



# Northwood-Kensett Community School District VIKING DISPATCH

October 2017

Creating healthy, educated, ethical and productive citizens.

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## FROM THE DESK OF MR. CROZIER

### Bond Issue Passes by 70%

On September 12, 2017, the residents of the Northwood-Kensett School District voted to pass a 5.9-million-dollar bond. This money will be used for the renovation of the secondary building's heating and ventilation system and to add air conditioning to the building. It will also be used to construct a new Industrial Arts and Agriculture addition that will be attached to the existing building. This is a huge step in keeping our building maintained at the highest level. It will also increase our security at the secondary building. Seventy percent approval shows the strong support that the community has for our school system. We appreciate your support.

We have begun to visit newer Industrial Arts and Agriculture shops and will be designing the layout in the coming months. Much of the design work for the HVAC system is complete. We will have a short turnaround time to complete this project. We are hoping to have the shops ready for the first day of the 2018-2019 school year. The heating and ventilation project will need to be in place before winter and the air-conditioning will be the final part.

### Emergency Drills

This year we will be doing some high-level emergency drills. They will include evacuations, lock downs and active shooter situations. We want you to be informed of when and what kind of drills we will be performing. We will make a One Call letting you know when a drill is going to happen and what kind of drill we will be performing. It is important to us that you are informed and have an understanding of how we are planning the safety of your children.

### District Advisory Committee

The District Advisory Committee will meet on October 19, 2017 in the Elementary Media Center at 7:00 PM for the fall meeting. As stakeholders of the district your input is very important. 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 proven 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.

## FROM THE DESK OF MR. COSTELLO

Since we moved to our new Standards-Based report card, our new progress monitoring looks a little different. It's also located in a different spot within the parent portal. Follow these simple steps to see how you can view updated student progress reports in JMC.

1. Once you log in> click the "Academics" icon at the left of your screen. (You'll need to contact Tina in the elementary office to set up a password if you have not already done so)
2. Click "Progress Reports"
3. Click on "Qtr1" for the class you want to view
4. Progress reports for the class are in the bottom window. For each assessment listed you will see a color. Green represents "meeting the standard", Yellow represents "progressing towards meeting the standard", and Red represents "not meeting the standard". \*\*Don't be alarmed if the first or second assessment for the quarter is red. Students will be receiving ongoing support to help them move to "meeting the standard"

We update progress reports weekly, so check back often to see how your child is progressing in meeting the Iowa Core standards.

Please contact your child's classroom teacher if you have questions.

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 8-14. The theme this year is, "Every Second Counts: Plan 2 Ways Out!" 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 13, 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 16-20. We have a bus evacuation scheduled for Friday, 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,  
Brian Costello

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 Keith Fritz Secondary Principal, [1200 First Avenue North, Northwood, IA 50459](https://www.google.com/maps/place/1200+First+Avenue+North,+Northwood,+IA+50459), Phone [641-324-2021](tel:641-324-2021) x101, [kfritz@nkvikings.com](mailto:kfritz@nkvikings.com) 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. For issues with Section 504 Contact Brian Costello Elementary Principal, 504 Coordinator, [1200 First Avenue North, Northwood, IA 50459](https://www.google.com/maps/place/1200+First+Avenue+North,+Northwood,+IA+50459), Phone [641-324-2021](tel:641-324-2021) x201, [bcostello@nkvikings.com](mailto:bcostello@nkvikings.com)

FROM THE DESK OF MR. COSTELLO

**Elementary Pillar of the Month Photo's!**



Fifth and sixth grade September Pillar of the Month students chosen by their teachers for exhibiting quality character traits are pictured to the left:

**Left to Right:**

- Ella Leonard
- Macy Thorson
- Addison Tasker
- Reese Wahl

If you see these students out and about, please take a moment to congratulate them for a job well done.

Third and fourth grade September Pillar of the Month students chosen by their teacher for exhibiting quality character traits are pictured to the right:

**Left to Right:**

- Ashlynn Skellenger,
- Liberty Paulsen,
- Zachary Heiken
- Bowan Behne

If you see these students out and about, please take a moment to congratulate them for a job well done.



