

NORTHWOOD-KENSETT CSD



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Newsletter designed by: Tina Johnson, Elementary Secretary

NOVEMBER 2023

School Board Members

Larry Hovey - President * John Anderson - Vice President
Susan Kliment * Cindy Pangburn * Bradley Christianson

District Vision Statement: Creating healthy, educated, ethical and productive citizens.

Upcoming dates to remember

November 10th-No School Teacher Inservice

November 15th- 1:20/1:30 Early out

November 21st- 1:20/1:30 Early out

November 22nd- No School Comp day

Nov 22nd-24th - Thanksgiving Holiday-(No School)

November 29th- 1:20/1:30 Early Out PLC

December 13th - 1:20/1:30 Early Out PLC

December 22nd - 1:20/1:30 Early Out

December 25-January 1- Winter Break (No School)

January 5th- End of 2nd Quarter/1st Semester

January 10th - 1:20/1:30 Early Out PLC

January 24th - 1:20/1:30 Early Out PLC

FROM THE DESK OF MR. MICHAEL CROZIER, SUPERINTENDENT

I hope this newsletter finds you well as we transition into the beautiful month of November. We have many exciting updates and events to share with you, as we continue to focus on providing the best education and support for our students.

In This Issue:

1. Upcoming Events:

- November 22, 23, and 24: Thanksgiving Holiday Break- No Classes

2. Student Achievements: We're proud to celebrate the achievements of our students, both in and out of the classroom. This month, we highlight Kenny Conlin

- Last Saturday, Kenny Conlin ('24) was one of 147 trombonists auditioning for a total of 22 trombone chairs in the Iowa All-State Band and Orchestra. Kenny was one of only a handful of students across the state selected as an Alternate Trombone! Should any of the 22 be unable to perform in November, he is on the short list to be called to play! Kenny is only the second N-K student in the last 25 years to earn the honor of being chosen in any position for the Iowa All-State Band or Orchestra. Congratulations, Kenny!

3. School Updates:

- We have recently posted our updated District Developed Special Education Service Delivery Plan on the website. It is a requirement that we review this document every five years and make it available for public comment.
- Also recently posted to the website is our Return-to-Learn plan for public comment. We are currently back to in-class operations as normal and are following current CDC guidelines and state law regarding COVID-19. As long as we are still receiving Covid money it is a requirement that we update this document and seek public input.
- We are in the process of updating our intercom and notification systems within our buildings. In the near future we will have monitors in all classrooms and hallways that we will be able to send messages through voice or electronically. This system will also provide many other capabilities such as a bell system, clocks, emergency notifications, and weather. If you would like to take a look at this system, go to this [link](#).
- The certified enrollment number for our district this year is 512.58. This is up 1.58 from last year. This is good news for the district as our enrollment seems to be stable over the past 10 years. Open enrolled out students are down 4 at 33 students. Open enrolled in students are up 8 at 42 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.

4. School Safety Reminder: With the change in weather, a reminder to students and parents about staying safe during winter months. Information about school delays or closures due to inclement weather will be communicated through your contact information in JMC. So you receive important information regarding school cancellations and delays please be sure to make sure your information is updated. As in the past, I will try to make these decisions as soon as possible but sometimes those storms sneak up on us.

5. Parent-Teacher Conferences: We encourage all parents to attend these valuable meetings to discuss your child's progress and address any concerns. Please schedule your appointments with your child's teacher or building secretary.

6. Stay Connected:

- Follow us for regular updates on our Facebook page at <https://www.facebook.com/NKVikings> .
- Visit our [website](#) for the latest news and information.

Thank you for your continued support, and we look forward to a successful and productive month of November. Together, we can make a positive difference in the lives of our students and our community.

Michael R. Crozier, Superintendent

FROM THE DESK OF MR. BRIAN COSTELLO, ELEMENTARY PRINCIPAL

First quarter has come and gone. I hope you were able to make it to Parent/Teacher Conferences on November 2nd or November 6th. One particular topic your child(s) teacher shared was the reading progress your student is making as measured by the FAST Assessment. This is our universal screener we use in kindergarten through 8th grade. This particular assessment is also used to meet the Early Literacy Law. The law requires that Iowa's school children read at grade level by the end of third grade. As a result, rules were put into effect in order to improve reading within the state. We are required to assess students in the fall, winter, and spring. Pay particular attention to see if your child is reading at benchmark. If your child is reading below benchmark we are providing the following supports:

Progress Monitoring:

All students who are performing below benchmark are required to receive weekly progress monitoring. This allows schools to monitor the improvement students are making toward end-of-year goals (i.e., spring benchmark) given the intervention they receive.

