



Northwood-Kensett Community School District VIKING DISPATCH

January 2022

Creating healthy, educated, ethical and productive citizens.

In This Issue:

Math Club//Coaches vs Cancer	1
From the Desk of Mr. Costello	2
From the Desk of Mr. Fritz	3
From the Desk of Mr. Crozier	4
News from the Classroom	5
7-12 December St of the Month	6
Jr. Sr. Counselor's Corner	7
Elem. Counselor's Corner	8
Classroom News	9-10
Nurse's Corner	11
Athletic Director 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
Bradley Christianson
John Anderson

MATH CLUB NEWS, MRS. LORI WILLERT

After meeting with the 5th graders on December 14th, the math club broke out in a joyous song of "Happy Birthday" to transportation director, Daryl Love!



OPEN ENROLLMENT REQUIREMENTS:

Districts are required to notify patrons of open enrollment application deadlines and the possibility of transportation assistance. For the 2022-2023 school year, the deadline for filing an open enrollment application for students in grades 1-12 is March 1, 2022. The deadline for students entering kindergarten is September 1, 2022.

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.

FROM THE DESK OF MR. BRIAN COSTELLO, ELEMENTARY PRINCIPAL

2022: Already or Finally?

Our perspective on how we look at things has a huge impact on the quality of our life. I don't think this is a huge secret, but it becomes difficult when we don't recognize how our own actions and negative thoughts impact others. Occasionally, I have conversations with students having difficulty with their own actions. Most times, students are quick to lay blame on others for causing their behavior. I try to get them to change their perspective and look at the situation from a new angle. Sometimes it works and other times, I have to try a different approach. It's a lot like the story about a pastor working through an issue at her church. There was a group of people that were always spreading gossip. The gossip had gotten so bad, feelings were being hurt and some had stopped coming to church. In response to this, she wrote an incredible sermon about the evils of spreading false truths. As she delivered the sermon, she looked across the congregation and she saw people shaking their heads in agreement with the message. She was certain her congregation understood the meaning of her sermon. As she was greeting people after church a few people that were notorious for spreading gossip shook her hand and told her how impactful her sermon was and they were hoping "other" people would learn from it. You see, they themselves didn't recognize their own thoughts and behavior. With the events of the past couple of years, it's understandable our students can easily get discouraged. As hard as we tried to shield our students, COVID certainly took its toll on them, both academically and emotionally. In response to the needs of our students, we've implemented the Zones of Regulation at the elementary building. This is a program to help our students recognize and regulate their feelings and emotions so they can be successful. We've also implemented "Caught you being Good" awards, and we're bringing *Joe Beckman* to our district in February to work with our kids and staff. We're meeting the challenges ahead of us head-on, all the while looking for the best ways to meet the needs of our students. Speaking of challenges; as the new year begins, my challenge for all of us is to spend more time spreading happiness, looking at situations from different points of view, and being reflective about our thoughts and actions.

Here's to a happy and healthy new year!

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

Phone and internet use quiz for parents

1. True or False

The amount of "screen time" a young person engages in during a 24 hour period is related directly to their level of anxiety and depression. (E.g. the more time I spend on my phone, tablet, or laptop, the more anxious and sad I become).

2. Multiple choice

The minimum age that a person is allowed to create a Snapchat, Instagram, or TikTok account is

- A) 10 B) 11 C) 13 D) 16

3. Short answer

What benefits are there for pre-teens and teens to having their phone with them from the time they go to bed to the time they wake up to start their day?

Answers:

1. **False.** Screen time by itself hasn't been demonstrated to cause an increase in depression or anxiety among teens, but time spent on social media (especially Instagram, Snapchat, and TikTok and especially by young girls) has a direct negative effect on young people's emotions and stress levels.

So if your young person spends a ton of time playing Angry Birds or watching YouTube videos of each other playing Minecraft, that's probably not helping their imagination or work ethic! But it's not damaging their self-esteem like spending time on social media at a young age does.

2. **C)** The minimum age a person is allowed to create and use a Snapchat, Instagram, or TikTok account is **13**. How old is your child, and do they have any of these accounts?

