

CARDINAL MUSCLE

OCTOBER 2026



Monday School

Children must be registered to attend Monday School Trips. We need to have a solid count for tickets, lunches, and bussing. Registrations will close the **Wednesday** before each trip

Reminders

Morning Cardinal Muscle for North and South Elementary starts at 7:15 each morning.

Afternoon Cardinal Muscle is held at South Elementary, and is FREE T-TH afterschool until 5:15.

Please register your child for afternoon Cardinal Muscle and Monday School. Registrations can be found on Powerschool

Upcoming Events

- October 5th-
Fun Farm- Kearny, MO
- October 12th-
Apple Orchard- Bedford, IA
- October 19th-
Hanthorn Hills- Leon, IA
- November 9th-
Swimming- Indianola IA Grades K-6
- **November 9th- Middle School Trip**
Sparetime Bowling- Des Moines, IA



Lego Club

Who: Students in grades **5-8**

When: October 14, 28, and Nov. 4th- we may add more if needed

Where: South Elementary - afterschool until 5:30
Students must fill out a form and return it to school to join.

Contact Kerry Welch with questions
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