



Northwood-Kensett Community School District VIKING DISPATCH

April, 2015

Creating healthy, educated, ethical and productive citizens.

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Brian Costello, Elementary Principal

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FROM THE DESK OF MR. COSTELLO

Spring is such a beautiful time of year. That time between layers of snow and green lawns with colorful flowers really brings a sense of rejuvenation. But, with the good, comes something that isn't so good--MUD. While I can't really think of any off hand, I'm sure mud has its uses. One thing I can tell you it is dreaded when tracked into homes and schools. So, to help us keep a clean school it may be worth considering sending your child(ren) to school with rain boots or an old pair of tennis shoes that you don't mind getting wet or muddy. That way they can change into "inside" shoes when they come indoors. While they are outside we'll do our best to keep them out of the mud, but the lure of making a mess often wins. Another thing to consider is dressing in layers with a lighter jacket and a sweatshirt underneath. This may help solve the dilemma of what to wear when days can range from warm and muggy to cold and windy. As always, I appreciate your help in this.

Preschool Registration!!!

On April 20 from 10:00-6:00 pm we will hold our preschool registration for the 2014-2015 school year. Any children that are three years old by September 15 are eligible for our three-year old program. Registration will take place in the preschool room. If you have questions, please call the office at 324-1127.

It is the policy of the Northwood-Kensett Community School District not to illegally discriminate on the basis of race, color, national origin, gender, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy please contact the Superintendent of Schools, 1200 First Avenue North, Northwood, IA 50459, Phone 641-324-2021, who has been designated as the district's Equity Coordinator and to coordinate the school district's efforts to comply with the regulations implementing Title VI, Title VII, Title IX, the American with Disabilities Act (ADA), Section 504, and Iowa Code Section 280.3.

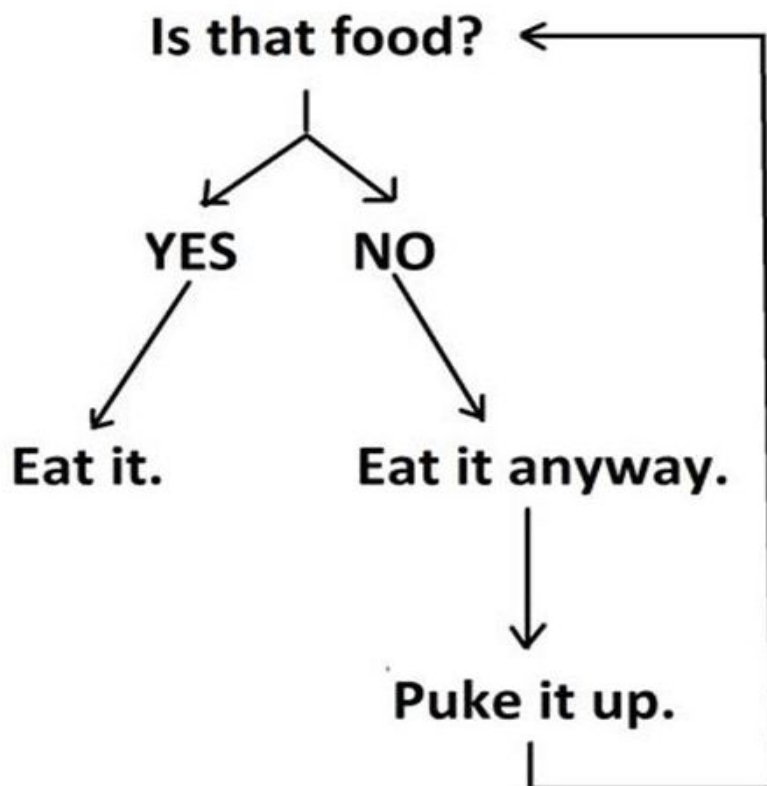
FROM THE DESK OF MR. FRITZ

Decisions, Decisions

Many of you know I live on an acreage, mainly because I like having distance between me and my neighbors, but also because it allows my family to enjoy our horses, small livestock, and our dogs.

However, all of these animals living together on one little acreage creates a challenge for my wife and me, because our dogs--like most people's dogs--don't always make the wisest decisions about what they eat, where they stick their noses, and what they choose to roll around in before coming into the house. The result usually ends up smelling bad, making a mess, or both (note the graphic I've included with this article). And no matter how old they get, the dogs seem to eat the same stuff and roll in the same places over and over again.

My puppy's decision-making tree



Fortunately, we humans are only influenced by instinct, not governed by it. The older we get, the wiser we become, and we are able to make choices based not just on past experiences, but on our own set of ethics and values. This is what separates us from animals. We have a conscience.

