



Northwood-Kensett Community School District VIKING DISPATCH

October 2022

Creating healthy, educated, ethical and productive citizens.

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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

Schoolwide Highlights

ATTENTION ALL PARENTS:

Fall conferences are fast approaching November 3rd and 8th. Please be on the lookout for the email notification to go sign up when we get the conference schedules created. Elementary will be posted on the district website under the Elementary Tab. MS/HS Conferences will be listed under the MS-HS TAB.

Photo RETAKES are October 18th for both buildings Elementary first then the Middle School.

Tina Johnson Elementary Secretary
Clara Helgeland MS-HS Secretary

Worth County Farm Bureau presented apple lessons to the N-K kindergartners. Students made an apple necklace to represent the life of an apple, worked on fun apple worksheets and ate tasty apples. Thanks N-K for letting us teach the students about agriculture.



A HUGE thank you to Theresa Stehn and Worth County Farm Bureau for all you do for our kiddos!

From the Desk of Mr. Crozier, Superintendent of Schools

School Safety Improvement Program:

As a response to the increase in mass shootings exacerbated by the pandemic, the State of Iowa has designed the School Safety Improvement Program as a proportional response to the harm experienced.

This program addresses the overall pandemic trend of increased mass shootings, and more specifically school shootings. This program allows schools to perform security assessments in concert with local authorities and assist the schools in creating and improving school security plans. It also provides funding for schools to invest in minor capital improvements for security enhancements from one or more of the six categories identified as eligible minor capital improvements.

The Northwood-Kensett School District has completed the security assessment program and is waiting for the report. Each district will be allotted \$50,000 per building for security improvement. This will give us \$100,000 for security improvements. We will take the information from the assessment and determine how to spend our money the best way possible for security improvements. While we have many security programs in place such as cameras, secured door entrance during the school day and privacy window film on entrances of the building; this money will allow for more security improvements for our district.

We continue to work with local law enforcement and emergency management to educate and improve our plans. This money and assessment will allow us to keep the safety of our students and employees a priority in our district.

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.

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, M.S.- H.S. Principal

...cont'd from last month's article regarding social media and its harmful effects on teens.

3. **Strongly consider waiting to allow them to have Snapchat, Instagram, or other social media until they're in high school.** We do not grant drivers licenses to people who are too young to be trusted with driving a vehicle, so why do we give our twelve year olds a device that gives them 24-7 access to the entire world wide web and all the good, bad, and ugly that exists there? You will not be popular with your child by forcing them to wait until they're older to have social media, but the [evidence against teen use of social media](#) is astonishing.

4. **Hold your child accountable, and let them learn that their choices have consequences.** If you provide them with a phone, teach them to use it responsibly. If you allow them to have social media, talk with them explicitly about what's ok and what's not ok—inappropriate photos, hateful speech, attacking others' reputations, embarrassing videos...NOT OK! If they misuse their phone or their social media, allow the consequences to occur, or implement them yourself. Show them what happens when they stray outside the boundaries; young people need this for their healthy development.

As parents, you are your child's first and best teachers. It's a tremendous responsibility, and the job isn't getting any easier! Fortunately in a small school like Northwood-Kensett, we have many opportunities to stay connected and work together to support our young people's healthy growth and development.



GO VIKINGS

From the Desk of Mr. Costello, Elementary Principal

October is the month for safety weeks...

“Fire Won’t Wait, Plan Your Escape” is the theme for the 2022 Fire Prevention Week. Fire Prevention Week takes place October 9-15.

National Fire Protection Association website recommends:

- Your home escape plan meets the needs of all your family members, including those with sensory or physical disabilities.
- Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level of your home.
- Know at least two ways out of every room, if possible. Make sure all doors and windows open easily.
- Have an outside meeting place a safe distance from your home where everyone should meet.
- Practice your home fire drill at least twice a year with everyone in the household.

