



Northwood-Kensett Community School District VIKING DISPATCH

March, 2016

Creating healthy, educated, ethical and productive citizens.

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PO BOX 289

1200 1st Ave N.

Northwood, IA 50459

Phone:

(641) 324-1127 (Elementary)

(641) 324-2021 (Superintendent)

(641) 324-2142 (High School)

Administration

Michael R. Crozier, Superintendent

Brian Costello, Elementary Principal

Keith Fritz, Secondary Principal

School Board Members

Larry Hovey

Susan Kliment

Cindy Pangburn

Roger Harris

John Anderson

FROM THE DESK OF MR. COSTELLO

Iowa Assessments:

March 8 thru March 10, students in third through sixth grade will be taking Iowa Assessments formerly called Iowa Tests of Basic Skills (ITBS).

These tests provide the school and your family important information about your children's academic achievement. To ensure the authenticity of the scores in these assessments, I am asking you to take the following measures so that your children do their best.

- Talk to your children about the test. Revisit the personal achievement goals they set for themselves and were shared with you during our spring conferences. Impress upon them the importance of doing their best.
- Make sure your children have a good night's sleep. Proper rest is one of the biggest factors affecting a student's performance.
- Make sure your children have a good breakfast. This will help students focus on the test.

By taking these simple steps, you are doing your part in helping our students show us what they know and what they have learned this past year.

Please call me (324-1127) if you have any questions or would like further information. Thank you!

Elementary teacher retirements:

Mrs. Diane Hanson and Mrs. Deb Nagle have decided to retire at the end of the 2016 school year. Combined they served the Northwood-Kensett Community School District for sixty-three years. If you are a former student, please take some time prior to the end of the school year to stop in and thank them for their work.

FROM THE DESK OF MR. CROZIER

No Summer Lunch Program for 2016

Due to the remodeling of both kitchens this summer we will not be holding the summer food program. The remodel of the secondary kitchen will be a total redo and expansion. We will be adding on to the building and expanding the kitchen into the old art room space. This will bring our kitchen up to code and bring the walk in freezer inside the building. The elementary kitchen will get a facelift with new cabinets, a new island, new countertops, refinished floors and new paint job. We look forward to being able to provide the finest facilities for our employees and students.

Retirements/New Personnel/New Positions

Congratulations to three of our longtime Northwood-Kensett family members that will be retiring at the end of this school year, Mrs. Delores Knudson, Mrs. Diane Hanson, and Mrs. Deb Nagle. Thank you for all your years of service to the district. You will be missed. A reception will be held for these teachers on May 11, 2016 to honor their work and thank them for their service.

With these retirements and the two openings that the Teacher Leadership Compensation Program has created, we will be hiring five new teachers for the 2016-2017 school year. We have four of the five positions hired and are working on number five.

The following teachers will be joining our staff in 2016-2017; Jordan Kenison will be teaching K-12 TAG and Elementary Reading, Jeff Ferstein will be teaching secondary science and will be the head baseball coach and junior high boys basketball coach, Nichol Hebel will be teaching kindergarten and Kelsey Peters will be teaching fourth grade. We are still working on the hiring of the new secondary language arts teacher. We will have more information on the new teachers in the September issue.

Congratulation to the following teachers that have been selected to be part of the Teacher Leadership Compensation Program for the 2016-2017 school year: Dave Capitani, Steve Hartman, Heidi Vansteenburgh, and Alyssa Hanna – Model Teachers, Deb Faugstad, Monte DeArmoun, Laura Crippin and Jake Urbatsch. We look forward to their leadership in the up coming school year.

ELEMENTARY SPRING PHOTOS

Skarpness Photography will be taking spring photos at the elementary on Thursday, March 31, 2016 starting at 8:30 a.m.

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

Family Conferences: Some Tips for Parents

As a parent, you are your child's first and most important teacher. We have something in common: we both want your child to learn and do well. When we talk with one another, we can share important information about your child's talents and needs. Family conferences are a great way to start talking to your child's teachers.

What should you expect?

A two way conversation. Like all good conversations, parent-teacher conferences are best when both people talk and listen. Ask to see information about your child's attendance, grades, and test scores. Find out whether your child is meeting school expectations and academic standards.

Emphasis on learning. Good family conferences focus on how well the child is doing in school. They also talk about how the child can do even better. Be sure to bring a list of questions that you would like to ask the teacher.

