



Northwood-Kensett Community School District VIKING DISPATCH

February, 2016

Creating healthy, educated, ethical and productive citizens.

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FROM THE DESK OF MR. FRITZ

KIMT recently did a news piece dealing with the expensive cost of post secondary education. They interviewed our counselor Ms. Renwick and two of our students: Jenna Schaefer and Josh Einertson. So often, news pieces on this topic focus on the high cost of college, the cost of student loans, and how a student can pay for it all.

What too many people overlook is the most important cost factor of all when thinking about postsecondary education: how much training does a person actually need?

Choosing your post secondary training is like choosing a car, or a house. It's a product that you purchase, right? And like buying a car or a house, you need to make that purchase decision wisely, and make sure it suits your needs.

We work hard at N-K to help students and their families focus on that most important question: how much training does your student actually need? What if they could use their WCDA grant to 'purchase' a year of training at NIACC and earn a certificate as a welder, and start a job at the age of 19 making \$30,000 a year, with no student loan debt? What if they could live at home, work part time, and spend two years at Riverland earning a nursing degree and enter the workforce at the age of 20? What if attending one of the regents' universities provided the same training and employment outlook as a private college, at a fraction of the price?

By starting the conversation about skills and interests early, continuing those conversations regularly over the years a child is in school, and engaging them in opportunities like field trips to NIACC, bringing in college reps, small group lessons with our staff about life after high school, and requiring them to learn financial literacy skills, we believe our students graduate with a sound preparation for their future.

A team approach to making these big decisions works best, which is why we bring parents in for special events like financial aid nights, help completing their FAFSA, and send home newsletter articles and information that can help.

The best way to keep the cost of an education manageable after high school? Part-time jobs, avoiding debt, and earning scholarships all help, but the most important factor of all is knowing how much training you really need, and matching that with a cost that works for you.

FROM THE DESK OF MR. COSTELLO

School Lunch Changes at Northwood-Kensett

Beginning February 16, 2016, the N-K Elementary school breakfast and lunch program will transition to an “**Offer Versus Serve**” (OVS) concept. Currently, every N-K elementary student that participates in the National Breakfast and School Lunch Programs must be served all the meal requirements in specified amounts. Simply put, OVS will allow students to decline some of the food offered in a **reimbursable** lunch, and choose foods they are more likely to eat (all student breakfast and lunch meals are subsidized by the Federal government and called reimbursable meals).

The goals of OVS are:

1. Reduce food waste and operating costs, which are incredibly high today for the Elementary school.
2. Allow students to choose the foods they are more likely to eat, hopefully resulting in students who are more satisfied with their meal experience.

The N-K Jr./Sr. High has been successfully operating under OVS for quite some time. We believe this change at the Elementary will be a win-win for all. Rest assured training will be provided to faculty and all staff involved in the meal service to ensure a smooth transition for the students and to assist them as needed.

Lunch basics parents and students should be aware of are:

- The daily lunch meal has and will continue to consist of five required food groups — Fruits, Vegetables, Meat/Meat Alternate, Grains, and Milk
- Under OVS, at a **minimum**, all students must choose **3** of the 5 food groups
- One of those 3 food groups selected must be a fruit or vegetable
- The food a student selects will be served/portioned in the required serving size; the student won't need to concern themselves with that
- A student **may select all 5 food groups (the entire meal) if they wish**, but only 3 food groups are required for a reimbursable meal
- Milk is now just one of the food group choices — it's not required. Students are still welcome to bring water bottles into the cafeteria.
- A new option offered is an “alternate” entrée of a cereal bowl and cheese stick if a student does not like the main entrée of the day. The student must ask for the alternate meal at the serving line. In addition to the alternate entrée, a student must still select a fruit and/or vegetable to meet the 3 food group minimum.
- We recognize that we can't meet all student meal preferences each day, but hope by allowing them to choose and offering an alternate entree, they will find something they would like to eat for lunch at school.

The 2015-16 school breakfast and lunch prices are not affected by transitioning to OVS. The school establishes one unit price for the reimbursable meal, regardless if 3, 4, or all 5 food groups are selected by the student. We believe by not requiring all food groups on students' trays will result in less waste and happier students who are more likely to eat what they themselves have chosen for their meal.

FROM THE DESK OF MR. CROZIER

OPEN ENROLLMENT NOTIFICATION

Districts are required to notify patrons of open enrollment application deadlines and the possibility of transportation assistance. For the 2016-2017 school year, the deadline for filing an open enrollment application for students in grades 1-12 is March 1, 2016. The deadline for students entering kindergarten is September 1, 2016. You can find the Open Enrollment forms at <http://www.nwood-kensett.k12.ia.us/vnews/display.v/SEC/District%20Information%7COpen%20>. Enrollment parents/guardians of open enrollment students whose income falls below 160% of the federal poverty guidelines are eligible for transportation assistance. This may be in the form of actual transportation or in the form of a cash stipend.

