



Northwood-Kensett Community School District

VIKING DISPATCH

October, 2016

Creating healthy, educated, ethical and productive citizens.

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Administration

Michael R. Crozier, Superintendent

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FROM THE DESK OF MR. CROZIER

I would like to thank the Northwood-Kensett patrons for passing the continuation of the Physical Plant and Equipment Levy (PPEL) for a ten-year period beginning July 2018. This will help us plan our continued upgrading of facilities for the future. Our current PPEL generates approximately \$350,000 per year. The district's most pressing needs are the HVAC system at the secondary building. Currently Alliant Energy and the Michaels Energy group are conducting an energy audit on the secondary building. This information will guide us on the purchase of a new HVAC system. The audit will also recommend other areas where we can save on energy costs.

The District Advisory Committee will meet on October 25, 2016 in the Elementary Media Center at 7:00 PM for the fall meeting. As stakeholders of the district your input is very important. Please find a list of District Advisory Members on page 9. This is an open meeting to the public and everyone is welcome to attend.

Winter Weather and One Call

Winter Weather will be upon us soon. We will continue to use the One Call System. This system has proved to be beneficial in the past. If you would like additional numbers added to the list please let the elementary or secondary secretaries know. I will always try to make a decision on cancellations and delays as soon as possible. Sometime it does come down to the last minute and that causes issues for some parents. If that happens this year, I apologize in advance.

Have a great fall and enjoy the cool weather.

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

FROM THE DESK OF MR. FRITZ

As we enter the fullness of our fall sports seasons, I want to take a moment to bring our attention to the arts. School athletics and fine arts are not opposing or competing extracurriculars for kids--the two activities can complement each other and round out a young person's education. To that end, reprinted with the author's permission is this article from the Washington Post "Top 10 skills children learn from the arts"

By Lisa Phillips

1. Creativity – Being able to think on your feet, approach tasks from different perspectives and think ‘outside of the box’ will distinguish your child from others. In an arts program, your child will be asked to recite a monologue in 6 different ways, create a painting that represents a memory, or compose a new rhythm to enhance a piece of music. If children have practice thinking creatively, it will come naturally to them now and in their future career.

2. Confidence – The skills developed through theater, not only train you how to convincingly deliver a message, but also build the confidence you need to take command of the stage. Theater training gives children practice stepping out of their comfort zone and allows them to make mistakes and learn from them in rehearsal. This process gives children the confidence to perform in front of large audiences.

3. Problem Solving – Artistic creations are born through the solving of problems. How do I turn this clay into a sculpture? How do I portray a particular emotion through dance? How will my character react in this situation? Without even realizing it kids that participate in the arts are consistently being challenged to solve problems. All this practice problem solving develops children’s skills in reasoning and understanding. This will help develop important problem-solving skills necessary for success in any career.

4. Perseverance – When a child picks up a violin for the first time, she/he knows that playing Bach right away is not an option; however, when that child practices, learns the skills and techniques and doesn’t give up, that Bach concerto is that much closer. In an increasingly competitive world, where people are being asked to continually develop new skills, perseverance is essential to achieving success.

5. Focus – The ability to focus is a key skill developed through ensemble work. Keeping a balance between listening and contributing involves a great deal of concentration and focus. It requires each participant to not only think about their role, but how their role contributes to the big picture of what is being created. Recent research has shown that participation in the arts improves children’s abilities to concentrate and focus in other aspects of their lives.

6. Non-Verbal Communication – Through experiences in theater and dance education, children learn to breakdown the mechanics of body language. They experience different ways of moving and how those movements communicate different emotions. They are then coached in performance skills to ensure they are portraying their character effectively to the audience.

7. Receiving Constructive Feedback – Receiving constructive feedback about a performance or visual art piece is a regular part of any arts instruction. Children learn that feedback is part of learning and it is not something to be offended by or to be taken personally. It is something helpful. The goal is the improvement of skills and evaluation is incorporated at every step of the process. Each arts discipline has built in parameters to ensure that critique is a valuable experience and greatly contributes to the success of the final piece.

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FROM THE DESK OF MR. COSTELLO

This past week I was reminded that our warm summer is slowly fading into the memories of 2016. As we pass through October and enter November, the temperature continues to drop. And yet, we still see children come to school in shorts, sandals, short-sleeved shirts and no coats. I know we want to hold on to those warm memories as long as we can, but they are just that...memories. Before they leave for the day, please ensure that your student(s) are not only prepared for the academic day, but also prepared for the climate. Light coats and gloves along with pants and shoes really help when they are out at recess.

