



Northwood-Kensett Community School District VIKING DISPATCH

October 2018

Creating healthy, educated, ethical and productive citizens.

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John Anderson

FROM THE DESK OF MR. CROZIER

New Construction Open House

It is with great pleasure that I can announce the scheduling of an open house for our construction that is nearly completed over the past summer. Last year at this time I was writing about the successful bond passage by 70%. It is amazing that this project was completed on time with such a short time schedule. This completed project is one that the community can be very proud of. We now have a highly efficient HVAC system and a state-of-the-art Industrial Arts and Agriculture classrooms and shop areas. The open house will start at 6:00 pm on October 11, 2018. Please stop by for a tour and visit with our two instructors.

SF 2364 - Security Plans – This bill requires all public and accredited nonpublic schools to develop a high-quality emergency operation plan for the district and individual school buildings. The plan needs to include responses to active shooter scenarios and natural disasters and be completed no later than June 30, 2019. All public and accredited nonpublic schools are also required to determine which school personnel participate in the drill and whether students or local law enforcement agencies are participants in those drills. The drills need to be conducted at least once per year.

We already have a great start on complying with this law. We have been working with the Worth County Sherriff's Department and Deputy Andy Grunhovd over the past year. We have developed a committee that will also include the Worth County Emergency Management that will review and further develop our emergency management plan. When this is completed we will be in compliance with SF 2364.

Notification System

Winter Weather will be upon us soon. Last year we experimented with using the JMC notification system in conjunction with One Call. This year we will be moving to the JMC notification system only. 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. Sometimes it does come down to the last minute and that causes issues for some parents. If that happens this year I apologize in advance.

If you find that you are not getting the notifications please notify the building secretaries.

Have a great fall and enjoy the cool weather.

FROM THE DESK OF MR. COSTELLO

October is the month for safety weeks...

“Look. Listen. Learn. Be aware—fire can happen anywhere.” This is the theme for the 2018 Fire Prevention Week. Fire Prevention Week takes place October 7-13.

The National Fire Protection Association describes, “Through three simple calls-to-action, this year’s theme identifies basic but essential ways people can reduce their risk to fire and be prepared in the event of one:

- Look—for places fire can start
- Listen—for the sound of the smoke alarm
- Learn---two ways out of each room”

The week will culminate with a visit from members of our Northwood Volunteer Fire Department on October 12. Kindergarten classes will also travel to the Northwood Fire Station and have a tour of the building and hear about the different equipment.

National Bus Safety Week is during the week of October 22-26. The theme is, “My Driver—My Safety Hero!” Daryl Love, Director of Transportation for Northwood-Kensett, along with classroom teachers will visit review safety details of an evacuation and discuss 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, 704 7th St. N., Northwood, IA 50459, Phone 641-324-2021 x101, 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, Phone 641-324-2021 x201, bcostello@nkvikings.com

Elementary Pillar of the Month Photos



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

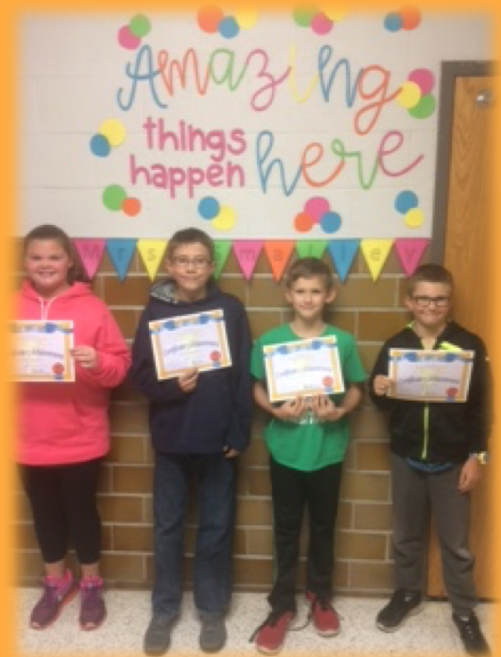
<<<<<<<<Pictured left to right:
Skyler Williamson-Mr. Einertson
Dominick Authier-Mrs. Ubben
Maci Smith-Mrs. Hill
Ariah Bode-Ms. Seehusen

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

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

Pictured left to right>>>>>>>>
Addison Tasker-Ms. Hagen
Trent Tiedemann-Ms. Orvedal
Zachary Heiken-Mr. Parks
Cody Wunderlich-Mr. Severson

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

"Iowa is falling short of its ambitious goal to ensure that 70 percent of its workforce by 2025 has some education beyond high school, according to a state report released this week.