## FROM THE DESK OF MR. FRITZ

## Northwood-Kensett's ACT Scores

Table 1: Five Year Trends - Average ACT Scores

Grad Year	Total Tested		English		Mathematics		Reading		Science		Composite	
	School	State	School	State	School	State	School	State	School	State	School	State
2013	31	22,526	19.9	21.5	20.6	21.6	20.8	22.5	21.1	22.2	20.8	22.1
2014	24	22,931	21.6	21.5	22.4	21.4	23.5	22.5	23.5	22.2	23.0	22.0
2015	20	22,675	18.2	21.6	19.8	21.5	21.4	22.7	21.1	22.3	20.1	22.2
2016	27	23,132	20.9	21.4	22.2	21.4	21.9	22.7	21.7	22.3	21.8	22.1
2017	23	23,306	20.7	21.2	21.9	21.3	20.7	22.6	22.0	22.1	21.3	21.9

Every August I receive the ACT scores of the previous year's graduating seniors who took the test. This year's information is shown in the table above.

You can see some high points: the class of 2014 exceeded the state average in every category, and our mathematics achievement is strong with 3 out of 5 graduating classes outscoring the state average in math.

While those are feathers in our cap, you probably also noticed that in every other year and test, our graduates scored below state average.

Now you and I both know our students are **not** below average! Our students are smart, well-rounded, involved, and caring young people—which is why I'll be seeking the advice of the parents and community members who make up our District Advisory Committee, the advice of my colleagues in education, and the advice of the students themselves to make the decisions and changes needed to boost these scores.

I suspect the solution may be a 'three-legged stool': one, we ensure that the rigorous ACT standards in math, language arts, and science are infused into the curriculum of our classes; two, we ensure that all college-bound students take and succeed in those classes best-suited to prepare them for that path; and three, we provide these opportunities as soon as a student is intellectually ready for them.

What are your thoughts? I would love to hear them, either by e-mail at [kfritz@nkvikings.com](mailto:kfritz@nkvikings.com), by phone at 641-324-2142 ext 101, or in person.

## From the Pile on Athletic Director Steve Hartman's Desk!

My mother always told me that time seems to go faster the older you get. Well, I must be getting old because this fall is flying by. Our homecoming was last week and in my eyes it was a good week. The students participated very well in the dress up days, the junior girls won a good powder puff game, which I understand was very well announced and the football team got a big win over AGWSR.

As our fall sports draw to a close, it is time to start thinking about our winter sports. The junior high boys have a short turn around from football to basketball with basketball practice starting October 19th and their first game will be played November 7th. The high school girls have their first basketball practice on November 6th and the high school wrestling and boys basketball starts on November 13th. Junior high wrestling and junior high girls basketball seasons start after winter break but they may have some practices before the holidays.

If you have a student athlete that did not participate in a fall sport, please make sure that their physical is up to date and that they have a concussion/waiver form turned in. We would hate to have them miss any practices or games.

As winter weather is closing in on us please remember to check the school website for games that are postponed or canceled before heading out. Or you could download the rSchool Today Activity Scheduler app from the App Store and be able to get that information on your smartphone. I try very hard to get that information on those sites as soon as games are postponed or canceled.

# Go Vikings

## Meet the staff!

### Teacher Leadership Program Update

After a successful first year of the Teacher Leadership Program at Northwood-Kensett, we're excited to continue supporting students and teachers. The Teacher Leadership Program consists of a Director of Curriculum & Innovation, an Instructional Coach, Mentor Teachers, and Model Teachers. Over the course of the next few months, we will introduce these teacher leaders and share their experiences thus far.



#### Heidi Vansteenburgh

**Years of Experience:** 34 years

**Where/What I've Taught:** Creative World Preschool, Iowa City; Title I Reading, 2nd grade, and 4th grade, N-K

**Favorite Part about Northwood-Kensett Schools:** Tough decision here, but teamwork is very important to me. All staff and administrators have student needs at the forefront. Any adult in the school will step up with ideas for reaching students.

**My Role in the Teacher Leadership Program:** My role in the teacher leadership program is Mentor teacher. Mentor teachers are responsible for supporting teachers who are new to the profession.

**How I've Noticed the Teacher Leadership Program Impacting Student Learning:** Support for new teachers translates to well-prepared, happy new teachers. Student success is enhanced because their teachers have what they need to support students who struggle, as well as those who excel.