In this newsletter I'd also like to draw your attention to the different safety weeks that are observed in October:

National Fire Safety Week is October 9-15. The theme this year is, "Don't wait, check the date. Replace smoke alarms every 10 years." We've been running fire drills the past couple weeks and talking to kids about what their role is when/if we need to evacuate the school. On October 14, our kindergarten classes will travel to the Northwood Fire Station and have a tour of the building and hear about the different equipment. We also have some of our local volunteer firefighters come to our school and speak to our students.

National Bus Safety Week is during the week of October 17-21. We have a bus evacuation scheduled for Thursday, October 20. After the evacuation, our Director of Transportation, Daryl Love and classroom teachers will review with kids the details of the evacuation and ways to make it efficient.

You can help us by having a conversation with your student(s) about the importance of fire safety and bus safety.

Thank you for your continued support.



Winners of the Homecoming Bike Decorating contest: Samantha Thimmesch-1st place, Kelsi Liddle-2nd place and Macy Thorson-3rd place.

TEACHER LEADERSHIP PROGRAM

By: Kimberly Odegaard and Beth Butler

The Teacher Leadership Program is off to a great start! With the purpose of the program being improved student learning through teachers collaborating and learning together, there are several opportunities available for teachers to work toward this goal.

One of these opportunities involves teachers observing teachers. During these observations, teachers have the chance to visit another classroom with the intent of gaining new strategies and insight to take back and implement in their own classrooms. The teachers at N-K are doing great things in their classrooms, and these observations provide an opportunity to spread that wealth.

Another opportunity allows teachers to engage in a coaching cycle with the instructional coach. During this process, the teacher(s) and coach identify a specific learning target. Through modeling, co-teaching, co-planning, data analysis, and reflection, they monitor student progress toward that goal. As a result of the coaching cycle, both students and teachers demonstrate growth and learning.

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.

ELEMENTARY STUDENTS OF CHARACTER



(Left to right): Levi Wood, Emersyn Wahl, Kyler Myer and Sophie Rye.



(Left to right): Kelsi Liddle, Ella Leonard, Madison Berry and Riley Treslan.



COUNSELOR'S CORNER BY AMY HANSEN AND ASHLEY WILLIAMS

By: Amy Hansen

Maximizing Student College Visits

Recently, I updated my list of Juniors' and Seniors' college and career plans so that I can better assist them in that very important planning work. At that time, I asked students what extra assistance I could provide in that work, and many were interested in getting some help setting up college visits.

As luck would have it, October & November is prime college visit season. Many of the most popular colleges have special visit days planned for the next two months, and I recommend that students who are serious about attending a specific community college, college, or university register and attend one of these special days. Links to online registration pages along with some extra information were sent out to 11th & 12th grade students via email last week.

Beyond learning where to find information, I have a few tips for students & families to make the most out of their college visits, since at least one must be completed for graduation:

Tips:

- 1. Bring a parent/guardian along.** Students tend to take college visits more seriously when in an adult's presence. It shifts the focus off of a fun day away from school and toward learning about the university. Additionally, parents tend to be less shy about asking important questions that you will want to know!
- 2. Choose one of the "special" visit days if you can.** Colleges & universities pull out all the stops for this kind of visit, often providing lunch! You will get to see housing and hear from organizations & programs you are interested in on these days, in addition to special speakers or other activities that only occur during those "special" events.
- 3. Provide as much information to the college as you can.** If you want to visit a specific program, they can help with that. The same goes for a specific sport or other campus organization. You will get to see more if you speak up, especially if that information is provided ahead of time!

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By: Ashley Williams

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

In addition to discussing our pillar of the month, we also have begun to discuss the concept of a growth mindset in grades 1-6. A growth mindset is a positive way of thinking about things. It changes the way we think about things to allow for change. For example, instead of saying, "I'm not good at this," it encourages students to ask, "What am I missing?" We will continue talking about growth mindsets throughout the school year.

I also have had the opportunity to begin working with students in small groups in grades K-6. We have formed groups for making and keeping friends, listening skills, and new student groups. 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 per month 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 awilliams@nkvikings.com or by phone at 641-324-1127 ext. 216!