Members of our Northwood Volunteer Fire Department will visit the school on October 14. Kindergarten classes will also travel to the Northwood Fire Station and have a tour of the building and hear about the different equipment.

National Bus Safety Week is during the week of October 17-21. 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



Counselor's Corner, Mrs. Amy Hansen

Maximizing Student College Visits

The topic of college selection seems to be everywhere these days... there are college representatives visiting our building weekly, we just talked about college entrance scores in 10th grade life skills, and next week Juniors' life skills lessons will focus on the very important task of college visits. And, of course, it's college football season, so some lucky students get to go to experience games on college campuses throughout the fall months.

As luck would have it, October & November are prime college visit season. Many of the most popular colleges have special visit days planned for the next two months, and I recommend that students who are serious about attending a specific community college, college, or university register and attend one of these special days. The college visit document is always available in my N-K Counseling One-Stop Shopping folder.

Beyond learning where to find information, I have a few tips for students & families to make the most out of their college visits, since at least one must be completed for graduation:

Tips:

1. **Bring a parent/guardian along.** Students tend to take college visits more seriously when in an adult's presence. It shifts the focus off of a fun day away from school and toward learning about the university. Additionally, parents tend to be less shy about asking important questions that you will want to know!
2. **Choose one of the "special" visit days if you can.** Colleges & universities pull out all the stops for this kind of visits, often even providing a catered lunch. You will get to see housing and hear from organizations & programs you are interested in on these days, in addition to special speakers or other activities that only occur during those "special" events.
3. **Provide as much information to the college as you can.** If you want to visit a specific program, they can help with that. The same goes for a specific sport or other campus organization. You will get to see more if you speak up, especially if that information is provided ahead of time!
4. **Visit as many colleges as you need to feel comfortable in your college decision.** Students who visit the campus before attending the college are more likely to feel like the college is a good "fit" and stay there for the duration of their college program. You may not like the first or second college you visit. Having a point of comparison is valuable.



Please don't hesitate to contact me if you need extra help lining these visits up. They are a vital part of choosing a college, and I would never recommend a student attending a college sight unseen:
ahansen@nkvikings.com or 641-324-2142 ex:117

Counselor's Corner, Ms. Dakota Hansen

**Red Ribbon Week**

October 23-31



What is Red Ribbon Week? This week represents more than taking a stand against alcohol, tobacco, and other drugs. It also means that people all over the country are dedicating themselves to healthy lifestyles. This includes exercising, eating right, getting plenty of rest, and trying to help your friends stay free of drugs.

Throughout the month of October, students will be working alongside Ms. Hansen and Shana Butler from Worth County Public Health to build safety skills when it comes to personal health.

RED OUT

Tuesday, October 25

Wear red to school to celebrate living a drug free life.

Did you know...

Children of parents who talk to their teens regularly about drugs are 42% less likely to use drugs than those who don't, yet only a quarter of teens report having these conversations.

Learn more about Red Ribbon Week at redribbon.org.

Ms. Dakota Hansen
K-5 School Counselor
dhansen@nkvikings.com

News from the classroom – Middle School Life

Middle School Life by Mrs. Johnson, Mr. Severson, and Mrs. Hansen

The Northwood-Kensett CSD took a leap forward and moved the 6th grade classrooms to the MS/HS building. The change has had some speed bumps, but after the first few days, things began to run smoothly. As always, the first speed bump for the 6th and 7th grade students was locker combinations. As for the three new teachers in the area of the 6th grade lockers, we became combination pros.

Some community members may not be aware of the renovation that was completed to add 6th grade to the middle school. Since the NK wrestling room and weight room were moved to the new N-K Activity Center, two rooms were opened up for the two middle school rooms. Mrs. Johnson's language arts classroom was the previous wrestling room. We know what you are all thinking...*How did they ever get rid of the smell?* To be honest, we don't know. Kent and Richard must have used some powerful cleaner. Mr. Severson's classroom was the old weight room. Even though some of the teachers felt like the wall of mirrors should remain, the district decided to remove them all. What was left behind? Clean walls. Which again was a surprise to us all. We thought for sure the glue would remain attached to the walls. The Synergy room was also moved to the new activity center. This allowed Mrs. Hansen's resource room to also be moved to the MS/HS.

