



Northwood-Kensett Community School District VIKING DISPATCH

April, 2016

Creating healthy, educated, ethical and productive citizens.

In This Issue:

From the Desk of Mr. Crozier	1
From the Desk of Mr. Fritz	2
From the Desk of Mr. Costello	3
Sixth Grade News	4
Counselor's Corner	5
Nurse's Corner	6
Note From Mrs. Nagle	7
Activities Director	8
Senior Project Showcase	9

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FROM THE DESK OF MR. CROZIER

Last Day of School

The last day of school for the 2015-2016 school year will be May 20, 2016 pending no more days are cancelled or time is missed due to unscheduled late starts or early outs. While the students will not be making up the four days missed the teachers will be. We will have five days of professional development on May 23 through May 27.

Northwood-Kensett Teacher Career Tour

During the extended professional development days due to not making up school days missed we will be taking a Career Tour in Northwood for the teachers. We are planning on visiting four of the town's bigger employers. This will give teachers a chance to see what kind of jobs are available for our students if they choose to stay in our community after graduation. We are committed to having our students career ready after they graduate from high school.

Kensett Lion Club Visit

I would like to thank the Kensett Lion's Club for hosting me during their March meeting. It was nice to have the opportunity to tell the community what is happening in our school and to hear their concerns. I met some great people from our district and was given a great meal. I wish the Kensett Lions the best of luck and thank them for the service they provide for the students in our district.

School Funding

The house and senate have agreed on the amount of supplemental state aid at 2.25% and the governor has said that he will sign the bill. While we are happy that they have finally agreed on the amount, it is not sufficient and the decision comes late again. It is time that the voices of parents are heard by the state legislators and the governor's office. We cannot continue to take such low amounts for school funding and give the students of Iowa a first class education.

Continued on page 9

FROM THE DESK OF MR. FRITZ

How to Help High School Students Set Priorities

adapted from an article by Sabrina Justison

Teenagers need more than just strong academics and extra-curriculars on their high school transcript; they need to learn real life skills to prepare them for independent living as adults. Setting priorities is important, and the wide variety of challenges and opportunities available during high school makes it a great time to work on this skill.

Wise priority setting can grow out of three types of understanding:

- **understanding the big picture**
- **understanding available resources**
- **understanding the immediate need**

It's hard for teenagers to think of the big picture.

Good **conversation** with our teens will help them train their brains to think through the effect of choices they make. Help them identify their end-goal and then think backwards from that goal to determine the steps they need to take. Ask leading questions to help a teen achieve a better grasp of the big picture; questions are more helpful than just telling them what steps they should be taking in what order.

It's hard for teens to accurately evaluate their abilities and their limitations.

Procrastination and anxiety are two opposite responses to a situation in which teens have unrealistic perceptions of their ability to reach a goal. Again, good conversation that includes gently leading questions is an important tool in helping their understanding grow.

Yes, they really can do hard things, things that look overwhelming at first glance!

No, they cannot do them without adequate time, energy, advice, money, and planning.

Work toward finding that balance in lots of low-key chats over time rather than trying to power-solve all at once.

It's hard for teens to clearly put boundaries on the immediate need before them.

They feel the urgency of a deadline (My research paper has to get done before the end of January!), but they don't perceive that things like adequate sleep, taking time away before editing, and scheduling time when others can take a look at the rough draft are also of great importance. **Getting to the finish line at all costs** feels like the only thing that matters; understanding how to finish **well** is not so obvious.

FROM THE DESK OF MR. COSTELLO

In my article this month I want to remind you of the Early Literacy law that was passed during the 2013 general session. I'll give you some of the general pieces of the law, but I encourage you to read more about it by searching Iowa Code 279.68 or using the Iowa Department of Education website as a reference to find more information. The law is meant to provide guidance for effective instruction and assessment practices in schools to support ALL students to become proficient readers by the end of third grade.

- Provision of universal screening in reading for students in kindergarten through third grade
- Progress monitoring for students who exhibit a substantial deficiency in reading
- Provision of intensive instruction – including 90 minutes daily of scientific, research-based reading instruction - for students who exhibit a substantial deficiency in reading
- Notice to parents that a student exhibits a substantial deficiency in reading, including strategies the parents can use at home to help the child succeed
- Notice to parents of such a student's subsequent progress
- Provision of an evidence-based summer reading program for students who exhibit a substantial deficiency in reading (Effective May 1, 2017)
- Retention of any student who is not proficient in reading by the end of the third grade, did not attend the summer reading program, and does not qualify for a good cause exemption from the retention requirement (Effective May 1, 2017)

During our Spring conferences last month K-3 parents were informed of the status of their child(ren) on the FAST assessment. I encourage parents to continue to have conversations with teachers so you can stay informed with the performance of your student. Teachers can also provide instructional strategies and resources that can be used at home that will help struggling readers gain the skills necessary to become better readers. We will administer the final FAST assessment during the first couple weeks of May. The results will be shared with parents at that time.