NURSES'S CORNER BY HEATHER RHEINGANS

As we enter November many of us pack away the flip-flops and start wearing shoes on a daily basis. Shoe buying can be a struggle, as I'm sure many of you can relate; different style choices, the need to look "cool", and mainly budget influence the shoes that ultimately make their way onto our children's feet for daily wear. Often times however, we overlook fit of the shoe to appease our kids' wants, when in all reality this should be our number one priority.

The foot is a complex structure comprised of 26 bones. These bones are designed to support the entire body, adapt to uneven surfaces, and absorb shock. Children's feet aren't fully formed until they reach their late teens; therefore it is a crucial time to nurture the growth process. Kids' feet also endure about 3 times more stress than the average adult foot due to high activity levels and greater percentage of high impact activities compared with adults. It makes sense then after reviewing the facts that long-term, improperly fitting shoes could have detrimental effects into adulthood.

Doctors argue that most foot problems and pains in adulthood stem from ill-fitting shoes during childhood. Ill-fitting shoes put one at risk for injury or deformity later in life. Many problems with posture, walking, and even back pain can be associated with ill fitting or poorly made shoes. Shoes that are too small hinder proper foot growth, decrease circulation, cause blisters, ingrown toenails and just plain hurt! Shoes that are too big can cause uncomfortable chafing or blisters on your child's heel as well as prevent them from being able to grip the ground properly when running or climbing. Shoes that are too large also cause tripping on the front of the toe, risking serious injury.

Recently I was observing recess and noticed a child running around on the grass area in her socks. When I asked her why she didn't have her shoes on she replied, "My dad bought them big so I could grow into them and I just ran right out of them!" While this made me giggle, I have to also look at the fact that the student probably had already had tripping problems and realized that she was better off getting into trouble for dirty socks than injuring herself at recess.

Unless your child complains that they are uncomfortable, you may not know when it's time for a new pair of shoes. It's a good idea to periodically check your children's shoes to make sure that what they're wearing is still working for them. Look for particularly worn areas or stressed seams. If the sides are bulging or wearing out more quickly than the rest of the shoe, they may not be wide enough. Toes that bend upwards are also a sign of shoes that don't fit properly, and worn out toes or heels indicate it's time for a new pair of shoes as well.

Once you've found shoes that fit and are appropriately designed for a child's feet, allow them some input as to which shoes they prefer. After all, they won't wear them if they don't like them! It's also bound to make for a better shopping experience if they get to choose a color or design they like from shoes that fit well and are appropriate for growing feet.

Here are some helpful shopping tips for children's shoes:

1. Shoe shopping should always be done later in the afternoon or evening, since feet swell over the course of the day.

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COUNSELOR'S CORNER (cont.)

By: Amy Hansen

4. Visit as many colleges as you need to feel comfortable in your college decision. Students who visit the campus before attending the college are more likely to feel like the college is a good “fit” and stay there for the duration of their college program. You may not like the first or second college you visit. Having a point of comparison is valuable.

Please don't hesitate to contact me if you need extra help lining these visits up. They are a vital part of choosing a college, and I would never recommend a student attending a college sight unseen: arenwick@nkvikings.com or 641-324-2142 ext: 117

JR. SR. HIGH STUDENTS OF THE MONTH

Sidney Quam, Austin Koster, Kayla Senne, Cade Tindall, Spencer Smith, Josie Einertson, Jayda Delle, Emily Thorson, Marli Backhaus, Morgan Johnson, Olivia Treslan, Kade Stambaugh, Seth Clapp, Chase Boyden, Jocelyn Klunder, Hayden Moore, Laney Ryks, Cade Hengesteg, Tegan Cotter, Brylee Hoepner, Jessica Trospen, Lexey Tindall, Jeremiah Erickson and Peyton Pangburn.



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

As I set down to write this newsletter our fall sports are off to a good start. All of our fall teams are working on having a winning record but more importantly, we have good participation (136 student athletes among JH and HS football and volleyball) and our student athletes are showing great character on the field and court.

There have been a few changes with our coaches and facilities this year. We had new coaching staffs for our baseball and softball teams this summer. The baseball team was led by Jeff Ferstein and assisted by Jordan Reindl, and Jayden Ott was the head coach for softball and was assisted by Taryn VanRyswyk. We have 2 new coaches in our JH boys basketball program. Jeff Ferstein will be coaching the 8th grade and Kate Hartman will be taking over as the 7th grade coach and this spring, Amy Price will be the JH girls' track coach.