In education, one of our responsibilities is to help our young people learn and practice these universally accepted, beneficial values. In parenting, I would argue it is our primary responsibility. Values such as our Six Pillars of Character: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship.

Young people are, by definition, not fully developed. A quick look at the heights of our 7th graders reveals that! And I've seen some of the shortest 12 years olds mature into some of our tallest seniors. The same development occurs in a young person's brain, and in their decision-making. Some young people start junior high with a highly developed set of values, and are quite mature for their age. Some, on the other hand, still seem to be more influenced by instinct. We get frustrated, wondering why some young people continue making the same mistakes over and over again, just like those pups at my house.

But we need to be persistent, as parents and educators, and keep the light at the end of the tunnel in mind. With age, maturity, and the steady guidance of the adults in their lives, young people will slowly begin making more right decisions than wrong ones. Hopefully, by the time they leave our sphere of influence, the ratio of smart moves to dumb ones tilts WAY over to the smart side! This only occurs when parents and educators show by word and by example those character traits that we expect from these young people.

FROM THE DESK OF MR. CROZIER

Last Day of School

The last day of school for the 2014-2015 school year will be May 22, 2015 pending no more days cancelled. If we do miss anymore days they will be made up the following week after Memorial Day.

New Differentiated Accountability System:

The Iowa Department of Education will be implementing a new evaluation system for it school districts. This new system will replace the old Site Visit system that we are all familiar with. For the 2015-2016 school year the Iowa Department of Education will be running a pilot program for their new system. Northwood-Kensett has volunteered to take part in this pilot program.

We are being told that the new system will be geared to helping out struggling schools and identifying exemplary schools that we all can learn from. I believe this new approach will be beneficial to the students of our state and our district. When the emphasis is put on helping children over compliance, our children win.

Farm Bureau Visit

I would like to thank the Worth County Farm Bureau for hosting the Worth County Superintendents on March 17, 2015. Strengthening relationships between the school and community organizations is positive for our students. Throughout the year, the Farm Bureau sponsors several agriculture educational events for students in our county. We appreciate their support of the students of Worth County.

School Funding

It is disappointing that I am writing about the lack of school funding and the inability of our state government to set supplemental state aid for our children. They are well over a year behind their job and legal obligation to set the funding for our schools. I encourage you to contact your legislators and let them know that we need adequate funding for our children. Anything fewer than four percent will set our children's education back. The contacts are listed below.

Legislative Email: mary.jo.wilhelm@legis.iowa.gov

Home Phone: (563) 547-4156

Home Email: mjwilhelm414@msn.com

Home Address: 414 N Elm, Cresco, IA 52136

Legislative Email: josh.byrnes@legis.iowa.gov

Home Address: 1479 - 380th Street, Osage, IA 50461

Capitol Phone: (515) 281-3221

**NOTE FROM MRS. NAGLE,
CURRICULUM DIRECTOR AND TALENTED AND GIFTED**

6th Grade Math Bee

AEA 267 Clear Lake

The Northwood-Kensett 6th grade Math team competed at the Clear Lake Regional Math Bee. Nathan Hannemann, Cole Estes, Austin Foss, Carter Severson, Kayla Senne, Evelyn Ocel and Hallie Varner competed for the Northwood-Kensett team.

8th grader Nathan Cordle represented Northwood-Kensett at two state events last month. Nathan competed as a MATHCOUNTS individual at Drake University and as one of the top 100 students at the State Geography Bee that was held at the University of Northern Iowa.

EIGHT TO STATE 5/4/15**History Day****Junior Paper**

Lindsey Davidson

Herbert Hoover, Feeding the Children

Junior Individual Exhibit

Peyton Pangburn

"First Lady of the World"

Junior Group Exhibit

Jaela Parks and Kennedy Eskildsen

Eleanor Roosevelt

Senior Paper

Matthew Parcher

History's First Reporter

Senior Group Exhibit

Misty Miranda and Coltn Benson

Harry S. Truman

Senior Individual Documentary

Chelsea Boyden

Schindler



Nathan Cordle

Chelsea Boyden, Coltn Benson,
Misty Miranda and Matthew Parcher**Reminders....****Pizzathon 4/21/15****AEA 267 Invention Convention 4/23/15****Class of 2021 Project Fair 5/15/15****Class of 2020 Culture Day 5/18/15**

