



Northwood Kensett Community School District

VIKING DISPATCH

February/March 2008

Volume 14 Issue 4

From the Office of Thomas K. Nugent Superintendent of Schools

A WINDFALL OF FUNDS

By now, I am positive that everyone has learned that the Worth County Development Authority (WCDA) has made available to the District a total of \$410,707. To assist in the expenditure of these funds, we will once again have our Advisory Committee study and implement appropriate policies and recommendations. Members of this Committee include Monte DeArmoun, Diane Hanson, Steve Hartman, John Anderson, Brian Costello, Keith Fritz, and Tom Nugent.

It is important that our patrons be conversant that there are specific categories and regulations for the expenditure of moneys, and they are:

- I. Physical Plant Operations, Maintenance, Expansion. Total of \$138,494. Additionally, only 70% of the money may be expended on one specific project.
- II. Staff Development, Equipment, Technology, Textbooks. Total of \$114,616.
- III. Organizational Requests, Fees, Fundraising. Total of \$90,738.
- IV. Teacher Budgets. Total of \$66,859. Each teacher in the district will have approximately \$1,500 to expend for their classroom.

The Advisory Committee will review and finalize the expenditure of funds and present their proposal to the Board of Education and to the WCDA Board for review and approval. The WCDA plans to distribute moneys to the district on July 1, 2008.

In addition to the above, the WCDA will be granting scholarships to every graduating senior who has resided in Worth County during their junior and senior years. The WCDA will announce individual scholarship amounts at a later date.

The District has many projects that need to be addressed. We made great strides last summer in facility improvements and I am positive we can do the same this summer and throughout the immediate future. With the impact of WCDA funds, plus the district's Physical Plant & Equipment Levy (PPEL), and the School Infrastructure Local Option Sales Tax (SILO), I am confident we can address the facility issues in the district to promote an educational environment conducive for student achievement.

The Board of Education, Administration, and Staff are greatly appreciative of the WCDA for their commitment and dedication. If you have a chance to visit with Kim Miller, Deb Hanson, Ken Abrams, Gary Christiansen, Roger Gentz, Dennis May, Steve Miller, Dan Reeder, Joyce Russel and Amy Yezek, please take the time to thank them for their efforts.

Individual Highlights:

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SPRING BREAK MARCH 17th – 21st (No School)

SPRING PICTURES

Spring pictures this year will be on different dates for Elementary and Jr./Sr. High School. Skarpness Photography will be doing the spring pictures this year. They did a wonderful job with our fall pictures and we are looking forward to working with them again.

Jr./Sr. High School: April 3rd
Elementary: March 26th

SPRING CONFERENCES SET FOR FEBRUARY 12TH & 14TH

We will be holding spring conferences this year February 12th & 14th. These conferences will be held for grades K-6 at the elementary from 4:00 -7:30 p.m. both days. These conferences are individual conferences with 15 minute increments scheduled for each student in grades K-6. Student attendance is optional. The National Honor Society members will be offering free childcare services during conferences if needed. More information is offered in the article below. Grades 7-12 will hold conferences from 5:00 - 8:30 p.m. both days.

FREE CHILDCARE DURING CONFERENCES:

Free babysitting services by the N-K National Honor Society members will be provided during parent-teacher conferences on Feb. 12 and Feb. 14 at the N-K Junior/Senior High School. Parents with pre-school and elementary-aged students are invited and encouraged to take advantage of this service. For more information, contact Polly Schiltz at the junior/senior high school, 324-2142.

ITBS/ITED TESTING TO BEGIN MARCH 10TH

Iowa Tests of Basic Skills and the Iowa Tests of Educational Development will start on Monday, March 10th and continue throughout the whole week. This testing will be given to students in grade 3 through 6. The ITBS/ITED for grades 7-12 will start March 25th and continue throughout the week. Please make sure that students get plenty of rest, drink lots of water and have a healthy breakfast every morning. Not that this is any different from any other day, but in order for students to be mentally acute and be at their best, this is especially necessary.