Intensive Interventions:

If a student performs below benchmark on two consecutive screenings they receive intervention(s) to remediate their reading difficulties. The intervention(s) is required to continue until the student meets grade level expectations.

If you have questions, I encourage you to visit with your child's teacher.

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 has hit us. With the lower temperatures and snow in the not-to-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.

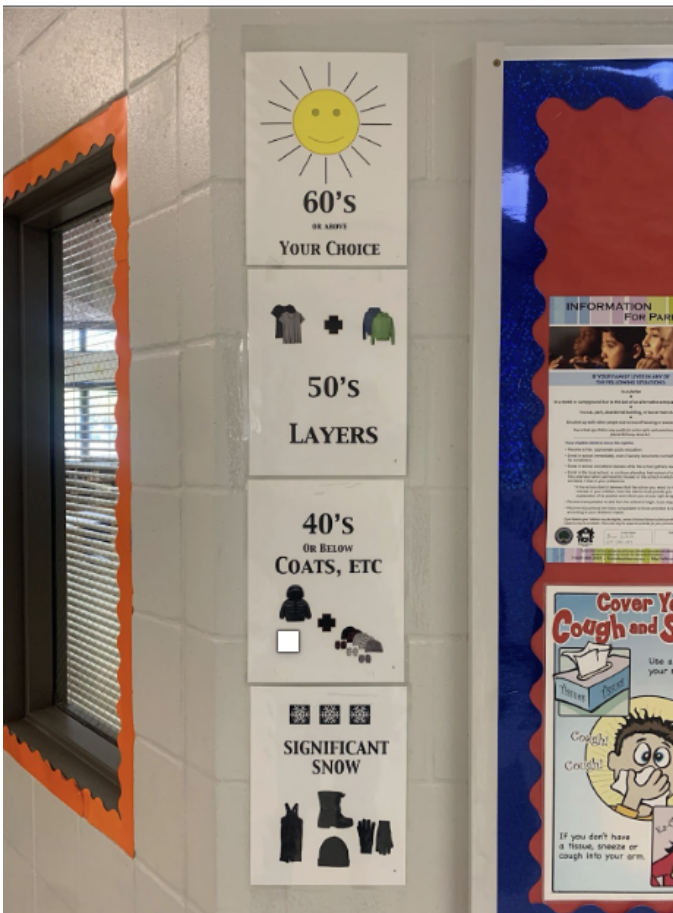
Thanks for your continued support,

Brian Costello

NURSE'S CORNER-KAITLYN ANDERSON, RN

Wow, it's already November! Colder temperatures are upon us, and as much as I hate to admit, it will only continue to drop until next spring. Now is a good time to dig out your student's winter wear and check to make sure that coats, snow pants, and boots still fit and are in working order.

When accumulating snowfall starts, snow pants and boots are not only a necessity but also a requirement for recess at the Elementary. If students do not have these items they are expected to stand by a wall or play on the blacktop, if there has been an area cleared off. This is to protect their legs and feet from getting wet which results in an increased risk for frost-bite. I do have a limited supply of boots and snow pants to lend out if a student forgets or a tear occurs, unfortunately I do not have enough to supply all students.



Ears and fingers are the most susceptible areas to get frostbite so a warm hat, ear warmer, or ear muffs and waterproof gloves are also extremely important.

If you are experiencing financial hardships and are having difficulty funding these items please do not hesitate to contact me or one of the school counselors to discuss options for you.

Around the school we have posters hanging all over, just like the one below. We try our best to remind students that they need to wear their coats outside during recess. Every once in a while, we all forget, but it is important, especially during these colder days to

remember our winter coats. Parents, please remind your kiddos to wear their winter coats and warmer clothes to school!