## News from the Classroom

Keyboarding Boot Camp4<sup>th</sup> grade: Mrs. Vansteenburgh

I don't know, but I've been told  
Hunt and peck is getting old!

Left, left, left-right-left  
We are learning the home row  
These are the keys we have to know  
Our fingers stay on these eight keys  
Reach somewhere but come home please  
Sound off: a, s  
Sound off: d, f  
A, s, d, f, j, k, l, semicolon!

from:

<http://mrsschurscomputerlab.blogspot.com/>

N-K fourth graders each have a laptop to take home at night, but first they must practice their keyboarding skills. Already they have come a long way since the first day of school.

On the first day, the students discovered the weakness in their left-hand fingers. Now they almost never complain. Mrs. Vansteenburgh and Miss Peters are so proud of the way those fingers go right to home row.

When students have learned all the letters in their names, they are presented with their very own dog tags.

## Elementary Counselor Corner by Mrs. Ashley Williams

In Guidance classes throughout September, we have discussed and completed activities surrounding the Trustworthiness pillar of character. Our second 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 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](mailto:awilliams@nkvikings.com) or by phone at 641-324-1127 ext. 216.





## Jr./Sr. High School Counselor's Corner by Mrs. Amy Hansen

I can't speak for everyone else, but I feel like the school year has barely gotten started! Somehow, it is already time for Seniors to look ahead to next year and begin nailing down financing their post-secondary trainings. Most of our students are fortunate enough to be eligible for the WCDA scholarship, which all students will complete in March along with other local scholarships. However, many of our students will need even more assistance to finance their educations.

The Free Application for Federal Student Aid opened on October 1st. Students and parents are encouraged to complete the application as soon as possible, as some of the available aid is disbursed on a first come, first served basis. I sent an email reminder to all Seniors and parents that included details on how to get assistance filing the FAFSA on October 2nd. Although some folks believe that it isn't worth their time, 85% of students will receive some kind of beneficial assistance.

Additionally, I recommend that all students be checking in with my [Scholarship Page](#) and prioritizing the completion of scholarships that they are eligible for by due date. This is where I post scholarships as I receive them and will continue to update the information throughout the school year.

[FastWeb](#) and websites like it are also a good source of other scholarships. I encourage all students to do their own research to find scholarships that meet their own set of talents, unique qualities, and other circumstances. Applying for scholarships at the student's chosen college has also proven to be a worthwhile undertaking for many of our alumni.

Lastly, I can't undersell the importance of students speaking with their families about financial expectations moving forward from high school. It is helpful for students to understand the assistance they will— or won't — receive from their family units after graduation.

As the school counselor, I am here to help students with this process. This includes by email, appointment, or "by chance" drop in visit. It is our mission at Northwood-Kensett to help students reach full potential and become productive citizens, and securing financial assistance is one important part of that journey!

## Meal Choices at the Elementary Cafeteria by Debbie Roff, Director of Nutritional Services

The positive word here is **CHOICES!** With the school year now underway, I'd like to provide a refresher on what is offered and served for school meals at the Elementary cafeteria.

First of all, nutritionally balanced breakfast and lunch meals are prepared daily. As required by the USDA Food and Nutrition Service and the Iowa Department of Education, students receive the nutrition that is recommended by the Dietary Guidelines for Americans **for their age group**. An Iowa Department of Education state consultant reviews the nutrition program at our school to ensure these guidelines are consistently met.

Our school meals meet these required nutrition guidelines, and are therefore identified as **reimbursable meals**. A reimbursable meal is what is covered under the normal breakfast or lunch meal price. School meals must consist of proteins, grains, fruits, vegetables, and milk food groups — which are specifically identified in terms of type, nutritional value, and amount served — by the federal government.

To qualify as a reimbursable meal, a student must have at least three items on their tray for breakfast, and three of the five food groups on their tray for lunch, with one of those three being a fruit or vegetable. This provides choices to students, and it's not mandatory that they take all food being offered. **Students always have the choice of taking the full meal** — up to four items at breakfast and all five food groups at lunch — if they choose to do so.

When students are given the flexibility of which foods/food groups to take to create their reimbursable meal, this is called the **Offer versus Serve** meal style. Students may choose food items from the food groups that **they most prefer**, and would be more likely to eat. They are **not** required to take items they do not like, as long as they have the minimum three items or three food groups on their tray. Operating on a self-supporting budget, this meal style also greatly reduces food waste and food costs to the school.

