



# Northwood-Kensett Community School District VIKING DISPATCH

October 2020

Creating healthy, educated, ethical and productive citizens.

## In This Issue:

From the Desk of Mr. Costello	1
From the Desk of Mr. Crozier	2
Athletic Director, Jordan Reindl	3
From the Desk of Mr. Fritz	4
Math Club Officers elected	4
HS Counselor's Corner	5
Elem. Counselor's Corner	6
Art Showcase	7-8
Nurse's Corner	9-10

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. COSTELLO, ELEM. PRINCIPAL

October is the month for safety weeks...

“Serve up Fire Safety in the Kitchen.” This is the theme for the 2020 Fire Prevention Week. Fire Prevention Week takes place October 4-10.

According to the National Fire Protection Association, cooking is the number one cause of home fires and home fire injuries. Scald burns are the second leading cause of all burn injuries.

The week will culminate with a visit from members of our Northwood Volunteer Fire Department on October 9. The Northwood Fire Department will bring a few of their trucks so the Kindergarten classes can look them over after Fire Chief Mitch Hanson talks with them about fire safety.

National Bus Safety Week is during the week of October 19-23. The theme is, “Red Lights Mean STOP!” Daryl Love, Director of Transportation for Northwood-Kensett, along with classroom teachers will review safety details of an evacuation and discuss ways to make it efficient.

You can help us by having a conversation with your student(s) about the importance of fire safety and bus safety.

Thank you for your continued support,

Brian Costello

## PHOTO RETAKES: Tuesday, October 20<sup>th</sup>.

**If you would like your child to have a retake, please send the package you ordered previously back to school with your child on retake day to take to the camera and the photographer will order the same package. Students who did not get their photo taken during opening conferences at the elementary building, will be photographed at this time.**

**FROM THE DESK OF MR. MICHAEL CROZIER, SUPERINTENDENT OF SCHOOLS****Viking Activity Center Progress:**

The fundraising for the activity center has gone extremely well. We are within \$200,000.00 of our goal for this facility. We will go to the Enhance Iowa board for the second time on October 1, 2020 to see if we can get a grant from them. At our previous meeting they committed \$400,000.00 to us if we could close the fundraising gap. With recent donations we are confident that we can close this gap within the time they will allot us. The board passed a motion to proceed with drawing up plans to prepare for construction bids. This is very exciting to know the Viking Activity Center is within our reach and construction could start in the near future.

**Notification System**

Again, this year we will be using the JMC notification system. If you would like additional numbers added to the list, please let the elementary or secondary secretaries know. I will always try to decide on cancellations and delays as soon as possible. Sometimes it does come down to the last minute and that may cause issues for some parents. If that happens this year, I apologize in advance.

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

**COVID-19 Public Communications:**

The Iowa Department of Education has released new guidance on communication of positive cases in our school district to the community. Due to FERPA regulations, we will no longer notify our community when we have a positive case in our district each time one occurs. We will notify the community when we have reached a number of 6 active cases in the district. Confidentiality is of the utmost importance when we are dealing with students' private information. I would like to thank the community for their support during this trying time in education. Our goal is to keep students in school as much as safely possible. If we do need to switch to a different schedule we will notify parents and students through our JMC email system. As stated above, please make sure your information is accurate and we have a working email entered in our notification system.

It has been good for students to return to some type of normalcy this fall. Please make sure you are following our health guidelines for COVID-19 regarding sickness for your child, [Evaluating Sick Students and Staff](#).

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 7<sup>th</sup> 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

## News from Athletic Director - Mr. Jordan Reindl

I want to start off by introducing our two new fall coaches, Annika Della Vedova and Mackensie Sauerbrei. Annika is a science teacher and the new assistant volleyball coach. You will also see her on the court this winter coaching junior high boys basketball. Mackensie is the Spanish teacher at the high school and our new junior high volleyball coach.

