



Northwood-Kensett Community School District VIKING DISPATCH

September 2019

Creating healthy, educated, ethical and productive citizens.

In This Issue:

From the Desk of Mr. Crozier	1
From the Desk of Mr. Costello	2
Box Tops for Education	3
Scholastic Book Fair	4
From the Desk of Mr. Fritz	5
HS Food Pantry	5
Elem. Counselor's Corner	6
Jr. Sr. Counselor's Corner	7
Annual District Notices	8
Annual District Notices	9
Nurse's Corner	10
Social Worker on Staff	11
Third Grade News	12

PO BOX 289

1200 1st Ave N.

Northwood, IA 50459

(641) 324-1127 (Elementary)

(641) 324-2021 (Superintendent)

(641) 324-2142 (High School)

Administration

Michael R. Crozier, Superintendent

Brian Costello, Elementary Principal

Keith Fritz, Secondary Principal

School Board Members

Larry Hovey

Susan Kliment

Cindy Pangburn

Roger Harris

John Anderson

FROM THE DESK OF MR. CROZIER

Facilities Update:

Welcome back to the 2019-2020 school year. Contractors have been very busy over the summer. I would like to inform you of the progress that has been made since school ended last year. The secondary gym has received a makeover. The tiles on the north and south ends have been painted white and the floor has been refinished. The N-K Viking logo is the focal point of the center circle. Stop in and take a look; I am sure you will be impressed. The secondary library is nearing completion of the remodel and should be done soon. Adding restrooms to the north end of the building will be a plus for students and staff. The library will be more user friendly as we have created collaborative learning spaces for our students. I feel the new look will provide a place where students want to be.

Being a Shared Superintendent:

I am two months into the new role as a shared superintendent and it seems to be going very well. While I am much busier, both staffs are outstanding and are helping make this work. I am appreciative of all of them.

Clothing orders offered by the NK Post Prom are due Friday, September 6th. This includes the Homecoming clothing, as well as Football, Volleyball and Cross Country. You can stop in the office and grab an order form. These order forms were emailed out to families in August.

Open house is happening on Thursday, September 19th at the NK Elementary Building. Please come visit the Scholastic Book Fair that is being held in the Elementary Media Center in conjunction with this event. Please see page 4 of the newsletter for details.

Worth County Farm Bureau Ag Fair/Farm Safety Day September 6th: Our third grade students will be participating in a fun filled day at the fairgrounds being sponsored by Worth Count Farm Bureau. This always proves to be a fun outing in the morning for our students. See page 12 for more details from our third grade teachers here at NK.

FROM THE DESK OF MR. BRIAN COSTELLO, ELEMENTARY PRINCIPAL**Welcome to a new school year!**

Have you ever had the feeling in late July that the summer is *just* getting started? If you were like me, you tried to squeeze in as much as you could to the last few days of vacation. I hope you and your family had a relaxing summer and are ready for the school year ahead.

As the school year starts I wanted to share a question I'm often asked by parents, "How do I help my child(ren) have a more successful school year?" I'm certainly no expert, but after 26 years in education I've been able to develop a top 5 list that may help provide an answer.

Communicate with the school.

Phone calls, email, or face-to-face communications are all effective. Please keep us in the loop with questions or concerns you may have.

Develop a routine at home and do your best to stay on it.

It's easy to get "busy" with outside school events and get caught up running here or there every night of the week. There is a balance that you need to find where kids are involved, but not to the point exhaustion. Make sure your evening involves family time where you can talk with each other.

Sleep is incredibly important for children.

Bedtimes vary from family to family. You have to find a time that works for you and your children. Research tells us that children aged 6 to 12 need between nine and twelve hours of sleep.

Try to eat at least one meal together as a family—*without phones at the table.*

I doubt we'll find any credible research on this item. But, how can you go wrong sitting down, eating a meal, and talking as a family? No phones, please.

