANUARY 2025 Mount Olive Lutheran School				
Monday	Tuesday	Wednesday	Thursday	Friday
		No School 1	No School 2	No School 3
Chicken Nuggets Mashed Potatoes Green Beans Fruit 6	Taco Tuesday Beef Tacos Beans Cilantro Lime Rice Fruit 7	Teriyaki Chicken White Rice Pork Egg Roll Fruit 8	Spaghetti Green Beans Fruit Roll 9	Pizza Friday Cheese or Pepperoni Garlic Bread Fruit Salad 10
Chicken Alfredo Buttered Noodles Broccoli Fruit 13	Taco Tuesday Beef Tacos Beans Cilantro Lime Rice Fruit 14	Boneless BBQ Wings Baked Beans Fruit 15	Turkey Sliders Chips Fruit Carrot Sticks 16	Pizza Friday Cheese or Pepperoni Garlic Bread Fruit Salad 17
No School 20	Taco Tuesday Beef Tacos Beans Cilantro Lime Rice Fruit 21	Chicken Nuggets Mashed Potatoes Green Beans Fruit 22	Hot Dogs Baked Beans Chips Fruit 23	Pizza Friday Cheese or Pepperoni Garlic Bread Fruit Salad 24
Turkey Sliders Chips Fruit Carrot Sticks 27	Taco Tuesday Beef Tacos Beans Cilantro Lime Rice Fruit 28	Scrambled Eggs Sausage Patty Cinnamon Roll Fruit 29	Chicken Nuggets Baked Beans Fruit Roll 30	Pizza Friday Cheese or Pepperoni Garlic Bread Fruit Salad 31

Self-Care and Mental Health For Kids

COUNSELOR CORNER
With Mrs. Lepeltak

 Share your own feelings to encourage self-awareness	 Practice mindfulness
 Encourage your child to focus on the moment	 Find social groups that help them feel like they belong
 Recognize toxic stress events.	 Focus on articulating Feelings "I am angry because..." "I am sad because..."

THANK YOU

The recipient families from the Angel Tree send many thanks to those who blessed them this holiday season!



Upcoming HOME Basketball Games

Tuesday, January 14 vs. Fort Dodge
Tuesday, January 21 vs. Latimer
Tuesday, January 28 vs. Boone

WE WANT TO PRAY FOR YOU!

At Mount Olive we believe in the power of prayer. We have a prayer team who are ready to pray for any needs you may have. If you have a prayer request you would like to have sent to the prayer team, whether for yourself, a family member, or a friend, please contact Lori at 515-979-3474 or dischk@yahoo.com.

YEARBOOK LINK

Yearbooks can still be ordered using the following link:

<https://www.treering.com/purchase?PassCode=1015909614083716>



Want a fun, easy way to get involved at Mount Olive? Sign-up to volunteer in the kitchen during lunch!



Link below!