

# NORTHWOOD-KENSETT CSD



## Brian Costello-Principal

Elementary School  
1200 1st Ave. N.  
Northwood, IA  
Ph.(641)324-1127

## Keith Fritz-Principal

MS HS School  
704 7th St. N.  
Northwood, IA  
Ph. (641)324-2142

## Michael Crozier

Superintendent Office  
1496 480th St.  
Northwood, IA  
Ph.(641)324-2021

Newsletter designed by: Tina Johnson, Elementary Secretary

March 2024

### School Board Members

Bradley Christianson - President \* Cindy Pangburn - Vice President  
Susan Kliment \* Shana Brunsvold \* Jamie Nelson

**District Vision Statement:** Creating healthy, educated, ethical and productive citizens.

### FROM THE DESK OF MR. KEITH FRITZ, MS/HS (SECONDARY) PRINCIPAL

As spring approaches (maybe it's already here a couple of months early?!), it's time for a few reminders that can help make life both easier and more productive for our students as they find their way through 4th quarter and into summer break.

• **Driving to and from school:** maybe it's me, but springtime driving seems worse than it is at other times of the year. Talk with your student driver about being careful, lowering their speed (specifically how slowly they should drive in a parking lot), about driving defensively, and above all about how dangerous texting/TikToking/Spotifying while driving is!

• **Dressing for the weather:** we don't have any of the concerns that elementary schools often have with little ones coming underdressed for the weather and then freezing during outside recess, BUT we do have students who forget that even if it's sunny and hot out they are still not allowed to wear hats during school.

And we also have students who forget that some of their clothing is more appropriate to wear to the beach than it is to wear to English class. Modesty, please.

• **Dressing for class:** many students take classes like Metals which involves welding or Foods which involves kitchen work or Anatomy which includes dissecting cats--each of these environments requires a certain way of dressing. Help your student continue participating by reminding them to 'dress for their day' before they're out the door in the morning. No parent should have to bring clothes up to the school for their son or daughter because the student forgot their gear. That's a good lesson for them to learn on their own, making them much more likely to remember next time and saving you a trip in the process.

## FROM THE DESK OF MR. BRIAN COSTELLO, ELEMENTARY PRINCIPAL

### Iowa Assessments

Each year, public schools in Iowa are required to administer a couple standardized assessments, one of which is called Iowa Statewide Assessment for Student Progress (ISASP). In the past, this assessment was the Iowa Test of Basic Skills (ITBS) and Iowa Tests of Educational Development (ITED). Northwood-Kensett Elementary will be administering this assessment to students in grades 3-5 from March 25 thru April 5.

In order for us to get the most reliable results and an accurate picture of how your child is learning, I'm requesting you help by doing the following:

- Talk to your children about the test. Impress upon them the importance of doing their best.
- Make sure your children have a good night's sleep. Proper rest is one of the biggest factors affecting a student's performance.
- Make sure your children have a good breakfast. This will help students focus on the test.

More information about the ISASP can be found at [iowa.pearsonaccessnext.com](http://iowa.pearsonaccessnext.com). If you have specific questions about this new assessment, please contact me at 641-324-1127.

Thank you for your continued support,  
Brian Costello



## FROM THE DESK OF MR. MICHAEL CROZIER, SUPERINTENDENT

On February 13, 2024 I had the opportunity to go to the Capitol and visit with our two legislators. Both Waylon and Jane took me into their offices and made time to visit with me. There are many bills that are still alive in both the house and senate that will have both positive and negative effects on K-12 education. Below is the latest news post from the School Administrators of Iowa regarding what's happening in the legislature that will affect K-12 education. Thank you, Jane Bloomingdale, and Waylon Brown for listening and supporting education.

### SAI Weekly Legislative Update – February 24

As sometimes happens, the week AFTER funnel week was much calmer. Both the House and Senate did some floor work this week, but there wasn't much significance relating to education. One notable exception was HF 2613 which passed out of the House and proposes a 3% SSA increase. House Republicans stated that they will also be bringing a teacher/staff pay increase bill to the floor. There was no Education Committee action this week. One bill that will have some impact came out of a subcommittee, SF 2260, a work-based learning bill. We are looking at that bill and seeing what positive impact it could have on student teaching.

