



Northwood-Kensett Community School District VIKING DISPATCH

November 2022

Creating healthy, educated, ethical and productive citizens.

In This Issue:

From the Desk of Mr. Crozier	1
From the Desk of Mr. Crozier	2
From the Desk of Mr. Fritz	3
From the Desk of Mr. Costello	4
MS-HS Counselor's Corner	5
Elem. Counselor's Corner	6
Classroom News	7-8
MS-HS Character Counts	9
Athletic Director News	10
Nurse's Corner	11

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

From the Desk of Mr. Crozier

Winter Will Soon Be Here

With the weather getting colder comes snowstorms and cancellations. Please be sure to update your contact information in JMC so you receive important information regarding school cancellations and delays. As in the past, I will try to make these decisions as soon as possible but sometimes those storms sneak up on us.

Enrollment Picture

The certified enrollment number for our district this year is 511. This is up 8 from last year. This is good news for the district as our enrollment seems to be stable over the past 9 years. Open enrolled out students are down 3 at 37 students. Open enrolled in students are up 5 at 34 students. We will also get a credit of 21 students for the operational sharing of five positions with other districts. With our budget being enrollment-driven, the operational sharing dollars continue to be a big help to the finances of the district.

From the Desk of Mr. Crozier, Superintendent of Schools

Viking Activity Center

The VAC is up and running and being used by students and the community. I would like to pass along some information from comments that have come up about the activity center. During the school week the two courts will be reserved for athletic practices from 3:30-6:00 every day. There may be some days when they are open when we have games going on. One of the reasons for building the activity center was so we could have everyone practice right after school as much as possible. We also wanted to get away from having middle school practices in the morning before school. The upper level will be open during this time to members. Youth teams are allowed to reserve court space in the evening and weekends. During this time, we will always have one court open for open play and that will be on a first come first serve basis.

Students under 9th grade included in a family membership, must be accompanied by an adult while in the VAC. If students that are under 9th grade are with an adult and they want to be on the upper level, their adult must be with them. This is for safety reasons. They are allowed to be on the upper level with a coach for practice or school sponsored strength programs.

We have changed our hours due to feedback from members and usage rates. We are now open at 7:00 am on Saturday and will be closing at 9:00 pm Sunday – Thursday. We will continue to adjust the hours according to usage.

We are listening to members' recommendations. We now have a coat rack in the entry way. We will have a long bench arriving soon from Premier Poly Steel for the entry so people will have a place to put their gym shoes on. Reminder - we have lockers in the restrooms to secure your valuables.

Memberships are still available; consider one for a holiday gift or for that New Year's resolution. It is great seeing so many community members taking advantage of such a beautiful facility.

Be safe and enjoy the upcoming holidays!

From the Desk of Mr. Keith Fritz, M.S.- H.S. Principal

Parent-Teacher-Student Conferences in the Era of Living with COVID

A couple short years ago, I wrote about how we were going to pull off P/T conferences plus maintain all the COVID restrictions that were in place then. Remember wiping down chairs and tables after each use? Social distancing? In a district where we enjoy a high participation rate at our twice-annual parent-teacher conferences, sometimes as high as 85% of families participating, how were we going to continue to do so well with all of those rules in place?!

I'm proud to say that our P/T conference participation rate has rebounded from COVID and I wouldn't be surprised if 80% of our families participate in conferences this fall. Most schools are glad to have 30% participation, so you're knocking it out of the park.

In addition to the academic information you would expect to hear about, families will also visit about the "other half" of the equation for success in school: student behaviors. Is my son engaged in his learning, is he respectful to others, and does he contribute to a good learning environment or take away from it? Teachers assess students on these habits, also, and you'll be able to learn from the teachers what behaviors they're seeing in the classroom.

Thank you in advance for your involvement in your child's education, and I welcome any feedback you have for me after your conference wraps up.