And, in other news. We are seeing a trend within our middle school and high school population that continues to grow increasingly concerning. Staff here at Northwood-Kensett have noticed many students walking around with **energy drinks** in hand. For many students, this may be a way for them to get through the day, while also being energized, but what they don't understand are the effects these beverages have on their bodies. These effects include but are not limited to:

- Dehydration
- Heart complications (Irregular heartbeat and heart failure)
- Anxiety
- Insomnia

We are already getting complaints of chest pain by some students after consuming these products. The biggest contributing factor to this is the large amount of caffeine and other stimulants that are put in these drinks. Unknowingly, this is increasing their heart rate and blood pressure causing many of the symptoms they are indicating. The American Academy of Pediatrics states that “caffeine and other stimulant substances contained in energy drinks have no place in the diet of children and adolescents.” For some parents, you might not even know your child is consuming these products. However, they are made available to your children at any gas station, or store.

We ask that you are having a conversation with your student, to ensure they understand what is being put in their body, and the possible consequences it plays on their health. For more information on energy drinks and the toll they take on the body, please visit: <https://doi.org/10.1542/peds.2011-0965>

If you have any questions, please feel free to contact the school nurse.

Kaitlyn Anderson, RN
NKCSD School Nurse
Ph. (641)324-1127 ext 227
kbruns@nkvikings.com

FROM THE DESK OF MR. KEITH FRITZ, MS/HS (SECONDARY) PRINCIPAL

I want to let parents know about our Silver Cord program for community service.

Students at the 6-12 level can earn the privilege of wearing a silver cord with their graduation cap and gown if they can show that they've engaged in 100 hours of community service by the time they graduate.

We have students logging hours volunteering to help with vacation Bible school, with their 4-H group, at American Cancer Society fundraisers, and at the retirement home, to name a few.

There's a form that students can pick up in the office, which they complete and then return to me.

Safe + Sound Iowa is a new resource, sponsored by the Governor's office through Homeland Security, that is designed to help students help each other by providing them with a way to anonymously report crimes, self-harm, threats, and other dangers to school and law enforcement authorities.

Through an app on their phone (and what teen these days doesn't have a phone?!) students can select the city and school they're concerned about, then can choose from concerns including child abuse, guns, suicide threats, and sexual assault, among others.

Once the report is made and submitted, it is routed directly to the appropriate building principal AND to local law enforcement. We can then follow up and determine the next course of action.

Young people want to help, but they also often want to remain anonymous, so we're hopeful this app provides useful information to authorities in a way that's sensitive to students' privacy concerns.

NOVEMBER

ATHLETIC DEPARTMENT



NEWSLETTER

As I sit and reflect on our Fall sports season I would like to thank all of the volunteers who helped out at our volleyball and football games this year. It takes many volunteers to make our athletic programs here at Northwood-Kensett successful. I can't thank all of them enough for all their hard work. With their help this fall, we were able to host many varsity, JV and junior high games without any major issues.

I also want to thank the student athletes and the coaches themselves for all the work and extra hours they've put into their seasons to help make them successful. Athletics is all about overcoming adversity and that's exactly what our sports teams had to do this fall. Most of our student athletes arrive at school by 6:30 AM and don't leave until after 6:00 PM. It always amazes me how resilient our kids are. They are pulled in what seems like 1,000 different directions, but it never seems to phase them. So next time you see one of our student athletes make sure to thank them for their dedication to our community.

The student body and fans also deserve a big shoutout. The student athletes appreciate you following the teams throughout the season. As the AD I'm extremely grateful for our student section along with our adults who attended our events this fall.

The athletes will have a few weeks off now before the start of the winter sports seasons. Girls basketball and wrestling starts practices Nov. 6th, and the boys basketball and wrestling teams will start Nov. 13.

Volunteers Needed

As you all know it takes many volunteers to run and manage our home contests throughout the year. We are always looking for new people wanting to help make our events happen. Here is a list of different volunteer opportunities.

JV Basketball Scorebook.
Scoreboard operators (varsity basketball, wrestling, softball).
Track meet workers

Please contact Jordan Reindl if interested.

jreindl@nkvikings.com
641-321-2142
ext. 110

OPEN POSITIONS

Junior High Boys Track
Assistant Wrestling
Assistant Softball
Assistant Football

Booster Club Donation

Title Sponsor: \$2,000
Gold Sponsor: \$1,000
Silver Sponsor: \$500
Bronze Sponsor: \$250
Team Sponsor: \$100
Viking Supporter: \$50

Donations can be sent to:
Booster Club Treasurer
Amber Julseth
407 5th St N Northwood, IA

WANT TO BE AN OFFICIAL?