ELEMENTARY SCHOOL TO CELEBRATE DR. SEUSS'S 103rd BIRTHDAY

On March 4, 2008, the Northwood-Kensett Elementary school will again celebrate the anniversary of Dr. Seuss's birth. This is the eleventh year the Title 1 reading classes have joined with the N.E.A. in promoting reading by sponsoring READ ACROSS AMERICA events. (The official birthday is March 2)

N-K children are joining millions of readers across the country in urging parents, grandparents, and community members to join them in this celebration of reading. Together, let's commit ourselves to the goal of having every person in Northwood and Kensett in the company of a good book on March 4th. The elementary students will culminate the week with a special event. The Stebens Children's Theater will present a play "The Fisherman and His Wife" to K-6 students.

VOLUNTEERS NEEDED FOR "National Read Across America" DAY

We are again asking community members to be volunteers on March 4. Each volunteer will be asked to read in a K-6 classroom in the elementary school. Please call Mrs. Stumo or Tina Johnson in the office at 324-1127 by Friday, February 15, if you would like to be involved. Thank you in advance.

People wanting more details about the national READ ACROSS AMERICA celebration can find them at www.nea.org/readacross..

Parent teacher conferences are scheduled for February 12th & 14th

Counselor's Corner Mr. Russell Knudson

rknudson@nwood-kensett.k12.ia.us

Local & WCDA Scholarships will be open from March 1st through April 9th. These scholarships have to be applied for in order to receive them. You may find more information about these scholarships and their requirements under the Counselor's webpage at <http://www.nwood-kensett.k12.ia.us> To get to the scholarship information and applications, click on Teacher Links>Guidance Counselor>Mr. Knudson> Scholarships. You may also download forms at this location for application. If you have any questions, feel free to contact me at the above email address, or by telephone (641) 324-1127 or (641) 324-2142. Further information will be provided to students during senior work sessions taking place the last week of March.

STUDENT OF THE MONTH (JR.SR. HIGH SCHOOL)

Students of the month at the Northwood-Kensett Senior High School have been honored at a breakfast for all of the students nominated for this award. Students are selected based on respect, responsibility, honesty and self-reliance. Those honored in the high school receive a parking space in the front parking lot for a month. A free pizza from Soup's Pizzeria and Grill is the reward for those students in grades 7-9. The following students have been honored thus far this year:

September: Shelby Harris, daughter of Tony and Dedra Harris; Tessa Bratrud, daughter of Randy and Sheila Bratrud

October: Cari Stoneking – daughter of Dennis and LeAnne Stoneking; Jared Wagner – son of Gary and Val Wagner

November: Kayla Eilertson – daughter of Rob and Bess Eilertson; Savannah Lira – daughter of Merle and Heather Coombs

December: Maddi Arnold – daughter of Steve and Kathy Arnold; Alex Breitsprecher – son of Jamie and Jennifer Breitsprecher

January: Tim Stumo – son of Marie Ruiter; Dalton Kortsch – son of Kim Kortsch

POPS XL CONCERT MARCH 13TH & 14TH

HEAD START WORKS...

Starting in February, The **Head Start** program administered by North Iowa Community Action Organization will be taking applications for fall preschool classes. Children ages 3-4 whose families meet federal income guidelines or have a disability/special need are eligible for this free program. Meals and health screenings are included. Transportation may be available. Call the phone number listed for your county to apply.

Butler County	641-228-3853 or 319-278-4806
Cerro Gordo County	641-424-6836 or 641-423-7766
Floyd County	641-228-3853 or 641-228-2893
Franklin County	641-423-5406 or 641-456-3431
Hancock County	641-357-7571 or 641-585-5863
Kossuth County	641-562-2842 or 515-295-2531
Mitchell County	641-423-5406 or 641-832-5383
Winnebago County	641-562-2842 or 641-585-5863
Worth County	641-494-1891 or 641-423-7766

STUDENT OF THE MONTH (ELEMENTARY)

Student of the Month Award is given to our third through sixth graders. The purpose of this award is to promote good citizenship. The criteria for receiving this award is handing in all assignments on time and being considerate of other classmates.

January Students' of the Month include Mackenzie Costello (Gr 3), in Mrs. Okerlund's class, Trenton Erickson (Gr 3), in Mrs. Hill's class; Mackenzie Dorsey (Gr 4) in Mrs. Vansteenburg's class and Kristen Eilertson (Gr 4) in Mr. Park's class Walker Hildman (Gr 5) in Mr. Severson's class and Tonya Johnson (Gr 5) in Ms. Hagen's class; Kelsey Katcher (Gr 6) in Mrs. Cordle's class and Abby Wahl (Gr 6) in Mr. Lease's class.

