



Northwood-Kensett Community School District VIKING DISPATCH

December 2018

Creating healthy, educated, ethical and productive citizens.

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Susan Kliment

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Roger Harris

John Anderson

FROM THE DESK OF MR. CROZIER

Veterans Day Assembly:

It was an honor to introduce my youngest brother Retired Lt. Col. Brian Crozier as our guest speaker for the assembly. I thought he had a great message for our young students about serving, not only your country but your community. He also stressed that they should be proud of the great community they come from and that they can achieve anything they want. I am also proud that I made a NK Viking fan out of him this fall.

Secondary Library Remodel:

Mr. Fritz and I have been working with the architects redesigning our secondary library. Some of the highlights in the remodel will be restrooms at the north end accessible from the north hall, collaborative work areas, and flexible space for different types of meeting. This project will take place this summer and will be completed before school starts next year.

Winter Weather Notification:

Winter Weather will be upon us soon. We will continue to use the JMC system for notifications. This change was made at the end of last school year. If you are not getting notifications, please notify the school secretaries. If you would like additional numbers added to the list, please let them know. I will always try to decide on cancellations and delays as soon as possible. Sometimes it comes down to the last minute causing issues for some parents. If that happens this year, I apologize in advance.

Enjoy the Holidays.

[An excerpt from the District Calendar \(December 2018-February 2019\)](#)
[Full calendar is available for download from the NK CSD Website](#)

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. 11	Begin 3 rd Quarter
Jan. 23	1:20/1:30 Early Out PLC
Feb. 6	1:20/1:30 Early Out PLC
Feb. 11	No School Full Day PD

FROM THE DESK OF MR. COSTELLO

My parents use to say, “Time goes faster as you get older.” Well, I am getting older and time seems to pass faster each year. As I write this, we are approaching the halfway point of the 2018-2019 school year. Second quarter will come to a close on January 10th. Between now and then, we have a number of events that I’d like to encourage you to attend.

- K-1st winter concert—December 6 at 6:00 pm
- 2nd-4th grade winter concert--December 6 starting at 7:00 pm
- During the week of December 17 the 5th-6th chorus will travel to the Lutheran Retirement Home for a performance and then carol around town after.
- Jr./Sr. High concert--December 9 starting at 2:00 pm

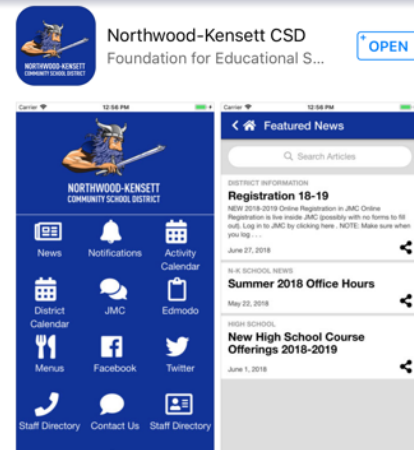
Once again we are going to provide our students with a community service project for the holidays. Instead of the students exchanging gifts, we will collect cans of food for the local food pantry of Worth county. To participate in this voluntary project simply purchase nonperishable food items and send them with your student to school. The fifth grade math students will collect the items from classrooms each week. Students then graph class totals and post these throughout the school. The class with the most items collected, have the privilege of delivering our supply to the food pantry. This is a wonderful project to support our Character Counts Pillars.

That’s all for now. Thanks for your continued support.

Happy Holidays From the Elementary Office:

The season is upon us and Christmas concerts for lower elementary are approaching soon! As stated on the activities calendar, K-1st grade will perform at 6pm; Grades 2-3-4 will perform at 7pm on December 6th. Students, please wear your best and go to your classroom 15 minutes prior to starting time of your program. Grade 5-8 concert is May 21st.

You might be interested to know that there is a free app available for download called Northwood-Kensett Community School District that has lots of great information at your fingertips.. You can also find all school and activity/event information on the district website.



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



November third and fourth grade Pillar of the Month students chosen by their teacher for exhibiting quality character traits.