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. Costello, Elementary Principal



Without a doubt, my favorite holiday is Thanksgiving. To me, it's about tradition and creating memories with family. When I was younger, my family traveled to my grandparent's house in Minnesota where we dined on oven-baked goose and duck that was recently harvested by one of my uncles, vegetables from the summer garden, and some of the best, grandmother-made, homemade pie. My uncles and aunts, along with my cousins filled my grandparent's house with conversation and laughter long into the evening hours. These are special memories. I hope past Thanksgiving memories are as special for you. As you plan for this year, Northwood-Kensett will dismiss at 1:30 on Tuesday, November 22 and not be in session the rest of that week. Classes will resume on Monday, November 28th

Finally, I have to mention fall/winter wear for kids. As hard as we try to avoid the topic, the reality is the cold weather will soon be upon us. With the lower temperatures and snow in the not-too-distant future, it's important to make sure your child is dressed for the weather. Our kids will go outside when the air temperature is above 0° and the wind chill is above -10°. To protect children from these temperatures, they should have a heavy coat, waterproof mittens (or gloves), and some type of protection to cover their heads. Once we have measurable snow, kids need snow pants and boots.

We have a limited supply of winter clothes kids can use, but do not rely on these items on a daily basis. If you need assistance to purchase any of these items, please contact Nurse Kaitlyn.

Thanks for your continued support,
Brian Costello

Counselor's Corner, Mrs. Amy Hansen

Spoiler Alert: Life (Both In and Out of School) is Challenging

I'm sure I don't need to tell you, adult stakeholders of the Northwood-Kensett community, that **life is full of challenges**. This can be a hard pill to swallow, because most of us really prefer to cruise down easy street as much as possible. However, I fear that a growing number of our students have lost sight of the distinction between "challenging" or "mildly irritating" and "a real emergency." I commend the students who recognize that day-to-day life requires many compromises and that the real world gives each person obstacles to overcome on a daily basis. These students rise to these challenges and emerge successful, resilient, and with the life skills we strive to help instill in every student.

I am concerned, though, about some of our students, who perceive an emergency when very "normal" things happen. Things like...

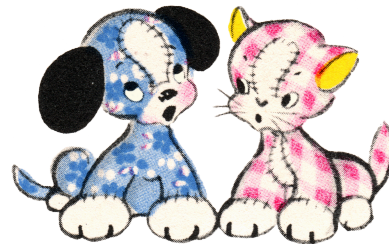
... not being in the starting lineup of their favorite sport.

... receiving less than an "A" on an assessment.

... not being partnered with their favorite person in the class.

... not being allowed to sit in their preferred seat.

... being given an assessed task that they aren't interested in completing.



At school, we continue to be empathetic to the fact that teenagers live in the present day and most life events seem serious and "big." However, we also know that it's in the best interest of every student and person to acknowledge that life challenges are a part of growing up, that life challenges are not likely to disappear from any person's life. The crucial idea, then, is to help students understand that, rather than determine that each challenge is an emergency that warrants causing a scene, students need to learn to determine what constitutes a real emergency and which situations require them to accept the challenge and do their best to meet or overcome it. When determining what is an emergency and what is a life challenge, adults can be thought partners with the teens in their lives, helping students by asking questions like:

... Do you understand why the coach made the decision he/she did?

... Did you understand the assignment and feedback you received? How did it correspond to the grade you were given?

... How does the assessment align with the class standards that it was assigned in?

... Did this situation potentially jeopardize your safety?

... Was the directive given unreasonable?

... Are you likely to have to interact with people you didn't choose for yourself in other parts of your life?

As adults in students' lives, we can help them to learn from these events and determine what is an emergency, and what they are capable of handling themselves with their own skills. It will help them for years to come.

Counselor's Corner, Ms. Dakota Hansen

FOOD PANTRY

Our food pantry at the Elementary is still up and running! We currently have nonperishable and frozen food, personal hygiene products and clothing.

In order to participate, families will need to fill out an application form.