Opportunities and challenges. Just like you, teachers want your child to succeed. You will probably hear positive feedback about your child's progress and areas for improvement. Be prepared by thinking about your child's strengths and challenges beforehand. Be ready to ask questions about ways you and the teacher can help your child with some of his/her challenges.

Progress. Find out how your child is doing by asking questions like: Is my child performing at grade level? How is he or she doing compared to the rest of the class? What do you see as his or her strengths? How could he or she improve?

Assignments and assessments. Ask to see examples of your child's work. Ask how the teacher gives grades.

Support learning at home. Ask what you can do at home to help your child learn. Ask if the teacher knows of other programs or services in the community that could also help your child.

Support learning at school. Find out what services are available at the school to help your child. Ask how the teacher will both challenge your child and support your child when he or she needs it.

Finally, talk to your child. The family conference is all about your child, so don't forget to include him or her. Share with your child your thoughts about what you learned. Show him or her how you will help with learning at home. Ask for his or her suggestions.

(excerpts taken from the Harvard Family Research Project)

NEWS FROM THE FIRST GRADE

By: Elaine Hansen and Mari Ann Kroneman

Dr. Seuss was on the Loose in the First Grade!

1st Grade celebrated Dr. Seuss' Birthday during Reading Week 2016. The 1st graders participated in many activities for several of Dr. Seuss' books. Having a special Reading Week and honoring Dr. Seuss really shows how important it is to share your love for reading to all while having fun! Dr. Seuss loved to play with words, and that is just what 1st graders love to do. On Monday, the students wore their favorite hat to start the week's celebration for Cat in the Hat. On Tuesday, the students wore crazy socks and/or pajamas for Fox in Socks. On Wednesday, students wore anything backwards or mismatched for Wacky Wednesday. In honor of Dr. Seuss' birthday, the school provided us with a snack. On Thursday, students wore clothes with lots of pockets and brought their own wocket (small stuffed animal) for There's a Wocket in My Pocket. On Friday, we dressed up in our PAJAMAS for I am NOT Going to Get Up Today! "The Cat in the Hat" play, performed by some of our 1st grade actors/actresses, was an entertaining part of our morning. These students had a lot to remember with their words and actions. At the end of the day, treats were enjoyed by all. The 1st grade students at Northwood-Kensett are definitely going to keep their love for reading going, not just this week, but every day!

ELEMENTARY STUDENTS OF CHARACTER



(Left to right): Mallory Rheingans, Aden Bice and Malachi Peckham. Not pictured: Colby Eskildsen.



(Left to right): Sidney Quam, Peyton Shoger, Madison Berry and Jayla Varner.

JR. SR. HIGH STUDENTS OF THE MONTH

Zachary Oleson, Madison Shoger, Devon Grahn, Clara Davidson, Colton Moretz, Ethan Thofson, Erika Heideman, Olivia Stilley, Coltn Benson, Sarah McCormick, Sarah Pederson, Sydney Welch, Jalin Davis, Maeghan Petznick, Molly Hunchis, Shallon Batton, Angel Martin, Madelyn Berge, Trevor Luther Varner, Brody Branstad, Sam Kliment, Taylor Jorgenson, Spencer Smith and Evelyn Ocel.



COUNSELORS CORNER BY AMY RENWICK AND ASHLEY SHAW

By: Amy Renwick

The end of 3rd quarter and Spring Break are knocking at our doors, which means it's time for all students who will be in grades 9-12 in the 2016-2017 school year to create and revise 4-year plans.

In 8th grade guidance class, the first half of 8th grade students created 4-year plans and revised them with their parents for the parents' ultimate approval. The second half of the class will create their plan in the first weeks of quarter four guidance class.

Grades 9-11 have been asked to dust off their plan from last year, review it, and make necessary changes while taking credit totals, required courses, and other important factors into account. Ideally, all students will have a four-year revision on file by the time we get back from Spring Break. That will allow school staff including myself to create a schedule that accommodates the enrollment in the classes students are interested in. In addition, enrollment in PSEO courses for Fall Semester 2016 is set for March 31st.