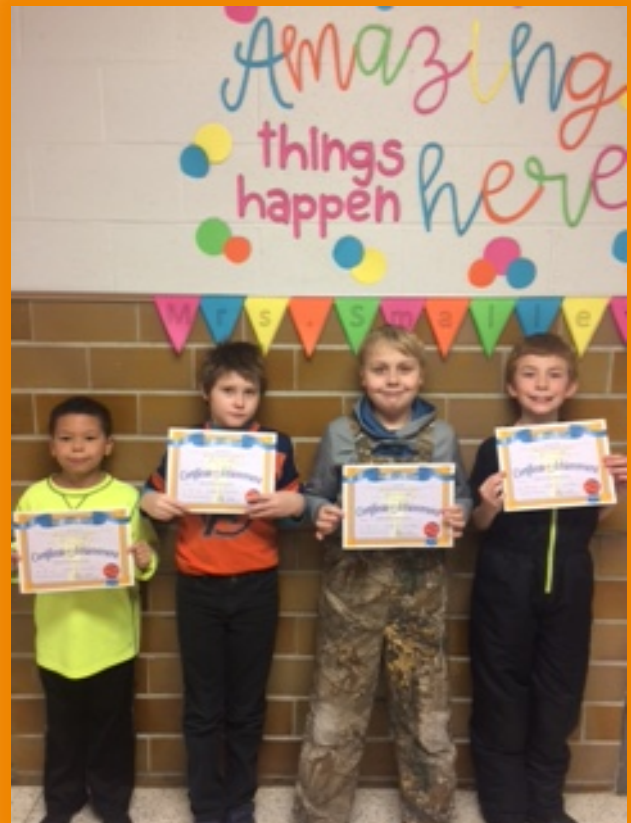
<<<<<<<<Pictured left to right:
Maya Johnson-Mrs. Ubben
Lillian Beresford- Mr. Einertson
Lauren Heiken- Ms. Seehusen
Aleah Bewley-Mrs. Hill

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

November fifth and sixth grade Pillar of the Month students chosen by their teachers for exhibiting quality character traits.

Pictured left to right>>>>>>>>
Linca Scarlett III-Mr. Severson
Jeremiha Rundle-Ms. Hagen
Austin Orth-Ms. Orvedal
Michael Erickson-Mr. Parks

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

With 2nd semester approaching, I want to remind parents that your high school aged sons and daughters have the opportunity to make schedule adjustments. We have a wide variety of robust electives for a school our size, so why not take a few minutes at supper to talk with your child about what their schedule looks like come January?

We offer elective classes in

- sociology and [Big History](#)
- art, choir, and band
- sports marketing, business and accounting
- construction and drafting
- welding and ag production
- living independently, caring for children
- applied sciences like ecology and physics
- creative video production, and yearbook
- healthy living

I can tell you from working with them daily that many students have the time in their schedule to take more electives. Homework loads in elective courses are typically lower than in required courses, as well, so if your child says they can't fit an elective into their life, I would hear that with a skeptical ear!

Taking numerous electives opens up ideas and opportunities that students otherwise miss, and rounds out their educational experience in ways that best help them see their place in this world. Contact us if you agree, and would like your son or daughter to enrich their schedule 2nd semester.

Miscellaneous happenings at NK

Northwood-Kensett band students pictured on the right: Kenny Conlin, Bella & Austin Efflandt played the “Star Spangled Banner” during a program presented at Bolan Iowa on November 18th. Submitted by Mrs. Lori Willert.



News from the Classroom, By Mr. Troy Einertson-Grade 4

The Transformation of our Classroom! By:Piper T. Luther

p.s Mr. E picked me to do this and I AM so happy :3

Our new classroom and our old classroom have big differences. We have changed our small, cramped classroom into a nice, large, free roaming, flexible seating classroom where kids make decisions on how and where they want to learn!