Worth County Development Authority Funds Allotted for 2016

The Worth County Development Authority (WCDA) has notified the district that we will be receiving a total of \$439,747.05. As in the past we will be using a committee made up of teachers and administrators to determine how these funds will be spent. Members of this Committee include Monte DeArmoun, Colette Ubben, Steve Hartman, Brian Costello, Keith Fritz, and Michael Crozier.

Worth County Development Authority			
Northwood-Kensett Total Funds	\$439,747.05		
0.29	0.24	0.19	0.14
Physical Plant Operations	Staff Development, Equipment, Technology, Text Books, Library Book, Support Staff & Instructional Support	Organization Requests, Fees & Fundraising	Teacher Budget
\$ 148,286.79	\$ 122,719.92	\$ 97,153.72	\$ 71,586.62

It is important that everyone understand that these categories are pre-determined as shown above. It is the committee’s responsibility to approve expenditures within the categories 2-4. The district is allowed to move money from categories one and two.

The Committee will review and finalize the expenditure of funds and present their proposal to the Board of Education and to the WCDA Board for approval. The WCDA plans to distribute moneys to the district on July 1, 2014.

The Board of Education, Administration, and Staff are greatly appreciative of the WCDA for their commitment and dedication. If you have a chance to visit with Deb Hanson, Dean Hendrikson, Shanan Redinger, Amy Wilhelm, Ken Abrams, Barry Anonson, Roger Gentz, Harlan Helgeson, and Joyce Russell, please take the time to thank them for their efforts.

ELEMENTARY GYM NEWS

Greetings from the gym by Mr. "Gym" Kessel.

I am enjoying another action-packed year of working with your kids! The 3rd-6th grades just completed our first official bowling unit with new equipment purchased with my WCDA funds. My main focus was helping the kids get the fundamentals down, using a four or five step approach, keeping their bowling hand behind the ball, and reaching out and up on the follow through. This showed the students that there is much more to bowling than just walking up and rolling a ball. The 5th and 6th grade classes had an assessment on the mechanics of bowling and also a written test on terminology and score keeping. Although many students struggled with score keeping I am confident that it will become easier the more we do it in years to come.

Coming up in the next few weeks the lower and mid elementary will begin a tumbling and balance beam unit, which the students always look forward to. The mid to upper elementary will be focusing on lead-up volleyball activities, then move to our basketball unit with the "Annual Viking Knockout" competition tipping off right before spring break.

We are looking forward to our "2nd Annual Elementary Vikings Track and Field Day" on May 19th this year. More information will follow. We had a great turnout last year and I had some outstanding helpers for this event. If you are interested in helping out with a field event (we will have 7 of them) or a finish line person please email me. My email is mkessel@nkvikings.com otherwise; I can be reached at the high school before 10:00 each morning or at the elementary after 10:15.

ELEMENTARY STUDENTS OF CHARACTER



(Left to right): Kyler Meyer, Portlynn Stoneking, Hunter Moeller and Emma Hengesteg.



(Left to right): Teagan Hackenmiller, Teagan Johnson and Thomas Block. Not pictured: Tatiana Barrios-Lopez.



COUNSELORS CORNER BY AMY RENWICK AND ASHLEY SHAW

By: Amy Renwick

I just wanted to remind the Northwood-Kensett community of the upcoming opportunities that NIACC is bringing to us in the month of February. This information was sent via email a few weeks ago, but now it's coming up soon!

On February 22nd, a CareerLink advisor will be at NKHS from 3:00-7:00PM to talk to students and parents about PSEO (college course in high school) options, as well as Career Academy options for Seniors. The same person can talk about TRiO student services for freshmen students, as well.

A NIACC Financial Aid representative will also be here at the same time on the 22nd of February. She can either answer questions for families or assist families in completing the FAFSA for the 2016-2017 school year.

Additionally, the COMPASS computer will be at NKHS from Tuesday, February 23rd through Friday, February 26th. Students may sign up to take the reading & math portions of this test, which is required to be scheduled at most area & state community colleges if students did not take the ACT.

Please contact me to sign up for any of these wonderful, FREE services through NIACC & our school! My email is arenwick@nkvikings.com & I can be reached in person or on the phone at 324-2142 ext: 117.

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

By: Ashley Shaw

At N-K Elementary, we took a new challenge in January. All students in grades K-6 were challenged to participate in No Name Calling Week. This is a week dedicated to saying nice things, and to avoid insulting or putting others down. The students did a terrific job! They all worked hard at using healthy ways to deal with anger and frustration rather than calling names.

