



Northwood-Kensett Community School District

VIKING DISPATCH

October, 2015

Creating healthy, educated, ethical and productive citizens.

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FROM THE DESK OF MR. COSTELLO

Hard to believe we are starting our third year since formally adopting the Children's Garden Preschool as part of our K-12 system. How time flies! I want to spend this month providing you with some highlights of our program.

In December 2014, the Iowa Department of Education completed a site visit review of our facility and program. With minor adjustments to correct, we received a very strong review. Recently the district was awarded a certificate of verification for meeting all the requirements of the Statewide Voluntary Preschool Program.

Since the adoption, we have had to add a part-time qualified preschool instructor. This was out of necessity because increased enrollment numbers. Currently, we have three three-year-old class sessions and three four-year-old class sessions. Our three-year-old classes have between 6-9 students and our four-year-old classes have between 12-18 students. These are within the student-to-teacher maximum ratio of 18 for three year olds and 20 for four year olds. Our four-year-old program is requirement to meet for a minimum of 11 hours per week. There is no time requirement for our three-year-old program.

Iowa four-year-old students attend our preschool free of charge. Their tuition is part of the funding from the State. The Worth County Development Authority covers the tuition of our three year old students, out of state students, and students that are five years old. Their support of education is second to none!

Here is an interesting fact: over 80% of our current kindergarten students attended preschool in our program. The other 20% were split between preschool at another site or not attending preschool.

As our program continues to grow, I would like to ask for your support in referring new students in our area to our program. Have them contact the school or stop by the office.

FROM THE DESK OF MR. FRITZ

Recently I traveled home to the small town in Minnesota where my mom and dad live, to celebrate his 73rd birthday. My parents subscribe to the Anchor, so they can keep up with Ella's (and occasionally Evan's) activities, and just to stay abreast of what's happening in Northwood.

He asked if, "...that theatre you guys have is still up and running," to which I replied, "Well, sure it is, Dad. We're going there tomorrow night as a family to see a movie, as a matter of fact." He then proceeded to spend a good five minutes praising our community and the people in it, for all that they do to make life better.

Hearing that from him was a refreshing reminder of one of the most valuable treasures we enjoy in the communities of Kensett and Northwood: volunteers.

Volunteers ensure that our local theatre operates seven days a week.

Volunteers take tickets, keep score, operate the concessions stand, run the clock, and handle many other responsibilities at all of our sporting events.

Volunteers handle our fire and rescue services.

Volunteers coach our youngsters, and host the Post Prom events every spring.

Volunteers donate blood, they donate money, they donate goods and services, and they donate time.

Volunteers are at the center of most of the activities occurring day in and day out here in our slice of north Iowa, and I felt that using my article this month to express my gratitude and the gratitude of the entire school community was the very least I could do. Thank you for all that you do, parents, grandparents, friends, and neighbors. Life here would not be the same without you.

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. CROZIER

We are off to a great start this year. Where did the last month go? I can't believe we have been in school for six weeks already. We have had some additions to our support staff since the beginning of the year. Please welcome the following employees to our Northwood-Kensett family. Heather Coombs and Jayden Ott have joined the secondary staff as Special Education Associates; Jayden will also be our Varsity Softball coach in the Spring. We have two new bus drivers, Darrin Kliment and Brian Lund. Brian has been a custodian with us at the elementary and has now taken on a bus route. Also joining us is JoAnn Lower at the elementary as a part-time associate in the pre-school and Amy Henniger in the nutrition department at the Jr. Sr. High School.

Each year it is the responsibility of the school district to set goals for our annual progress. School personnel and the District Advisory Committee develop these goals before being passed by the Board of Education. This year's goals are below. The Annual Progress Report will be published in full on the district website in November.

Northwood-Kensett Annual Progress Report Goals 2015-2016

Reading

- The percent of 9th grade students scoring at the proficient level or higher in reading comprehension, as measured by the Iowa Assessments in 2015-16, will increase from the percent of 8th grade students scoring at the proficient level or higher in reading comprehension as measured by the Iowa Assessments in 2014-15.