Contact Ken Robbins:
kenrobbins2390@gmail.com



Northwood-Kensett Students of the Month - October 2023



Kelsi Liddle



Justin Mills



Morgan Wallin



Kenny Conlin



Trinity Carlson



Logan Espinosa



Ariana Heiken



Braydon Ross



Sophia Butler



Isaac Ludington



Madison Espinosa



Keenan Davidson-Jacobs



Ashlyn Skellenger



Bryck Abrams



Ivy Toresdahl



Maci Platts



Kenly Solberg



Kia Stricker



Quinn Schroeder



Amaya Rugland



Avery Grunhovd



Kristian Heeren



Leah Diamond



Camden Trenhaile



Kaylee Franck



Bailey Thorson



Jayla Rudolph



Counselor's Corner: MS/HS Counseling Roundup

I just returned from the Iowa School Counselor's Conference, and I wanted to share some things I learned there:

Wait Until 8th: I attended a packed Social Media session; school counselors from across the state expressed their ongoing concerns about social media's affect on school-aged children of all ages. Unfortunately, the only new idea that was shared that we don't already use at Northwood-Kensett is the [Wait Until 8th](#) movement, and I wanted to share it with N-K families. The idea is that no child should have a cell phone until at least 8th grade, as it helps to protect students' mental health and preserves their innocence and childhood. I encourage parents and other stakeholders in our school community to explore the movement to see if any meaningful adjustments can be made to your child's social media presence/usage.



The [University of Iowa's Scanlan Center for School Mental Health](#) also offers short-term counseling remotely to help students aged 10+ who are struggling to be connected with mental health support in a timely manner. You can learn more at the link above.

Life Skills Updates:

6th grade is now working through the Catch My Breath curriculum developed by CVS Health & Discovery Education. I attended a vaping presentation at the ISCA conference, and these kinds of programs were encouraged for student vaping prevention.

8th grade will have their career-related Discover Day event at NIACC on December 19th. Tuesday, November 14th is the date set aside for NIACC Explore! for 10th grade students. If you have a 10th grader, an email was sent on November 5th regarding that event.

10th grade will wrap up Teen Mental Health First Aid Training on Thursday, November 9th. This is the 4th N-K class to complete the training, which helps to identify mental health challenges for the students themselves as well as for others, and helps students learn how to support others who may be going through a mental health challenge.



12th grade recently discussed scholarships in a life skills lesson. The NIACC Foundation scholarship is open to students right now, so I encourage students to complete that while we wait for the FAFSA to open in December. I will have some steps that students and their families can take in the meantime to share with 12th grade families shortly.

Mrs. Amy Hansen, MS/HS Guidance Counselor



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

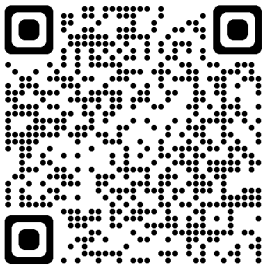
FCCLA (Family Community Career Leaders of America) News.....

Students in FCCLA recently attended Fall Leadership Rally which was held at Iowa State University. This year's IA FCCLA Theme is childhood cancer. Members were able to learn more about childhood cancer itself from speakers at the Rally as well as get service ideas that can help families that are dealing with childhood cancer. Our members will also be doing other service activities in our own community such as Thanksgiving meals for those in need, Veterans Day Breakfast, and then the Blood Drives.



Speaking of Blood drives:

FCCLA is sponsoring a Lifeserve Blood Drive on Wednesday November 15th at the high school gym. There is still time to get signed up and save lives. Not only do you save up to 3 lives with your donation but you also get a free beanie hat for giving. In order to receive some scholarships for our seniors we must host 2 drives a year (6 months apart). The more donors we have, the more of a scholarship we can give to a deserving senior who has also given back! You can message Mrs. Thorson to get signed up or use the QR code below to see times and to sign up.



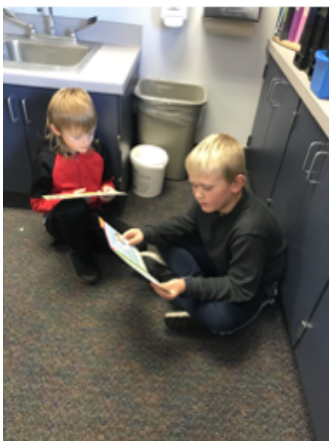
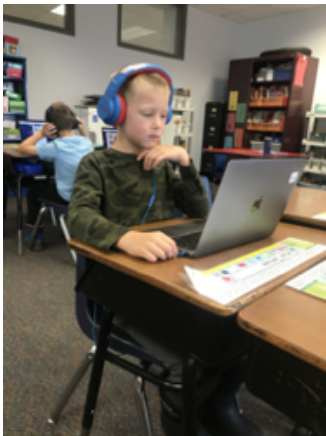
Who can Join FCCLA?