You may not have seen some of the changes that we have made to our facilities but if you went to a baseball or softball game this summer, I am sure you heard them. We put new sound systems on the diamonds this summer and what a big difference it made. We had some parent volunteers to announce the games and they did a great job including playing music between innings, which added a very nice touch to the games. And just in time for Homecoming, we put a new sound system on the football and track complex. If you were at the game you could sure notice a big change in the sound quality.

Well that's it for this month but before I go, I want to thank everyone that purchased one of our fundraising cards and more importantly, I thank the fans from N-K and Riceville that contributed to the North Butler/Greene flood relief fund at the homecoming game.

Go Vikings

NATIONAL PRINCIPALS MONTH

October is National Principals month where we honor the hard work and dedication of America's principals all month long. Please take a moment to thank our very own principals here at Northwood-Kensett, Mr. Costello at the elementary and Mr. Fritz at the Jr. Sr. High School. They do an excellent job making sure our schools are top notch!



2016-2017 District Advisory Committee		
Students	Staff	Community
Hayden Moore	Mike Crozier	Dennis Johnson
Hallie Varner	Keith Fritz	Andy Julseth
Mackenzie Davis	Brian Costello	Julie Hannemann
Lindsey Davidson	Kimberly Odegaard	Jake Hanson
Peyton Pangburn	Beth Butler	Kris Woltzen
Chloe Luther	Deb Faugstad	Deanna Madsen
Josie Einertson	Monte DeArmoun	Michelle Davidson
Laura Hopperstad	Laura Crippin	Ron Davidson
Samuel Kliment	Jake Urbatsch	Mindy Tenold
Brock Nelson	Steve Hartman	Steph Hengesteg
Sarah Pederson	Dave Capitani	Ron Hengesteg
Taylor Jorgenson	Heidi Vansteenburgh	Susan Nelson
Mackenzie Duvall	Alyssa Hannah	
Gavin Paulsen		Clergy
Calli Christiansen	Board Members	Judy Converse

FROM THE DESK OF MR. FRITZ (cont.)

8. Collaboration – Most arts disciplines are collaborative in nature. Through the arts, children practice working together, sharing responsibility, and compromising with others to accomplish a common goal. When a child has a part to play in a music ensemble, or a theater or dance production, they begin to understand that their contribution is necessary for the success of the group. Through these experiences children gain confidence and start to learn that their contributions have value even if they don't have the biggest role.

9. Dedication – When kids get to practice following through with artistic endeavors that result in a finished product or performance, they learn to associate dedication with a feeling of accomplishment. They practice developing healthy work habits of being on time for rehearsals and performances, respecting the contributions of others, and putting effort into the success of the final piece. In the performing arts, the reward for dedication is the warm feeling of an audience's applause that comes rushing over you, making all your efforts worthwhile.

10. Accountability – When children practice creating something collaboratively they get used to the idea that their actions affect other people. They learn that when they are not prepared or on time, that other people suffer. Through the arts, children also learn that it is important to admit that you made a mistake and take responsibility for it. Because mistakes are a regular part of the process of learning in the arts, children begin to see that mistakes happen. We acknowledge them, learn from them and move on.