Talk positively about the school and the challenges that come up with adults and classmates.

It's easy to put blame on others when problems come up. I'd encourage you to talk through these issues with your child in a positive manner. Listen to their concerns and offer advice...if they want it. Believe it or not, they do listen to our words (even when they are out of the room).

Obviously, there are other items that could easily be added to this list. Remember, we're partners in the learning process. Together we can create an incredible environment for kids to flourish.

Have a great year,

Mr. 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

Box tops for education!



Dear Families,

The Box Tops for Education program is changing the way we can earn cash for our school!

Over the summer, participating brands have begun to change their packaging from the traditional Box Tops clip to the new Box Tops label.



SEE THIS...
CLIP IT



SEE THIS...
SCAN
YOUR RECEIPT

Going forward, instead of clipping from packages and checking expiration dates, all Box Tops will be earned digitally by scanning your receipt. The Box Tops for Education team has worked hard to build a NEW-and-improved, user-friendly Box Tops mobile app, available now.

The new app features state-of-the-art technology that allows you to scan your store receipt, find participating products and instantly add Box Tops to our school's earnings online.

**BE SURE TO DOWNLOAD THE NEW APP
OR UPDATE YOUR EXISTING APP:**



If you still have traditional Box Tops clips at home, make sure to send them to school. We will still earn cash for all clipped Box Tops until they expire. Better yet, you can "double dip" during the packaging transition by clipping traditional Box Tops AND scanning your store receipt containing participating products.

Thanks for helping our school get what it needs!

LEARN MORE ABOUT THESE CHANGES AT

BTFE.COM

News from the Elementary Library-Open House & Book Fair

Dear Parents and Families:

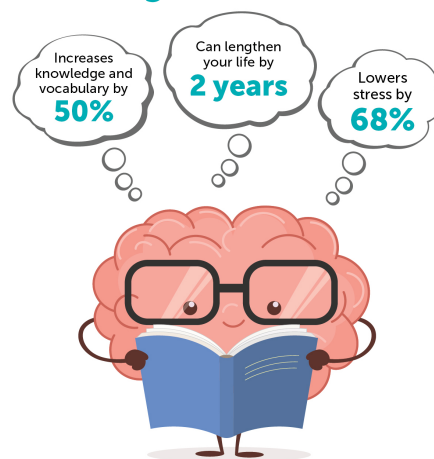
Reading increases knowledge and vocabulary, lowers stress, and supports your child's emotional growth. But perhaps the best benefit is the lasting bond you create with your child when you read with them.

Visit the Book Fair with your child to discover new books together!

Save the date!

Book Fair dates: September 18-20th

Reading Fuels the Brain!



Sources: Stanovich, 2018; University of Sussex research, 2009; Bavishi, Slade, and Levy, 2016

Photo credit: Andrii_M/Shutterstock

Shopping hours: **before school 8:00 am-8:25am and after school 3:15-4:00 pm**

SPECIAL EVENT DURING ELEMENTARY OPEN HOUSE THURSDAY, SEPTEMBER 19TH, 6:00 pm – 7:00 pm



NEW In-School and Online Shopping Options! With Book Fair eWallet, a safe and convenient digital payment account, your student can shop the Fair cash-free! And if you're not able to attend the Fair, try our new online shopping option. We've partnered with The Scholastic Store™ to offer over 6,000 products that ship direct to your home (with free shipping on orders of \$25 or more)! Visit our homepage to access eWallet or shop online.

<https://www.scholastic.com/bf/northwoodkensettelemsch1>

We look forward to seeing you and your family at our Book Fair!

Northwood-Kensett CSD Elem. staff

FROM THE DESK OF MR. FRITZ

The last few days have been exciting for me, as I see proud parents posting pictures of their sons and daughters on their first day of school. Even a grandmother stopped me at Ver Helst to show me pictures of her grandkids on *their* first day of school in Garner!

