



Northwood-Kensett Community School District

VIKING DISPATCH

March 2021

Creating healthy, educated, ethical and productive citizens.

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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

Iowa Assessments

Each year, public schools in Iowa are required to administer a standardized assessment. In years past it was the Iowa Test of Basic Skills (ITBS) and Iowa Tests of Educational Development (ITED). The format and name have changed in recent years to what is now called the Iowa Statewide Assessment for Student Progress (ISASP). Northwood-Kensett Elementary will be administering this assessment to students in grades 3-6 from March 24 thru April 1.

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. 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. Keith Fritz, Jr. Sr. H.S. Principal

ISASP & Aspire testing coming soon

Our annual ISASP tests of students grades 7-11 will take place March 23 - March 25 from 8:30 to 10:30 each morning here at the secondary school. This test is for all students in those grades, so even students currently learning at home should plan to come in just for those assessments.

A new test for us is called the Aspire test, and is designed for sophomores. Think of it like a pre-ACT test. We will have all sophomores take this test on Wednesday, April 7.

Blood drive March 10th

FCCLA is hosting our 2nd Blood Drive of the year on Wednesday March 10. Please consider donating for this life saving event to not only save lives but to help support the FCCLA club with scholarship money opportunities. You can sign up at lifeserve.org and search for our blood drive to schedule a time, OR you can call or email Mrs. Thorson to get a time slot anytime. between 7:30 am-2 pm.

The FCCLA students look forward to this event to help the donors so please consider donating, even if it's your first time.

Contact information for Mrs. Megan Thorson:

Phone 641-324-2142

Email: mthorson@nkvikings.com

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

FROM THE DESK OF MR. CROZIER

Construction on the Viking Activity Center will be starting soon. It is slated to start in April. The removal of several trees will begin in March to allow for the construction. The contract has been awarded to Dean Snyder construction out of Clear Lake. We are very excited that this dream of a facility will be a reality soon. This construction will be done without raising property taxes for the district.

Some of the things that the Viking activity center will have:

- New front parking lot and bus drop off and pick up in the front of the building
- Reception area
- Physical Therapy office and two exam rooms operated by Synergy Physical Therapy
- Locker rooms
- Two full basketball/volleyball courts with hardwood floors
- Community room for gatherings, community classes, and a variety of uses (this room will be available to rent)
- Two batting cages
- A two full mat size wrestling room
- An upper-level track
- Free weight area
- Cardio equipment area

It is expected that the building will be done by February of 2022. In December or earlier we will begin to sell memberships to the facility. They will be very affordable compared to privately owned gyms or a YMCA.



News from Jordan Reindl, Athletic Director!



Congrats go to
Drake Tiedemann,
son of Tiffany and Chad
Tiedemann

NK VIKING competed
at State Wrestling:

Grade 11

44-9 # Class 1A

Weight: 160 pound

Place: 7th

Call out for Community Volunteers:

With spring right around the corner, it is time to start thinking about our upcoming track season. We are scheduled to host three track meets this spring and there is a good chance we will be hosting the State Qualifying Meet, making the total 4 meets.

It takes many volunteers to run a successful track meet, and even more when you're hosting a conference and state qualifying meet. If you are interested in helping out at the track meets we will be hosting this spring, please contact me. I can be contacted either by email at jreindl@nkvikings.com or on my cell phone (641) 390-0959. If you have helped out in the past at our track meets, first, thank you, and I will be contacting you soon. If you have not helped out before but would like to this year, please get ahold of me.

Below is a list of our home track meets and dates:

Friday, April 16 - Viking Girls Relays

Monday, April 26 - Viking Boys Relays

Tuesday, May 4 - Jack McMullen JH Co-Ed Relays

Thursday, May 1 - State Qualifying Meet ??



GO VIKINGS

Counselors' Corner, Mrs. Amy Hansen

Counselor's Corner

Amy Hansen, 7-12 School Counselor

Although it doesn't seem so outside, spring & summer opportunities are starting to roll in to my counseling office. I thought I'd share a few of them here, with advanced apologies for their random audiences!

Seniors will have the opportunity to learn more about graduation, WCDA, and other local scholarships on March 23rd & 25th during ISASP testing. Mrs. Deb Hanson will share all the important details for the WCDA scholarship with seniors via pre-taped presentation. All local scholarships are due to the high school office no later than April 1st.

Seniors are also finishing up their employability skills unit in English 12 with Mrs. Faugstad and me. Students will soon need to prepare a sample video interview, which is a compromise during this COVID school year. In-person interviews have subsided in real life, so we have adapted our own interview practice to reflect that. We hope to resume in-person mock interviews next year.