This form should be returned to Ms. Dakota Hansen, the Elementary School Counselor. Families who qualify for free or reduced lunch or SNAPP automatically will qualify for the food pantry, they however will still need to fill out the form.

Families can receive food by having it sent home with your elementary students on Thursdays, or families can come and pick out items from the pantry on a scheduled time with Ms. Hansen or Nurse Kaitlyn Bruns. Personal hygiene products will not be sent weekly unless requested. To do this you can email or call Ms. Hansen.

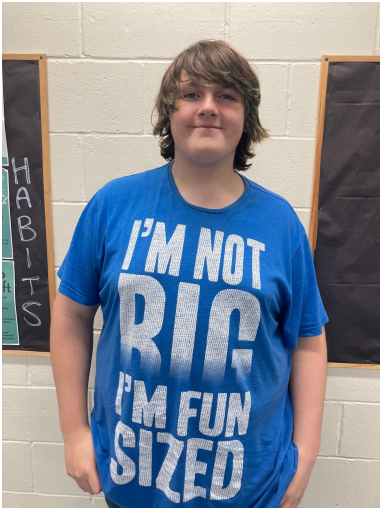
Dakota Hansen

dhansen@nkvikings.com

641-324-1127 ext. 216

Student Artist of the Month

September: Josiah Bass



I chose “Awakening” as my featured artwork. In the book that he is from he sleeps at the bottom of the ocean while a cult tries to wake him up. I used a mix of pencils and watercolor. The book he comes from is called *The Call of Cthulhu*. The story is about a man reading the notes of a mysteriously killed great uncle about a cult he found. I love the story and the idea that the human mind can’t comprehend everything. It’s a great story with horror within every page! This was the project that pushed me to learn how to draw hands. It was very annoying having to erase over and over again just for it to look right. After a while I was able to replicate it easily!



News from the Classroom! Ms. Hemann and Mrs. Kroneman

In the first grade we enjoyed a leaf unit that was presented by Heaven Walker. Heaven is the new Worth County Naturalist.

In this unit we -

- Learned why leaves change color.
- Learned what simple and compound leaves are.
- Took a walk around the neighborhood to collect leaves.
- Graphed the color of the leaves.
- Did a leaf rubbing activity.
- Created people and animals using leaves and other objects found in nature.
- Made suncatchers in a simple leaf shape.



Learning why leaves change color.



Making leaf people.



Finding leaves in the neighborhood.



Making leaf rubbings.



Graphing the leaf colors.



Lesson before we explore.



Suncatcher crafts.



MS-HS October Character Counts



News from Jordan Reindl, Athletic Director!

The winter sports season is just around the corner. There is nothing better than getting to watch our student athletes grow both on and off the court/mat. They will be putting in the extra time before and after school to invest in their programs. Like I've stated in past newsletters it would be a shame if these opportunities were taken from our students because of a lack of officials. The NIOA and I would like to encourage anyone that has interest in giving back to the sport and our student athletes to contact Ken Robbins.

WANTED

Men and Women to officiate Junior High and High School sports in North Iowa.

The NIOA (North Iowa Officials Associations) is in need of people to officiate all sports from Varsity level to Junior High level. Our demand for sports officials far exceeds our supply. So, if you have ever thought about getting into sports officiating at any level or sport, now is the time!

A person can officiate Junior High sports and NOT be certified with the state. We would put you with a certified official, to help with your mentoring. This is very easy to do.

To work any level of High School sports, you must be certified with the proper state association. This involves a small fee, taking an online open book exam and watching an online rules meeting. The NIOA Association is always available to help you get this done.

If you are interested in becoming a sports official no matter the sport, please contact Ken Robbins NIOA Coordinator of Officials (kenrobbins2390@gmail.com) , Scott Whitehill NIOA Assigner (coachwhitey@yahoo.com) or Craig Snider NIOA Assigner (craigsnyder@gmail.com). We look forward to hearing from you! You can also visit the NIOA website for more information (northiowaofficialsassociation.weebly.com).



GO VIKINGS

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.