On Wednesday night, the House held a public hearing on HF 2612 at the request of the Democrats on the House Education Committee. Approximately 40 individuals spoke, including superintendents, both in support of and in opposition to the bill. Some speakers wanted more in the bill, while others wanted less. There were some interesting perspectives. If you missed it, here are the comments. We worked with the House Education leadership throughout the week and are hopeful we can continue to have a positive impact on the resulting legislation regarding the AEAs.

We have also had some discussions with Senate Education leadership. Hopefully there will be a final resolution on SSA soon (House has proposed 3%), and progress will be made on getting the teacher/staff salary proposals moving. Feel free to pen a note to your legislators to reinforce your stance on the AEA bills.

In addition, we are hopeful we can get some work done on the teacher/staff shortage issue, as well as Preschool. Talk to your legislators about those issues, as well as the topics listed above. Remind them of the positives associated with early literacy through preschool, the staff shortage many of you are dealing with and how you are "getting by" (or not) with fill-ins, substitutes, etc.

Now is not the time to slow down. Continue to have those discussions on the issues that are important to you, your staff and your students. I believe that your legislators are more open to conversation than ever, and I have heard that consistently. Keep up the good work!

# News from the Middle School and High School Resource Team!

Mrs. Hansen, Mrs. Maki, Mr. Reindl,  
Mrs. Strom

## Test Taking Tips for Spring!

Get a good nights sleep  
Eat a nutritious breakfast  
Listen to directions  
Read the entire test

Here are  
some things  
to consider  
as we  
prepare for  
**ISASP**  
testing later  
this month...

## Brain Break Ideas for Students



Play a round of  
Rock, Paper,  
Scissors!



Listen to  
music!



Draw a  
picture!

Play a game of  
Tic, Tac, Toe!





MARCH

# ATHLETIC DEPARTMENT



## NEWSLETTER

### ANNOUNCEMENTS

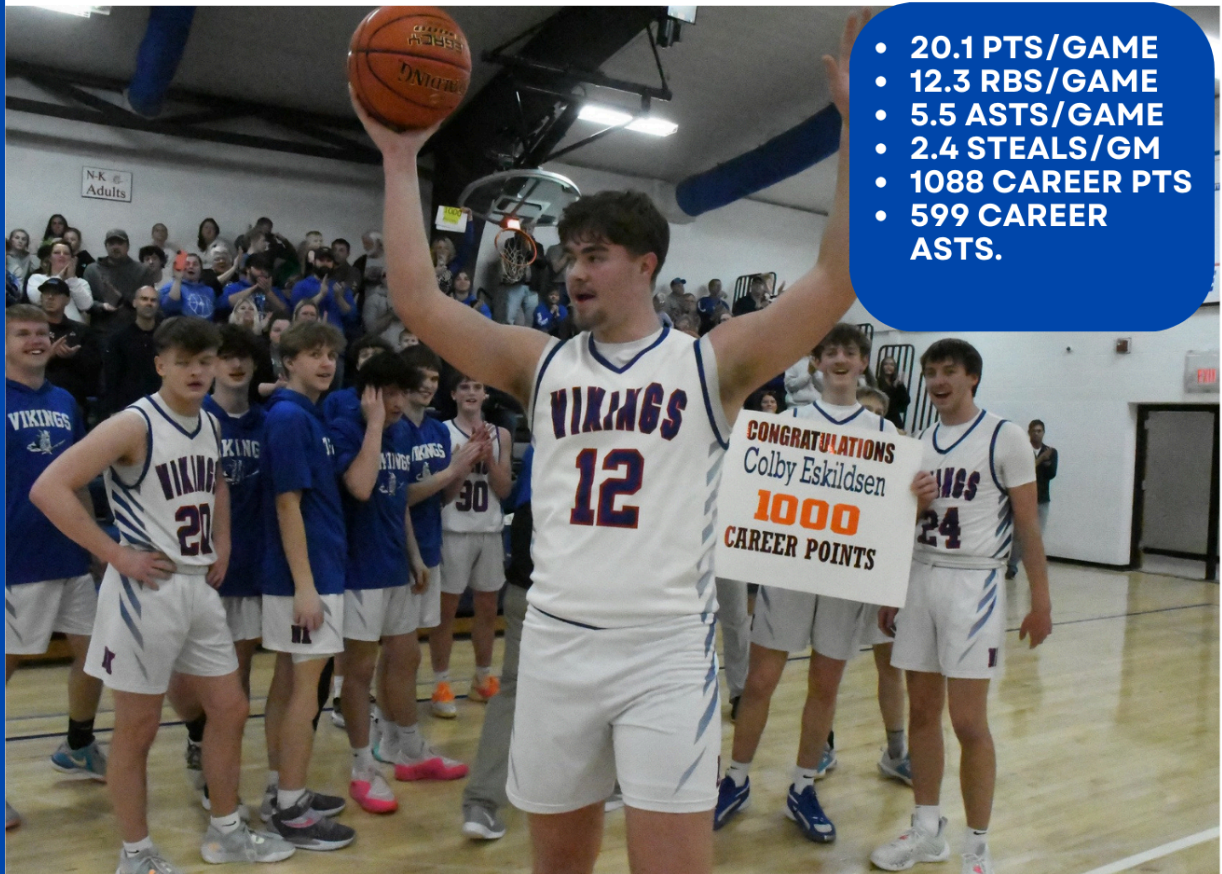
Please email Jordan Reindl if you're interested in working any of our home track meets this year.