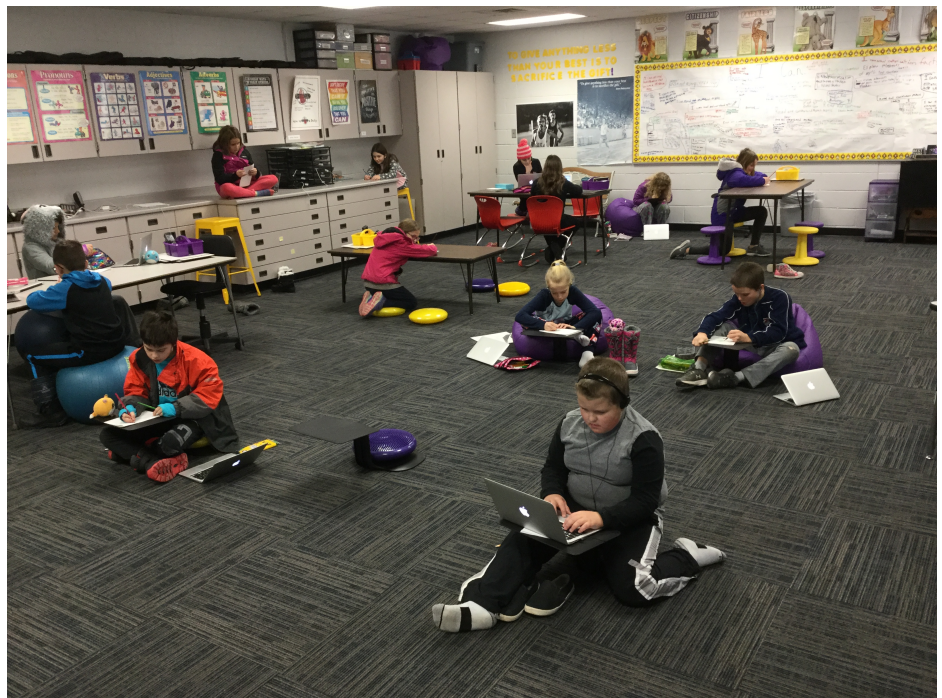
Our old classroom was not as nice as our new classroom. Our old classroom was all desks, Mr. E's desk and our old back table. Our classroom days were hard with desks. We had to sit by people who may not be friends, or like talked all the time. When we came back to our classroom we had nothing to look forward to compared to our new flexible seating classroom. We only had to look forward to sit in a boring, brown desks. (I think brown is a boring color)

Our new classroom has a lot of space and everyday we get to look forward to changing new spots and we usually get to sit by friends, unless our spots are signed seats or if that spot is already taken.

Our seats are bright and colorful and clash well with our happy hearted class. We are a very lucky class to have such a nice, brightly colored classroom. One of the biggest attractions (or seats) is either the bouncy balls, floor desks or the tall chairs. We have three desks, three kore seats (spiny chairs), High/tall chairs, bouncy balls, floor desks and two benches. Plus we have wobbly cushions to sit on the floor.

I think our transformation is very nice. We can now sit where we are comfortable, and it makes learning so much better. When we were changing the room, It was so cool to come in every day and everything slowly changed bit by bit!

I recommend that others try to change their room like ours. Learning is not what it used to be. We,(kids) learn so differently and having different places to sit helps me, and gives me a choice that I haven't had before.



The big question is, do I like the new classroom? That is a definite yes! I look forward to coming to school everyday. Before, It was iffy at best. I also think that I learn a lot better because of all the changes. Making the change was not easy for Mr. E, but because he did, we all get the opportunity to learn in a new and cool way!

From the Pile off Mr. Hartman's Desk

I was recently at an athletic directors meeting when one of my fellow AD's mentioned that her daughters seventh grade class has nearly 30 girls in it but only four of them participated in junior high volleyball this past season. I asked her why that was the case and one of our other athletic directors said very quickly "youth sports" and she agreed. She told us that her daughter started playing youth volleyball in the fourth grade and they practice multiple times a week and the coaches put a great emphasis upon winning and not on having fun and learning the fundamentals of volleyball. This would follow the national trends in youth sports, that nearly 35% of all children that started a sport dropped out within the first year and that 85% of children are no longer playing a sport by the time they reach the age of 17.