COUNSELORS CORNER BY AMY RENWICK AND ASHLEY SHAW

By: Amy Renwick

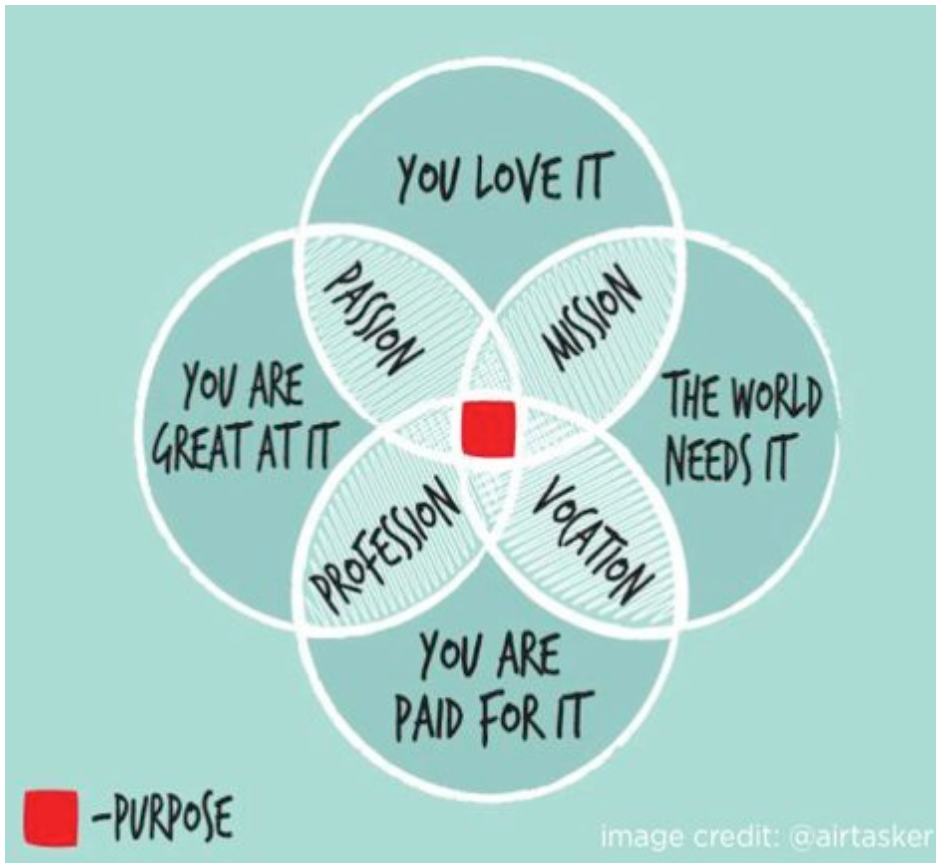
Because 4-Year Plans are all but submitted, and we are working on the academic and career planning in 8th grade guidance class, the process of how students choose a career path has been a special focus area of mine in the last couple of weeks. I came across the image below on Twitter today and thought I should share it with the N-K community.

I believe Mr. Fritz is devoting his Dispatch article this month to reminding parents that teenagers (and pre-teens) are in the process of maturing and sometimes need help to make the right decisions. I hypothesize that the “growing up” process needed to become a mature adult is one thing that makes it hard for some students to narrow down a career choice by the fall of their senior year.

In 8th grade, students listed jobs such as “YouTube Star” or “professional athlete” when asked what they would like to do after graduation. To be sure, there are some people here in these United States who hold those job titles. However, I tend to think that students should plan for jobs that have an application process--a career in which you have a fair chance of getting the job if you have the qualifications and undergo the hiring process. In the image below, students pay special attention to the “you love it” circle and nearly wholly disregard “the world needs it” circle.

In guidance, we will look at job outlook, education needed, pay in our geographic location as well as nationally, and other important considerations to make when choosing an educational direction to move in

through high school and after graduation. This work will continue through their senior years. At home, you can encourage students to maximize their potential and highlight their real strengths, which can lead to career ideas for students. North Iowa and the rest of our nation have many well-paying jobs that go unfilled because there are no qualified applicants. Oftentimes, these jobs lack the “glamour” teenage students tend to flock towards, but they are the kind of jobs that students will seek later on, when “adult” concerns like raising a family become their priority. I encourage you to have these conversations with your students, and help them to continue to whittle down their career ideas until they find a right choice.



COUNSELORS CORNER (cont.)