Our third grade students and teachers put on a great Fairness assembly that included songs, dance moves, and a game show to explain how we can show fairness at our school and why it is important. Following the assembly, we had our monthly Character Counts drawing. Each day, teachers choose one student in their classroom who has done an excellent job showing their character traits. Those names are put into a monthly drawing. Student's whose names were drawn received a certificate and were able to choose a friend to sit with them at the Character Counts table in the lunchroom.



In Guidance, 6th Grade has begun career exploration. We started this project by the students brainstorming what jobs they find most interesting right now. Students then wrote about why that particular job interested them, and what character traits are involved in that job. Moving forward, we will begin looking at more career opportunities, and students will be able to do research about the career they find most interesting. The career projects will be on display at the Showcase on April 7.

NURSES'S CORNER BY HEATHER RHEINGANS

National Children's Dental Health Month occurs during February and we at N-K have some pretty exciting things occurring. On February 1st, Dr. Todd Hoepfner will be kicking off our celebration by speaking with our Kindergarten through 3rd grade students on the importance of good dental hygiene. Many Elementary teachers also have activities planned throughout the month on dental health.

Our 9th grade students will have an opportunity to have a dental screening performed on February 16th. This is a free service offered to our students by Worth County Public Health in conjunction with North Iowa Community Action Organization (NICA) and will fulfill the dental screening that is required for all 9th grade students. A consent will be emailed out to all 9th grade parents as this date gets closer. NICA will also be offering free dental sealants and fluoride treatments to all 3rd and 4th grade students in the near future as well. Again a consent will be emailed out to all 3rd and 4th grade students when this service gets closer.

I'm sure many of you are asking why the State of Iowa is concerned with oral health. The answer is actually quite simple when you look at the statistics. An estimated 51 million school hours per year are lost because of dental-related illness. Oral disease also affects student learning and self-esteem. Poor oral health has been related to decreased school performance, poor social relationships, and less success later in life. Children experiencing pain are distracted and unable to concentrate on schoolwork. If left untreated, the pain and infection caused by tooth decay can lead to problems in eating, speaking, and learning.

Our State has taken the initiative to be proactive in preventing school disturbances by passing a law that requires dental screenings for Kindergarten and 9th grade students; this law was enacted in 2007. According to the Iowa Department of Education, in the 2013-2014 school year there were 83,058 students enrolled in kindergarten and ninth grade. Valid certificates were submitted for 58,366 students, resulting in a student compliance rate of 70.3 percent. Of these submitted screenings 15.6% of students required either dental care or urgent dental care. When you break the numbers down, that's 8,754 students that were saved potential lost school hours and lowered self-esteem and learning. Well worth the small amount of time it takes to get the required screening performed.

Dental insurance can be expensive and many employers do not offer this benefit to their employees, creating a barrier for many families in getting routine dental care. If this is a financial hardship for you and your family, North Iowa Community Action Organization has services to help you. You may call them directly at 1-800-657-5856 or 1-641-423-5406.

JR. SR. HIGH STUDENTS OF THE MONTH

Bethany Gentz, Emily Thorson, Samantha Dokken, Evelyn Ocel, Caleb Kliment, Laney Ryks, Trevor Luther, Jayda Delle, Dali Cansino, Calli Christiansen, Chloe Luther, David Thompson, Kael Julseth, Jade Stubbe, Mateo Baseman, Sarah Pederson, Aliyah Creger, Reina Trosper, Misty Miranda, McKenzie Eastwood, Nathan Cordle, Grace Stoneking, Shelby Low, Brylee Hoepfner, Terran Haberman, Shallon Batton, Annette Cansino and Matt Parcher.

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

The following N-K students were finalists for the 2016 N-K Geography Bee held on January 6th.

Laney Ryks – alternate, Lindsey Davidson, Peyton Pangburn, Makio Hoch, Ethan Thofson, Ross DeArmoun, Tayah Lee, Isaac Renteria, Evelyn Ocel, Carter Severson, T.J. Whitelow, Austin Foss and Jayda Delle.

Pictured to the right is third place winner Lindsey Davidson, second place, Peyton Pangburn and first place winner Ross DeArmoun.



Northwood-Kensett Spelling Bee 1/20/16

The 2016 local spelling bee finalists were Samantha Dahm, Kenzie Davis, Ella Fritz, Emily Johnson, Kaden Mayberry, Evelyn Ocel, Peyton Pangburn, Kayla Senne, Grace Stoneking, Reina Trospen and Hallie Varner.



Peyton Pangburn, Reina Trospen, Kayla Senne and Kenzie Davis will represent Northwood-Kensett at the AEA 267 Spelling Bee held in February.

On 1/23/16, the Northwood-Kensett High School Science Bowl team competed at Iowa State University in Ames.



Pictured left to right: Reina Trospen, Peyton Pangburn and Kayla Senne.