And for the first time, I'm seeing pictures of our N-K graduates who are off to college sharing pictures of their first day of classes! The gratification that comes from seeing so many people who are connected to N-K demonstrating the value they place on their child's and their own education is tremendous.

The optimism and excitement for this school year is palpable in our hallways--the library remodel is now complete and the space looks beautiful. Please stop by and see it.

Our gymnasium is as bright as ever, with fresh paint and a floor that's been sanded and repainted. You may want to wear sunglasses when you come to watch volleyball and basketball games this year!

Those of us who work at N-K are eager to help our students learn and grow in the classroom, at their concerts and games, and in all the other ways available to them. Thank you for the opportunity to do so.

HIGH SCHOOL FOOD PANTRY (FALL 2019)

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 is the best time to pick up items.

Current Food Supplies
Assorted canned Fruit
Canned Vegetables
Assorted Spices
Rotini Noodles
Egg Noodles
Spaghetti noodles
Peanut butter
Canned Spaghetti Sauce
Mac & Cheese
Canned Chicken/Tuna
Pork loin Roast
Chicken hind QTRS
Assorted Pork Cuts
Whole Frozen Chickens
Fresh Eggs
Turkey Breast Frozen
White and Brown Rice

Counselor's Corner, Mrs. Ashley Williams

Welcome Back!

It has been so much fun to see the students and hear about how they spent their summer vacations!

Throughout the year, I will have classroom Guidance on a regular basis. September's character pillar is Respect. Each grade level will be learning new skills on how to become more respectful. This month's lessons for the younger grades will focus on respect, manners, and listening. The older grades will focus on being a good friend, respecting differences, and in all grades we will also begin to discuss bullying and what we can do to make all students feel welcome and comfortable at Northwood-Kensett Elementary.

This year, the 5th grade students will get to watch the movie, *Wonder*, in class. Two years ago, the 5th and 6th grades were able to watch the movie, and within class discussions it was clear that the message of the movie had an impact on the way they thought about interactions with their peers and treating each other with respect. I will also continue teaching 7th and 8th grade Guidance. In class, the 7th graders are discussing bullying and what can be done to stop it at our school. We are also discussing advocacy and standing up for yourself and others.

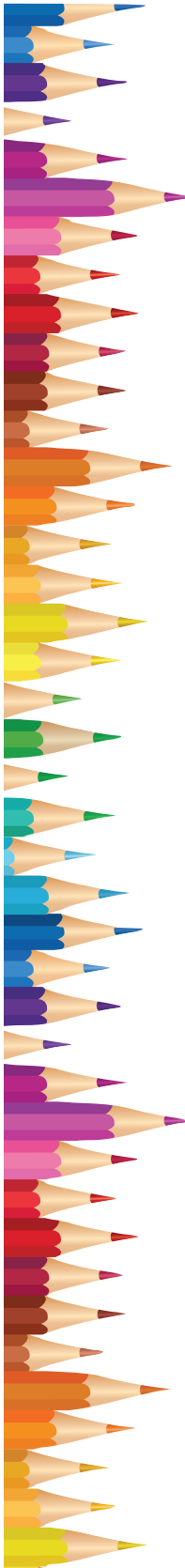
We are also beginning to form our 5th and 6th grade Junior Viking Way groups. These are student leadership groups. Students are nominated by their peers for being good examples of showing their character traits. The Junior Viking Way groups help create and implement ideas to help improve our school.

I may also have the opportunity to work with your children in small groups or individually. I work with small groups of students on topics like organization, homework completion, social skills, friendship, and new student groups. Small groups may contain students who are in the group to learn a new skill, and some students may be asked to be in a group to help model a skill they already practice. Individually, I may work with students on these same topics or others such as building self-esteem or family changes. All small groups and individual sessions will be arranged with the teachers so that the students are not missing out on crucial information in the classroom.