Math

- The percent of 8th through 9th grade students scoring at the proficient level or higher in math as measured by the Iowa Assessments in 2015-16 will increase from the percentage of 7th through 8th grade students scoring at the proficient level or higher in math as measured by the Iowa Assessments in 2014-15.

Science

- The percent of 8th grade students scoring at the proficient level or higher in science, as measured by the Iowa Assessment in 2015-16, will increase from the percent of 7th Grade students scoring at the proficient level or higher in Science as measured by the Iowa Assessments in 2014-15.

Social Studies

- The percent of 7th Grade students scoring at the proficient level or higher in Social Studies, as measured by the Iowa Assessments in 2015-16, will increase from the percent of 6th Grade students scoring at the proficient level or higher in Social Studies as measured by the Iowa Assessments in 2014-15.

Climate

- To create an environment where all people feel safe and respected.
- To improve Student-Student and Staff-Student Relationships by continuing to implement the Character Counts program in a more intentional, strategic way.

FROM THE DESK OF MR. CROZIER (cont.)

ELEMENTARY STUDENTS OF
CHARACTER**Northwood-Kensett Long Term Goals 1/7/2014**

1. We will increase the percentage of students at Northwood-Kensett who are performing at the proficient level each year, in reading, mathematics, and science. We will use data, information and best practice to guide this work. We will demonstrate that students are showing increased learning in all subject areas.
2. Create and sustain a working atmosphere where innovative thinking and risk taking is encouraged and innovation is an expectation of employees.
3. Promote a culture that focuses on student achievement, district initiatives and accomplishments: which are communicated between the staff, administration, board and stakeholders.
4. Sustain a healthy financial status while providing a quality education and providing top quality facilities and access to technology.

Five Year Site Visit for Compliance is no more:

2015-2016 Pilot

During the 2015-2016 school year, the Iowa Department of Education, a group of volunteer districts, nonpublic schools, preschool programs and Area Education Agencies were identified to participate in a pilot program for implementing a new model of accreditation and improvement for districts, AEAs, and pre-kindergarten programs. Northwood-Kensett is one of the districts that will be participating in the Pilot Program.

2015-2016 Universal Desk Audit

All pilot AEAs, districts, preschool programs, and nonpublic schools will submit initial universal desk audit information for compliance with state and federal legal requirements. If needed, further compliance review through more detailed desk audit, remote interview, or on-site will be conducted at a targeted or intensive level.



(Left to right): Payten Kruger, Soraya Moran, Hannah Kraft and Damaris Peterson.



(Left to right): Olivia Felten, Aiden Linden-Kollars, Tristen Schnulle and Addyson Bachtle.

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

COUNSELORS CORNER BY AMY RENWICK AND ASHLEY SHAW

By: Amy Renwick

Every student at Northwood-Kensett has heard me talk about the two things that ensure greater quality of life in adulthood, according to national statistical data: The first is a high school diploma. It's why we work so hard here at N-K to make sure that our students finish their high school careers. The second is some kind of post-secondary training/education.

At some point, mass media and the general understanding of the American people took "post-secondary education & training" to mean "a four-year college degree" and that's just not the case. Mr. Fritz shared an article with our students recently from our local news that talked about many of the good-paying, skilled jobs in our area that go unfilled because there aren't enough people who complete the two-year (or less) training necessary to do the work. These job fields have gone largely ignored by our student body in recent years, and I hope that we can change that.

Many students feel that it is an expectation that they attend at least four years of college after graduation. A formal education is valued very highly, while less consideration is given to choosing a fulfilling career that will allow a student to become a self-sustaining, productive citizen. Today in guidance we are watching a video targeted at middle school called "Is College for Me?" Not everyone will find four-year college a natural fit, and that's fine! Not everyone would enjoy attending a trade school either, and that's cool too! It's all about the student figuring who he/she is, and what path is right for him/her with the help of the trusted adults in their lives. I love to explore careers with anyone who wants to devote some time & thought to that, and I know that you as parents are the best and most trusted source of advice for your children, as well. I know together we can help guide students in the right direction, whether it's to university-level education— or not.