Think about why we wait to allow a teen to drive until they're 14, then increase responsibilities for driving when they're 15, then a little more when they're 16, and have to wait until they're 18 for all driving restrictions to be removed. Why wouldn't we as parents expect the same gradual increase of responsibility for social media and phone use?

3. Benefits of having a phone overnight when they're supposed to be sleeping? **NONE.**

Impose a phone curfew on your pre-teen or teen, by having them hand over to you their phone when they go to bed and you hand it back when they wake up. [Sleep is critical](#) to brain growth and healthy physical development.

Some good sites you can go to for more information, walk throughs for your child's social media settings, and some enlightenment about what we *think* we know about our childrens' use of the internet can be found at both <https://www.connectsafely.org/> and at <https://www.common sense media.org/>

FROM THE DESK OF MR. CROZIER**Viking Activity Center Update:**

They have made significant progress over the last month on the activity center. The building has been enclosed (temporary enclosures in some places). The block work should be finished during January. After the block work is done, they will be able to pour the floors and the track on the top level. While the construction is still behind the projected date, we are hopeful that the building will be ready for occupancy in May. This will delay the sale of membership; look for that information around March.

Big Changes Ahead for the District.:

There are always changes in education and at Northwood-Kensett we embrace change when data tells us it is best for the students. Mr. Costello and Mr., Fritz have been communicating with the public about the change from the JR./Sr. High concept to a middle school/High School concept. This change will bring the 6th grade to the secondary building which will then be referred to the Middle School/High School building. With the construction of the Viking Activity Center, we will have three rooms available for classrooms; the current cardio room, wrestling room, and the weight room. These rooms will be converted to classrooms this summer. Three of the current elementary teachers will move to the middle school for the 2022-2023 school year.

We will close on the TS Express building in January. This facility will house our transportation needs and become home to the administrative offices. The office complex in this building will allow us to move the superintendent's, business manager's, and human resource office to this building. This move will open three more rooms in the elementary for educational purposes.

As soon as the move to the new transportation facility is completed and the Viking Activity Center is completed, our long-range facilities plan will be carried out. This plan was approved in December of 2019. The major building projects for the plans were: secondary library renovation, a new transportation facility, and the activity center. I look forward to creating the next five-year plan.

News from the Classroom! By Mr. Brendan Ehlke



Some big changes are in store for the business department in the Fall of 2022, mainly in the form of Computer Science curriculum. New state requirements go into place that require us to offer a semester of computer science to our students. A team of teachers and administrators are still in the process of deciding exactly how this will look, but we have already done a lot of planning and research and are excited for the opportunity this will provide our students in the years to come.

One of the main focuses in my room the past few years has been on financial literacy, and this year has been no different. Finding ways to prepare our young adults for life after NK has always been a priority, and having strong financial literacy skills is as relevant as ever in today's society. We have had an overwhelmingly-positive response to making the course a graduation requirement, and will continue to look for ways to make the curriculum engaging and relevant to our students' lives both now and after graduation.

Finally, many students are looking forward to getting back up to Minneapolis for a Timberwolves game next semester in Sports Marketing class. The COVID pandemic put a two year hiatus on that trip, but we are planning on re-establishing it this spring. This trip typically includes touring the Federal Reserve, some sort of Timberwolves tour, and attending a game. It is an experience that many of our students wouldn't have without being a member of this class, so that makes it extra special to provide that opportunity for them.