One of the changes this year at N-K Elementary is that we are transitioning from the BackPack Program to a School Pantry. The School Pantry will be similar to the BackPack program, but will allow parents to select larger food items for their families. I will be sending out an informational letter explaining the transition.

I look forward to working with your students this year. If you have any questions or concerns, please do not hesitate to give me a call at 641-324-1127 ext. 216 or email me at awilliams@nkvikings.com!

Counselor's Corner, Mrs. Amy Hansen



Counselor's Corner
September 2019
by: Amy Hansen, 7-12 School Counselor

I hope everyone in Viking Country had a relaxing, reinvigorating summer break, and now everyone is now ready for a new school year!— I know I am! So far this year, I have been impressed by the percentage of students who have arrived at my office with thoughtful questions regarding their futures and how best to prepare for them.

Some students have wanted to add to their employability skills, whether that is taking Mrs. Thorson's new Work Experience course, taking Mr. Ehlke's new concurrent enrollment Human Relations class, or dropping an unused study hall in favor for work release so that they can put more hours in at their part-time jobs.

Some students are looking ahead to college admissions and are asking about college admission testing. We still offer John Baylor ACT/SAT Test Preparation curriculum & materials to all who plan to take either test. Students who invest in this preparation program can expect to add an average of two points to their college admissions score, and some have seen greater gains. For some students, that is the difference between admission and non-acceptance at the college of their choice. For others, it is the difference between a more selective college and one that has more relaxed entrance requirements. Still others are hoping to increase their scores to be eligible for more scholarships. Test preparation has some of the best returns on time investment out of any activity a high school student can do.

Still other students have inquired about joining a new extra curricular activity, volunteering for service work within our school, or have learned more about a job shadow or a college visit. College readiness and career exploration and development don't happen overnight. Instead, it is work that happens daily amongst each individual. The culmination of these experiences eventually help students feel ready for 'the next step', whatever that might be! I feel lucky to witness and to help facilitate that development in our students throughout the years. Please let me know how I can better assist you and your Viking student(s) in the process of becoming the person they want to be as this school year progresses.

Amy Hansen, 7-12 School Counselor email: ahansen@nkvikings.com office phone: (641)324-2142 ext:117

Annual District Notices Pages 8-9

EQUAL OPPORTUNITY EMPLOYER Inquiries by employees or applicants for employment regarding compliance with equal employment opportunity and affirmative action shall be directed to the Affirmative Action Coordinator, Office of the Superintendent, Northwood-Kensett Community School District, 1200 First Avenue North, Northwood, IA 50459. Inquiries may also be directed, in writing, to the Iowa Civil Rights Department of Education, Kansas City, MO. Such inquiry or complaint to the state or federal office may be done instead of, or in addition to, an inquiry or complaint at the local level.

DIRECTORY OF STUDENT INFORMATION The following information may be released to the public in regard to any individual students of the school district as necessity or desirability arises. Any student over the age of eighteen, parent, or guardian not wanting this information released to the public must make an objection in writing, within fifteen days of enrollment, to the principal or other person in charge of the school the student is attending. It is desirable to renew this objection at the beginning of each school year.

THE STUDENT'S NAME, ADDRESS, GRADE LEVEL, ENROLLMENT STATUS, PARTICIPATION IN OFFICIALLY RECOGNIZED ACTIVITIES AND SPORTS, WEIGHT AND HEIGHT OF MEMBERS OF ATHLETIC TEAMS, DATES OF ATTENDANCE, DEGREES AND AWARDS RECEIVED, PHOTOGRAPH AND OTHER LIKENESS, AND OTHER SIMILAR INFORMATION.

SECTION 504, AMERICANS WITH DISABILITIES ACT (ADA) Section 504/ADA prohibit discrimination against persons with a disability in any program receiving federal financial assistance. In order to fulfill obligations under Section 504/ADA, the Northwood-Kensett Community School District has the responsibility to avoid discrimination in policies and practices regarding its personnel and students. No discrimination against any person with a disability should knowingly be permitted in any of the programs and practices of the school system.