Preschool Registration!!!

On April 25 from 10:00-6:00 pm we will hold our preschool registration for the 2016-2017 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.

THE YEAR IN THE LIFE OF A SIXTH GRADER

By: Lisa Hagen and Annette Orvedal

The year started with our Environment unit in science, Ancient History in Social Studies, Every Day math, writings work based on the six traits of writing and the Iowa Common Core Standards, and stories to increase our reading comprehension and interests.

In the fall, October brought our first field trip to Hormel Nature Center in Austin, MN. We had a chance to get involved with nature as we hiked and gathered data about water quality.

January brought an end to our Egyptian unit with our pyramids and papers about pharaohs, mummies, and daily life. The rest of the student body enjoyed looking at our pyramids in the library. We were also lucky enough to squeeze in great weather for our second field to Hormel Nature Center for a day of survival skills (fire building), and cross country skiing.....Fun was had by all!!!

February brought the Invent Iowa project. We saw many really great inventions, and good sales pitches (presentations) to promote our inventions. Nine of our local inventions will go on to represent N-K at the AEA Invention Convention held at Willowbrook Mall in Mason City on April 5.

As the school year comes to an end, we will proudly show off some of our above mentioned work at the 6th Grade Showcase, which is in conjunction with the 5th/6th Grade Spring solo contest, on April 7th. The public is welcome to come and share our projects. Our 5/6th Grade Spring concert will be held on Friday, April 29th at 6:00 and will be at the high school. The 6th grade, in conjunction with 4-H leaders, will once again be planting our garden at the fairgrounds. We are lucky enough to have master gardeners in the area who help us learn about vegetables and flowers. Please come to the fair and check it out.

ELEMENTARY STUDENTS OF CHARACTER



(Left to right): Carter Schleusner, Kelsi Liddle, Alexis Rops and Alexis Kalvig.



(Left to right): Silas Girouard, Rachel Hill, Grady Buenzow and Treycen Rollene.



COUNSELORS CORNER BY AMY RENWICK AND ASHLEY SHAW

By: Amy Renwick

Hello again, Vikings!

It seems too strange to be true, but it's time again for me to work to end the year for our Seniors and other students, and start planning ahead for next year. This includes modifying students' 4- Year plans for next year, PSEO registration, orientations for 6th grade students, transition for 8th grade into 9th grade, and once again creating the Master Schedule. It looks like there will be more big changes again in the coming school year, with many staff changes at the high school, so I thought I'd share some of the new options for our N-K high school students:

We will offer a "Teacher Aide" course for Juniors & Seniors that will allow them to assist a teacher at either the elementary or secondary building with classroom learning tasks for high school credit.

Yearbook will be offered for the first time as an elective course to be taught by our new English teacher, rather than as an after-school activity. The grand majority of area schools integrate the creation of the yearbook into meaningful class curriculum, and we've decided to follow suit.

In addition, we will also offer "Independent Novels" class as a rigorous option for the book lover student who'd like an option to focus specifically on the novel, with a great deal of choice in what he/she reads in the class.

We will also bring back some science electives, although we haven't made any of those options "official" just yet.

Our educational programming is ever-evolving, and I think it's important to remember that it is good for our school, students, and community. We are constantly working to better serve the educational needs and interests of our students, and the evolution of curriculum options, and the "way we teach" and do things here at school are a part of that. If you would like to learn more about new options, feel free to contact me in person, on the phone, or by email at arenwick@nkvikings.com

By: Ashley Shaw

April 7th from 6:00-7:00pm is the Elementary Showcase. 6th graders are able to present different projects they have been working on throughout the year. One of these projects is a career project they have been working on in Guidance. Students have been working hard exploring a career they are interested in. We hope that you will be able to join us, and learn more about the careers each student has chosen!

At our Citizenship Character Counts Assembly on April 15th, we will be kicking off this year's community service project. Similar to last year's, "Pennies for Patients", we will be participating in voluntary fundraising for "JDRF Kids for a Cure." Each student will be bringing home fundraising collection bags and paper shoes that can be sponsored by anyone willing to donate to the Juvenile Diabetes Research Foundation. Our goal is \$1,000, and to fill up a wall of our school with shoes. We are excited to help "Shoe Away Juvenile Diabetes!"

