April 1, 2016

## Mr. Lewis' Weekly Round-Up....

Happy belated Easter to everyone! As unbelievable as it is, Spring Break and Easter are behind us and we are full steam ahead into April and May. Please note the testing dates included in the newsletter and make sure our kids come to school well rested to give him/her the best opportunity possible.

Also, our spring fundraiser will be a walk-a-thon. Please look for information coming home and support it as best you can. We are working to purchase a speaker system for the front of the school as well as other playground improvements.

Have a wonderful weekend!

## Mark Lewis



Charecter Counts
April


Perseverance means never giving up.

School lumeh
Imilis

## School Lunch Menu

April 4-8

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| Eggo Mini Maple Pancakes w/ Turkey Bacon Assorted Cereal with Assorted Pop Tarts <br> Assorted Pop Tarts Breakfast Ring Mini Chocolate Rings Mini Powdered Rings Assorted Juice Fruit Choice Milk of Choice | Chicken and Waffles Assorted Cereal w/ Oatmeal Bar <br> Assorted Pop Tarts Breakfast Ring Mini Chocolate Rings Mini Powdered Rings Assorted Juice Fruit Choice Milk of Choice | French Toast Sticks w/Turkey Bacon Assorted Cereal with Assorted Pop Tarts <br> Assorted Pop Tarts Breakfast Ring Mini Chocolate Rings Mini Powdered Rings Assorted Juice Fruit Choice Milk of Choice | Ham \& Cheese Biscuit Assorted Cereal w/ Oatmeal Bar <br> Assorted Pop Tarts Breakfast Ring Mini Chocolate Rings Mini Powdered Rings Assorted Juice Fruit Choice Milk of Choice | Pancake \& Sausage on a Stick wí Syrup Assorted Cereal viith Assorted Pop Tarts <br> Assorted Pop Tarts Breakfasí Ring Mini Chocolate Rings Mini Powdered Rings Assorted Juice Fruit Choice Milk of Choice |
| Pepperoni Pizza Sticks Or <br> Cheeseburger w/ Cheeto Puffs <br> Yogurt w/ <br> String Cheese and Goldfish Crackers Dragon Punch Juice Mixed Veggie Salad Pineapple Cherry Swirl Fruit Ice Raisin Box Milk of Choice | Sweet \& Sour Chicken w/Brown <br> Rice <br> Or <br> Mini Corn Dogs w/ Spiral Fries <br> Yogurt w/ <br> String Cheese and Goldfish Crackers Garden Salad w/ Ranch Dressing Apple Juice <br> Pineapple Tidbits Milk of Choice | Nachos w/Ground Beef \& Salsa Cup Or <br> Ham \& Cheese Flatbread Melt w/ Cool Ranch Doritos <br> Yogurt w/ <br> String Cheese and Goldfish Crackers Taco Soup <br> Mixed Veggie Salad Berry Juice Applesauce Cup Milk of Choice | Popcorn Chicken w/ <br> Potatoes \& Roll Or <br> Meatball Submarine w/ Harvest Cheddar Sun Chips <br> Yogurt w/ <br> String Cheese and Goldfish Crackers Green Beans <br> Mixed Veggie Salad Orange Tangerine Juice <br> Peach Cup <br> Milk of Choice | Pepperoni Pizza Or <br> Crispy Chicken <br> Tender Wrap w! <br> Nacho Cheese Dóititos Yogurt w/ <br> String Cheese and Goldfish Crackers <br> Carrot \& Celery Sticks w/Ranch Dip Mixed Veggie Salad Fruit Punch Juice Fresh Apple Slices Homemade Chocolate Chip Cookie Milk of Choice: |

Advance Tickets are $\mathbf{\$ 2 5}$ per person Order online arkansasgives.com

At the Door: \$25 per person


TOK/EK RUN CONWAMY, AR
Annual Tadpole Trot for Kids

## 10 a.m. Saturday, April 30 <br> John McConnell Stadium/Conway High School

Races for children ages 4-12:

$$
\text { 4-8-Half lap } \quad 9-10-\text { One lap } \quad 11-12 \text { - Two laps (one-half mile). }
$$

First, second and third place finishers in each division receive trophies. All other entrants receive a ribbon. The school with the largest participation will receive $\$ 200$ for its physical education program.

