

# Lombardi Middle School

**1520 South Point Road, Green Bay, Wisconsin 54313**

**[lombardi.gbaps.org](http://lombardi.gbaps.org)**

**920-492-2625**

**Lucas Lechnir, Principal**

**Dennis Christensen, Associate Principal**

**Tim Larsen, Associate Principal**

Dear Lombardi Families,

As this school year comes to a close, we want to be sure that you are aware of all of the end of the year events that are around the corner. This newsletter contains information about these events. So, please read this newsletter carefully.

Lombardi and the Green Bay School District has lent out numerous items over the past 14 to 15 months to help students continue their education during the global pandemic. If your student is on-site currently I am asking that you make plans with them to return any items that belong to Lombardi or the Green Bay School District on Monday, June 7. If your student is participating virtually we are planning on having a drop off of materials on Wednesday, June 9, starting at 8:00 AM and concluding at 4:00 PM. We will be taking items at the front door. Please make sure your student has their items in a bag with their name and grade level noted appropriately. If those times do not work for your family please connect with the main office.

We will be conducting Summer School on-site at Lombardi starting June 14. Please take a moment and look over the various courses that we have developed to assist in extending and enriching the learning of your children. If you have any questions about signing up for Summer School please call the main office at 920-492-2625 for assistance.

In a typical year we invited two family members in the building per 8th grader for a small celebration on the last day of school. Due to circumstances, this year we will not be having family members in the school on the last day. We are planning an end of the year video for all of our 8th graders congratulating them and wishing them the very best as they transition into high school. The video will be available for families to view once it is completed.

I'd like to recognize and congratulate this year's staff who are retiring. Our retiring teachers are Kathy Johnson (6th Grade Social Studies), Janet Tolan (6th,7th,8th Grade Art), Lynn Mitchell (Librarian). All of these individuals have devoted their professional lives to our school and our children. They have all made a difference at Lombardi Middle School to the students they have taught and will be greatly missed. We hope the next phase of their lives are exceptional!

As every year comes to a close everyone is very busy with preparations not only for the end of the year but also for the Summer and next Fall. It has been a year that no one will ever forget. I have been so proud of the resilience and efforts that I have witnessed from all of the children, parents and staff at Lombardi. It has been an honor and a privilege to serve as the Principal of Lombardi Middle School.

Sincerely,



Lucas Lechnir  
Principal

## Saturday School

Saturday School is an opportunity for students to complete missing work and assessments with support from Lombardi Middle School teachers. Teachers will be there to encourage individual progress and answer academic questions. After each Saturday School session, students will have documentation of their plan for the day and the amount of work completed.

Saturday School is open to students who are learning on-site as well as virtual students. To register your student for Saturday School, please contact the main office by the Wednesday before the Saturday School session. Your student will then be given a permission form, once returned, your student will be registered for the session. Students are expected to be present the entire time (8:00 AM to 11:00 AM) and a parent/guardian will need to sign in the student at the security desk. A current phone number will be required at drop off in case of an emergency. Transportation is not available for Saturday School at Lombardi.

### Upcoming Saturday School Dates:

- Saturday, May 15, 2021
- Saturday, May 22, 2021
- Saturday, June 5, 2021

## LOMBARDI SUMMER SCHOOL 2021

Sign up for Summer School 2021 is underway. Summer School information was emailed to families on April 27 and was sent home with students on April 29. Information can also be found on the homepage of the Lombardi website or by calling the main office at Lombardi Middle School at 920-492-2625.

## YEARBOOKS

Lombardi Middle School 2020-21 Yearbooks are currently on sale. The price is \$14 and all yearbooks will be ordered directly from Ambrosius Studios.



To order online:

- \* Scan QR code with your phone or go to **ambrosiusstudios.com**
- \* Click on Yearbook
- \* Enter your online code **LMSYB2021**

Order your yearbook today!

Ambrosius Studios - (920) 494-2294

## CONGRATULATIONS



Congratulations to the following Lombardi orchestra students on performing with the St. Norbert Youth Orchestra this past season.

Wren Algrem - Cello  
Declan Algrem - Violin  
Tyler Dashnier - Cello  
Cassidy Schneider - Violin

## EARTH CLUB



Lombardi's Earth Club is happy to share that the school garden is being renovated. Thanks to former Lombardi student Noah Buth, the garden will be all raised beds to better assist handicapped students and community members who wish to plant, harvest or otherwise participate in the garden in any capacity. Posts will be included to attract beneficial birds and bug houses for beneficial insects. Earth Club will still be growing plants this year and donating to those in need. Partnering with Mr. Sebranek at the Southwest High School greenhouse, we will be growing vegetables in the raised beds behind the high school greenhouse for the summer while Lombardi's garden is under construction. Plants are currently started by Earth Club members in the Lombardi Agriscience classroom along with the Plant Science students.