Pictured above and to the right are the members of the high school Science Bowl team. Dusti Bratrud, Jasmine Barenthin – team captain, Quentin Stilley and Matthew Parcher. The team won 2 matches and lost 2 matches and were unable to advance to the afternoon rounds. The team is coached by Mrs. Price.

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

I came across this article written by Chad Elsberry about the risk and rewards of playing high school sports. I know as a parent, you are always concerned about your child's health and wellbeing. No one wants to see a high school athlete get hurt but I believe the benefits of playing organized sports far outweigh the risk of injury. Please read this article by Mr. Elsberry and to find out what those rewards are and what the state of Iowa is doing to minimize the risk.

The role of risk minimization...

Biggest game changer in high school sports

By Chad Elsberry, IHSAA Assistant Director

As we head into the heart of winter sports with the football season complete, it seems fitting to pause and reflect on student safety as it relates to education-based athletics.

The biggest game changer in high school sports and sport administration has been the concept and practice of risk minimization. The work undertaken by the National Federation of State High School Associations (NFHS) along with individual state activity associations has sought to maintain a competitive environment while minimizing risk. The reality in today's high school setting is that there are standards and protocols in place to help safeguard student-athletes. It is everyone's job to ensure that those standards and protocols are upheld and utilized when dealing with injuries.

A lot of attention is being given to the sport of football and concussions in the print media, on the web and in film.

In Iowa, the issue of concussion management isn't just a good idea—it's the law and part of the Iowa code. Parents of high school athletes receive a fact sheet entitled, "HEADS UP: Concussion in High School Sports," which details the steps and procedures surrounding concussion management. The Iowa High School Athletic Association (IHSAA) has been involved in an ongoing dialogue stretching over five decades to reduce injuries and minimize risk surrounding high school sports. At the foundation of educational sports are schools, teachers and coaches--men and women who seek to coach and mentor young people with lessons they will carry into the future. The growth and nurturing of students is the very reason education-based activities are conducted and needed in our society.

In Iowa, there are more than 136,000 participants in both boys and girls high school sports.

While there is inherent risk in any activity undertaken by young people, the risk of high school sport related deaths in Iowa is far less than driving a car, swimming at the lake or even simply walking down the sidewalk or street.

Even the American Academy of Pediatrics maintains the position that contact sports have value given very specific measures and steps to minimize risk. Among those discussion points is limiting or eliminating tackling at the youngest levels of football. That is an important point of emphasis, because many youth leagues do not have in place the protocols and procedures that education-based athletics enforce. The game and environment that people see at youth leagues on Saturday and Sunday is not the same environment that high school students participate in across Iowa. When a student participates in high school athletics, they are working with coaches who have been authorized and received training in coaching philosophy, first aid,

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

concussion management, and other areas of student health.

The reality is that life brings risk, but we must also ask ourselves what are the rewards from participation in education-based activities?

According to the NFHS and other organizations such as the Alliance for Student Activities, student involvement in education-based activities dramatically increases the likelihood for student success later in life. Students involved in activities average fewer absences per year than the general student body. Students who participate in activity programs are less likely to have discipline referrals than the general student population. Young people who participate in student activities consume less tobacco, alcohol, and marijuana than non-participants. Participation in student activities increases student self-confidence. In addition, participants in middle and high school student activities are more likely to enroll in college. Perhaps most important of all, participation in at least one student activity decreases the likelihood that a student will drop out of school.

It's difficult to educate young people and help them transition to adulthood if they are not in the classroom or on the playing field. There are many factors that contribute to Iowa's status of leading the nation in graduation rates. The opportunity to participate and benefit from high school activities is among those factors.

A healthy, honest discussion absent from media hype and anecdotal evidence about contact sports and high school athletics is key to the safety and well being of young people. It's a discussion the IHSAA has been involved with for part of five decades. It is a discussion we will continue into the future as we strive to serve young people through quality programs that seek to minimize risks and maximize the rewards of participation.

Sources referenced: -American Association of Pediatrics, "Tackling in Youth Football: COUNCIL ON SPORTS MEDICINE AND FITNESS." Published in the November 2015 issue of Pediatrics.

-"Promoting and Protecting the Health of Iowans -- 2013 Vital Statistics of Iowa," from the Iowa Department of Public Health Bureau of Vital Statistics.

-Alliance for Student Activities website at <http://alliance4studentactivities.org/letxequals/>

-National Federation of State High School Associations (NFHS) "The Case for High School Activities," located at <http://www.nfhs.org/articles/the-case-for-high-school-activities/>

-Iowa Department of Education, "Iowa again leads in graduation rates," as published at <https://www.educateiowa.gov/article/2015/10/20/iowa-again-leads-graduation-rates>

Go Vikings



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.