Juniors' ICAN Financial Aid presentations are virtual this year. I sent information for all students and parents regarding ICAN Iowa's services for NK families in **a flyer** several weeks ago and have linked it **here**.

Juniors also took the ASVAB on Wednesday, February 17th. Sergeant Luke Scheer will join us during a Life Skills lesson March 10th for the interpretation of scores.

10th & 11th grade students will soon have the opportunity to sign up for a spot on the morning of March 31st to register for Fall 2021 NIACC concurrent enrollment classes. We are glad to be able to continue to offer these opportunities to our upperclassmen. An email will follow when more details become available.

10th grade will also have an opportunity to visit NIACC for a special college & career day for just Northwood-Kensett at the end of April. Although the large, multi-school event has been cancelled this year, NIACC has been great at working with me to provide opportunities for our students! We are finalizing details now and will share them soon.

Additionally, we will have the work of updating 4 year plans for Fall semester 2021(!) when we return to school after spring break. 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** or my **counseling website** to access the resources and opportunities that are available to our school community.

Counselors' Corner, Mrs. Ashley Williams

In March, the Character Counts trait we will be focusing on is Caring. This is one of my favorite traits to work on with the students. In Guidance, I let students brainstorm what they can do to show kindness and caring. They have come up with answers such as drawing pictures to cheer someone up, writing thank you cards to people who have helped them, and playing with more students at recess. Throughout the month, we will practice showing kindness and caring to others.

With Iowa Assessments coming up soon, we are also talking about test taking strategies, such as reading the selection completely, finding key words, eliminating answers that you know are incorrect, and going back and checking your work. We will also talk about the importance of getting a good night's sleep the night before a test and eating breakfast the morning of.

Some students get anxious about tests, so we are also discussing relaxation strategies. These include closing your eyes and taking deep breaths, saying positive things to yourself, taking a short break by getting a drink, and talking about what makes you nervous with someone you trust.

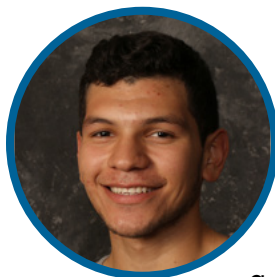
Grades 1-6 have also talked about the power of having a growth mindset. A growth mindset is the belief that even if there is an area that you struggle in, we all have the ability to grow and become stronger when we continue to practice and have positive thoughts about ourselves. Each grade has learned about positive self-talk and ways to build self-confidence. Some of these strategies have included creating lists of things each student feel are a strength for them, developing goals in an area they want to improve, and coming up with ideas for how to deal with feelings of frustration and anger when things don't go according to plan.

Is your student about to graduate from high school?

FUTURE READY IOWA

LAST-DOLLAR SCHOLARSHIP

Their tuition is covered for credentials leading to high-demand jobs right here in Iowa!



"I wouldn't be able to go to college if I didn't have this scholarship. I am really thankful. I want to stay in Iowa when I am done with school. When I turn 21, I want to work for a company in Sioux Center, Iowa, and travel the United States working for them."

David Topete, Northwest Iowa Community College, Construction



"It has been really nice to not worry about the financial burden of tuition. I've been able to focus on school. I hope to be working in a doctor's office starting this summer after finishing school, and I plan to start my health-care career in Iowa."

Stephanie Jenkins, Northeast Iowa Community College, Medical Assistant

It's easy to qualify:

- They file the FAFSA (Free Application for Federal Student Aid).
- They enroll in a program leading to a high-demand job. Find a list of schools and programs at IowaCollegeAid.gov/LastDollar.
- If all other available state and federal financial aid doesn't cover their tuition, the Future Ready Iowa Last-Dollar Scholarship will fill the gap.
- If they're a new high school graduate, they typically must start college full-time.

Details at IowaCollegeAid.gov/LastDollar
Questions? info@iowacollegeaid.gov



POPS LIII

The HS band and choir will present POPS LIII "Road Trip" on Friday, March 5 at 7pm. Two students designed t-shirts this year and students voted on the final selection. Thank you to Andrew Breitsprecher and Bella Hoch for your designs.



ROAD TRIP

HS students are also working hard to prepare the long-awaited production of "Rock of Ages: High School Edition." This show was originally planned for spring 2020, but was postponed due to the pandemic. With a new and fiery cast lineup, this show will be performed on Saturday, March 27 at 7pm and Sunday, March 28 at 2pm in the NK Elementary Auditorium. Tickets \$5. NK Activity passes accepted. The show features many classic rock songs from the 80s and will be entertaining for audiences of all ages.