### OPEN POSITIONS

- Assistant Boys & Girls Wrestling
- JH Wrestling

## 2023-2024 TIC EAST PLAYER OF THE YEAR

Colby Eskildsen



- 20.1 PTS/GAME
- 12.3 RBS/GAME
- 5.5 ASTS/GAME
- 2.4 STEALS/GM
- 1088 CAREER PTS
- 599 CAREER ASTS.

# Counselor's Corner

March 2023

## Ms. Dakota Hansen

### Counseling Monthly Focus:

In Guidance class, students have been learning about careers and have been exploring many different types of careers. Our Kindergarten, 1st, and 2nd grade students are being authors and illustrators as they create their own book called *When I Grow Up*. This will be shared with families as soon as it is complete!

### Dates:

- ☐ 5: Conferences
- ☐ 7: Conferences
- ☐ 8: No School
- ☐ 11-15: Spring Break  
No School
- ☐ 20: Early Dismissal
- ☐ 29: No School

### Happy, Healthy Kids TIP:

Siblings fighting again? Stay calm and take control of the situation. Let each child share their concern without being interrupted. Create a solution or compromise together that makes each child feel seen and heard.

### Let's CONNECT!



[dhansen@nkvikings.com](mailto:dhansen@nkvikings.com)



641-324-1127 ext. 216



## Counselor's Corner

Mrs. Amy Hansen  
MS/HS Counselor

Spring & summer opportunities are starting to roll into my counseling office. I thought I'd share a few of them here, with advanced apologies for their random audiences!

**Juniors** took the ASVAB on Wednesday, February 21st. Sergeant Derick Price will join us during a Life Skills lesson for the interpretation of scores during English 11 on March 7th.

Juniors' ICAN Financial Aid presentation will take place during Life Skills this spring. I will send information for all students and parents regarding ICAN Iowa's services for NK families in flyer format soon.

**Seniors** are finishing up their employability skills unit in English 12 with Mr. Frost and me. Students' Senior Interview week wrapped up March 1st. During the last week of the quarter, students will wrap up their employability skills work and will evaluate their portfolio.

Seniors will also have the opportunity to learn more about graduation, WCDA, and other local scholarships on March 26-28th during ISASP testing. We will also share all the important details for the WCDA scholarship with seniors via pre-approved notes & presentation. All local scholarships are due to the high school office no later than Friday, April 5th.

**10th & 11th grade students** will soon have the opportunity to sign up for a spot on the morning of March 18 to register for Fall 2024 NIACC concurrent enrollment classes. We are glad to be able to continue to offer these opportunities to our high school students. An email will follow when more details became available through JMC on March 1st.

**Juniors and Seniors** will be able to take the Accuplacer in late April here at our school. Representative Grace Juhl will administer tests to students who either plan to attend community college in the fall, or for students who are planning to take a concurrent enrollment course that requires a minimum Accuplacer score or writing sample. We're grateful to NIACC for providing this opportunity!