December 2007 Students' of the Month include Matthew Pacher (Gr 3), in Mrs. Okerlund's class, Erika Heidman (Gr 3), in Mrs. Hill's class; Chloe Breitsprecher (Gr 4) in Mrs. Vansteenburg's class and Sully Reyerson (Gr 4) in Mr. Park's class Blake Severson (Gr 5) in Mr. Severson's class and Shelby Hagen (Gr 5) in Ms. Hagen's class; Ethan Grahn (Gr 6) in Mrs. Cordle's class and Johnny Bachtle (Gr 6) in Mr. Lease's class.

November 2007 Students' of the Month include Matthew Squier (Gr 3), in Mrs. Okerlund's class, Mary Rohne (Gr 3), in Mrs. Hill's class; Cole Benson (Gr 4) in Mrs. Vansteenburg's class and Jenna Jorgenson (Gr 4) in Mr. Park's class Mary Stoneking (Gr 5) in Mr. Severson's class and Coleby Bratrud (Gr 5) in Ms. Hagen's class; Rosita Cansino (Gr 6) in Mrs. Cordle's class and Jayde Hapgood (Gr 6) in Mr. Lease's class.

USED CAR SEATS NEEDED

The Child Development and Child Care class is in need of two more car seats. IF you have one sitting around collecting dust, they would appreciate the donation to take their Realitycare babies out into the community. You can contact Deb Dakken at the high school if you have any questions.

EXCITING NEWS

Northwood Kensett Kindergarten class will be attending a live performance of ARTHUR LIVE! at NIACC on February 13th. They are really looking forward to their outing.

Parents of Incoming Kindergarten Students: PLEASE RETURN THE BOTTOM PORTION OF THIS FORM TO THE ELEMENTARY OFFICE AS SOON AS POSSIBLE.

We would like to invite you to kindergarten roundup to be held with the Kindergarten connection class on **Tuesday, February 26th, at 6:00 pm** in the kindergarten classroom. Parents will be meeting with the principal, school nurse, kindergarten teachers, and the elementary counselor.

Our incoming kindergarteners are invited to spend part of the day with us on Friday, May 2nd from 8:30-1:00. The classroom teachers and preschool teachers will team up to acquaint them with the classrooms and kindergarten routine. Plan on your children eating lunch with us. The cost of the noon meal is \$1.60, which can be brought to either roundup session or given to the preschool teachers. *I will hold an abbreviated roundup session at 8:30 in the school library for parents that are unable to attend the February 26th roundup.*

Reminder, we do not screen children except at parental request. If you would like your child screened, we will have a sign-up sheet available at roundup.

We are looking forward to seeing you on February 26th. If you are unable to attend either of the roundup sessions, please contact the elementary office.

Sincerely,

Brian Costello
Elementary Principal

Items to bring to roundup:

1. Some record of your child's birth date. This could include a birth certificate, adoption record, statement of physician or another reliable record. State law requires a child to be 5 years of age on or before September 15 of the year they are entering kindergarten.
2. Immunization Records. Be reminded that the DPT and Oral Boosters are administered after age four and the MMR is administered after the age of 15 months.
3. Social Security Number

SIGN UP FOR KINDERGARTEN ROUND UP

CHILD'S NAME _____ **PRESCHOOL ATTENDED** _____

BIRTHDATE _____ **Male/Female** _____ **SSN** _____
(Circle one)

FATHERS NAME _____ **MOTHERS NAME** _____

STUDENT LIVES WITH:

_____ **Both Parents** _____ **Mother** _____ **Father** _____ **Other** _____
(Please specify)

ADDRESS _____ **CITY** _____

DAYTIME CONTACT PHONE _____ **Cell** _____ **Work** _____ **Home** _____

PLEASE CHECK ITEMS THAT APPLY BELOW:

_____ **I will be attending evening session of kindergarten round up on February 26th @ 6:00 pm**

_____ **My child will participate in the half day session of Kindergarten on May 2nd 8:30-1:00**

_____ **I will be attending the abbreviated session of Kindergarten Round up on May 2nd @ 8:30 am**

NK Learning Connection Winter Class Schedule

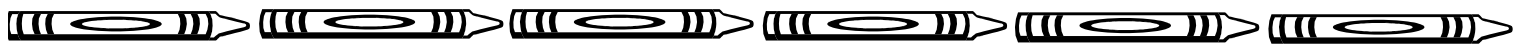
Thrilling Thursday Evenings:

This is a mixed age class for children birth to five years of age and their parents. Children will work on early learning skills in the areas of Math, Science, and Literacy, as well as Music and Movement and the Arts. Parents and children participate together during the first half of the class, and during the second half the parents enjoy a snack and engage in a discussion about their developing child. This class meets at the Northwood Elementary School in the Kindergarten classroom from 6:00 to 7:30 p.m.

Scheduled dates:

Winter Dates: Jan. 24, Feb. 7, 21, 28, Mar. 6, 13

Spring dates: Apr. 3, 10, 17, 24, May 1, 8



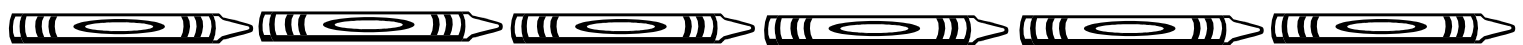
Fabulous Friday Mornings:

This class is for all children age birth to five years and their parents, as well as child care providers. Adults and children work together doing a variety of activities that enhance early childhood growth and development. A strong emphasis is placed on literacy activities. Parents work with their children for half of the class, and enjoy conversations about early childhood education and development during the second half of the class. The class meets at the Northwood Public Library from 9:15 to 10:45 a.m.

Scheduled dates:

Winter: Jan. 25, Feb. 8, 22, 29, Mar. 7, 14

Spring: April 4, 11, 18, 25, May 2, 9



Kindergarten Connection Class:

This six-week class is for children entering kindergarten in the fall of 2008 and their parents. Each week the children and parents will come to school together to participate in activities that focus on Math, Science, Writing, Literacy, Phonemic Awareness, and the Arts. The children will work on building their kindergarten readiness skills, while the parents meet with the kindergarten teachers to learn about ways to help prepare their child for school. Kindergarten Connection meets in the Kindergarten Classroom from 6:00 to 7:30 p.m.

Scheduled dates: Feb 26, Mar.4, 11, 25, April 1, 8



All Learning Connection events and classes are FREE of charge, due to a grant the Northwood-Kensett CSD receives from Cerro Gordo, Hancock and Worth County Empowerment. All families with young children are welcome to attend. For more information about the classes, please contact Theresa Cooper, the On-Site Coordinator, at 845-2242



Growing Up Healthy & Active

February

Fruits and Veggies 1,2,3

Fruits and vegetables provide important vitamins and minerals plus fiber. How much is enough? Follow these three steps to find out:

1. Visit www.MyPyramid.gov.

Most children ages 6 to 11 need 1 to 2 cups of fruit and 1 1/2 to 3 cups of vegetables per day. Most youth over age 12 and adults need 2 cups of fruit and 2 1/2 cups of vegetables per day.

2. Learn to recognize 1 cup amounts; for example:

- 1 (2 1/2-in. diameter) apple
- 1 (8- to 9-in. long) banana
- 32 seedless grapes
- 1 (3 1/16-in. diameter) orange
- 1 (2 3/4-in. diameter) peach
- 2 canned peach halves
- 1 medium pear
- 1/2 cup dried fruit
- 1 cup 100% fruit juice
- 1 (2 1/4-in. diameter) sweet potato
- 1 (8- to 9-in. long) ear of corn
- 2 cups raw shredded or chopped spinach or lettuce
- 1 (3-in. diameter) tomato
- 12 baby carrots
- 1 cup chopped cooked or raw fruits or vegetables

3. Include a fruit and/or vegetable in most meals and snacks.

BREAKFAST—Add fruit to cereal or pancakes; make a fruit smoothie

SNACK—Grab a piece of fruit

LUNCH—Eat a big salad

SNACK—Choose raw vegetables as an afternoon snack

DINNER—Have two vegetables with dinner plus fruit for dessert

Invite Children to Dance through Chores

It's good for children to help with chores, especially active ones, such as shoveling snow, carrying laundry up and down stairs, and carrying in the groceries.

Turn on the music and dance while doing indoor housework. This will make it more fun and you'll all get plenty of exercise.