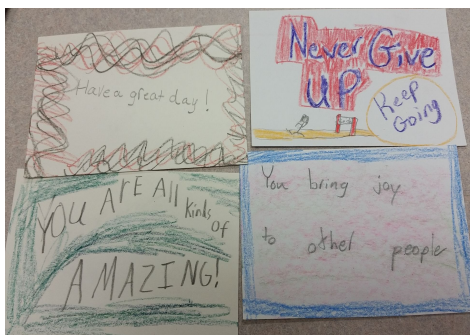
By: Ashley Shaw

Throughout the month of March, we have been focusing on the Caring character trait. In doing so, we held a Pennies for Patients fundraiser at the elementary. This fundraiser benefited the Leukemia and Lymphoma Society. We originally set a goal of collecting \$1,000. The students doubled that goal! They brought in a total of \$2,008.80 in three weeks! This fundraiser allowed the students to work together for a common goal of helping others. It also helped to show that by working together, we can achieve great things. We had several staff members who helped keep the student's motivation strong by volunteering to get "pied" for every \$300 the students earned. Mr. Crozier also was saran wrapped to a chair and had his hair colored orange and green for a day to show support for Leukemia and Lymphoma research once the students raised \$1,000.



In Guidance, we have been talking about careers and what jobs the students want to do. The 6th grade students have been working on their career projects for the project fair. These projects include researching the career of their choice and putting the information into a keynote presentation. These presentations allow the students to explore the careers of their choice and to see what is required in order to pursue that job.

The 3rd, 4th, 5th, and 6th grade Junior Viking Way members have been working on ways to spread caring and kindness around the school. They have made positive note cards for each student in the elementary. These note cards include messages such as "You're a Star," "Have a great day," and "Your words matter."



ELEMENTARY STUDENTS OF CHARACTER



(Left to right): Hunter Moeller, Haydan Pectorious, Taylor Rodemeyer, Alexis Rops



(Left to right): Rachel Hill, Hayley Wallin, Lexey Tindall, Jesslyn Sims



FROM THE PILE ON THE ACTIVITIES DIRECTOR DESK BY MR. HARTMAN

I recently attended the Iowa Athletic Directors' Conference in Coralville, Iowa. I had the pleasure to listen to a speaker by the name of Rob Miller. One of the things that he said shocked me. He stated that 74% of all school-aged children quit playing sports by the age of 13. He told us that the number one reason kids are getting out of sports is because it is no fun. I know that this statistic is not true here at Northwood-Kensett but I'm sure that we lose some of our athletes before they get to high school because they are already burned out. I have included an article written by Kevin Kush and Michael Sterba. If you are a parent involved in coaching youth sports, please look it over and ask yourself that one important question, "Am I doing everything possible to help kids meet their goals?"

What Kids Say about Playing Youth Sports

The tremendous growth in organized youth sports has resulted in many positive outcomes for kids. Athletics creates an atmosphere that both supports and enhances what kids want and need. Surveys have revealed the top reasons why young people want to play organized sports:

- "I want to have fun."
- "I want to do something I'm good at."
- "I want to be with friends and make new ones."
- "I want to get fit and stay in shape."
- "I want to learn new skills and improve on existing ones."
- "I want to play and participate as a member of a team."

Coaches and parents should pay attention to these reasons, using them as the foundation for youth sports experiences. "Having fun" is at the top of the list and should be the focus of any athletic environment.

Note that winning does not make the top reasons for youth participation in organized sports. It consistently ranks toward the bottom on surveys that ask young people why they play sports. This surprises many adults who value outcomes – winning – more than the experience – fun, friends and fitness.

While being competitive and striving for excellence are an important part of athletics, sports provide many other teachable moments whose effects last longer than the temporary rush of victory. Learning how to accept defeat and exhibiting positive sportsmanship skills, especially in defeat, are valuable life lessons.

Coaches also need to put youngsters' needs and wants ahead of their own. Coaches should ask themselves, "Am I doing everything possible to help kids meet their goals?" If the answer is "No," they need to consider changing the focus of the athletic experience to meet their young athletes' aspirations.

Parents and coaches need to work together and remind each other that kids join teams to have fun and be part of a team, not to win. Whether kids find their sporting experience positive and worth repeating depends on whether the adults in their lives really listen to them and ensure that fun, fitness and friends are the season's priorities.

*Adapted from *Competing with Character: Let's Put Sportsmanship and Fun Back in Youth Sports*, by Kevin Kush, M.A., with Michael Sterba, M.H.D., Boys Town Press.

Go Vikings

NURSE'S CORNER BY HEATHER RHEINGANS

It's so nice to see all of our students out and about in this nice spring weather participating in outdoor activities. With outdoor activities comes some added responsibilities, and now is the perfect time for you to sit down with your children to discuss some important safety tips.

