



Northwood-Kensett Community School District VIKING DISPATCH

March 2023

Creating healthy, educated, ethical and productive citizens.

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1496 480th St. -DISTRICT OFFICE
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. Costello

Iowa Assessments

Each year, public schools in Iowa are required to administer a couple standardized assessments, one of which is called Iowa Statewide Assessment for Student Progress (ISASP). In the past, this assessment was the Iowa Test of Basic Skills (ITBS) and Iowa Tests of Educational Development (ITED). Northwood-Kensett Elementary will be administering this assessment to students in grades 3-6 from March 27 thru April 6.

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

For a small school, we are fortunate to have Big Opportunities for our students, and the month of March is full of them:

- The annual POPS concert occurs Friday, March 3
- Parent-teacher conferences occur Tuesday, March 7 and Thursday, March 9
- On Wednesday, March 8, a speaker named VJ Smith will share his message of kindness "The Richest Man In Town" with our students, thanks to the generous sponsorship of Farmers State Bank
- Also on Thursday the 9th, the math club will sponsor its annual Pi Day celebration at the end of the school day
- Then, over spring break, our band and choir students will head off to a tour of the Big Apple, New York City
- Not that they're excited about it, but after spring break we'll hold our annual, required ISASP testing
- Both the National Honor Society and the FFA host evening events in late March
- And how can we forget about the start of track season, softball and baseball practices getting going in the background, trap shooting season begins, and our seniors begin the last leg of their high school career

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

From the Desk of Mr. Crozier

On February 23, 2023 I had the opportunity to go to the Capitol and visit with our two legislators. Both Waylon and Jane made time to come out and visit with me.



There are many bills that are still alive in both the house and senate that will have both positive and negative effects on K-12 education. Below is the latest news post from the Iowa School Board Association regarding happening in the legislature that will affect K-12 education. Thank you, Jane Bloomingdale, for voting against the Educational Savings Accounts bill that passed. You continually told us that you would not support sending tax dollars to private education and you kept your word.

Under the Golden Dome

What a week! Bills were being introduced at a rapid pace with subcommittees scheduled almost immediately. Perhaps my favorite subcommittee of the week was the battle between oleo (margarine) and butter! Legislators considered whether to ban the use of margarine in schools because it was unhealthy. Turns out, the truth is that margarine is lower in the bad fats and higher in the good fats than butter.

On a more serious note, there were many good things that moved this week, such as increasing the weighting AND lifting the cap for operational sharing incentives! In addition, our early work to build momentum for preschool (and all of your efforts at Day on the Hill), has paid off. Now the real work begins, as we need at least 11 Republican votes to have the bill on the committee agenda.

One of the most frequent questions we get is what's going to happen with transparency, library books and the parental bill of rights. The House is taking a look at each of those proposals individually while the Senate is focusing on the governor's proposal.

Spring break is coming soon enjoy your time off and get ready for a fast pace to the end of the school year.



News from Jordan Reindl, Athletic Director!

MARCH

ATHLETIC DEPARTMENT

NEWSLETTER



HOME EVENTS

Track
 4/14- Girls Viking Relays
 4/24- Boys Viking Relays
 5/2- JH Co-Ed Relays

ANNOUNCEMENTS

Please email Jordan Reindl if you're interested in working at any of our home track meets this year.
jreindl@nkvikings.com

OPEN POSITIONS

Junior High Boys Track
 Assistant Baseball
 Assistant Football

Golf Simulator Reservations

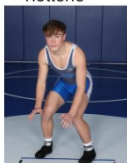
Reservations can be made at the front desk.

Viking Activity Center
 Hours

Monday-Thursday: 5:30 AM- 9:00 PM
 Friday: 5:30 AM - 8:00 PM
 Saturday: 5:30 AM- 8:00 PM
 Sunday: 5:30 AM - 9:00 PM

WINTER SPORTS SENIORS

Treyden Rollene



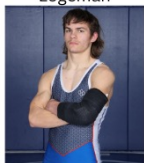
Monte Sims



Anthoni Martin



Dalton Logeman



Dante Sims



GradyBuenzow



Michael Janssen



Peyton Shoger



Nick Hanson



WANT TO BE AN OFFICIAL?
 Contact Ken Robbins:
kenrobbins2390@gmail.com



Counselors' Corner, Mrs. Amy Hansen

Counselor's Corner

Amy Hansen, Middle/High 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!