Students that have FCS (Family Consumer Science) classes are eligible to be part of FCCLA. Many times I get asked by younger students if they can join because they love to cook. Although I am glad they like to cook, we do very little actual cooking in FCCLA. FCCLA is a school sponsored youth organization with family as the central focus. Members are encouraged to expand their leadership skills by participating in community service, working on chapter and individual projects and of course attending leadership events. They can develop those skills for life that will help them in life and in the workplace such as goal setting, problem solving, teamwork, decision making and communication. So there may be a few times we cook as a FCCLA group for a service project, but it's more or less up to the members what they want to do themselves and what they want to get out of the FCCLA club. I always say, "The more you put in the more you will get out".

Second Grade Fluency by Mrs. Wagner

When kids can read fluently, it's easier for them to understand what they're reading. Fluency develops gradually over time and through practice. Fluent readers recognize words automatically. They group words quickly to help them gain meaning from what they read. Fluent readers read aloud effortlessly and with expression. Their reading sounds natural, as if they are speaking.

Second grade students spend the year working on reading fluency and comprehension with many activities. These include repeated readings, reader's theater, interactive ebooks, iPad apps, book boxes, and partner reading.



SENIOR KENNY CONLIN SELECTED AS ALTERNATE FOR ALL-STATE BAND

by Mr. Jared Barnes-NK 5-12 Band Instructor

On Saturday, October 21st, over 2,400 Iowa high school students auditioned for the All-State Band, Choir, and Orchestra. 147 of those students were trombone players, including Northwood-Kensett senior Kenny Conlin. Those trombonists were each vying for one of the 22 trombone spots available between the All-State Band and Orchestra.

The instrumental All-State audition process includes performing cuts from two prescribed etudes, a solo excerpt of the performer's choice, major scales, and a chromatic scale. After the first round of auditions, the top students are recalled for final selection / part placement auditions.

Kenny Conlin was fortunate enough to be recalled, and was ultimately selected as the third and final trombonist from the Hampton audition site. Two of the three were selected outright for the All-State Band, while Kenny was selected as an alternate. Should any of the 22 trombonists not be able to perform in November, Kenny is on the short list of those called to play!

Kenny is only the second N-K student in the last 25 years to earn the honor of being chosen in any position for the Iowa All-State Band or Orchestra. Congratulations, Kenny!



SPECIAL PERFORMANCE AT VETERANS DAY PROGRAM NOVEMBER 13th

The Northwood-Kensett Veterans Day program will be held on Monday, November 13th at 8:30 AM in the high school gym. The program will feature the Patriot's Pen awards presentation by the VFW, as well as a special selection by the high school band. A reception for guests and veterans will be held in the Viking Activity Center community room after the program, with FCCLA students providing coffee and cookies.

The band's selection is entitled, "We Stick Together." The piece uses narration and music to tell the story of Iowa's five Sullivan brothers who were all killed in the devastating attack on the U.S.S. Juneau during the Battle of Guadalcanal during World War II.

The piece was composed by Paul Baransy, a retired band director and active composer from Ohio. While writing the narration for the piece, Mr. Baransy collaborated with Kelly Sullivan,

the granddaughter of Al Sullivan, who was the only Sullivan brother to be married and have a child before the war.

Miss Sullivan is unfortunately unable to join us on November 13th due to her busy schedule as a Sponsor for the destroyer USS The Sullivans (DDG 68), as well as a third grade teacher in the Cedar Falls School District. However, she was able to recently meet with the high school band via Zoom to share more about the entire Sullivan family, and their remarkable contributions and sacrifices at home and abroad during the war.

The band students will also have a Zoom session with Mr. Baransy to learn more about how he composed the piece.

The band students have enjoyed learning the piece, as well as learning about the Sullivans' stories and sacrifices. They are looking forward to sharing this special piece and remarkable story at the Veterans Day program on November 13th!

The Five Sullivans; SOURCE: U.S. Naval History and Heritage Command