The KidsHealth website states that every year, about 300,000 kids go to the emergency department because of bike injuries, and at least 10,000 kids have injuries that require a few days in the hospital. Some of these injuries are so serious that children die, usually from head injuries. Taking a few minutes to discuss some simple rules of the road could be lifesaving.

- Stop at all stop signs and obey traffic lights just as cars do. Yield to pedestrians, stop at red lights, and be especially careful at intersections.
- Always ride in the same direction as cars do. Never ride against traffic.
- Older kids should try to use bike lanes or designated bike routes whenever you can — not the sidewalk! Kids less than 10 years should ride on the sidewalk.
- Never ride at dusk or in the dark, unless there is a light or reflectors on the bike.
- Always stop and check for traffic in both directions when leaving a driveway, an alley, or a curb.
- Watch traffic closely for turning cars or cars leaving driveways.
- Don't ride too close to parked cars — doors can open suddenly.
- Always walk a bike across busy intersections using the crosswalk and following traffic signals.
- When riding in a group, always ride single file on the street.
- When passing other bikers or people on the street, always pass to their left and call out "On your left!" so they'll watch for you.
- Never share the seat with a friend or ride on the handlebars — only one person should be on a bike at a time. It's easy to lose balance or suddenly swerve into traffic when riding with a passenger.
- Never wear headphones while biking — it's essential to hear everyone else on the road at all times.
- Never hitch a ride on a moving vehicle.

It should also be encouraged to never change directions or lanes without first looking behind you, and always use all the correct hand signals. Use your left arm for hand signals:



Left turn



Stop



Right turn



Right turn alternative

- **Left turn:** After checking behind you, hold your arm straight out to the left and ride forward slowly.
- **Stop:** After checking behind you, bend your elbow, pointing your arm downward in an upside down "L" shape and come to a stop.
- **Right turn:** After checking behind you, bend your elbow, holding your arm up in an "L" shape, and ride forward slowly. Or, hold your right arm straight out from your side.

NURSE'S CORNER (cont.)

Helmets should also be encouraged, as well as bright colored clothing so that they are easily seen. Bicycle safety day, in conjunction with the Worth County Sheriff's office, will again be held at the elementary school. Please watch for communication on the web site or emails so that your child can ride their bike to school that day, weather permitting. It's always fun to see all the bikes lined up outside that day!

SPECIAL EDUCATION AND TITLE I NEWS

By: Colette Ubben, Jolene Hansen and Doreen Cordle

Title I Reading and Special Education are additional programs that provide support to meet the needs of individual students.

The Title I Reading teacher meets with small groups of students to develop fluency and comprehension skills. Title I provides extra educational reading assistance beyond the regular classroom. With this support, students are able to work towards their quarterly goals. In small groups, students are provided with assistance to help build their confidence in reading.

The special education teachers assist identified students in various academic dimensions. Each special education student has an IEP (individual educational program) that has been created by the IEP team, which includes parents, administration, general and special education teachers, and may also include speech pathologists, occupational and physical therapists. The IEP is a legally binding document that addresses each child's unique learning issue(s) and includes specific educational goals. This support is given in the general education setting or in pull out in the special education setting depending on students' needs and goals.

In addition to providing educational services to students, the Title I Reading and special education teachers developed activities to celebrate Read Across America and Dr. Seuss' birthday, March 2. Activities included: community readers came into the classrooms to read, special snacks and lunch of green eggs and ham were prepared by the kitchen staff, an assembly for K6 students and staff involving the playing of games which resulted in one classroom earning a popcorn party. The Title I and special education teachers designed the display case by the gym, to commemorate Dr Seuss. Steben's Theatre, from Mason City, put on a performance entitled "The Fisherman and His Wife," on March 26th.



Go to www.nkvikings.com for the most up-to-date happenings at Northwood-Kensett Community Schools.

JR. SR. HIGH STUDENTS OF THE MONTH

Calli Christiansen, Laney Ryks, Jordan Wright, Kya Krachmer, Matiya Herring, Ty Creger, Paige DeArmoun, Conner Harris, Gideon Rollene, Danton Lloyd, Kaitlyn Varner, Cameron Campbell, Bethany Gentz, Maeghan Petznick, Autumn Ragan, Brock Nelson, Brody Branstad, Harley Severson and Paije Sletten.

DISTRICT SPEECH RESULTS

By: Katherine Ross

On February 28, Tayah Lande and Angel Masee competed in the District Individual Speech Contest. Tayah performed individual improv and prose. She earned a II rating in both categories. Angel performed storytelling and prose. She also earned a II rating in both categories. Both girls practiced hard and did very well in their performances.