Juniors took the ASVAB on Wednesday, February 8th. Sergeant Luke Scheer joined us during a Life Skills lesson for the interpretation of scores February 17th.

Juniors' ICAN Financial Aid presentation will take place during Life Skills this spring. I will send information for all students and parents regarding ICAN Iowa's services for NK families in flyer format soon.

Seniors are finishing up their employability skills unit in English 12 with Mr. Frost and me. Students' Senior Interview week commences next week. This week, students are working to prepare for them and catch up on the other life skills portfolio .

Seniors will also have the opportunity to learn more about graduation, WCDA, and other local scholarships on March 20th-22nd during ISASP testing. We will also 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 Thursday, April 6th.

10th & 11th grade students will soon have the opportunity to sign up for a spot on the morning of March 20 to register for Fall 2023 NIACC concurrent enrollment classes. We are glad to be able to continue to offer these opportunities to our high school students. An email will follow when more details become available the first week of March.

Juniors and Seniors will be able to take the Accuplacer test on the morning of April 21st here at our school. Representative Anne Boyer will administer tests to students who either plan to attend community college in the fall, or for students who are planning to take a concurrent enrollment course that requires a minimum Accuplacer score or writing sample. We're grateful to NIACC for providing this opportunity!

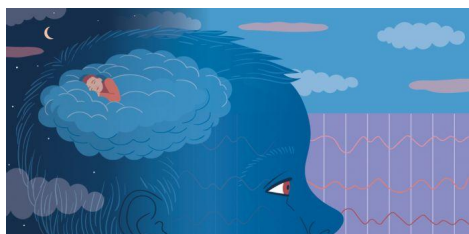
Additionally, we will have the work of updating 4 year plans for Fall semester 2023(!) when we return to school after spring break after the conclusion of ISASP testing. **All students** will be scheduled for an in-person or virtual meeting to review 4-Year plans and make adjustments for the next school year. You can check out my **NK Counseling One-Stop Shopping folder** to access the resources and opportunities that are available to our school community.

Counselors' Corner, Ms. Dakota Hansen

Does the amount of sleep a child gets affect their mental health?

Sleep and mental health are closely connected. The American Academy of Sleep Medicine encourages teens (ages 13-18) to get 8 to 10 hours of sleep each night, and grade-schoolers (ages 6-12) to get 9 to 12 hours nightly. Studies show that children who are getting enough sleep have a healthier immune system, perform better in school, and are cognitively healthier than those who do not. Children can bounce back from a few missed hours here and there, but regular sleep deprivation will lead to difficult behaviors and health problems. If your child is irritable, has difficulty concentrating, depressed, obese, or prone to headaches, sleep deprivation could be the source.

When you sleep your brain is reenergizing the body's cells, clearing waste from the brain, and supporting learning and memory. These processes are especially important for children as they learn and grow. When a child cannot go to sleep at night or wakes up frequently this essential development cannot occur. Some common reasons why a child cannot go to or stay asleep are fear of the dark or nightmares, unwillingness/ability to relax for sleep, or anxiety.



Tips to get a good night's sleep and support cognitive health.

Foster a good sleeping environment.

- Remove distractions (cell phones, computers, video games, TV).
- Keep the noise level down.
- A dark space promotes sleep and production of melatonin.
- Turn down the heat. Cooler temperatures help to promote deep sleep.

Establish a bedtime routine.

- Go to bed at the same time each night. Your body will recognize this routine and allow you to go to sleep faster.
- Calm down before you go to bed. Take a warm shower, read, stretch, or journal. (Avoid electronics as they stimulate the part of the brain that is designed to keep us awake.)

Support your sleep while you are awake.

- Limit naps to 45 minutes.
- Get exercise each day.

Dakota Hansen
Elementary School Counselor
dhansen@nkvikings.com

Happy Birthday Dr. Seuss! Mrs. Katcher, Elementary Media Associate

Our kindergarten and 1st grade classes have been enjoying our Spotlight Author of the month-Dr. Seuss.