Registration is $\$ 10$, which includes a cotton T-shirt. Free refreshments for runners.

The Conway Kiwanis Club is the main organizer of the event, which is supported by the Conway Running Club and Conway Convention \& Visitors Bureau.

For more information or to register, visit toadsuckrun.com.

A BIC thank you to our TITLE SPONSOR Groovy Smiles Pediatric Dentistry DR. AARON K. FORRESTER, D.D.S.

The DEADLINE to guarantee an official event tee: TUESDAY | MARCH 29


ARKAKSAS FITESS RARMR


$\frac{\text { Arkansas }}{\text { Pediatrics }}$ of Conway
R.L. Jackson I Jackson Invesment

Jay Bernard State Farm Agent Whitney Long |REMMAX Realtor Velda Lueders | Pam McDowell Realtor Michelle M. Philips | CPA, PA Simmons Bank

Conway Children's Clinic Joe \& Helen Echavarria Blue Pool Spas Pigtails \& Crewcuts - Conway Sonshine Academy Freyaldenhoven Heat \& Air


FRIDAY, APRIL 15 @ 6 P.M.
LAUREL PARK | PRINCE STREET | CONWAY ${ }^{3}$ CONWAY REGIONAL HEALTH SYSTEM

Conway Regional Health $\mathcal{E}$ Fitness center 700 SALEM RD | CONWAY |AR| 72034


## KIDS RUN ARKANSAS

Friday, April 15 @ 6 p.m.
LAUREL PARK | PRINCE STREET | CONWAY
The deadline to guarantee a t-shirt is TUESDAY, MARCH 29
Parents Name: $\qquad$ Phone: $\qquad$
Address: $\qquad$ City: $\qquad$ Zip:

Email: $\qquad$ Alternate Phone: $\qquad$
Emergency Contact Number:

Participant Registration \& T-Shirt Order
Event registration is only $\mathbf{\$ 1 0}$ \& this includes official Kids Run Arkansas $®$ shirt, goody bag \& finishers medal! Discount for Family of 4 - only \$35! *Discount can be all children or parents \& children

Youth: YS YM YL YXL Adult: S M L XL 2XL

| Name | School Name | Age | Size | Fee |
| :--- | :--- | :--- | :--- | :--- |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| Family of 4 discount applied? Yes No Total Fee : |  |  |  |  |
| Payment (circle one): cash check |  |  |  |  |

*Please make checks payable to Conway Regional Health \& Fitness Center Mail or drop off completed form and payment to: Conway Regional Health \& Fitness Center 700 Salem Road • Conway, AR 72034

Questions?
Mallory Lefler, Race Director • 450.9292 ext. 309 mlefler@conwavreaional.org
Amanda Castillo, Marketing Coordinator • 450.9292 ext. 305 acastillo@conwavreoional.ore


T-shirt pick-up will be held:
Wednesday, April 13 \& Thursday, April 14
8 a.m. -10 p.m. \& then Friday, April 15 from 8 a.m. -3 p.m. at Conway Regional Health \& Fitness Center.

Assumption of Risk and Release
In agreeing to participate in Kids Run Arkansas, presented by Conway Regional Health and Fitness Center, I affirm that my child's general health is good and that he/she is not adversely affected by physical activities. I am aware of the possibility of accidental not adversely affecter by puring this activity. In ansider ition parsicipating in Kids or other physical injury during this activity. In consideration of participating in Kids Run Arkansas, I do hereby agree to assume all risks of such injury and will hold harmless from any liability, actions, causes of action, claims and demands of every with any participation in activities arranged by Conway Regional Health and Fitness Center, its employees, staff and volunteers. The terms herein shall serve as a release and assumption of risk for my heirs, minors. I have agreed to the conditions stated above.

Photo Consent
I, fully understand that my minor child $\qquad$ may be photographed or interviewed as part of general news media coverage of this Conway Regional Heat th and Fitness Center event. It is with my full consent and andar 1 in 1 in din promotional materials and news releases for Conway Regional Health System.
__I give my consent
___ I do not give my consent
Signature: $\frac{\text { Dite: }}{\text { (Signature of Parent or Guardian) }}$
$\xrightarrow{M}$
CONWAY REGIONAL
HEALTH SYSTEM I