Please don't misunderstand me, sports and athletics have been very important in my life and it has benefited me and my family throughout the years. I probably would not be in the position I am today if I had not been playing sports in high school and had the opportunity to go to college and continue to play them and get a education. But it is my belief, that like everything in life, moderation is the key and that includes youth sports. I believe that is more important and more beneficial to our students to be playing sports in junior high school and in high school then it is to be burned out by the time they reach junior high.

If you are a parent of elementary aged children or a coach of one of our youth sports please follow the link below and read the article by Dr RR Goyakla Apache, PH D. Why Kids Play Sports and Why They Quit, I think you will find it very informative and interesting.

http://assets.ngin.com/attachments/document/0037/9955/Why_kids_play_sports.pdf



Here is a fun collage from the theatrical production held at NK this fall: It's a Wonderful Life Directed by Mrs. Koenig



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 | Frozen Alaskan Pollock |
| Canned Vegetables | Pork Pizza Toppings |
| Assorted Spices | Pork loin Chops |
| Whole Wheat Rotini Noodles | Almond Bark |
| Raisins snack boxes | Milk |
| Egg Noodles | Parkay Butter |
| Spaghetti noodles | Chocolate Chips |
| Peanut butter | Orange Juice |
| Canned Spaghetti Sauce | Hellman’s Mayo |
| Mac & Cheese | Cheerios (Multi Grain, Honey nut) |
| Canned Chicken | Canned Tuna |

With the holiday season just around the corner I anticipate having hams and turkeys coming in the next few months. Everyone is welcome!!!!

Character Counts Breakfast Jr. Sr. H.S.

Students are named by teachers as they portray the character trait that is spotlighted for the month. The November character spotlight will be “Fairness”.

The Character Counts students of the month for November were: Josie Einertson, Alexis Rops, Olivia Walker, Dylon Freerksen, Lucas Clowser, Logan Mix, Christopher Madsen, Jayda Delle, Kenny Conlin, Marli Backhaus, Dalton Logeman, Bella Efflandt, Andrew Breitsprecher, Ross DeArmoun, Megan Ocel, Silas Girouard and Damaris Peterson.

Booster Clothing orders for Christmas

The NK Booster club is offering a Christmas clothing order. Orders are due to the office by December 3rd. The forms were emailed home to all families the week of November 19th and you can also find the form on the Community Youth forms under the Elementary tab on the website: www.nwood-kensett.k12.ia.us.

Counselors' Corner, Mrs. Amy Hansen



Almost six years ago, our whole school screened *The Bully Movie*, along with some follow up guest speakers and activities in grade 5-12. Since then, *The Bully Movie*, its film guide, and other activities have been included in 7th grade Life Skills, so that almost everyone at this school has had a chance to see it.

I've noticed that there has been some chat on community social media about "bullying" and I just wanted to remind stakeholders and community members what we teach students about bullying.

There are three things that need to happen for a situation to be considered "bullying":

- 1) Intentional unwanted, aggressive behavior (can be verbal, physical, or online)
- 2) There is an imbalance of power
- 3) and it happens over a period of time.

In our school, like all other schools, students are growing and learning. That growing and learning includes learning how to treat each other with tolerance and respect. Students are bound to mess up every now and then— act out in frustration, say something careless and rude, or try to resolve arguments in ways that are not productive. We work every day here at NK to help students learn better ways to work with one another, but that learning is a process. Oftentimes, what people casually call "bullying" is a result of the mistakes that students learn from as they mature.

That said, if the behavior a student receives fits the definition of bullying, it can't be said enough that the best thing a student (or someone close to them) can do is to report the behavior to an adult. Our student handbook includes a harassment form that can be used to document cases of bullying and make sure next steps are taken. We want to make sure that students learn how to act appropriately as they grow up and become members of our community.

For your reference, I keep additional resources about bullying on my school counseling website:

<http://mrshansencounseling.weebly.com/personalsocial-resources.html>

Counselors' Corner, Mrs. Ashley Williams

In Guidance throughout November, we have discussed and completed activities surrounding the Respect pillar of character. Several parents in our community sponsored an assembly with a performance by Sheltered Reality. This performance included music, drumming, dancing, and an important message about believing in yourself and never giving up. The students and teachers all had fun!