We are learning Dr. Seuss's real name is Theodore Seuss Geisel. He was not a real doctor, but a famous writer and illustrator for children's books and so much more. In Dr. Seuss books, you will find much rhyming, repetition, made up characters and humor.

I have chosen 4 Dr. Seuss books to read each week with an activity to follow the story:

Our first story was "Fox in Socks" and the activity was to decorate a paper sock to pin on the clothesline on the Library wall. We have some very talented little artists.

Our second story was "Cat in the Hat" and was followed with a Headband craft kit of the Cat in the Hat for Kindergarten. These hats were worn for Dr. Seuss's birthday. The first graders played Doctor Doctor Seuss (similar to duck duck goose).

Our Third week's title was "Hop on Pop". A balloon relay game was a highlight as each relay team had to hop like a bunny to a chair, sit on their balloon to try to pop it and run back. This game has been a favorite. Lots of giggles are shared. Believe it or not some are very competitive. Second graders will be participating in this game during Dr. Seuss week as well.

Our Fourth week's title was "Green Eggs & Ham". Mrs. Katcher dressed up as Sam I Am to read the story and we played a game afterwards called NO Laughing.

Kindergarten will once again celebrate Dr. Seuss's birthday on March 2nd with games, treats and a little treat bag to go. Always sad to see this unit come to an end but we will be excited to learn about our new spotlight author of the month.

The Kindergarten and First grade students will vote at the end of the unit to see which of the 4 titles in the unit was their favorite. I am excited to see which title will win.

Classroom Highlights: Business Education-Mr. Preston Davidson

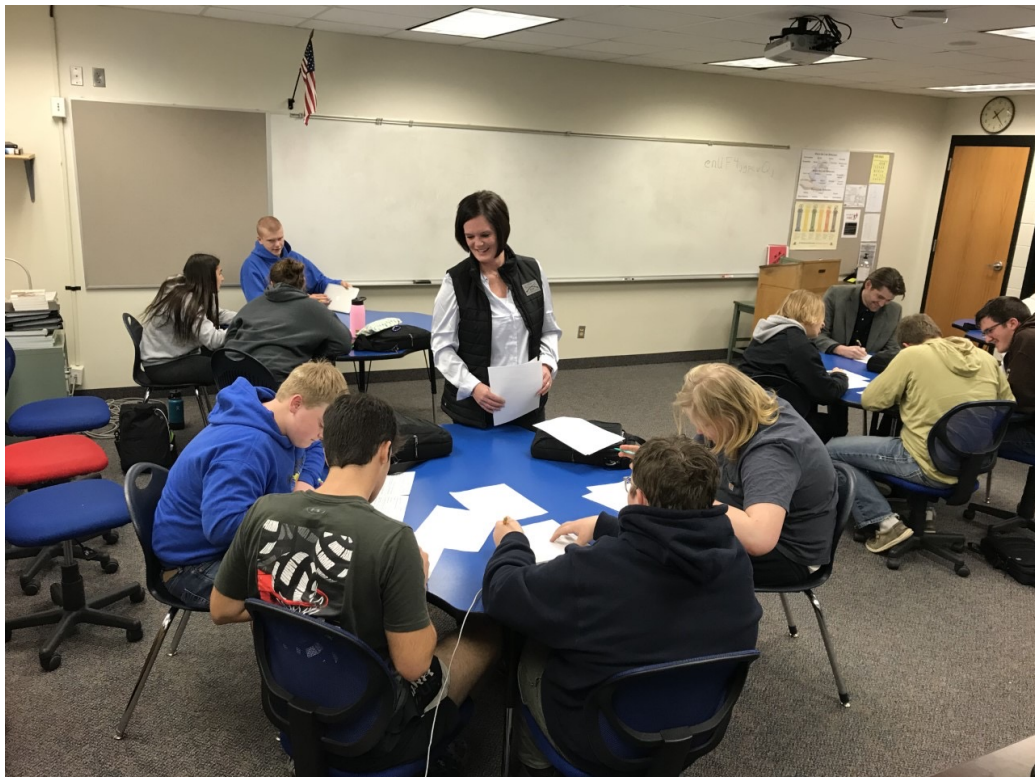
On Thursday, February 16th employees from Coloff Media came to N-K to talk about media and marketing. Jamie Nelson, Sales Manager, led a workshop where students formed hypothetical CNAs (Customer Needs Analysis). Then students used those CNAs to make radio advertisements with the assistance of Operations Manager J. Brooks.