If you have any questions or concerns, please contact me at 641-324-1127 ext. 216 or ashaw@nkvikings.com!

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

NURSES'S CORNER BY HEATHER RHEINGANS

I think it's safe to say that spring is finally here, however, to me it won't fully feel like spring until the grass turns green and the trees get back their leaves. The unfortunate thing with this change comes allergy season for many people.

In allergies, airborne pollen from various seasonal plants—or, in some cases, spores from mold—enter the body through the eyes, nose, or throat, and trigger an allergic reaction. Normally, the immune system does not respond to mild substances like pollen and mold, but in sensitive individuals, the body's defense mechanism views these allergens as it would an infectious agent and mounts an attack. Once the immune system has detected the "invader," it unleashes a cascade of chemicals such as histamine and other compounds resulting in localized inflammation that leads to irritation and discomfort. The common reactions include sneezing, itchy throat, headache, swollen sinuses, runny nose, and itchy, watery eyes.

According to "PDR Health", allergies affect more than 40 million people and cost more than 1 billion dollars in annual treatment costs. Although allergies are usually not a dangerous condition it can be very uncomfortable, and for some people severely disrupt daily activities. I have seen several students in my office already complaining of sore throats most likely related to allergies. I must point out that I am not a physician, so if you question whether your student suffers from allergies, I recommend having them seen by your family provider or an allergen specialist.

There are several methods and over-the-counter medications that can help to reduce and relieve allergy symptoms. The following advice, from Mayo Clinic, has some excellent tips to help keep seasonal allergies under control. They first recommend reducing your exposure to allergy triggers by following these examples:

- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- Delegate lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.
- Don't hang laundry outside — pollen can stick to sheets and towels.
- Severe cases they recommend wearing a pollen mask if you do outside chores.

Secondly, Mayo Clinic recommends taking extra steps when pollen counts are high as seasonal allergy signs and symptoms can flare up when there's a lot of pollen in the air:

- Check your local TV or radio station, your local newspaper, or the Internet for pollen forecasts and current pollen levels.
- If high pollen counts are forecasted, start taking allergy medications before your symptoms start.
- Close doors and windows at night or any other time when pollen counts are high.
- Avoid outdoor activity in the early morning when pollen counts are highest.

Their last recommendation is to keep indoor air clean. There's no miracle product that can eliminate all allergens from the air in your home, but these suggestions may help:

- Use the air conditioning in your house and car.
- If you have forced air heating or air conditioning in your house, use high-efficiency filters and follow regular maintenance schedules.
- Keep indoor air dry with a dehumidifier.
- Use a portable high-efficiency particulate air (HEPA) filter in your bedroom.
- Clean floors often with a vacuum cleaner that has a HEPA filter.

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

State Competitions – 4/1/16

Nathan Hannemann competed as an individual at the State MATHCOUNTS held in the Olmsted Center on the Drake University campus in Des Moines.

Ross DeArmoun competed as one of the top 100 Geography Bee students at the State Geography Bee held on the University of Northern Iowa campus in Cedar Falls.

N-K Invent Iowa

The following 6th graders will be presenting their inventions on 4/5/16 at the Willowbrook Mall:

Wyatt Willand – Sled Hockey Wheel Kit, TeAnna Ausborn – Equi Sporting and Trail Sock, Jason Hanson – Sun King Solar Grain Dryer, Emma Logeman – Can Controller, Rachel Hill – Goat Warmer, Sidney Quam – Tree Wrapper, Emma Davidson – My Reading Adventures Computer App, Addy Bachtle – Don't Text and Drive Computer App and Marli Backhaus – Sheep Exerciser.

Showcase 2016

The Northwood-Kensett class of 2022 welcomes everyone to the 2016 Project Fair held on Thursday, April 7, 2016 at the Northwood-Kensett Elementary from 6:00 – 7:00 p.m. Topics presented include career exploration, invention, Egypt, music and more. Please come to see all their projects and performances. Students will be seated in alphabetical order throughout the hallways. Grace Skellenger will serve as the Showcase Manager.

National History Day

Northwood-Kensett National History Day students range from 5th to 11th grade and will be competing in the following three categories: Exploration, Encounter and Exchange in History. The regional competition will be held at Waldorf University on 4/8/16.

6th Grade Math Bee

The 6th Grade Math Bee will be held at AEA 267 in Clear Lake on 4/19/16. The Northwood-Kensett Math Bee Team includes the following 6th graders: Marli Backhaus, Thomas Block, Logan Mayberry, Eli Mix and Hayden Moore.