I encourage you to review their schedules on JMC, as I will not contact parents with revisions that make good sense to their academic & career goals. If you do not approve of your child's class selections, we can always make changes this spring to remedy that. Please don't hesitate to contact me if you have questions regarding your child's class schedule & 4-Year plan. I can be reached in person or by email: arenwick@nkvikings.com

By: Ashley Shaw

As you know from my previous newsletters, in Guidance we do lessons and activities based on the Character Counts trait of the month. In March, the trait we will be focusing on is Caring. This is one of my favorite traits. I let students brainstorm what they would like to do to show kindness and caring. They have come up with answers such as drawing pictures to cheer someone up, writing thank you cards to people who have helped them, and playing with students who need a friend.

With Iowa Assessments coming up soon, we have also worked on test taking strategies, such as reading the selection completely, finding key words, eliminating answers that you know are incorrect, and going back and checking your work. We also talked about the importance of getting a good night's sleep the night before a test and eating breakfast the morning of.

The 6th graders are completing their career projects that will be shown at the showcase on April 7th. The point of this project is to get students thinking about what careers are of interest to them now. They are researching how much education is required, what day-to-day tasks are involved with the career, and how much the average salary is. The students are enjoying doing research on a career that interests them. We hope you will join us when the students present their projects.

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

NURSES'S CORNER BY HEATHER RHEINGANS

The most common complaint that a school nurse hears in any one day is that of a "tummy-ache". There are a lot of different things that could cause this ailment: acid reflux/sour stomach, gastroenteritis, not eating breakfast, or sometimes even getting into trouble. My first year as a school nurse the very 1st student that came into my office had a stomach-ache and I as the "new" school nurse went through the list of things I was trained for in nursing school. I ruled out appendix, ulcers, and gallbladder and asked when the last time was he went to the bathroom. After about 5 minutes of running through the barrage of questions he says to me, "I think I'm just hungry." Ah ha! "Great" I replied, "it's only 20 minutes until lunch, do you think you can make it that long?" "No" he said back, "I'll be a dead man if I have to wait that long." So, I gave him a couple of saltine crackers and sent him back to class....cured! What a miracle worker!

Now that I have a few years of school nursing under my belt I have learned better questions to ask my young patients to more quickly get to the bottom of their tummy-ache diagnosis. One of the questions that helps me determine the cause of the pain relates to their toileting habits, and most of the time the youngsters can't remember when they last went. Yes I'm talking poop, bowel movement, BM.....#2. At first I was amazed by this, but then reminded myself that my children have a problem remembering what they had for lunch, so why would something so insignificant as going to the bathroom stand out in their mind. As we get older, much older, does remembering our toileting schedule seem to make it's way to the top of our priority list. For example, when working at the hospital and taking care of the elderly, most of my patients can remember the exact time of day their last BM was.

Childhood constipation is actually a very common problem and its prevalence seems to be on the rise. Almost 5 percent of pediatric office visits and 25 percent of referrals to gastroenterology specialists—doctors who specialize in digestive diseases—are for constipation in children. It's hard to believe that children could experience this disease that is often considered a "geriatric" ailment; in fact Doctors at John's Hopkins report they see children with constipation daily and saw a 30-percent jump in related visits between 2008 and 2009. According to an article written by John's Hopkins University in 2010, Mild constipation in children is fairly common, but gastroenterologists at Johns Hopkins Children's Center have been seeing what they believe is the start of a troubling trend: more children with more serious and chronic bouts of the condition.

A child is considered constipated when he or she has fewer than three bowel movements in a week; has difficulty having a bowel movement; or when the stools are hard, dry, and unusually large. Most of the time, constipation is due to a diet that doesn't include enough water and dietary fiber which both help the bowels move properly. Kids who eat a typical fast-food diet — rich in fats (burgers, fries, milkshakes) and processed sugars (candy, cookies, sugary soft drinks) — may find that they're constipated more often. Stress can also lead to constipation.

Toilet training and the start of a new school year are high-risk periods that can trigger episodes. Keep in mind that some kids tend to avoid going to the bathroom, even when they really have the urge to go. They might ignore internal urges because they don't want to stop playing a fun game, use a restroom away from home, or have to ask an adult to be excused to go to the bathroom. When they ignore the urge to go, it's harder to go later on.

NURSE'S CORNER (cont.)