The workshop was followed by a Q&A session which covered topics such as job duties, advertising strategies, high school sports streaming rights, and industry salaries and commission rates to name a few.

A big thank you to Coloff Media, Jamie Nelson, J. Brooks, Travis Charlson, and Jordan Arndt for their time and effort to help educate our students in this exciting field of business.



Classroom Highlights – Continued from pg 10



N-K MUSIC DEPARTMENT

March 2023



NOTES FROM THE PODIUM

Upcoming Events (K-12) | High School Trip to New York City | Student Honors

Upcoming Events

6-8 Band Solo Festival:

(ALL 6-8 Band Students)

Monday, March 27 @ MS/HS
After school (approx. 4:15-6:45)

HS State Solo & Ens. Festival:

(Select HS Band & Choir Students)

Sat., April 15th @ North Butler

River City Honor Band:

(Select 5th & 6th Grade Students)

Sat., April 22nd @ Mason City

Grades 4-8 Spring Concerts:

(ALL Music, Band, and Choir Students)

Fri., April 28th @ Elem. Gym

Grades 4-5: 6:00 PM

Grades 6-8: 7:15 PM

HS State Large Group Fest.:

(ALL HS Band & Choir Students)

Friday, May 5th @ Decorah

HS Fine Arts Awards Concert:

(ALL HS Band & Choir Students)

Tuesday, May 9th

7:30 pm - High School Gym

HS Graduation:

(ALL HS Band & Choir Students)

Sunday, May 14th

1:30 pm - High School Gym

North Iowa Band Festival:

Sat., May 27th (Morning)

@ Mason City

Memorial Day Services:

Monday, May 29th (Morning)

@ Kensett & Northwood

Pops LV Friday, March 3rd

The N-K High School Music Department will present their 55th annual Pops show Friday, March 3rd at 7:00 PM in the elementary gymnasium. Admission is \$5, but N-K activity passes are accepted!



The theme of this year's show is "Once Upon a Time." The evening will feature music from fairy tales and legends, including many Disney movies, "How to Train Your Dragon" and "Shrek," performed by the high school band, choir, and jazz band. As always, the show will also feature student skits and solo performances. We hope you can join us for a fun evening featuring many talented students!

HS Band & Choir Set to Travel to New York City

Every four years, students in the N-K high school band and choir have the opportunity to travel, and take in the arts and culture of a big city. This year, the group will once again travel to New York City over spring break.

The band and choir will stop in Chicago along the way to have a clinic session with faculty at the highly-regarded VanderCook College of Music. Once in New York, the students will have the opportunity to visit the Statue of Liberty, 9/11 Memorial & Museum, Radio City Music Hall, Madison Square Garden, two Broadway shows, and much, much more!

Musical Honors

Winter is the season for honor bands and honor choirs! Throughout January and February, select N-K students have participated in four different honor ensembles across north Iowa.

JANUARY 7th

North Iowa Bandmasters Association High School Honor Band at NIACC in Mason City.



(L-R): Weston Willand ('26), Kenny Conlin ('24), Zach Heiken ('26)
Kenny was 1st chair trombone for the Junior/Senior Band!

FEBRUARY 14th

North Central Iowa Choral Directors Association 5th & 6th Grade Honor Choir at Algona.



(Back, L-R): Brianna Perkins, Ivy Urbatsch, Kenly Solberg, Piper Brunsvold
(Front, L-R): Aidan Ouverson, Tegan Trenhaile, Wesley Ballantyne
Not Pictured: Beatrix Koenig-Fierova

FEBRUARY 10th

Northern Festival of Bands High School Honor Band at the University of Northern Iowa in Cedar Falls.



Kenny Conlin

Kenny was 1st chair trombone for the Symphony Band!

FEBRUARY 27th

Top of Iowa Conference High School Honor Choir at NIACC in Mason City.