As we move into December, Our 3rd Grade will be presenting a Character Counts assembly on Responsibility. In class, we will continue to talk about Responsibility and Respect. We will talk about and complete activities that focus on being responsible for our actions and words, following school rules, and completing homework and turning it in on time. Some of the upper elementary groups are working on building a growth mindset and learning new ways to handle conflict.

As we look towards second semester, small groups and classroom lessons will begin covering topics such as study skills, organizational skills, and test taking skills to help all students be successful! 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.

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!



News from the classroom-Advanced Math!



The Advanced Math class, on Thursday, November 1, went to TruStile Doors where Chad Tiedemann, Project Engineer Manager and Keagan Jones, Manufacturing Engineer met the students and gave them a tour of the plant and showed in a power point presentation how math is used every day on the job and what levels of math needed in college to to their jobs. They also went to ADA Enterprises where Jeff Baumann, Operation Manager took the students on a tour and talked about the necessary uses of math, particularly reading a tape measure!

Nurse's Corner by Heather Rheingans, RN

I'd like to take some of your time this month to discuss a somewhat unpleasant topic...head lice. Head lice have been around since the beginning of mankind and will continue to be an issue that we have to battle throughout the year. The Center for Disease Control (CDC) reports that although reliable data on how many people in the United States get head lice each year is not available, an estimated 6 million to 12 million infestations occur each year in the United States among children 3 to 11 years of age. Head lice should not be considered as a medical or public health hazard, but it can be a significant nuisance.

Iowa law states that children cannot be sent home, or excluded from school, if live nits or lice are seen. Head lice are not harmful to a person's health, but do need to be taken care of in a timely matter to prevent the continued spread, as they can cause discomfort. I do educate students about the importance of not sharing hats, brushes, hair pieces, etc but your continued support can help to prevent any outbreaks. It's also important to follow the recommended treatment guidelines of 2 treatments for various reasons. The most important reason is that the 1st treatment does not always kill all of the nits (eggs); the 2nd reason being that just like bacteria head lice can develop a resistance to the medicated shampoo used to kill them causing "super bugs". The super bug outbreak is a main reason for the Elementary to enact a **NO LOST AND FOUND**.

Head lice move by crawling; they cannot hop or fly. Dogs, cats, and other pets do not play a role in the spread of head lice. 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. 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:

Day 1 – over the counter medicated shampoo
Day 2 – comb only; DO NOT WASH
Days 3-9 – shampoo, condition, and comb
Day 10 – over the counter medicated shampoo
Day 11 – comb only; DO NOT WASH
Days 12-14 – shampoo, condition, and comb

Follow these steps to help avoid re-infestation by lice that have recently fallen off the hair or crawled onto clothing or furniture.

- 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.
- Soak combs and brushes in hot water (at least 130°F) for 5-10 minutes.
- 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.
- Do not use fumigant sprays; they can be toxic if inhaled or absorbed through the skin.

Again, your continued surveillance at home a couple times a week is very helpful in preventing an outbreak of head lice at school. It is also helpful to notify me so that I can do a grade-wide screening to help prevent further spread; as always I will do my best to keep any information shared confidential. You may call me directly at 641-324-1127 ext 227 or send me an email at hrheingans@nkvikings.com.

News from the Classroom- By Mrs. Rachel Symonds

Students have been busy learning about live organisms in science class! Not only have Ecology students been spending their days in the field tagging deer mice, but they have been caring for a few new additions to the classroom. Early this year, two tiger salamanders and a ball python joined the science department to teach NK students all about herpetology, the study of reptiles and amphibians! The two salamanders, Andy and Brotis, enjoy interacting with the students from the comfort of their tank and don't mind spectators watching them devour their weekly earthworm. Brimstone, a crowd favorite, is an eleven year old female ball python that loves being held by students and adults alike. She has helped many students overcome their fear of snakes and excitingly allowed spectators of all ages to watch her eat a live mouse!