...If Iowa fails to meet that goal, it will be difficult for the state to fill future jobs, more than two-thirds of which are expected to require more than a high school diploma, the report said."

Des Moines Register
September 25, 2018

We know in the cities of Northwood and Kensett, and in our surrounding communities, employers are having a hard time finding skilled workers. What are we doing at N-K Schools to answer the call for graduates who pursue *some* post-secondary training to fill these jobs, earn good money, raise their families here where the quality of life is so good, and in turn bolster our economy?

We provide a rigorous core program of math, science, language arts, social studies, and college-level courses for those who are committed to a four year college experience.

We also make sure students know that a four year college degree is not for everybody. Students at N-K can earn their CNA before graduating high school, they can spend half their day at NIACC learning a skilled trade like diesel mechanics or welding, they can meet on campus with military recruiters and community college representatives.

We offer four vocational strands, rich with hands-on experiences in the fields of agriculture, human services, building trades, and business, and just finished construction of a new vocations building to better support this work.

We have a work experience coordinator from the AEA and an at-risk teacher who place and supervise students in job sites around town, and plan on expanding this program so even more students can experience the jobs they're interested in, for credit.

As your son or daughter makes course selections and plans in high school, keep in mind the very wide spectrum of post-high school training options that exist, and that a six month training program for some students is a better fit than a two year program, and that a two year program may be a better fit than a traditional four year degree. And as always, give us a call or drop by to talk about these options and how we can partner to best prepare our children for their future.

News from the Classroom, By Ms. Ellen Gallagher

From the PE Department.

We are excited to get the school year off to a “running” start! We have some new PE class offerings this year that we would like to inform you about. The first class offered is called Lifetime Fitness. This course is for the student who enjoys a less competitive environment and includes activities like Zumba, yoga, walking for fitness and free choice. We have been able to enjoy the nice weather and spend a lot of time outside during this class. The second class offered is Weightlifting. This class is for students who would like to begin or maintain a strength program. This class can take the place of morning weightlifting if the athlete is following the lifting program for the sport(s) they are involved in. If a student is not out for a sport they may either follow the current strength training program for a sport or develop and implement one of their own.

The last new class offering is called Personal Wellness. This class is similar to weightlifting as the student will design and implement a personalized fitness plan that includes both cardio and strength training. All three classes are going well so far this semester! Coming up in the near future we will be assessing each students level of physical fitness and learning a fairly new game called Spikeball. Spikeball is a combination of volleyball and four square and really tests the players hand-eye coordination (see picture of a high school class in action). This game has been a hit in the couple of classes that have already given it a try!



News from the Classroom, By Mrs. Alexandria Black

We've had a busy start this year in Kindergarten! One of the many exciting events we had was apple week! Dan Block visited our kindergarteners and taught them how to make apple cider. He showed our students how he chooses the best apples and cuts them to make sure there are no worms inside! Our students each had a turn to crank the apple crushing machine to crunch apples for the cider. After their hard work, they got to enjoy a cup of their apple cider! We also had the ladies from Ag in the Classroom come in and teach our students about the life cycle of an apple tree. Our students each made charm necklaces representing the apple life cycle. We had a wonderful week learning all about apples!



High School Food Pantry items 2018

Items available at the High school food Pantry. The food pantry receives a new truck of food on the first Tuesday of each month. Any one can pick up food items any time during school hours. Please check in at the high school office, or stop by door 18 on the south side of the high school between 3:30 and 4:00 pm.

Current Food Supplies

Assorted canned Fruit
Canned Vegetables
Pancake syrup
Tangy BBQ Sauce
Assorted Spices
Snack Crackers
Whole Wheat Rotini Noodles
Raisins snack Boxes
Egg Noodles
Fresh Turkey
Sliced Lunch Meat
Spaghetti noodles
Peanut butter
Canned Spaghetti Sauce
Fresh Eggs
Breaded chicken nuggets
Assorted chickens (Fresh)
Mac & Cheese
Canned Chicken
Frozen Alaskan Pollock

With the holiday season just around the corner I anticipate Having Hams and Turkeys coming in the next few months. Everyone is welcome!!!!

Counselors' Corner, Mrs. Ashley Williams and Mrs. Amy Hansen

What Do Our School Counselors Do?

School counselors are trained to provide assistance to the students at school in the areas of career, academic, and personal and social development. Counseling at the school level is generally considered to be brief and solution-focused. Because we are different than counselors who work at a private clinic, hospital, or a government agency, some personal & social issues exceed our training & availability. Depression, suicidal thoughts, eating disorders, family conflicts, and other significant issues are a few examples. In these cases, we can provide information about mental health care providers who have more extensive training in social work & psychology and who are licensed to provide care in these instances. We also have mental health resources available on the counseling website.