(Back Row, L-R): Austin Orth ('25), Isaac Ludington ('26),
(Middle Row, L-R): Emersyn Wahl ('26), Alexandria Hanson-Brandsoy ('24), Laney Miles ('24), Kelsi Liddle ('24)
(Front Row, L-R): Camryn Rheingans ('26), Sophia Butler ('26), Alexis Rops ('24), Mallory Rheingans ('24)
Not Pictured: Nyx Mayberry ('25), Soraya Moran ('25), Gabe Thompson ('26)

2nd Grade Science Classroom News by Mr. Jake Urbatsch



The N-K second graders have been busy learning about plants during science class in recent months. They've learned what plants need to survive, how different plants disperse their seeds, and why trees grow so many leaves. The second graders also enjoyed participating in two different programs involving plants with Worth County Naturalist, Heaven Walker. These included a program learning about the different ways plants disperse their seeds and how plants use photosynthesis to make food for themselves.



6-12 Student of the Month Honors



Chance Moesch



Konlin Perry



Luisa Bramer



Alec Ducommun



Austin Orin



Gray Cummins



Kenly Solberg



Ashlyn Skellenger



Ivy Toresdahl



Konner Dowd Mincks



Emersyn Wahl



Jacyl Beland



Chloe Costello



Hallie Hanson



Nicholas Hanson



Lexis McHenry



Tegan Tranballe



DeLoneo Emsussen



Bailey Thorson



Ariah Bode



Ariella Skellenger



Elizabeth White



Michael Erickson



Christopher Madsen



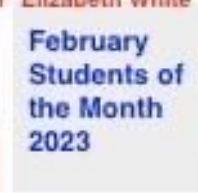
Maya Johnson



Isaiah Heeren



Taryn Jackson



February
Students of
the Month
2023

News from NKCS D

Dear Anonymous Donors to the N-K Nutrition Fund

The Northwood-Kensett School District would like to thank the numerous community members and organizations for your recent gift of funds to support our families nutrition program. You truly made the difference for several families, and we are extremely fortunate to have your support!

Spring Conferences: (MARCH 7 & MARCH 9)

IF you have not already signed up for a conference, please do so at your earliest convenience. Signups can be located on the NKCS D District website under the Elementary or MS/HS tab. Please navigate to your child's advisor in the elementary building and choose an available time that works for your family.

2022-2023 DISTRICT CALENDAR

- Mar. 7 & 9: Parent-Teacher Spring Conferences
- March 9: End of 3rd Quarter (45 days)
- March 10: No School Comp Day
- Mar. 13-17 Spring Break No School
- March 22: 1:20/1:30 Early Out PLC
- April 7: Good Friday No School
- April 9 Easter
- April 12: 1:20/1:30 Early Out PLC
- April 26 1:20/1:30 Early Out PLC
- May 10: 1:20/1:30 Early Out PLC
- May 14: Graduation
- *May 19: *TBD*Early Out 12:20/12:30 (Last Day Students)**
End of 4th Quarter (44 days)
End of 2nd Semester (89 days)
- *May 22: *TBD*Professional Development**
- May 29: Memorial Day (No School)

***TBD: The last day of school for students & professional development day(s) for staff are subject to change due to inclement weather and at the discretion of the school board at the next regular school board meeting.**

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.

Everyday Eating Tips:

- **Change your shopping habits**
 - Eat before grocery shopping
 - Make a grocery list
- **Watch your portion sizes**
 - Share an entrée with someone
 - Don't serve seconds
 - Eat off smaller plates
- **Change the way you prepare food**
 - Make foods flavorful with herbs, spices, and low-fat seasonings
 - Grill, steam, or bake instead of frying
- **Change your eating habits**
 - Keep to regular eating schedule
 - Eat before you get too hungry
 - Stop eating when you are full

Eating healthy sounds easy right?? Well sometimes it can be easier said than done. The WeCan! website has great resources for better nutrition including shopping tips, family recipes, eating healthy when eating out, and serving sizes and portions. GO, SLOW, and WHOA foods are terms to be aware of when making your next grocery run.

GO Foods are:

- Lowest in fat and sugar
- Relatively low in calories
- Great to eat anytime
 - Examples include fruits and veggies, whole grains, low fat milk products, etc.

SLOW Foods are:

- Higher in fat, added sugar, and calories
- To be eaten sometimes/less often

WHOA Foods are:

- Highest in fat and added sugar
- "Calorie-dense"
- Often low in nutrients
- To be eaten only once in a while/on special occasions, in small portions

Hungry for More?

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