The 2020-2021 school year has presented many new and unique challenges for our music students and it has been a delight to see them rise to the occasion. Fortunately most of our typical NK events were able to occur, even with modifications to location, audience, and social distancing. We are thankful for the ways we've been able to work through these complex situations with our administration. Each of the JH and HS choir have one performing event per quarter. These are opportunities for students to demonstrate the ability to apply musical skills and techniques they have been working on in class for a live audience.

March 1 the 5/6 chorus, 6th grade band, JH chorus and JH band will perform a variety of music including "Hallelujah," "Da Doo Ron Ron," and "Songs from Stranger Things."

News from the classroom - Math Club by Mrs. Lori Willert

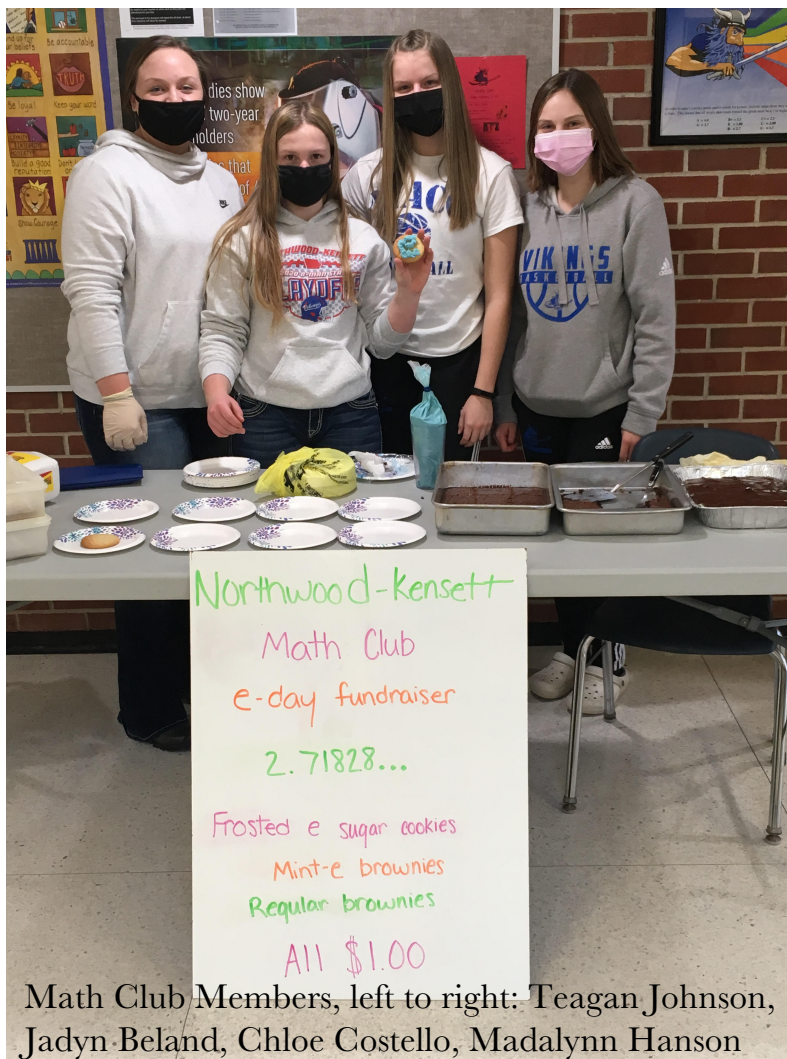


Math Club kids preparing cookies to sell at the next home basketball game in awareness of "e Day".

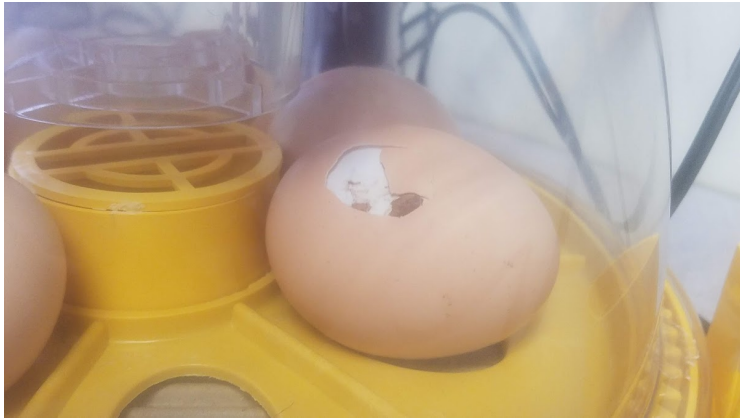
Left to right:
Jadyn Beland,
Weston Willand,
Kenny Conlin,
Nathan Hannemann,
Thomas Block,
Andrew Brietsprecher, and
Teagan Johnson.

e is a real, irrational number, like π , but whose value is approximately 2.718281.... thus the timing of hosting a fundraiser and awareness of the number close to February 7th.

