



Inman Newsletter

May 19th - May 23rd



Upcoming Events

*May 20th
3rd grade picnic

*May 21st
1st grade picnic
5th grade - soccer/picnic

*May 22nd
Tiger Day

*May 23rd
6th grade - bowling
Last day of school -
Dismissal @ 11:00



REPORT CARDS

Report Cards will be
sent home with
students Friday,
May 23rd.

BREAKFAST

MAY 19TH - MAY 23RD	MONDAY:	*SAUSAGE PANCAKE ON A STICK *ASSORTED CEREAL W/CINNAMON TOAST
	TUESDAY:	*BREAKFAST TACO *ASSORTED CEREAL W/YOGURT
	WEDNESDAY:	*CHEESY HAM AND EGG CASSEROLE *ASSORTED CEREAL *TOAST
	THURSDAY:	*CINNAMON ROLL *ASSORTED CEREAL *MUFFIN SQUARE
	FRIDAY:	*SOFT FILLED CEREAL BAR *ASSORTED CEREAL *CINNAMON TOAST

LUNCH

MAY 19TH - MAY 23RD	MONDAY:	*HOT DOG *PIZZA MUNCHABLE *CHICKEN BACON RANCH SALAD
	TUESDAY:	*TATCHOS *NACHO MUNCHABLE *COBB SALAD
	WEDNESDAY:	*CHICKEN PATTY *PEANUT BUTTER AND JELLY SANDWICH *PULLED PORK APPLE SALAD
	THURSDAY:	*TIGER DAY *SACK LUNCHES
	FRIDAY:	*LAST DAY OF SCHOOL *SACK LUNCHES



FIRE STATION



MUSIC PROGRAM



Mobile Food Pantry

the mobile pantry is available to you free of charge!
Questions: Call 712-623-6725



NO COST! ALL ARE WELCOME
ONE DAY DISTRIBUTION
NO DOCUMENTATION REQUIRED

THURSDAY
MAY 29, 2025

Distribution:
3:30pm

NO LINE UP BEFORE 2pm
MAXIMUM OF 3 HOUSEHOLDS
PER VEHICLE.

Location: ROCSD Football
Field/fairgrounds
Parking lot
1798 N 1st Street,
Red Oak, IA 51566

THANK YOU TO OUR VOLUNTEERS:

Montgomery County Memorial
Hospital + Clinics

FIRST COVENANT CHURCH - RED OAK ALTHUSA RED OAK
MONTGOMERY COUNTY FAIR BOARD



TRACK & FIELD DAY



SWITA SUMMER FUN BUS

WE PROVIDE RIDES TO:
Summer camps & activities,
Vacation Bible School,
Grandma's house, Friend's
house, Swimming pool,
Tennis lessons, Piano
lessons... and more!

\$1 each way or
\$40 for an unlimited
summer pass

Monday - Friday
Students up to 12th grade
Parents and Caregivers ride free

Atlantic 7am-5pm
Clinton 8am-6pm
Martin 8am-6pm
Red Oak 8am-6pm
Shenandoah 8am-6pm

Open
to the
Public



Register online at
SWITA.com
or Call
712-243-2518 OR
1-800-842-8065

Parent Cafe

CALM & CONNECTED: LEARNING EMOTIONAL
REGULATION FOR YOU & YOUR CHILD

This cafe will be virtual on May 13 from 4:30-6 pm. It is
for all adults/caregivers/parents that have a child in
their life. To register call or text 712-355-2615 by May 12
at 4pm, or register online via the QR code.



Big Feelings, Calm Connections: Join us to build emotional balance for you and your
child because regulation starts with relationship.



Objectives:

- Explore the foundations of emotional regulation and why it matters for caregivers and children.
- Strengthen your connection with your child by staying calm and supporting their understanding of emotions in everyday moments.
- Practice simple co-regulation techniques that promote calm, connection, and emotional safety at home.
- Understand the importance of nurturing emotional regulation from birth.
- Learn age-appropriate strategies to help children name, manage, and express their emotions.

There will be a door prize drawing at the end of the café, plus a
chance to be entered into a larger quarterly drawing for a family
pass (such as a zoo membership)!



Free SUN MEALS

Opaal is offering free summer meals for kids in Red
Oak School District. Children 18 and under can receive
nutritious meals to-go, with no need to eat on-site.

Pickup Location:

Jr/Sr High School Cafeteria

Dates & Times:

Every Thursday starting June 5th
through August 14th 1-3pm

Each bag will include breakfast,
lunch, fruits, vegetables and
milk for 7 days

This institution is an equal
opportunity provider

Adaptive Cycle Clinic

Riding bikes outdoors is a vital component of a child's emotional and social growth, as well as a
wonderful way to get exercise and improve healthy habits. This Adaptive Cycle Clinic will provide
children with physical and/or cognitive developmental disabilities the opportunity to ride a bike!

WHAT:
Children's physical therapists and equipment technicians from Children's - Iowa City will be at this clinic
to visit with attending families, demonstrating the customized cycles and bicycles that are adaptable
to any child's physical ability level. Variety - the Children's Charity of Iowa will also have representatives
in attendance to provide information on financial assistance with purchasing bikes if needed.

After the clinic, a cookout will be hosted by Kiwanis Clubs of Red Oak. All participants will receive a
biking helmet courtesy of the Kiwanis Club!

WHO:
Individuals ages 3-18 with physical/cognitive developmental disabilities.

WHEN:
June 7, 2025 | 10:00 am - 2:00 pm
Event will be held rain or shine in paved indoor if inclement weather.

WHERE:
Montgomery County Family YMCA
101 E. Cherry Street
Red Oak, IA 51566

HOW:
Sign up ahead of time at www.mymcymca.com
is preferred, but day of event registration is allowed.
This event is free of cost to all attendees.

Questions?

Reach out to the contacts below:
Matt Davis: (712) 623-2161
Caitlin Reed: (712) 542-1841



KINDERGARTEN TIGERS

THE RED OAK COMMUNITY SCHOOL DISTRICT IS MAKING
PLANS FOR THE 2025-26 SCHOOL YEAR. WE WELCOME
ALL 5 YEAR OLD'S INTO OUR KINDERGARTEN PROGRAM.
IF YOU HAVE A CHILD OR KNOW OF CHILDREN WHO WILL
BE FIVE YEARS OLD ON OR BEFORE SEPTEMBER 15, 2025
PLEASE COMPLETE THIS FORM ON FACEBOOK. THESE
WILL GO TO DR. CHAILLIE, PK-6 PRINCIPAL.
WE LOOK FORWARD TO PARTNERING WITH YOU ON THIS
IMPORTANT ENDEAVOR.

WE ARE SO EXCITED TO MEET OUR FUTURE
KINDERGARTEN TIGERS!

IF YOU HAVE QUESTIONS, PLEASE CALL THE OFFICE
712-623-6635

[HTTPS://FORMS.GLE/PQHYQ2GFTRSKDC6CA](https://forms.gle/PQHYQ2GFTRSKDC6CA)