I also want to recognize the hard work and dedication shown by all three of our fall sports during this unique season. Both the coaches and athletes in football, volleyball and cross country have done an excellent job working hard to follow guidelines and protocols, which allowed them to continue competing all season long. Your perseverance and dedication did not go unnoticed!

We are still looking for coaches in some of our winter and spring sports. There is a need for an assistant boys basketball coach, an assistant wrestling coach and a junior high boys track coach. If you or anyone you know might be interested, contact myself to apply.

# Go Vikings!



## FROM THE DESK OF MR. FRITZ – JR. SR. HS Principal

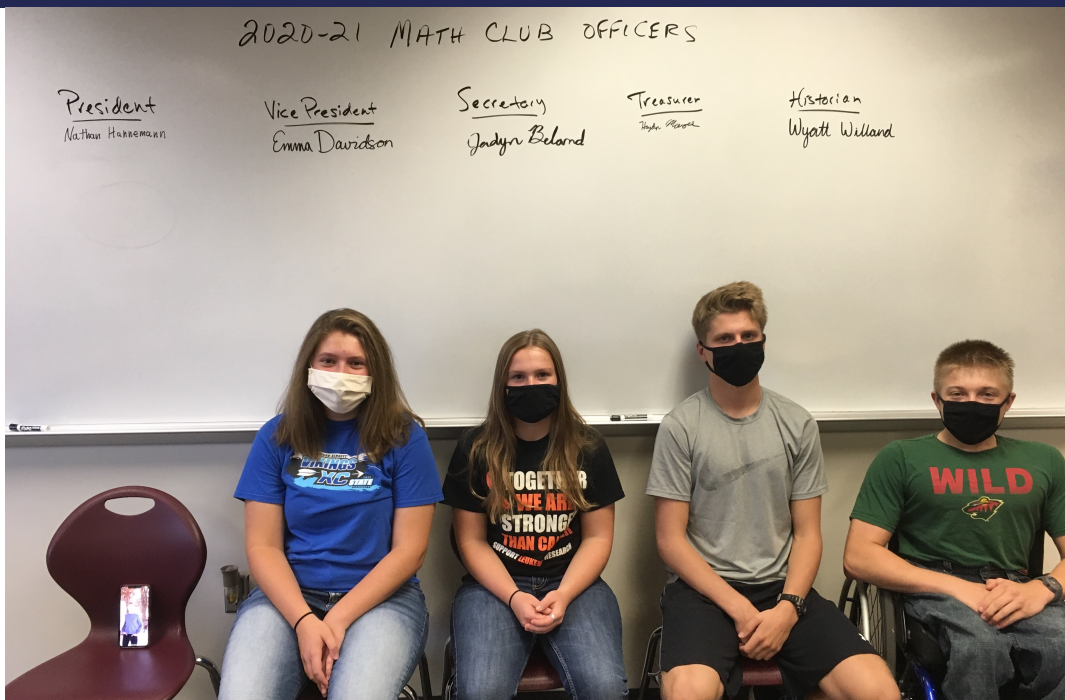
People ask me all the time, "So how's school going with all this COVID going on?" And the truth is, except for the masks and always trying to keep as much distance among the students as possible, much is just the same as it always was. The students and staff don't complain, since everyone understands what it takes to preserve our in-person learning for as long as possible.

There are silver linings in this cloud, though. Some elements of our new day-to-day life at school that I hope we *keep* once we're past these high levels of concern over COVID include:

- Classes outside. To get a break from mask-wearing, it's common now to see classes of students out on our lawn when the weather is nice. Who wouldn't want to spend a reading day for English under a shade tree on the lawn with their book?
- Classes online. So many students' individual needs are being met with online classes being made available.
- Meetings occurring via Zoom or Google Meets. Why spend two hours on the road for a one hour meeting, when we can take care of business right from our own desk?
- Free lunches. OK, I don't think this one can last, but it's been nice, am I right parents?!
- More flexible ways to meet student needs. This was a strength of our district before COVID, and now it's pushed us even further into creative course offerings and pathways to graduation.