December's Students of the Month Gr 7-12



Drew Wilder



Levi Wood



Kenedie Berry



Isaac Ludington



Ashlyn Skellenger



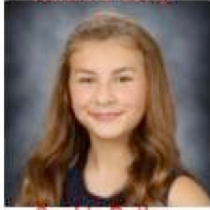
Briar Anderson



Macy Thorson



Sophie Rye



Sophia Butler



TJ Ausborn



Caden Helgeson



Damon Heyerson



Merrin Hanson



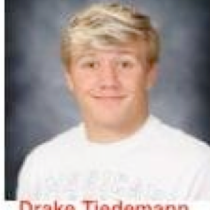
Camryn Rheingans



Olivia Willsher



Josiah Bass



Drake Tiedemann



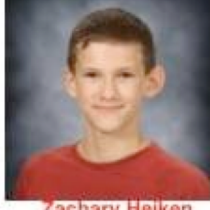
Marii Backhaus



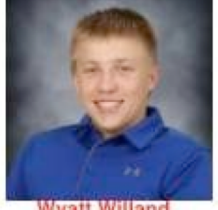
Lauren Heiken



Monte Sims



Zachary Heiken



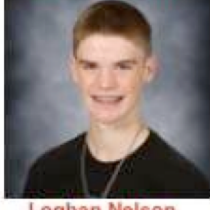
Wyatt Willand



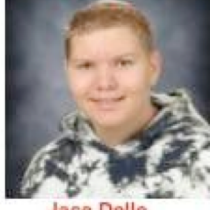
Emma Davidson



Dalton Logeman



Loghan Nelson



Jace Delle



MacKensy Tomlinson



December
2021
Student of
the Month

Counselors' Corner, Mrs. Amy Hansen

Ongoing Struggles With Social Media

by: Amy Hansen

I would like to confess: I really enjoy social media. In its heyday, I had a MySpace account. (I'm sure I'm dating myself with that one.) I opened a Facebook account when I received my Iowa State email address (Ope! Did it again!), and I enjoy the kinds of home decor and fashion content that I used to get from magazines over on Instagram. I even enjoy watching animal content on TikTok and Reels. But— it's a complicated relationship, because without a doubt social media is one of our biggest outside challenges we face when conducting business at our school, and one we are unable to filter or manage.

That's where we need your help, N-K families. The school does not have (nor want) access to the phones most students bring into our building on a daily basis. We do not have a say over whether or not your child has the ability to have unfettered access to the places where online bullying and other unsavory online behaviors occur. The direct/private messages in Instagram and Snapchat are just some of the places we have seen students act in ways that they would probably not act in person. I have become aware of unkind TikToks that Northwood-Kensett students have made about classmates in response to disagreements that they are having in real life. These things do not lift our students higher; they do not have positive impacts on the individuals involved or at school. On top of all that, the apps themselves are incredibly unhelpful in assisting schools when these issues occur. They, seemingly, do not care how people treat each other on these apps.

I last wrote about social media in February 2021 because of the YOLO app on Snapchat and how much negativity we were seeing at school from it. Since that time, YOLO has been discontinued on Snapchat because its organization and Snapchat were named in a lawsuit that involved a young person who died by suicide. The plaintiffs allege that the anonymous interactions on these apps were (at least, in part) to blame. No such calls have been made yet on TikTok, though there is ongoing debate in our nation's Capitol about whether or not legislative action should be taken to regulate that app, citing the damage it can cause. It will take time to determine just how damaging social media can be to the young people in our community and how to address these issues as a society.

For now, it is up to each individual family to protect their children from the harms that can befall social media. Consider limiting a child's screen time, especially at night. Consider filtering your child's phone for keywords that would concern you. Teach them the kind of behavior that is/isn't acceptable online. Like other behaviors kids learn throughout their childhoods, interactions online have to be developed through encouragement, redirection, and adjustment over time. The phones belong to the students and their families, not the school, which is why it's imperative that the work of curbing negative social media begins at home.



Counselors' Corner, Ms. Dakota Hansen

Guidance

I hope you all had a great break! In guidance class this month we will be focusing on cooperation and teamwork. Our students will learn and practice communication skills.

At the elementary school, we have incorporated a positive behavior reward system. This provides students with positive feedback. In December we filled our tree with ornaments of good behavior. Keep your eye out as each month we will have a new theme! At the end of each month we will hold an assembly and draw 2 students from each grade (PS-6) that will earn a certificate for being a good role model at our school!



We look forward to a great second half of our school year!