Physical activity encourages better sleep and eating habits. Many child development specialists also believe children behave better when they have enough exercise.

Keeping in good physical shape will help your children develop a positive self-concept. Physical activity also can help children handle the normal stresses of growing up as well as any unusual stress. Best of all, you help set your child on a path of healthy living.

Recipe of the Month: Veggie Flip

Use a regular size bagel for lunch or mini size for snacks.

Bagels, sliced
Reduced fat cream cheese
Broccoli slaw or other mixture of chopped or shredded vegetables

Spread each half of bagel with cream cheese. Dip cheese-coated side into the vegetables so they stick to cheese.

For More Information

Visit these ISU Extension Web sites:
Nutrition—www.extension.iastate.edu/healthnutrition/

Answerline—www.extension.iastate.edu/answerline

Distribution Center—www.extension.iastate.edu/store

It's Dental Health Month

- Practice family flossing
- Schedule checkups
- Choose snack foods that have little or no sugar and are not sticky.
- Foods that contain sugars are less likely to cause tooth decay if consumed during a meal than if eaten between meals.

Physical Activity: Focus on Body Composition

One component of physical activity is body composition. This term refers to the relative amount of muscle, fat, bone, and other vital parts of the body. A person's total body weight (what you see on the bathroom scale) does not measure how much of that total weight is fat and how much is lean mass (muscle, bone, tendons, and ligaments).

Body composition is related to physical appearance or body tone. Muscles get larger and/or stronger by doing work—by moving and lifting.

Body composition is an important health consideration. Increasing the muscle/fat ratio through whole body workouts has benefits. A pound of muscle burns more than ten times as many calories per day as a pound of fat.

IOWA STATE UNIVERSITY
University Extension

... and justice for all
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HISTORY DAY IN IOWA

The State Coordinator for History Day in Iowa provided a workshop at NK. Naomi Peuse spoke to HND students about research, judging, and tips for improving their projects.

NK students in grades 6-12 will be competing at the Regional History Day Competition. The contest will be March 1, 2008 at NIACC.

2008 N-K MATHCOUNTS TEAM

Lizze Braun, Evan Fritz & Jordyn Schmidt

The North Iowa Competition will be held at NIACC on 2/2/08.

MATHCOUNTS® is a national math enrichment competition program that promotes middle school mathematics achievement.

MATHCOUNTS challenges and motivates students to develop strong math skills, develops their self-confidence and rewards them for their achievements.

2008 Science Bowl 1/26/08

Iowa State University

N-K Science Bowl Team for 2008

Captain: Ian Schacht

Courtney Athey, Lauren Hartman & Brooke Rolling

The National Science Bowl® is an educational event and academic competition among teams of high school students from across the state of Iowa. They compete in a verbal forum to solve technical problems and answer questions in all branches of science and math.

The regional event encourages student involvement in math and science activities, improves awareness of career options in science and technology, and provides an avenue of enrichment and reward for academic science achievement.

New at NKHS: MATH CLUB By Mrs. Lori Willert

November 7, 2007, high school students Jordan Cotter, Cari Stoneking, Sam Arnold, and Kathy Porter, along with math teacher Lori Willert, attended the 1st Annual High School Student Summit on Mathematics & Science held at Price Laboratory School Fieldhouse in Cedar Falls.

In preparation for the summit, background data was collected about our school's demographics, and a survey was given to all students, 9 – 12 grade, about math and science classes at NKHS.

Over 200 students from 51 Iowa school districts attended, shared their data, and discussed similarities and differences about their schools, specifically in the math and science areas.

Keynote Speaker Chet Culver, Governor of Iowa, emphasized the growing need for our students to embark on careers using science or mathematics. There will be high-paying jobs available, right here in Iowa. President of UNI, Ben Allen also spoke at the summit, and shared that financial incentives are being offered to college students pursuing degrees in the math, science, and technology fields.

The students left the Summit energized to form a "Math Club" and enthused about taking on the challenge of a school project with the following goals:

1. Increase the number of students taking math and science courses at NKHS.
2. Increase achievement levels of students taking math and science.

The club plans to spend time with the 5th, 6th, 7th, and 8th grade "Life Skills" classes to supplement the curriculum with current and future career options. They are also looking into ways to make on-campus help available, like tutors, for middle school and high school students wanting or needing to improve their achievement levels.