## Asian Pacific American Heritage

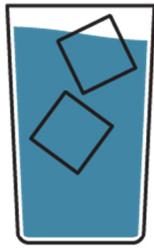
May is Asian/Pacific American Heritage Month – a celebration of Asians and Pacific Islanders in the United States. Lombardi Middle School's Asian American/Pacific Islander Club (AAPI Club) would like to encourage you to join us in observing, participating and/or celebrating this month. You don't have to be Asian to appreciate the culture. AAPI Club is open to any Lombardi student to join. In this club you will be with other students who share an interest and want to learn more about Asian cultures and traditions. If you would like to join, email Mrs. Vang ([mathao1@gbaps.org](mailto:mathao1@gbaps.org)) for more information. Thank you! Ua Tsaug! Arigatou gozaimasu! Terima kasih! kamsa-hamnida! khàawp-khun! Cà m on! Salamat! dhanyabad! Meitaki Maa-ta! Vinaka! Tangkiu! Fa'afetai lava!

## BEGINNING ORCHESTRA & BEGINNING BAND 2021-2022

If your child has signed up for either Beginning Orchestra or Beginning Band class for the 2021-2022 school year, you will have a chance to meet your instructor and try an instrument for sizing before class starts next fall. Look for details from either Mr. Kraly (Orchestra) or Mr. McCabe (Band) as to when and where this first time event will be taking place! They are very excited to have your child join Lombardi's award winning Music Department!

# The Skinny on Sugary Drinks

How many teaspoons of sugar are in just one 8-ounce serving?



Water

0 TSPS



Sports Drink

4 TSPS



Sweet Tea

6 TSPS



Soda

6 TSPS



Lemonade

7 TSPS



We Americans absolutely love sugar. So much so that we consume two to three times more added sugars than we should every day!

Sugary drinks - think fruit drinks, sweetened coffee and tea, energy drinks, sports drinks and soda - are the big culprits. In fact, almost a quarter of our added sugar comes from these sources. You are probably aware that sugary drinks are high in calories and can result in an unhealthy weight gain which, in turn, increases your risk of type 2 diabetes, heart disease and high blood pressure.

But, what if you're already a healthy weight? Do you get a pass? Unfortunately, no. Sugary drinks hurt our hearts, not just our waistlines. Research shows sugary drinks can specifically lead to an imbalance in blood cholesterol, increasing the risk for heart disease, regardless of weight.

How does that happen? Turns out there are multiple ways. These include an increase in inflammation and/or clotting, which can lead to a heart attack. Increases in LDL, the bad cholesterol, and increased hardening of the arteries (atherosclerosis) also put you at risk. Even the liver is involved because too much sugar causes fat deposits which can result in fatty liver disease, another risk factor all by itself. Fructose, the main ingredient in sodas, increases uric acid in your body, which causes your blood pressure to rise by blocking nitrous oxide (NO), a substance that helps maintain the elasticity of

blood vessels. Stiffer vessels increase the blood pressure which increases the likelihood of heart disease and stroke.

Still not convinced? Too much sugar may put you at higher risk for dementia, depression, pancreatic cancer, tooth decay, skin aging and wrinkles to name a few of the unfortunate possibilities.

So, is the only solution to ban added sugars from your life? Of course not. That is neither realistic nor recommended. The problem is the amount we consume.

The American Heart Association recommends a daily maximum intake of 9 teaspoons of added sugar for men and 6 teaspoons for women and children over age two. Compare that with the 17 teaspoons we average daily and you can see there is plenty of room for improvement!

Start by instilling good habits in your children because it's much easier to do that when they are young. The American Heart Association recommends no more than one sugary drink per week for kids. As for adults and older kids who might have a sweet tooth slowly decrease your consumption to change your taste buds so you won't crave all that added sugar. Be persistent and consistent, and you will find that those sugar laden drinks no longer have the same appeal. That's an outcome you can live - longer - with!

Mary Ann Bauman, M.D.

## Lombardi Middle School May 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Saturday School 8:00 - 11:00 AM
2	3 Day 1	4 Day 2	5 Homeroom Cinco de Mayo	6 Day 1	7 No School  School Closed	8
9 Mother's Day	10 Day 1	11 Day 2	12 Homeroom Battle of the Books 11:00 AM Virtual Event	13 Day 1	14 Day 2	15 Saturday School 8:00 - 11:00 AM
16	17 Day 1	18 Day 2	19 Homeroom	20 Day 1	21 Day 2	22 Saturday School 8:00 - 11:00 AM
23	24 Day 1	25 Day 2	26 Homeroom	27 Day 1	28 Day 2	29
30	31 Memorial Day  School Closed					

## Lombardi Middle School June 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Day 2	2 Homeroom	3 Day 1	4 Day 2	5 Saturday School 8:00 - 11:00 AM
6	7 Day 1 All Student Materials Collected - Computers and Books	8 Day 2 Last Day of School	9 Virtual Students Materials Collection - Computers and Books	10	11	12
13	14 Flag Day Summer School Session 1	15 Summer School Session 1	16 Summer School Session 1	17 Summer School Session 1	18 Summer School Session 1	19
20 Father's Day	21 Summer School Session 1	22 Summer School Session 1	23 Summer School Session 1	24 Summer School Session 1	25 Summer School Session 1	26
27	28 Summer School Session 1	29 Summer School Session 1	30 Summer School Session 1			 <b>Green Bay Area</b> <b>Public School District</b> <i>Engagement. Equity. Excellence.</i>