I encourage you to look at some of the jobs that will pay well and have good projected growth as you and your students plan for the future. This article is a great place to start: [http:// www.businessinsider.com/high-paying-jobs-that-dont-require-a-bachelors-degree-2015-7](http://www.businessinsider.com/high-paying-jobs-that-dont-require-a-bachelors-degree-2015-7)

By: Ashley Shaw

In Guidance classes throughout September, we have discussed and completed activities surrounding the Trustworthiness pillars of character. Our kindergarten classes put on an assembly explaining what trustworthiness means. As we move into October, we will begin discussing Respect. We will talk about what it means to respect things, each other, and ourselves.

I also have had the opportunity to work with student in making and keeping friends groups at all grade levels 1-6. As we progress into the school year, we will begin groups covering topics such as study skills, organizational skills, and test taking skills to help all students be successful! I run several student groups throughout the school year. If you feel like your student would benefit from taking part in a particular group, or if you have a suggestion for a group topic, please let me know.

Jr. Viking Way groups were formed in grades 3, 4, 5, and 6. The students involved in these groups were nominated by their peers for being good examples of character counts students. This group of student leaders will meet once every other week during lunch to discuss ideas for school climate improvement and the organization of different activities at school. The Jr. Viking Way groups helped to spread the word about our homecoming dress up days by making posters and sharing the information with their peers.

As always, please feel free to contact me if you have any questions or concerns. You can reach me by email at ashaw@nwood-kensett.k12.ia.us or by phone at [641-324-1127 ext. 216!](tel:641-324-1127)

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

Future Program Solving teaches students how to think, not what to think. Northwood-Kensett students in grades 3-12 compete in two of the Iowa Future Problem Solving components. Global Issues Problem Solving where students study several different topics during the school year and apply what they have learned to a Future Scene on the topic using the 6-step problem solving process they have learned and Scenario Writing where students write a futuristic scenario of no more than 1,500 words on one of the four topics for the year.

Future Problem Solving Topics for 2015-2016

Practice Problem	Treatment of Animals	
Practice Bowl Problem	Disappearing Languages	November 21, 2015
Forest City Bowl Problem	Recovering from Natural Disaster	February 10, 2016
State Bowl	The Global Workplace	

Northwood-Kensett Elementary will host the Practice Bowl on Saturday, November 21, 2015.

KINDERGARTEN HAPPENINGS

By: Diane Hanson and Alyssa Hanna

How exciting the school year has been thus far for Kindergarten! We have been having color days every week. It's so fun to walk through the building and see the many students and staff sporting the particular color.

We studied how apples form and grow. Dan Block helped us grind apples to make apple cider.

TRUSTWORTHINESS was the character counts topic for the month. Kindergartners performed: spelling that big word and defining it. Mrs. Hanson and Mrs. Hanna were very proud of them.

We have already been reading up a storm. We will soon be decoding words. We have learned how to rotate to our different "Daily Five" stations, allowing the teachers to work with small groups or individuals.

WIN time (What I Need) has been successful, using it to work on kindergarten topics from the Iowa Core and other reading strategies.

It's so hard to believe we have been in school for almost 30 days already. We are ending September exploring different versions of The Gingerbread Man. By the time you read this, students will have decorated and baked a gingerbread girl and boy. They will then discover that the gingerbread children have run away. They will be found on a fire truck by Chief Rick Hanson and Assistant Chief Mitch Hanson. And then, well you guessed it-we just had to eat them!

I'm sure by now all of you are wishing you were back in kindergarten. It's awesome!