I appreciate all of you for your efforts in keeping a positive mindset while we endure these unusual circumstances. As always, call or drop by with your questions or concerns as they relate to your child's education. We're in this together.

### Math Club Officers



President: Nathan Hannemann (absent at time of this picture)  
 Vice President: Emma Davidson; Secretary: Jadyn Beland  
 Treasurer: Hayden Moore; Historian: Wyatt Willard

## Jr. Sr. H.S. Counselor's Corner, Mrs. Amy Hansen

### Counselor's Corner

by: Amy Hansen

I've had the pleasure of meeting with the first group of 8th grade guidance exploratory students to talk about 4-year plans this week. They have been asking good questions, and I have done my best to address as many facets four year planning and post-secondary planning as I could during these sessions.

One of the main points that I hope 8th grade students take away from this unit is that what is the best plan for one person is probably not the best plan for his/her friend or classmate. There are a certain amount of classes that every student must register for because of state and district graduation requirements, but there are many other courses that should be selected to meet the student's wants, needs, and goals.

For example, a I would recommend that a student going into the Tool & Die vocational program at NIACC take at least through Geometry-level math while at N-K in order to feel comfortable with the mathematical component of the program. I would also recommend that those students take Industrial Tech & Metals classes to get an introduction into similar work.

That's different from a student who wishes to major in the Registered Nursing program at NIACC. I would recommend those students take Algebra II and earn a "C" or better in order to meet the entrance requirements. I would also recommend that student take Anatomy & Physiology, Physics, Chemistry, Health, and Child Care & Development.

A student who wishes to major in Aerospace Engineering at Iowa State should take as much math as possible. That student would hopefully end his/her high school career by taking Calculus I & II over Zoom through NIACC, because he/she will be asked to take Calc III & IV when they arrive at their college campus. That student should also max out on science courses while at N-K.

I hope those examples highlight that there isn't one "right" plan for Northwood-Kensett students. Each student, with the guidance of their parents and guardians, needs to forge his/her own path and pursue aptitudes, passions, and goals to find a post-secondary plan that the student feels excited and confident about.

I'm here to assist students and families in that process. There are instructional opportunities for all students, but I'm also available for individualized planning. Please let me know if you would like to talk about how your student's interests can translate into college and/or career training programs.



## Elementary Counselor's Corner, Mrs. Ashley Williams

As we have welcomed students back to school, a big topic in Guidance has been on communication with masks. We have talked about facial expressions and how we can see how other people feel, non-verbal communication such as eye contact and body language, and ways to verbalize how we feel to help other people understand what we need. 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.

I may also have the opportunity to work with your children in two person small groups or individually. I work with small groups of students on topics like organization, homework completion, social skills, and ways to solve conflict. 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.

N-K Elementary is participating in the Foodbank of Iowa's School Pantry. Each student signed up for the program will receive a bag of food to bring home once per week. We will also have one day per month when families can pick up frozen food items. If you would like to sign up for this program, please let me know.

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](mailto:awilliams@nkvikings.com)!

## Art Showcase-Mrs. Emily Abbas

Mrs. Abbas loves showcasing artwork. With grades K-8, students will be using Artsonia to create online portfolios of their work. Artsonia is the world's largest collection of student art, published by teachers and students from around the world. Parents and family can view the art online, leave comments and order keepsakes featuring the artwork, and Artsonia donates 20% to the school arts program. Mrs. Abbas is currently working on setting up these portfolios and getting more information home to parents.

At the high school level, Mrs. Abbas has students building their own Google Sites website to create art portfolios. For the month of September, high school art students worked on improving their drawing and observation skills, primarily working with graphite. Students spent one week drawing outdoors and created personal logos. Personal logos were turned into stickers to place on laptops, phones, water bottles, etc.

8th grade artists have been busy at work creating positivity posters and comics to spread around the school. They were prompted with the question: *What do you or your peers need to hear right now?* The 8th graders have also worked collaboratively to create life-size painted figures inspired by the work of Keith Haring. Though, the favorite project so far seems to be pinch pots. Up until this point, the 8th graders have had very little experience creating with clay. They are all eagerly waiting to see their creations fired!