Be mindful, however, that different kids have different bathroom habits. A child who doesn't have a bowel movement every day isn't necessarily constipated. One child might go three times a day, while another might go once every 3 days. Usually a child is constipated when he or she is going less than usual. Your child might also complain of feeling full or bloated, or say that it hurts to poop; that he or she has to strain to poop, or that there's a little blood on the toilet paper. They may also experience underwear soiling and bedwetting, both complications of serious constipation.

To prevent constipation, parents should ensure that the child:

- drinks plenty of water- drinking enough water and other liquids helps stools move more easily through the intestines. Most school-age children need 3 to 4 glasses of water each day.
- is physically active, as exercise has been shown to improve colon muscle movement
- eats a diet rich in fiber, including fruits and vegetables, and avoids processed foods and foods high in fat and sugar
- knows and understands to never "hold" or ignore the urge to move his or her bowel

Parents can also take a proactive approach to constipation by talking to your child/children about their bowel patterns. Pedi-lax has a really great web-site (<http://pedia-lax.com/>) with a slogan that reads, "Join parents everywhere who are pledging to stay in the know to help their kids go." They take a really funny approach to a topic that tends to make most adults blush, but it's true--it's just #2 and nothing to be embarrassed about. There is even a great children's book titled "Everyone Poops", written by Taro Gomi that can be used as an icebreaker to the start off your conversation about having bowel movements.

In most cases, these small changes can go a long way toward helping your child feel better and getting the bowels moving the way they should. However, if your child is still straining or having difficulties having a bowel movement a visit to your doctor is warranted. Remember, there is strength in numbers---especially

SECONDARY ART NEWS

Kya Krachmer, 9th grade, and Samantha Dokken, 12th grade, have been chosen to take part in MacNider Museum's student art exhibit called "Have it Made! The student art exhibit will be on display in the museum's Center Space Gallery from February 27 through April 23. On Saturday, March 19, at 1p.m., the museum will celebrate the accomplishments of the students and honor their art teachers with a recognition reception, which is open to the public.

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

Jr. High Science Bowl

The junior high science bowl team consisted of Lindsey Davidson, Emily Thorson, Cole Estes, Reina Trosper, Nathan Hannemann, and Peyton Pangburn. They competed on Saturday, February 20th at Iowa State University in Ames. It was the first time that Northwood-Kensett has had a junior high team. They placed in the top 8 out of 24 teams. Their coach is Amy Price.



4/1/16

State Events

Northwood-Kensett eighth grader Ross DeArmoun has been named a semifinalist for the State Geography Bee at the University of Northern Iowa.

Seventh grader Nathan Hannemann will compete as an individual for the MATHCOUNTS State competition at Drake University.

The 2016 Regional Spelling Bee was held on Wednesday, 2/24/16 at the AEA 267 in Clear Lake with fifteen districts competing.

Junior High School students representing Northwood-Kennett were, Peyton Pangburn, Kayla Senne, Reina Trosper and alternate Kenzie Davis.



2016

Sixth Grade

Math Bee Team

Marli Backhaus
 Thomas Block
 Logan Mayberry
 Eli Mix
 Hayden Moore

These students will compete on 4/19/16 at the AEA in Clear Lake.

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

The winter seasons are over and we had a little taste of spring this past weekend. I would like to congratulate Coach Love, Coach Cotter, and Coach Reindl and their student athletes on their successful winter seasons. I know they may not have won as many games or matches as they would have liked, or gone as far in the tournaments as they were hoping for. But our student athletes competed at a high level, showed great sportsmanship and represented our school very well this winter. This is a tribute to our coaches, student athletes and their parents. I would also like to congratulate our fans on holding themselves to a high standard of sportsmanship this past winter season. Thanks everyone for your hard work.

With spring right around the corner, it is time to start thinking about our upcoming track season. We are scheduled at this time to host six track meets this spring including the Top of Iowa High School Conference Meet. I have also been contacted by the state about hosting a state-qualifying meet but nothing is official at this time.

It takes many volunteers to run a successful track meet, and even more when you're hosting a conference or state-qualifying meet. If you are interested in helping out at the track meets we will be hosting this spring, please contact me. I can be contacted either by email at shartman@nkvikings.com or on my cell phone (641) 390-0554. If you have helped out in the past at our track meets, first, thank you, and I will be contacting you soon. If you have not helped out before but would like to this year, please get a hold of me.

Go Vikings