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

When I was reading the September issue of the IHSAA Bulletin, I came across this article about athletes specializing in one sport or playing multiple sports when they are in high school. It has always been my belief that high school athletes should play as many sports as they can while they are in school. This is a chance for them to be active, stay connected with their friends and learn from different coaches. At a school the size of N-K we need our athletes to play multiple sports, this helps all of our programs to be competitive. The author of the article, Greg Schoon a P.E. teacher and coach at East High in Des Moines agrees and believes that if student athletes are having fun, let them play.

The Game Plan

Should kids play multiple sports or specialize in one?

(The following article was created and published by Wellmark Blue Shield in Blue magazine.)

There are many great reasons for kids to participate in youth sports programs: exercise, self-confidence, teamwork, life lesson, and friendships.

The youth sports culture has, however, changed so much over the last few decades. It's easy to get caught up in something you hadn't bargained for when you signed up little Johnny for tee-ball a few years ago.

Gone are the days of after school pick-up games in someone's backyard. Today's kids are shuttled, sometimes daily, to planned, structured practices, supervised by a coach or a team of coaches. By the time kids are ages 9 or 10, it's not unusual for them to practice several times a week in a competitive league.

What's more, many of today's young athletes play on "traveling teams" that play one sport year-round. So, instead of hanging up their football cleats in the fall to play basketball in the winter and baseball in the spring, today's student athlete might "specialize" in one sport. "If a student specializes in one sport, they are making a choice to become as good as possible in that sport," says Greg Schoon, PE teacher and head football and track coach at East High School in Des Moines, IA. "It's a personal decision. As a coach, I support whatever choice the student makes. I stress that it's not the athletic ability that's important. It's the lessons learned from participating that matter. And I encourage parents to offer positive support."

The end goal with sports specialization, says Schoon, is often to land a college scholarship. "While this may happen on occasion, in most cases, it's not realistic," says Schoon.

"Plus, it's an incredible amount of pressure for most kids. Less than one percent of student athletes will receive a full-ride athletic scholarship. For those students who want to attend college, it's far more important to work on academics, and strive to achieve their best possible grade point average," says Schoon.

"Plus, multi-sport athletes may be more likely to be recruited or offered scholarships," adds Schoon. "Often, these kids are better all-around athletes. They are not done developing, and they are less likely to burn out."

Schoon grew up in a small town in northwest Iowa where there weren't many opportunities for entertainment besides playing the sport of the season. "I played football, basketball, golf, and baseball. I think it made me a better athlete, overall. I didn't train year round for any sport until I played football in college. I made a lot of improvement during that time, but I was also ready for it," says Schoon.

FROM THE PILE ON THE ACTIVITIES DIRECTORS DESK (cont.)

According to David Epstein, sports journalist and author of “The Sports Gene” “parents and kids should avoid specialization and instead sample a variety of sports through at least age 12. Other experts say 14 is a good age. “

“The age is debatable, “ says Schoon. “Each kid is different. I think the main thing to understand is that kids are not mini adults. It’s best to let them play freely, explore different sports, let them learn to love sports naturally and in their own time. Ultimately, it’s really about being active for life.”

Is there a good time to specialize?

According to Samantha Brough, certified athletic trainer in Des Moines, Iowa, the logical time to specialize, for most athletes, is during the college years. “During college, there never really is an off season, so it’s not really possible to play multiple sports. Plus, colleges offer strength and conditioning programs all year round, so the athletes are staying in better shape overall and getting a well-rounded program.”

Schoon adds, “ There’s a really good chance that middle school and high school are the last chances that athletes will have to play many different sports. If they love it, let them do it.

Go Vikings



JR. SR. HIGH STUDENTS OF THE MONTH

Morgan Johnson, Madelyn Berge, Taylor Kramer, Nathan Hanneman, Aaron Stoneking, Lindsey Davidson, Payton Linden-Kollars, Natalie Cordle, Tyra Sledge, Jocelyn Kluender, Bella Efflandt, Caden Schrage, Zach Oleson, Alexis Halbach, Emily Follmuth, Tyler Jones, Brianna Hepperly, Hailey Hepperly, Hallie Varner, Mackenzi Duvall, Molly Hunchis, Tayah Lee, Sully Reyerson, Brody Branstad, Trevor Luther Varner and Jasmine Barenthin.