At the elementary, grades K-6 have all been working their way through the Zones of Regulation focusing on facial expressions. We have been paying extra special attention to the expressive qualities of the eyes and eyebrows, since we're all wearing masks all day. Students are creating one facial expression for each zone, and Mrs. Abbas has been very impressed with the results!

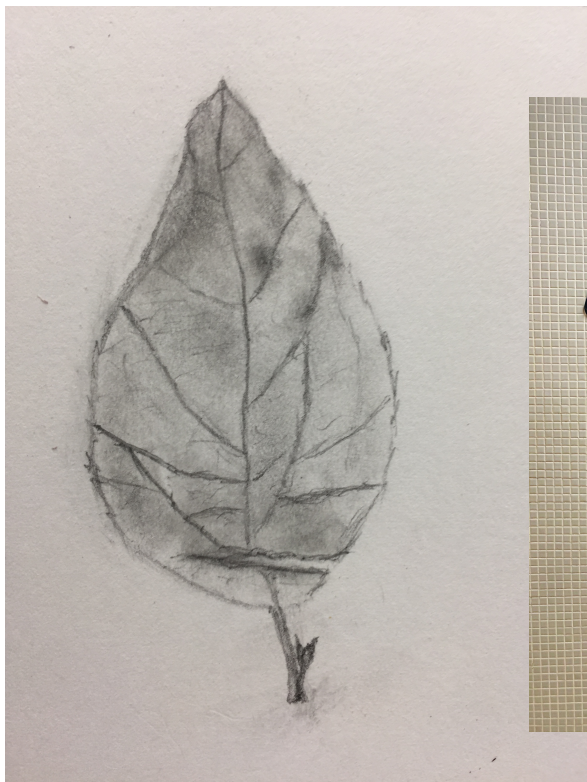
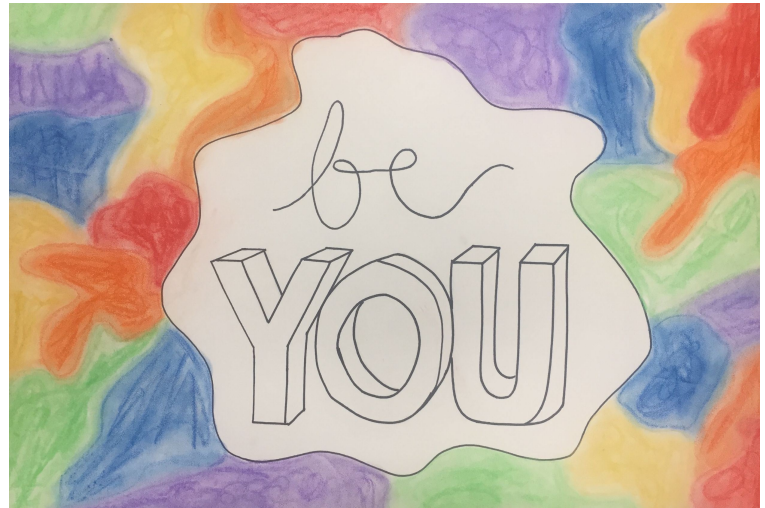
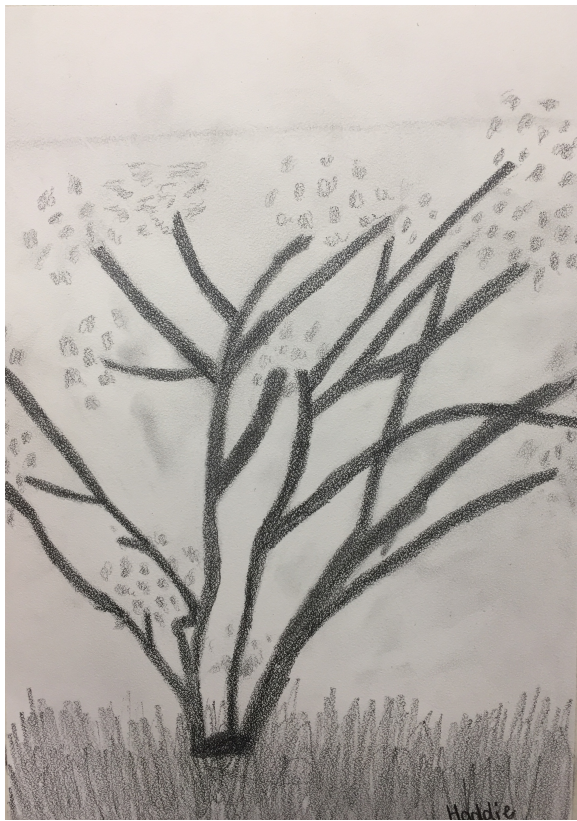