The Northwood-Kensett Community School District has the responsibilities under Section 504/ADA, which include the obligations to identify, evaluate, and, if the student is determined to be eligible under Section 504/ADA, to afford access to appropriate educational services.

If the parent or guardian disagrees with the determination made by the professional staff of the school district, he/she has a right to a hearing with an impartial hearing officer.

The Family Educational Rights and Privacy Act (FERPA) also specifies rights related to education records. This Act gives the parent or guardian the right to: 1) inspect and review his/her child's educational records; 2) make copies of these records; 3) receive a list of the individuals having access to those records; 4) ask for an explanation of any item in the records; 5) ask for an amendment to any report on the grounds that it is inaccurate, misleading, or violates the child's rights; 6) a hearing on the issue if the school refuses to make the amendment.

If there are any questions, please contact Brian Costello, Elementary Principal and Section 504 Coordinator.

Annual District Notices Pages 8-9

PUBLIC RECORDS

The Code of Iowa, Chapter 22 gives each individual the right to examine and copy public records of the school district. The Northwood-Kensett Community School District has delegated two officials with the responsibility of implementing requirements of this Chapter. These two individuals are the Superintendent of Schools and the Business Manager. Requests to examine or copy public records (except records of enrolled students) should be made to one of these two designated officials. Such requests shall be honored within a reasonable period of time as outlined in the law and a reasonable fee may be charged for the copying of public records. Those public records which deal with personnel are covered under the Family Education Rights and Privacy Act and shall not be available for examination or copying. Principals or other employees are instructed to refer requests for public records to the Office of the Business Manager.

OPEN ENROLLMENT NOTIFICATION

Districts are now required to notify patrons of open enrollment application deadlines and the possibility of transportation assistance. For the 2019-20 school year, the deadline for filing an open enrollment application for students in grades 1-12 was March 1, 2019. The deadline for students entering kindergarten was September 2, 2019. Parents/guardians of open enrollment students whose income falls below 160% of the federal poverty guidelines are eligible for transportation assistance. This may be in the form of actual transportation or in the form of a cash stipend. This notification is also posted on our website for your review.

ABUSE It is the policy of the Northwood-Kensett Community School District that school employees not commit acts of physical or sexual abuse, including inappropriate and intentional sexual behavior, towards students. Any school employee who commits such acts is subject to disciplinary sanctions up to and including discharge. The Northwood-Kensett Community School District has appointed as Level I Investigator, Mr. Brian Costello, elementary principal, and Mr. Keith Fritz, secondary principal.

Nurse's Corner-Heather Rheingans, RN

Welcome Back

It's that time of year again that I am forced to inflict pain on some of your children. I am currently reviewing all of our student's immunization records and compiling a list of those children that are not current on their shots. You will receive a letter from me if your child is one of those students describing what vaccination they need to become current. The state of Iowa requires that vaccines be current to attend public school, with the exception of religious or medical reasons. In these cases a notarized document needs to be provided for religious exemption and likewise a doctor's note is required for medical exemption. If there is no medical or religious exemption and your child's immunizations are not current, I must issue a provisional certificate of immunization explaining to you which vaccines they still need. You then have 60 days to either complete the vaccine or start the vaccine series. If this has not been completed by the end of the 60 days, your child will not be allowed in school until the required vaccines have been administered.

Another requirement for students entering Kindergarten and 3rd grades requires an eye exam. This may be done no earlier than 1 year before and no later than 6 months after school starts and can be completed by an eye doctor or at a doctor's office. I will be doing screenings for these grades in the near future so if you would like to have your child participate in this, please return the consent for evaluation when your child brings it home.