NURSE'S CORNER BY HEATHER RHEINGANS

How can it be that September “flu” by and we are now into October?! It’s hard to believe that we are already well into the first quarter of the school year. It seems that the kids have adjusted to their new routines and are going about the school day business as usual. Unfortunately flu season has just begun and can put a big halt to their, and your, daily routine. The best protection against the flu is to get the flu shot or mist. Flu shots are recommended for everyone 6 months or older. Interestingly, health officials say that the flu mist is the preferred vaccine for children 2-8 years old because the vaccine has been shown to work particularly well for this age group.

Exactly when flu season starts and ends is unpredictable, so health officials recommend that people get their flu shot in early fall, preferably before October. Flu activity typically peaks in January or February, but it’s a good idea to get vaccinated before flu activity becomes prevalent in most communities. After vaccination, it takes about 2 weeks for your body to develop its immunity.

Influenza, commonly known as "the flu", is an infectious disease caused by the influenza virus. Symptoms can be mild to severe. The most common symptoms include: a high fever, runny nose, sore throat, muscle pains, headache, coughing, and feeling tired. These symptoms typically begin two days after exposure to the virus and most last less than a week. The cough, however, may last for more than two weeks. In children there may be nausea and vomiting but these are not common in adults. Nausea and vomiting occur more commonly in the unrelated infection gastroenteritis, which is sometimes inaccurately referred to as "stomach flu" or "24-hour flu". Complications of influenza may include viral pneumonia, secondary bacterial pneumonia, sinus infections, and worsening of previous health problems such as asthma or heart failure.

There’s a common misconception that you can get the flu from the flu shot. This simply is not true. The viruses in the flu shot are killed, so people cannot get the flu from a flu vaccine. However, because it takes about two weeks for people to build up immunity after they get the flu vaccine, some people may catch the flu shortly after their vaccinated, if they are exposed to the flu during this time period. The nasal spray vaccine contains a "live attenuated" flu virus, but the virus is weakened so that it cannot cause the flu. The viruses in the nasal spray can't replicate in the warm temperatures of the lungs and other parts in the body. However, because temperatures in the nose are colder, the virus causes a small infection in the nose. This infection does not cause symptoms in most people, but in some people, it causes symptoms such as runny nose and sore throat. This local infection will prompt the body to make antibodies against the flu virus, which provides better protection against the real flu.

Flu shots protect against three or four strains of flu virus. Trivalent flu vaccines protect against two influenza A strains, H1N1 and H3N2, and one influenza B strain. Quadrivalent flu vaccines — offered for the first time in the 2013-2014 flu season — protect against the same strains as the trivalent vaccine, as well as an extra influenza B virus. Strains of the flu virus are constantly changing, so a new flu vaccine is made each year. Scientists make the vaccine before flu season starts by predicting which flu strains are likely to be the most common during the upcoming season.

The flu shot can be given if you have a mild illness, like a cold or headache; however it is not recommended if you have a fever. It’s typically best to wait until the fever is gone before getting your flu vaccine. Those who have had a severe allergic reaction to the vaccination should generally not be vaccinated, as well as children younger than 6 months old, the CDC reports. Contact your family practitioner or Worth County Public Health at 641-324-1741 to line up your flu shot.



7TH/8TH GRADE TRANSITION MATH FIELD TRIP

By: Lori Willert

The 7th and 8th graders in Transition Math classes at Northwood-Kensett visited Winnebago Industries on Tuesday, September 15, 2015.

Tour guides Rod DeVries and Sam Jefson talked to students on the buses about the world's largest motorhome factory and took them inside three of the main buildings, including Stitchcraft and "Big Bertha", where they observed how mathematics and problem solving is used in different work areas of the company.



2015 ELEMENTARY HOMECOMING HIGHLIGHTS