VIKING MURAL PICTURED ABOVE

"Students in grades 8-12, who are currently enrolled in art with Mrs. Abbas, kicked off the school year with a collaborative mural. Students enrolled in Art III & Art IV each received a piece of the viking logo to enlarge with oil pastel. All the other students were challenged to create multiple collage squares, each with a unique design.

Each class was given a unique color scheme. The mural was inspired by a Canadian quilter, Libs Elliott. Throughout the project, students focused on the diversity and unity within art."

# Art Showcase





Nurse's Corner-Heather Rheingans, RN (pg 1 of 2)

Flu season is just beginning and can put a big halt to our students', and your, daily routine. The best protection against the flu is to get the flu shot or mist. Flu shots are recommended for everyone 6 months or older. Interestingly, health officials say that the flu mist is the preferred vaccine for children 2-8 years old because the vaccine has been shown to work particularly well for this age group.

Exactly when flu season starts and ends is unpredictable, so health officials recommend that people get their flu shot in early fall, preferably before October. Flu activity typically peaks in January or February, but it's a good idea to get vaccinated before flu activity becomes prevalent in most communities. After vaccination, it takes about 2 weeks for your body to develop its immunity.

Influenza, commonly known as "the flu", is an infectious disease caused by the influenza virus. Symptoms can be mild to severe. The most common symptoms include: a high fever, runny nose, sore throat, muscle pains, headache, coughing, and felling tired. These symptoms typically begin two days after exposure to the virus and most last less than a week. The cough, however, may last for more than two weeks. In children there may be nausea and vomiting but these are not common in adults. Nausea and vomiting occur more commonly in the unrelated infection gastroenteritis, which is sometimes inaccurately referred to as "stomach flu" or "24-hour flu". Complications of influenza may include viral pneumonia, secondary bacterial pneumonia, sinus infections, and worsening of previous health problems such as asthma or heart failure.

## STOMACH "FLU" VS. THE "FLU"

**NICKNAMES**

- Stomach Flu, Stomach Bug, Pukey Flu,

**WHAT IT REALLY IS**

- Viral Gastroenteritis

**CAUSES**

- Norovirus, Rotavirus

**INCUBATION PERIOD**

- Symptoms appear 1-3 days after exposure

**SYMPTOMS**

- Diarrhea, vomiting, nausea, stomach cramps, muscle aches, headache, low-grade fever

**HOW LONG IT LASTS**

- Symptoms typically last 1-3 days but can linger for up to 2 weeks

**TREATMENT**

- Fluids, bland food and rest

**CONTAGIOUS PERIOD**

- You can be contagious 2 days BEFORE to up to 2 weeks after symptoms appear

**HOW IT SPREADS**

- Fecal-Oral Route:  
When poopoo or vomit particles get in your mouth!

**PREVENTION**

- Handwashing, quarantine and properly killing the virus  
**THE FLU SHOT WILL NOT HELP YOU!**

**SURFACE LIFE**

- The virus can live on surfaces (countertops, toilets, doorknobs and even the floor) for up to 3 WEEKS!