Along with the classroom changes, there have been some additions to the curriculum and classes being offered. One new class is called Basecamp. During Basecamp Social Emotional Learning (SEL) is being presented to all 6th, 7th and 8th grade students. The Intervention class allows students time to work on assignments and other classroom activities. The middle school teachers communicate with each other and offer support to students with work. 6th, 7th, and 8th grade students also spend time every day in exploratory classes. Exploratory classes include Spanish, art, tech, FACS, doc processing, and guidance. These classes are on a six week rotation, so every student will have the opportunity to explore each of the six. There is nothing better than listening to the middle school students talk about the cookies made in FACS, the tech video from tech class, an art project that they are creating, the skills being taught in guidance and doc processing, or practicing Spanish with each other in the hallway. I don't know about you all, but some of those activities are what we remember the most fun in school.

We are all enjoying a wonderful start to the new middle school life.

Please visit or reach out with any questions or concerns.

Mrs. Johnson, Mr. Severson, and Mrs. Hansen welcome all forms of communications.

News from the classroom

Fourth Grade News by Mr. Troy Einertson

The 2022-2023 school year has begun and this year in 4th grade we started with a student teacher in our classroom.

Porscha McClanahan is an education major from UNI, and she will be spending the first 8 weeks of her student teaching experience in our room.

Porscha grew up in Washington, Iowa and graduated from Washington High School in 2019. Before her and her family moved to Washington, she lived here in Northwood, and went to preschool and kindergarten here. She enjoyed coming back to Northwood to visit her family, and when her placements came out, she was very excited to get back to the school where it all started for her.

We have been very busy in our classroom to start the year, and Porscha has done an amazing job working with the kids in the classroom. She started out teaching small groups, then moved on to teaching reading in the morning, and this will be her second full week of teaching the entire curriculum for the day. The kids enjoy her teaching style, and she does a wonderful job of keeping the kids engaged with their learning.

One of the kids asked her one day why she wanted to become a teacher, and she said that she has wanted to be a teacher for as long as she can remember and being around the kids and having the opportunity to be a part of their growth and their journey is just incredible. “Not only am I able to teach them but they’re giving me a chance to be taught by them. I learn something new about myself and teaching every day because of these kids and I am extremely grateful.” She wanted to become a teacher because she loves being around kids. “They bring pure joy and happiness to me when they walk into a room and being able to teach them just makes the experience very enjoyable.”

Our class and the entire 4th grade has been blessed to have Porscha in our room for her first 8 weeks of her student teaching experience. We have all learned a lot from her, and wish her well on her journey as she will be going to Nora Springs where she will be doing her second 8 weeks of student teaching in a 1st grade classroom. They are very lucky to have her!

News from the Classroom!

Coming to you from the Worth County Fairgrounds!

N-K and CS 3rd graders recently attended the Worth County Farm Bureau Ag Fair/Farm Safety Day at the Worth County Fairgrounds in Northwood. Students learned about agriculture and farm safety. Thank you to the N-K and CS FFA members for helping make this a great event. Photo credits go to Theresa Stehn, Worth County Farm Bureau! Thank you for giving us a peek into your day!



Jr. Sr. High School Character Counts

September 2022 Character Counts for outstanding students:

Dalton Logeman, Ariaah Bode, Luisa Bremer, Kale Bode, Peyton Shoger, Avarie Skellenger, Grady Buenzow, Keenan Davidson-Jacobs, Isaiah Heeren, Ivy Toresdahl, Ivy Urbatsch, Alexis Rops, Konlin Perry, Treycen Rollene, Amaya Rugland, Topanga Hackenmiller, Ashlyn Skellenger, Zach Heiken, Hixton Krambeer, Dagen Peterson, Bailey Thorson, Teagan Hackenmiller, Rylee Schoon, Ellie Ehrhardt, Kylie Reich, Sophia Butler and Mia Fierova.