The club has met with district advisory committee members and the school board to communicate their project idea and seek support. They have also applied for a \$200 grant from the Iowa Mathematics and Science Coalition to help create and implement marketing strategies for their project.

The Math Club is ready to recruit members! They are entered in the 2008 Rube Goldberg "Leap Frog Competition" to be held Friday, February 29, at Mankato State University, sponsored by the College of Science, Engineering & Technology. If interested in joining, talk to Jordan, Cari, Sam, or Kathy.

DISTRICT LARGE GROUP SPEECH CONTEST RESULTS HELD AT FOREST CITY HIGH SCHOOL 1/19/08

Northwood-Kensett had 5 entries in 2 different categories, Ensemble acting and Improvisational Acting.

An Ensemble Acting group performed "Bathers" and earned a Division I or Excellent rating. Performers were Lauren Hartman, Jordan Garcia, and Kryssiah Hapgood.

Another Ensemble Acting group performed "If Girls Asked Boys for Dates" and earned a Division II or Good rating. Performers were: Brock Johnson, Brooke Rolling, Shelby Harris, Ian Schacht, and Courtney Athey.

An Improvisational Acting group consisting of Angel Hoffman, Lauren Hartman, Adam Zuck, and Ian Schacht earned a Division I or Excellent rating.

An Improvisational Acting group consisting of Brock Johnson, Tyson Werner, Christian Burnes, and Jordan Cotter earned a Division II or Good rating.

An Improvisational Acting group consisting of Marlee Butler, Kate Hartman, Laura Tempus, and Megan Thofson earned a Division II or Good rating.

Groups that earn a Division I rating qualify for State Large Group Speech contest to be held at Decorah on Feb. 2, 2008. Northwood-Kensett will be sending an Ensemble Acting group and an Improvisational Acting group to the State Large Group competition.

The Northwood-Kensett speech students are coached by Sarah Ham and Polly Schiltz.

VIKING DISPATCH
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Bulk Rate
ECRWSS
PAID
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Permit No. 65

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(641) 324-2174 HS

School Board Members

Keith Braun Larry Hovey
Cindy Pangburn Don Pangburn
John Anderson

Administration

Thomas K. Nugent, Superintendent
Brian Costello, Elementary Principal
Keith Fritz, Secondary Principal

Greetings from the N-K Vocal Music Department! As we enter into the second half of the school year, I would like to inform you of what's happening in the music department for 2008. Kindergarten students are learning proper technique for playing the xylophone and improvising short melodies which they will perform for the class. First graders are learning notes on the music staff and locating them on instruments. Second graders are composing songs on Boomwhackers (pitched tubes) and writing them on paper. Third graders are mastering note naming and learning to play songs such as "Take Me Out to the Ball Game" and "Frere Jacques." Fourth graders are concluding their recorder unit by composing a song for the recorder. Fifth graders will be playing rounds and canons on the xylophones. Sixth graders have been working on learning notes and rhythms for "My Country Tis of Thee" and "When the Saints go Marching In." The 5th & 6th grade Viking Chorus and the Junior High Chorus are busy preparing for their Variety Show to be held on Friday, February 22nd. The High School Choir is working hard to make POPS XL--"Top 40 Hits of the Last 40 Years" our most exciting concert yet. We would like to invite you to join us for Dad's Belgian Waffles on Friday, February 8th from 4pm-6:30 pm. Tickets will be \$5 in advance and \$6 at the door. Thanks for your continued support of the music department.
Have a great day! Nikkole Marreel, K-12 Vocal Music

OPEN ENROLLMENT NOTIFICATION Districts are now required to notify patrons of open enrollment application deadlines and the possibility of transportation assistance. For the 2008-2009 school year, the deadline for filing an open enrollment application for students in grades 1-12 is **March 1, 2008**. The deadline for students entering kindergarten is **September 1, 2008**. 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.

It is the policy of the Northwood-Kensett Community School District not to discriminate on the basis of race, color, national origin, religion, sex disability, sexual orientation, gender identity, or marital status in admission or access to, or treatment in, its programs and activities, or in its hiring and employment practices as required by Title VI, Title VII, Title IX, the Americans with Disabilities Act (ADA), Section 504, or Iowa Code, Section 280.3.