Ms. Dakota Hansen
K-6 School Counselor
7-8 Guidance Teacher
dhansen@nkvikings.com

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

Math Club Christmas Party
attenders on Tuesday,
December 14:

front left to right: Ariaah
Bode, Ashlynn Skellenger,
Wyatt Willand,
Kale Bode,
Mrs. Willert
back left to right:
Jon Meksi,
Teagan Johnson,
Weston Willand,
Emma Davidson,
Andrew Breitsprecher,
Madalynn Hanson,
Jadyn Beland,
Christopher Madson,
Kenny Conlin,
Chloe Costello



front left to right: >>>
Jaxon Reyerson,
Kaylee Franck,
Ivy Urbatsch,
Madalynn Hanson,
Wyatt Willand,
Konlin Perry
back left to right:
Weston Willand,
Teagan Johnson,
Andrew Breitsprecher,
Kenny Conlin,
Christopher Madsen,
Jon Meksi



The traditional Math Club visit to the 5th Graders took place Tuesday, December 14, 2021. Club members give students sharpened pencils to use, and encourage them to do well in school, especially math and science. A video of the past Rube Goldberg machine is shown, and they are told about pi and e numbers and celebrations held at the high school. Multiplication and division timed tests are held for fun as well with the top two finishers getting their picture taken with the math club members.

News from the classroom – Mr. Marty Cotter

**Mr.Cotter's AWIM Classes(A World in Motion)**

Students competed in Gear Car competition to end the year to see which students designed the fastest car. Students learned how gear ratios work and then designed cars for speed and also for going up an incline. Class champions from section 1 were Aria Bode and Dean Perry. Champions from section 2 were Ethan Franck and Wyatt Reich. Winning the overall competition was Ethan and Wyatt. Great job by all the 7th graders.

Nurse's Corner by Kaitlyn Bruns, RN



Northwood-Kensett Elementary has recently had several cases of head lice. We are sending this note to make you aware and encourage you to check your child's hair frequently for nits and live lice. Head lice is not something that will harm your child, but it is a pest that can be difficult to get rid of. We also encourage anyone with long hair to pull it back into a braid or ponytail.

PLEASE HELP: Once a Week, Take a Peek!!!

What are you looking for?

Adult lice are the size of a sesame seed. They live in human hair, draw blood from the skin, and lay eggs (called nits) on the hair shaft. Live nits are found less than $\frac{1}{2}$ inch from the scalp and most often on hair at the back of the head in the neck region or around the ears. Nits are small white/yellow tear-drop shaped that are attached to the hair shaft. Nits often resemble dandruff, but the difference is that nits are stuck to the hair shaft. Some children with lice complain of itchiness but many have no symptoms.

Is your child at risk?

Yes. Head lice will spread as long as children play together. They spread almost completely through human hair to hair contact. Anyone can get lice. Head lice are not a sign of being dirty, are not dangerous, and **DO NOT** spread diseases. Please encourage your child **NOT** to share hats, scarves, headbands, brushes, or combs.

Treatment

- Treat with a pediculicide (Rid, Triple X, Pronto, R&C, etc.). Follow directions on box and retreat as directed. Diligent daily combing is an essential part of a successful treatment.
- Hats, scarves, pillow cases, bedding, clothing, and towels should be machine washed and dried in hot water and hot air cycle as lice do not tolerate heat.
- Items that are not machine washable should be sealed in a plastic bag for two weeks.
- Vacuuming furniture and floors can remove hair with viable nits attached.
- For more information on successful treatment of lice please refer to <http://www.cdc.gov/parasites/lice/head/treatment.html>

School Exclusion

There is no need for children to be sent home or to miss school, though treatment should be started before returning to school the next day. If you have any questions or concerns, please contact me via email at kbruns@nkvikings.com.

Athletic Director, Mr. Jordan Reindl

Halftime Entertainment

Here's a list of activities that are going on during halftime of our varsity basketball games for the remainder of the season. These activities are a great way to showcase our youth athletics and other organizations.

Date	Opponent	Activity
January 3rd	Riceville	4th Grade Girls Basketball
January 4th	St. Ansgar	5th Grade Girls Basketball
January 14th	Nashua- Plainfield	3rd vs 4th & 5th vs 6th Basketball
January 21st	Rockford	3rd Grade Boys Basketball
January 28th	Newman	Dash for cash during halftime of varsity boys game.
February 4th	Osage	Senior Night

GO VIKINGS!!!

OPEN ENROLLMENT REQUIREMENTS:

Districts are required to notify patrons of open enrollment application deadlines and the possibility of transportation assistance. For the 2022-2023 school year, the deadline for filing an open enrollment application for students in grades 1-12 is March 1, 2022. The deadline for students entering kindergarten is September 1, 2022. 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.