There were brownies and cookies with a frosted "e" on the top available for \$1.00.



Math Club Members, left to right: Teagan Johnson, Jadyn Beland, Chloe Costello, Madalynn Hanson



Classroom News Grade 3 by Mrs. Lori Hill and Mrs. Colette Ubben!**NO AG FAIR THIS YEAR**

Each year the 3rd grade classes go to the Ag Fair that is put on by the Worth County Farm Bureau. It is held at the Worth County Fairgrounds. The 3rd grade from Central Springs also attends the Ag Fair. The Ag Fair consists of stations. Students are put into groups by various farm animals that are on their name tags.

Each group of students rotates to each station until all stations are attended. Stations include horses, cows, pigs, sheep and chicks (live farm animals are used), grain bin safety, electrical safety, combine safety, soy bean display, to name a few. Also, Mercy One helicopter and Northwood Rescue and Fire Dept. give students tours of their equipment. Mercy One is a big hit with the students, especially when it lands and takes off.

Northwood-Kensett FFA members are assigned to a group of students. They take them to the stations. When the students have completed the rotation, the FFA grills burgers and serve a lunch.

BUT.....since COVID-19 has struck us, 3rd grade was not able to attend. Lucky for us, the Worth County Farm Bureau has given us ample opportunities to have Ag in the Classroom without actually being in the classroom.

The Worth County Farm Bureau was given a grant which consisted of an incubator, brooder house, waterer, feeder and heat lamp for the 3rd grade to hatch chicks. Ag in the Classroom has set up monthly farm chats which is streamed live to our classroom. So far, 3rd graders have taken a virtual tour of a combine ride, toured a hog facility and toured a research hog farm. Still to come are a tour of a turkey farm and a tour of a shrimp farm. Even though COVID-19 is present, Worth County Farm Bureau/Ag in the Classroom has given 3rd grade plenty of opportunities to experience agriculture and for that we are thankful.

A BIG THANK YOU goes out to the Worth County Farm Bureau/Ag in the Classroom.

Spring Conferences!

Spring Parent/Teacher Conferences

Tuesday & Thursday, March 9th & 11th


Calendar JMC School Meals Email District Cal

Elementary School

- Elementary Conference Sign Up
- Welcome
- Weather
- Library Catalog

High School

- Jr/Sr High Conference Sign Up (in building students)
- Jr/Sr High Conference Sign Up (at home learners & alternative students)

Elementary Students Link

Jr/Sr High In Seat Students Link

Jr/Sr High At Home Learners & Alternative Students Link

If you haven't scheduled your parent/teacher conference, the links are available on the school website – www.nkvikings.com.

We look forward to seeing you at conferences.

DRIVERS ED SIGN-UP

DRIVERS ED
SIGN-UP

Max 40
students
per class
by oldest.

N-K jr/sr high students:

Are you interested in taking drivers-ed this spring? Stop in the high school office to sign up.

Deadline March 5th.



Please refer to the February Newsletter for information regarding the Online Moped Safety class coming up on March 27th.

Nurse's Corner by Kaitlyn Bruns, RN

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! (Ways to Enhance Children's Activity and Nutrition) 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.

Good Nutrition is key to good health. Try a rainbow of fruits and vegetables for better health:

Vary your Veggies: Go dark green and orange.

- Spinach
- Broccoli
- Brussel Sprouts
- Lettuce
- Carrots
- Sweet Potatoes
- Squash

Fruit Focus: Include fresh, frozen, canned or dried fruit.

Red: strawberries, apples, cherries, grapes

Orange/ yellow: oranges, clementine's, peaches, pineapples, bananas

Green: apples, grapes, kiwi

Blue/Purple: Blueberries, plums, raisins, blackberries, purple grapes. Go easy on fruit juice.

Besides fruits and veggies, remember these healthy tips:

Grains- Make half of your grains whole. Choose grains like whole wheat bread, brown rice, and oatmeal.

Protein- Go lean: poultry, fish, dried beans, egg whites, or egg substitute.

Calcium is important for strong bones, serve low fat and fat free milk.

Sugar is considered a WHOA food: they are the highest in sugar. Choose foods that don't have sugar as one of the first ingredients. A great choice includes honey!

Fats- Know your fats: Solid fats are higher in saturated or trans fats. Try to limit these.

Hungry for More?

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