FIRST GRADE NEWS

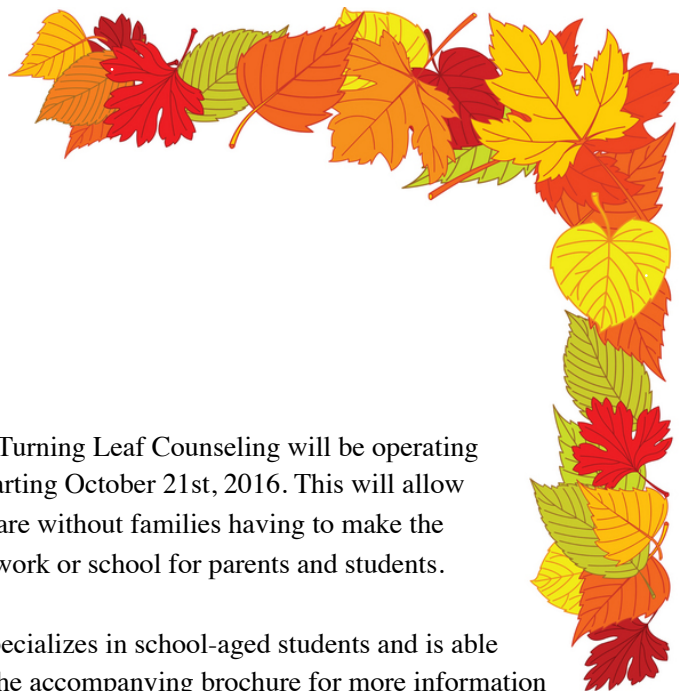
By: Mari Ann Kroneman and Elaine Hansen

First grade is a growing independent year with math and reading. First Grade students have many more reading skills to master than any other grade. Some other new tasks for a First Grader are: weekly spelling tests, math/reading programs on their laptop, Readers' Theatre, timed math facts, and checking out books in their own classroom libraries. First Graders have been busy the last few weeks getting to know each other, so they can work well in group work and whole class learning. First Graders are learning how to check out "Good Fit" books. A "Good Fit" book is a book that they can read independently and understand the main idea of the book. If the book has 5 words or more that they cannot decode, it is NOT a "Good Fit" book. The students are enjoying W.I.N. time where we break into small groups to work on skills needed to be a successful reader and math student. They especially like doing plays with Mrs. Katcher for W.I.N. time, which is called "Readers' Theatre. Readers' Theatre helps students to express a book with feeling and action, along with reading fluency. So as you can see, many opportunities are in place for Northwood-Kensett First Graders to be the best they can be!

NURSE'S CORNER BY HEATHER RHEINGANS (cont.)

2. Getting the right fit in your kids' shoes is essential so have your children's feet measured when buying shoes. Feet should be measured while standing and always have both feet measured because one foot is usually larger than the other. Buy shoes to accommodate the larger of the two feet.
3. When your children are wearing the shoes and their feet are fully extended (watch for toe crunching), there should be a bit of room between the edge of the shoe toe and the edge of your child's toes-about a half inch. It's a great idea to make sure they are wearing the same type of sock they will normally be wearing with that shoe to ensure a proper fit.
4. The heel of the shoe should rest snugly but not tightly around the back of the child's heel.
5. Look for shoes made from breathable materials, such as canvas or leather. In addition to being more durable, they will help to keep the child's foot cooler and dryer, helping to prevent blisters, discomfort, and smelly shoes. Speaking of smelly shoes, it's always a good idea to wear cotton socks with athletic shoes to prevent foot fungus due to sweat.
6. While they may look cute, try to avoid having your child wear heels for an extended period of time. Not only is it difficult for kids to walk in heels, they are particularly bad for proper foot development. Flats and even soles are best for school-time.
7. Soles should be sturdy and thick enough to protect the feet from pain and injury, but the sole also needs to be flexible so that it will bend with the foot. Also look for a pattern or textured sole, as this will provide traction and help prevent your child from easily slipping on slick surfaces.

"Offi-shoe-ly" speaking, correct footwear for your child really is a priority for their future development.



To: 7-12th Grade Parents & Families
From: Mrs. Amy Hansen
7-12 School Counselor

Hello Vikings!

I'm pleased to inform our N-K community that Turning Leaf Counseling will be operating out of our school building every other Friday starting October 21st, 2016. This will allow our students increased access to mental health care without families having to make the drive to Mason City and without extra time off work or school for parents and students.

The Turning Leaf counselor who will be here specializes in school-aged students and is able to work on a wide variety of issues. Please see the accompanying brochure for more information about the kinds of things that might be addressed.

Turning Leaf works with families in order to afford treatment. If you are interested in your 7th-12th grade student attending mental health counseling appointments during the school day, they ask that you contact their home office to set up one initial appointment in Mason City before they can start receiving services during the school day:

Turning Leaf Counseling
info@turningleafcounseling.com
(641) 421-2089
103 East State Street
Suite 613
Brick and Tile Building
Mason City, IA 50401

Turning Leaf will do their best to meet the needs of our students, and we are very excited for our students to have greater access to mental health care through this new opportunity. If you have further questions, you can consult the Turning Leaf website at www.turningleafcounseling.com or contact me at arenwick@nkvikings.com or at (641)324-2142 ex: 117.

Sincerely,

Amy Hansen