If you see these students out and about, please congratulate them for making good choices and being stellar students!



News from Jordan Reindl, Athletic Director!

Dear Students and Parents,

You will have the opportunity to order your Northwood-Kensett Letter Jacket on Wednesday October 12th. **Jackets can be ordered between 11:45 – 1:00 in the Cafeteria.** At that time a representative from Meca Sportswear will be available to personally size each student and to answer any questions, sizing samples will be available to assure a proper fit.

Your Northwood-Kensett Letter Jacket features a quilt lining, wool body, and leather sleeves. Jacket package price includes your name on the front of the jacket, graduation year date on the sleeve, and ‘Vikings’ on the back of the jacket.

Package Price Cost: \$225.00

*6% sales tax and \$10.00 for shipping and handling will be added to your order.

Additional charges:

Items to be sewn on (Award Patches, Award Letters) - \$5.00/each

Sport Patches on Sleeve: \$12.00/each

3XL - \$20.00 4XL - \$31.50

Sleeve/body alterations - \$6.00 each if needed.

A deposit of \$100.00 is required on order day. Make checks payable to Meca Sportswear.

We also accept Visa, MasterCard, Discover and American Express for deposit or full payment at time of order.

PLEASE NOTE THAT DUE TO CIRCUMSTANCES WE CAN'T CONTROL JACKETS MAY TAKE UP TO 15 WEEKS FOR DELIVERY THIS YEAR

Please feel free to call me in advance with any questions you may have at 563-568-8116.

Sincerely,

Tony Becker

Sales Representative

1120 Townline Road

Tomah, WI 54660

P-563-568-8116

F-608-374-6405

tbecker@mecasportswear.com

Nurse's Corner by Kaitlyn Bruns, RN

We have made it through one month of school and it has been great seeing all the kids' smiling faces. Fall is in full swing and we are working hard to keep our classrooms healthy and ready to learn! With the change in weather, we often see an increase in contagious illnesses. RSV, colds, flu, and Covid-19. To keep these illnesses out of our schools, we ask that you monitor your children daily for any signs and symptoms of sickness.

A few friendly reminders:

Please do NOT send your child to school if he/she has or has had:

- A fever more than 100.4 degrees within the last 24 hours. They must be fever free without medication for 24 hours.
- Vomiting or diarrhea within the last 24 hours.
- Continuous coughing, not relieved with cough medicine.

The goal of keeping our schools healthy involves all of us!

Immunizations: The last couple of months I have been working on making sure immunizations are up-to-date on all students. I have sent out Provisionals for all students that have immunization requirements, and you should be getting those in the mail. You have 60 days to get these immunizations, please get these done!

Don't let your health get tricked this Halloween! Here are a few ways to stay safe and Healthy:

- **GET MOVING**

Carve out time to be active this Halloween- between get-togethers and trick-or-treating in the neighborhood. Take a walk to help you feel good!

- **EAT WELL**

Don't spend this Halloween filling up on junk food and sweets. Give yourself and your guests healthier choices and nutritious treats.

- **KEEP YOUR AND YOUR FAMILY'S BITE HEALTHY**

Keep Halloween candy at bay. Care for teeth the right way- brush with fluoride toothpaste each and every day.

- **PLAY IT SAFE**

Take precautions to stay safe while trick-or-treating on Halloween night. Watch out for cars, use reflective gear, walk with a group, and carry a flash light.

- **SCARE AWAY THE FLU AND COLDS**

Don't get spooked by the flu, wash your hands frequently and get a flu vaccine, too!

- **DON'T BE A ZOMBIE**

Sleep is important- even on Halloween! Get 7-9 hours each night. It's best for staying healthy and helping the disease fight!

(Courtesy of www.cdc.gov)

-Nurse Kaitlyn