**HOW TO KILL IT**

- Bleach, bleach and only BLEACH!

**NICKNAMES**

- Flu

**WHAT IT REALLY IS**

- Influenza

**CAUSES**

- Human Influenza A, B and C Viruses

**INCUBATION PERIOD**

- Symptoms appear 1-4 days after exposure

**SYMPTOMS**

- Fever over 100° F, nasal congestion, cough, sore throat, muscle aches, chills and sweats, fatigue and weakness

**HOW LONG IT LASTS**

- Symptoms typically last 1-2 weeks

**TREATMENT**

- Fluids, rest, pain relievers, decongestants and anti-virals

**CONTAGIOUS PERIOD**

- You can be contagious 1 day BEFORE to up to 7 days after symptoms appear

**HOW IT SPREADS**

- Inhalation of tiny droplets made when people cough, sneeze or talk. Less commonly by touching a contaminated surface

**PREVENTION**

- Flu Vaccination (Shot), handwashing, limited contact with infected individuals

**SURFACE LIFE**

- The virus usually only lives on surfaces for 24 hours

**HOW TO KILL IT**

- Soap and water, disinfectant wipes (Clorox/Lysol), disinfectant sprays (Lysol), alcohol-based hand sanitizer, bleach, hydrogen peroxide



## Nurse's Corner-Heather Rheingans, RN (pg 2 of 2)

There's a common misconception that you can get the flu from the flu shot. This simply is not true. The viruses in the flu shot are killed, so people cannot get the flu from a flu vaccine. However, because it takes about two weeks for people to build up immunity after they get the flu vaccine, some people may catch the flu shortly after their vaccinated, if they are exposed to the flu during this time period. The nasal spray vaccine contains a "live attenuated" flu virus, but the virus is weakened so that it cannot cause the flu. The viruses in the nasal spray can't replicate in the warm temperatures of the lungs and other parts in the body. However, because temperatures in the nose are colder, the virus causes a small infection in the nose. This infection does not cause symptoms in most people, but in some people, it causes symptoms such as runny nose and sore throat. This local infection will prompt the body to make antibodies against the flu virus, which provides better protection against the real flu.

**Influenza is a potentially deadly disease. It can, and does, kill even young, fit, and healthy people every year.**

**After a flu vaccine you may feel a LITTLE unwell for a SHORT time**, with symptoms such as a temporary mild fever, and fatigue.

**THIS IS NOT INFLUENZA**



**Influenza is an illness that lasts for weeks, and can lead to persistent high fevers, prolonged muscle pain, headache, respiratory failure, cardiac failure, and death.**



**Reasons why you might have flu-like symptoms after the influenza vaccine:**

1. You mount an excellent immune response to the vaccine, which can make you feel mildly unwell for a short while.
2. You caught influenza before the vaccine had a chance to work (it takes 2 weeks for it to reach maximum effectiveness).
3. You caught a strain of influenza not covered by the vaccine (the vaccine covers the strains expected to be the most common, and most dangerous for the season, but there are others).
4. You have a nasty cold!

[www.nrvs.info](http://www.nrvs.info)



Flu shots protect against three or four strains of flu virus. Trivalent flu vaccines protect against two influenza A strains, H1N1 and H3N2, and one influenza B strain. Quadrivalent flu vaccines — offered for the first time in the 2013-2014 flu season — protect against the same strains as the trivalent vaccine, as well as an extra influenza B virus. Strains of the flu virus are constantly changing, so a new flu vaccine is made each year. Scientists make the vaccine before flu season starts by predicting which flu strains are likely to be the most common during the upcoming season.

The flu shot can be given if you have a mild illness, like a cold or headache; however it is not recommended if you have a fever. It's typically best to wait until the fever is gone before getting your flu vaccine. Those who have had a severe allergic reaction to the vaccination should generally not be vaccinated, as well as children younger than 6 months old, the CDC reports. Contact your family practitioner or Worth County Public Health at 641-324-1741 to line up your flu shot.