N-K District Advisory Committee

The Spring Meeting will be held on Tuesday, May 10, 2016 at 6:00 p.m. in the Elementary TAG Room.

7th Grade Culture Day

The Class of 2021 welcomes you to join them on Tuesday, May 17, 2016 at the Northwood-Kensett Jr. Sr. High School during periods 1 – 3 as they present what they've learned about different countries and their cultures.

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

I came across this article on the importance of sleep for our student athletes that I would like to share with you. I know that looking around our halls here at N-K, I see a lot of students that look very tired. Please read this article written by Art Horne and try a few of his suggestions for better sleep that may help your child in athletic competition and in the classroom.

The Importance of Sleep for Athletes

By Art Horne

Good sleep habits play an important role in athletic performance; there are few things as intuitive as the need for a good night's rest. Yet how many athletes in your setting truly take advantage of it? If you've ever looked around a team bus and seen heads bobbing up and down as athletes doze off during even short trips, it's obvious that many are sleep deprived.

On the physical side, sleep-deprivation studies have shown that the primary negative effect of sleep debt is a decrease in time to exhaustion during activity. In prolonged performance tests, subjects who have gotten less sleep consistently tire more quickly than those who have gotten more. The mental effects of sleep debt, meanwhile, are much more pronounced. And for competitive sports, in which decisions must be made in the blink of an eye and concentration is at a premium, sleep deprivation can really hinder an athlete's ability to succeed.

The goal of nine hours per night for teens and college students will seem unrealistic to many, but the closer they can come to that number, the better they'll feel and the more they'll enjoy the health, recovery, and performance benefits of sleep.

Consistency in sleep time is valuable as well. Going to bed and waking up at the same time every day takes maximum advantage of the body's natural circadian rhythm, while having different bedtimes and wake-up times every day can throw off the internal clock. Once a routine is established, athletes will find they are able to fall asleep more quickly and sleep more soundly through the night.

Here are other helpful sleep tips to pass on to your athletes:

- Eliminate as many light sources as possible when going to bed. This means turning off computer monitors, using dark curtains over dorm windows, and even rolling up a towel and putting it at the base of the door to block light from the hallway. If these steps are not possible, try using a sleeping mask to cover your eyes.
- Try wearing soft foam earplugs to eliminate nighttime noises that might interrupt your sleep. Or, if you're used to some ambient noise at night, use a fan, humidifier, or other appliance that creates "white noise" to make you more comfortable.
- Turn off the ringer on your phone(s) before going to bed. Remember that interrupted sleep can deprive you of the deeper stages of the sleep cycle, which have so many crucial benefits.
- Engage in progressive relaxation activities as you prepare to go to sleep. Being very physically active late at night, exposure to bright light right before bed (for instance from a computer monitor or television), or eating less than two hours before bedtime can delay "sleep latency," making it harder to fall asleep and robbing you of total sleep time.

FROM THE DESK OF MR. CROZIER (cont.)

Please let your legislators know how you feel. The contacts are listed below. By the way, according to Iowa code they should have the amount of supplemental state aid set for the 2017-2018 school year already and they have not done so.

Josh Byrnes has announced that he will not run for his house seat next year. School funding should be a top priority when visiting with candidates that will run for this house seat.

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SENIOR PROJECT SHOWCASE 2016

By: Deb Faugstad

English 12 students will display their senior projects in the Senior Project Showcase on Wednesday, May 11, 2016, at Northwood-Kensett High School from 6:00 to 7:00 PM. The Senior Project requires each student to research a topic of choice, write a research paper about the topic, and complete and display a project related to the topic. The student's final project must take a minimum of 30 hours to complete. This year's seniors are working on projects that include furniture design and building, quilting, automotive work, baking, and building a computer--along with many others. Seniors will be available to discuss their projects and to answer questions during the Senior Project Showcase. The public is invited to view the projects, which will be located in the front hallway, the student center (lunchroom), and back parking lot of the high school building.

JR. SR. HIGH STUDENTS OF THE MONTH

Conner Harris, Natalie Cordle, Jocelyn Kluender, Hallie Varner, Carley Wentworth, Jayda Delle, Paige DeArmoun, Madison Hanson, Austin Efflandt, Ashlyn Schaefer, Samuel Kliment, Madison Shoger, Angel Martin, Warren Cooper, Bella Efflandt, Molly Hunchis, Gideon Rollene, John Johnson, Jaela Parks, Misty Miranda, Blake Hagen, Trace Carman, Brody Branstad, Keano Batton and Peyton Pangburn.

Go Vikings