At N-K Elementary, Mrs. Williams works with students in individual counseling sessions, small group sessions, and classroom guidance. This work is in alignment with the ASCA Mindset and Behaviors. Individual, small group, and classroom guidance lessons focus on a variety of topics. These include, but are not limited to, homework completion, study skills, time management, self esteem, career awareness, anger and feelings, friendship skills, grief and loss, and respecting others. Students may be referred for individual and small group sessions by teachers, parents, or themselves. If you feel that your child would benefit from being a part of a small group or individual counseling session, please email awilliams@nkvikings.com or call 641-324-1127 ext. 216. These services are available to ALL students who attend N-K Elementary.

Mrs. Williams also teaches middle school guidance, covering a variety personal-social, academic, and career-planning topics that are required by the Iowa State Department of Education.

At NKHS, Mrs. Hansen works with students in individual planning and in small and large group counseling environments. All Mrs. Hansen's work strives to meet the ASCA (American School Counseling Association) Mindsets & Behaviors, which are focused on the areas of academic success, career & college planning & readiness, and personal & social skills. This includes, but is not limited to: career exploration, college & scholarship information, promoting positive relationships between students, effective communication, learning to work through difficult situations, and academic success. She also teaches 8th grade English.

Like at the elementary, school counseling services are available to all students 7-12, as are the resources that are kept via website & Google Drive. Parents, teachers, and students themselves can refer students for services. If you would like to refer your student, please contact Amy Hansen at ahansen@nkvikings.com or call 641-324-2142 ext. 117.

Counselors' Corner, Mrs. Ashley Williams and Mrs. Amy Hansen



Character Counts Drawing winners: We drew one name from each class of the students who did an excellent job showing their character during the previous month. These students got to pick a friend to sit at the Character Counts table at lunch. Students that were drawn also received a free kids meal from Subway.



Photo above: 5th Grade Trustworthy Assembly on Friday, September 21st.

Fall Photo retakes and Calendar of Upcoming Events

Lifetouch will be here October 23rd, starting their day at the Elementary Building in the Media center for fall photo retakes. The original photo date was August 23rd, during the opening conferences at the elementary.

If you would like to have your child’s photo re-taken for any reason, please contact the respective building principals office secretary to let them know.

If you did not like the original photo, please send the package back on that day. The package needs to accompany the student to the camera so that a new photo can be taken. Like mentioned above, it is a good idea to call the office of the attendance center your child attends so that we are aware of your preferences.

Lifetouch will be ready at @ 8:30 am in the Media Center.

When they are finished at the elementary, they will proceed to the high school to wrap up their day in the Jr. Sr. High building.



We would like to thank everyone who attended and supported our annual Open House Scholastic Book Fair fundraiser. Together we were able to earn \$1684.37 in new books from Scholastic for our school library.

Reading matters! Statistics show reading helps students develop a stronger vocabulary. In addition, students who read for pleasure, not only take many adventures, but receive higher grades in English, Mathematics and History.

Calendar of Upcoming Events

Oct. 10	1:20/1:30 Early Out PLC
Oct. 24	1:20/1:30 Early Out PLC
Oct. 26	End of 1st Quarter 45 Days
Nov. 1	Parent-Teacher Conferences
Nov. 5	Parent-Teacher Conferences
Nov. 7	1:20/1:30 Early Out PLC
Nov. 20	1:20/1:30 Early Out
Nov. 21	No School Comp Day
Nov. 21-23	Thanksgiving Holiday No School
Dec. 5	1:20/1:30 Early Out PLC
Dec. 19	1:20/1:30 Early Out
Dec. 21	1:20/1:30 Early Out
Dec. 24-Jan 2	Winter Break (No School)
Jan. 9	1:20/1:30 Early Out PLC
Jan. 10	End of 2 nd Quarter (45 days)
Jan. 10	End of 1 st Semester (89 Days)
Jan. 11	Begin 3 rd Quarter
Jan. 11	Begin 2nd Semester
Jan. 23	1:20/1:30 Early Out PLC

Nurse's Corner by Heather Rheingans, RN

“OFFI-SHOE-LY” SPEAKING!

As we enter October 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.

Nurse's Corner by Heather Rheingans, RN

(Continued from page 12)

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

- Shoe shopping should always be done later in the afternoon or evening, since feet swell over the course of the day.
- 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.
- 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.
- The heel of the shoe should rest snugly but not tightly around the back of the child's heel.
- 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 smell 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.
- 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.
- 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☺

Go Vikings