In an additional effort to effectively accommodate the various appetites and tastes of students across the K-6 grades, an “alternate” lunch is also available each day if the student does not like the main entrée. This “alternate” lunch consists of:

Whole grain cereal (rotates with students' favorites)

Protein (rotates from a low-fat cheese stick, yogurt, or cottage cheese)

Fruit

Vegetable

Milk (choice of fat-free chocolate, white, or strawberry)

The kitchen staff and teaching staff willingly assist in educating students about selecting an appetizing meal for themselves that meets the daily nutritional requirements, and qualifies as a reimbursable meal. Each morning in the classroom, students are asked their preference for lunch that day — the main lunch or the “alternate” lunch, both explained by their teacher. These choices are communicated to the kitchen staff to accommodate student meal preferences. **The meal price is the same** whether students take the minimum food required or maximum food offered. We do encourage students to take advantage of maximum choices so they sustain the energy needed for their school day.

At the end of each meal service, students exit the serving line and the school cashier will confirm the selections on their tray meets the reimbursable meal requirements. Their meal will then be deducted from their school account.

Education is about creating a promising future for our children. The nutrition staff believes we can help educate students about healthy eating habits and positive food choices early in their lives... to do our part towards that promising future. The nutrition staff and myself welcome any questions or constructive feedback from parents, students, and the community. Please feel free to email me at [droff@nkvikings.com](mailto:droff@nkvikings.com).

## Nurses Corner by Heather Rheingans, RN

We have several cases of head lice already within the preschool through 6th grade classes. I want to take this time to ask for your help in minimizing the spread by doing routine weekly surveillance at home. This is best done by sectioning the back of the hair, mostly around the base and near ears, and looking for small sesame seed like eggs or live bugs. If your child complains of an itchy scalp and you can't find anything, please do not hesitate to contact me to check. While head lice is not detrimental to one's health, they can be a nuisance in getting rid of them. We will do all we can to stop any infestation from spreading at school. Your help is also needed to keep head lice from spreading. Please be sure to follow treatment directions carefully.

I am currently doing screenings on your child and will call you if I have any concerns. Due to the "No Child Left Behind Law" children can not be sent home because of a Lice infestation; however, as a parent you do have the right to come and get them at anytime to get the treatment process started. If the child does not go home early, school policy highly encourages a treatment is completed before the student returns to school the next day.

Head lice move by crawling; they cannot hop or fly. Head lice are spread by direct contact with the hair of an infested person. Anyone who comes in head-to-head contact with someone who already has head lice is at greatest risk. Spread by contact with clothing (such as hats, scarves, coats) or other personal items (such as combs, brushes, or towels) used by an infested person is uncommon. Personal hygiene or cleanliness in the home or school has nothing to do with getting head lice.

Head lice and head lice nits are found almost exclusively on the scalp, particularly around and behind the ears and near the neckline at the back of the head. All household members and other close contacts should be checked; those persons with evidence of an active infestation should be treated. Treatment shampoos are available over the counter and by prescription. The recommended treatment is a 14-day cycle. Follow these steps to help avoid re-infestation by lice that have recently fallen off the hair or crawled onto clothing or furniture.

1. Machine wash and dry clothing, bed linens, and other items that the infested person wore or used during the 2 days before treatment using the hot water (130°F) laundry cycle and the high heat drying cycle. Clothing and items that are not washable can be dry-cleaned OR sealed in a plastic bag and stored for 2 weeks.
2. Soak combs and brushes in hot water (at least 130°F) for 5-10 minutes.
3. Vacuum the floor and furniture, particularly where the infested person sat or lay.

However, the risk of getting infested by a louse that has fallen onto a rug or carpet or furniture is very small. Head lice survive less than 1-2 days if they fall off a person and cannot feed; nits cannot hatch and usually die within a week if they are not kept at the same temperature as that found close to the human scalp. Spending much time and money on housecleaning activities is not necessary to avoid re-infestation by lice or nits that may have fallen off the head or crawled onto furniture or clothing.

Please call me if you have any concerns or questions pertaining to treatment! If cost is a concern I recommend contacting Worth County Public Health for guidance. Their number is [641-324-1741](tel:641-324-1741).