Additionally, we will have the work of updating 4 year plans for Fall semester 2024(!) when we return to school after spring break after the conclusion of ISASP testing. **All students** will be scheduled for an in-person or virtual meeting to review 4-Year plans and make adjustments for the next school year. You can check out my [\*\*NK Counseling One-Stop Shopping folder\*\*](#) to access the resources and opportunities that are available to our school community





## IN OTHER NEWS!

**District Wrestling ended with Trent Tiedemann getting 3rd and Linca Scarlett and Alex Tiedemann getting 2nd to punch their way to State. State Wrestling 2024. Linca Scarlett #113 ended with a 21-13 for the year. Alex Tiedemann #150 ended with a 30-8 for the year.**





## **Classroom News by Mr. Troy Einertson-Grade 4**

One of the major changes we have had in the past year is the use of technology in our classrooms. With the way teaching and learning is changing, we thought it was very important to use the computers that the school has given our students to our advantage. One of the ways we utilize this technology is through the use of Seesaw in our classroom. Since the beginning of last year, we have been using Seesaw to communicate with parents, and to show them what their students have been doing in 4th grade. This year we have taken it a step farther, and we are having the kids demonstrate their understanding of our I Can Statements using one of the many features Seesaw has to offer.

We do this by loading all of their work onto Google Classroom and from there we begin our lesson with our I Can Statement. After the lesson is taught, our students will now create a piece of work on Seesaw to not only show us, but their parents that they are understanding what we are trying to get out of our I Can Statements. Parents see their posts even before we do and this gives the students a more realistic learning experience because now they are demonstrating their understanding not only to us, but their parents as well. Parents can comment on their students' work, and this gives the students a more authentic learning experience because they can get instant feedback from their parents. This makes their learning even more higher order thinking because it is getting their parents involved in what they are doing, and they are putting even more pride into their work. This also keeps the parents aware of any trouble that their student may be having in school.

By using sites such as Google Drive and slides, and using Kami to convert PDFs into a working document we are also able to go virtually paperless in our room. This allows us to show even more work on Seesaw because it is compatible with all of these sites, and the kids can upload all of their completed work to Seesaw. Once the kids upload all of their work, they can now explain what they did, how they did it, and why they did it by recording their voice in either the voice caption option, or just by simply recording it directly to their work. Again, this is a great way for them to demonstrate understanding to their parents. As soon as they upload all of their work, their parents can see their work and give them instantaneous feedback on what they think.

My students and parents love the use of Seesaw, and I cannot think of a better site to have for parent communication, demonstrating understanding, and showing students work. With its compatibility to other sites, and user-friendly features it takes a lot of the headaches out of getting students' work showcased for others to see, and for them to get instant feedback on what they did.

### March is National Nutrition Month!

It is important that we are staying healthy throughout the year, and one way we can provide that is with proper nutrition. Our bodies thrive off of good food and exercise.

**We Can!** (**W**ays to **E**nhance **C**hildren's **A**ctivity and **N**utrition) is a national educational program designed for parents and communities to provide resources for children on ways to stay healthy. As parents, you can do a lot to help your children learn healthy eating habits and maintain a healthy weight. Involving them in meal preparation and cooking can motivate them to try new foods- and is a good way to spend time together as a family.

#### Everyday Eating Tips:

- **Change your shopping habits**
  - Eat before grocery shopping
  - Make a grocery list
- **Watch your portion sizes**
  - Share an entrée with someone
  - Don't serve seconds
  - Eat off smaller plates
- **Change the way you prepare food**
  - Make foods flavorful with herbs, spices, and low-fat seasonings
  - Grill, steam, or bake instead of frying
- **Change your eating habits**
  - Keep to regular eating schedule
  - Eat before you get too hungry
  - Stop eating when you are full

Eating healthy sounds easy right?? Well sometimes it can be easier said than done. The WeCan! website has great resources for better nutrition including shopping tips, family recipes, eating healthy when eating out, and serving sizes and portions. GO, SLOW, and WHOA foods are terms to be aware of when making your next grocery run.

#### GO Foods are:

- Lowest in fat and sugar
- Relatively low in calories
- Great to eat anytime
  - Examples include fruits and veggies, whole grains, low fat milk products, etc.

#### SLOW Foods are:

- Higher in fat, added sugar, and calories
- To be eaten sometimes/less often

#### WHOA Foods are:

- Highest in fat and added sugar
- "Calorie-dense"
- Often low in nutrients
- To be eaten only once in a while/on special occasions, in small portions

#### Hungry for More?

We Can! Website: <https://www.nhlbi.nih.gov/health/educational/wecan/>