Also on a quick note, I want to remind all Kindergarten and 9th grade parents that your child is required to have a dental screening. For our kindergarten students the dental screening can be done as early as age 3 and can be performed by a dentist, dental hygienist, physician, registered nurse, or physician's assistant. Screenings must occur before December of their Kindergarten year to be considered valid. I do offer dental screenings to the Kindergarten students in the fall.

A consent form for this screening will be sent home with your child a few days before. Unfortunately, I am not able to provide dental screenings to the 9th grade, however this year I am working with a local dental hygienist to offer a free screening at the school. This screening can be done no sooner than 1 year before their 9th grade year and has to be completed by December to be valid. If dental care is a financial concern for you, please contact me so that I may help you get in contact with an agency to help.

New Resource for N-K Students & Families: Social Worker, Amy Abels!

Over the summer, the communities of Northwood-Kensett, Central Springs, and Lake Mills CSD joined together to bring a shared school social worker to our schools. Amy Abels will be serving each of these communities on a part-time basis (1-2 day/week in each district).

Amy is originally from Forest City. She graduated from NIACC and the University of Northern Iowa with a degree in Social Work. She received her Master's of Social Work from the University of Iowa and is licensed in the State of Iowa.

Amy has worked with youth and their families in several facets including: in school settings, youth shelters and with the homeless youth population. She worked several years in Polk County's Community, Family and Youth Services department before relocating back to north Iowa. She currently resides in Forest City with her husband and 3 children. She is passionate about working with students and is looking forward to being able to assist them and their families with their needs.

After our last in-school counseling partnership ended last year, we were unable to provide mental health counseling in the school setting. With the addition of our new social worker, we will be able to provide mental health counseling once again to referred, consenting students (along with their families.) Our school counselors and other school staff members will be able to refer students in need, but N-K families can also refer their student(s), and students can refer themselves. Families will have the option of declining these referrals, as well.

After an initial meeting with Mrs. Abels, the student who wishes to attend counseling in the school setting and his/her family member(s), the student will attend weekly counseling sessions until he/she has reached the goals set at the beginning of counseling. Mrs. Abels will maintain a manageable counseling caseload and will begin with new counseling clients as others finish up their work with her.

Mrs. Abels is also able to help families with locating helpful community resources. If families are looking for a specific kind of assistance and aren't sure how to find it, they can contact Mrs. Abels with an inquiry directly, and she can help connect families who want a service with local services that are available to us.

We are excited here at Northwood-Kensett for Amy Abels to join us to help better address the counseling needs of our students right here at school, eliminating transportation barriers and adding a local provider who is here to serve the needs of Northwood-Kensett. If you have questions about Amy Abels' available services here at N-K, please feel free to contact her at abels@centralsprings.net or at 641-324-2142 ext. 307

Worth County Farm Bureau Ag Fair/Farm Safety Day

3RD GRADE NEWS

Each year the 3rd grade goes to the Worth County Fairgrounds and has the Worth County Ag Fair/Farm Safety Day. This opportunity is provided by Northwood Farm Bureau. This is a great chance to learn farm safety and a great reminder to those students who have had previous farm safety. Since agriculture is the backbone of Iowa, teaching farm safety is detrimental for all our youth whether they live on a farm or not. Third grade students from Central Springs also participates.

Not all students realize what farming entails. This Ag Fair/Farm Safety Day touches briefly on the different aspects of farming. The day starts off with the Northwood Fire Dept., Northwood Rescue and Mercy One helicopter giving a talk about the responsibilities they have. The students have a chance to see what these are all about, have a chance to ask questions and get a chance to sit in each of these vehicles.

The students get in groups lead by Northwood-Kensett FFA members. They go to various stations which may have farm animals to learn about, ground erosion, electricity, grain bin safety to name a few. The day ends with a lunch of hamburgers made by the FFA members.

This is one of the 3rd graders favorite days. We are appreciative of this chance to share with the 3rd graders.

Lori Hill and Colette Ubben, 3rd grade teachers

