

# NORTHWOOD-KENSETT CSD



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**Newsletter designed by: Tina Johnson, Elementary Secretary**

**SEPTEMBER 2024**

### **School Board Members**

**Bradley Christianson - President \* Cindy Pangburn - Vice President**  
**Susan Kliment \* Shana Brunsvold \* Jamie Nelson**

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

### **FROM THE DESK OF MR. BRIAN COSTELLO, ELEMENTARY PRINCIPAL**

As summer winds down and the school year begins, we are thrilled to welcome everyone back to another exciting year at Northwood Kensett Elementary. We hope you've had a refreshing break and are ready to dive into a year full of learning, growth, and new adventures.

This year we have a number of new staff members in our building. Let me introduce them to you:

- Nichol Hebel was recently married and her new name is Mrs. Nichol Perkovich.
- Miss Megan Liddle is one of our new third grade teachers.
- Mrs. Tiffany Gordon is one of our new third grade teachers.
- Miss Chloe Cheney is our new fifth grade teacher.
- Mrs. Loraine Mix is our new K-12 vocal music teacher.
- Ms. Kelly Bowman is our new elementary counselor.
- Mrs. Amanda Smith is one of our new classroom associates.
- Ms. Valinda Imus is one of our new classroom associates.

These new staff members along with our already dedicated staff are ready for the exciting learning in the new year. Stay tuned for updates on upcoming events and don't hesitate to reach out with any questions or suggestions. We're here to support you and ensure that this year is a memorable and successful one for all.

Here's to a fantastic start to the school year.

Brian Costello

**Open house will take place at the elementary building on September 12th, 6-7 pm. This is an opportunity to come see your child's classroom and interact with their teacher.**

## PEANUT AWARE SCHOOL

Dear Parents,

This is a reminder regarding our Peanut/Nut Awareness Policy. Again this year we have students in our elementary with severe peanut/nut allergies. As the safety of our children is paramount to all of us at Northwood-Kensett Elementary, we need your support to make our school is safe for these students.

A child with a peanut/nut allergy can suffer a serious reaction merely by touching a food containing a peanut or tree nut. Therefore, we are asking for your help to adhere to the following safety guidelines.

- Please do not send any peanuts, peanut butter or foods containing peanuts or peanut butter to be eaten at school.
- Please do not send any tree nuts or foods containing tree nuts to school. Examples of common tree nuts include, almonds, cashew, chestnut, hazelnut, pecan, pistachio, and walnut.
- Treats brought for classroom celebrations must be in a commercial wrapper. We will not allow homemade treats for celebrations.
- Please read ingredient labels carefully to ensure food items sent to the school do not have peanut or tree nut ingredients.
- If your child ate foods containing nuts before school, please have your child wash his/her hands with soap and water before sending them to school. (Note: Hand sanitizer does not remove peanut residue)

We trust that you understand how deeply important it is to respect and adhere to these guidelines. If, throughout the course of the year, you have questions or concerns about food-allergy related issues, please do not hesitate to contact our district nurse at (641) 324-1127 ext. 227.

Brian Costello

## NURSE'S CORNER-KAITLYN ANDERSON, RN

As a reminder, Northwood-Kensett CSD is Peanut/Tree Nut Aware. This means when providing school snacks for your child or if you are packing a school lunch, please read food labels and AVOID food items that contain **peanut, peanut butter, tree nuts, foods that are made in a facility that processes peanuts or tree nuts.**

Tree nuts include almonds, coconuts, sunflowers, filberts, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, and walnuts.

Kellogg's, Keebler, General Mills, Betty Crocker and Quaker Oats brands are excellent at calling out allergens in a box:

*Example: CONTAINS PEANUT AND EGG INGREDIENTS*

**Thank you** for your consideration and support in keeping our food-allergic children safe and away from these food allergens while at school.

### **The following are peanut free snacks:**

#### **A. FRUIT/VEGETABLES**

- Any fresh fruit (apples, oranges, bananas, grapes, pears, plums, clementine's, strawberries, melons, berries, etc.)
- Raisins, Craisins and other dried fruits
- Fresh vegetables (baby carrots, celery sticks, grape tomatoes, cucumber slices, broccoli, pepper strips, etc.)

#### **B. CHEESE/DAIRY**

- String cheese or other cheeses (1 oz.)\* Kraft Handi-snacks with cheese (with red sticks)
- Be careful with any other type of pre-packaged cheese and cracker sandwiches, most contain nuts/traces of nuts

#### **C. CRACKERS/SNACK ITEMS**

- Triscuits, Wheat Thins, Vegetable Thins (all flavors)
- Ritz crackers/dinosaurs/sticks (NOT Ritz bits or sandwiches)
- Ritz Crackerfuls (Classic cheddar, Four cheese, Garlic herb)
- Town House, Club, Toasteds
- Cheez-Its, Cheese Nips, Better Cheddars
- Veggie Straws, Saltines, Oyster crackers Wheatables, Air Crisps, Munch'ems, Keebler Snack Stix
- Kashi Tasty Little Crackers (TLC)
- Breton brand crackers
- Goldfish crackers, Annie's Bunnies
- Graham crackers, Graham cracker sticks, Teddy Grahams, Teddy Graham character brand
- Animal crackers (Austin Zoo, Barnum)
- Vanilla wafers

#### **D. CEREAL**

- Cheerios (NOT Honey Nut or Frosted)
- Chex (Rice, Corn, Wheat)
- Cinnamon Toast Crunch
- Corn Flakes, Crispix
- Frosted Mini-Wheats
- Kashi (Go Lean Crunch, Good Friends, Cinnamon Raisin Crunch, Heart to Heart)
- Kix, Life (Not Vanilla Yogurt Crunch)
- New Nabisco 100 Calorie Packs – Yogurt flavored pretzels, Nabisco Toasted Chips
- Ritz snack mix, Wheaties, Other unsweetened cereal without nuts
- Sweetened Cereals: Corn Pops, Fruit Loops, Captain Crunch (reg.), Apple Jacks
- Small bagels (Lenders or Thomas brand) with cream cheese ( no nut type)
- Nutrigrain cereal bars/yogurt bars
- Special K Bars (NOT Honey Nut)
- Special K Snack Bites
- Fig Newtons (all flavors)
- Rice Cakes (NOT Quaker brand)

#### **E. OTHER**

- Popcorn
- Pretzels
- Fruit snacks (twists, gushers, roll-ups, etc.)
- Pop Tarts
- Pop Tarts Snack Sticks
- Yogos/Yogos Rolls
- Potato Soy Crisps, Gensoy Soy Crisps, Cheez-It Party Mix/Munchie Party Mixes
- Have not found any other brands of Chex type mixes to be peanut/nut safe

Birthday treats and food brought in for classroom parties also need to be peanut, tree nut, and peanut butter free. Food items also need to be **individually wrapped or pre-packaged**. Students may choose to celebrate birthdays by sharing non-food items such as handing out non-edible items like a pencil, eraser, sidewalk chalk, etc.

## FROM THE DESK OF MR. MICHAEL CROZIER, SUPERINTENDENT

### Start of the 2024-2025 School Year:

I am thrilled to welcome you back to another exciting school year! September is a time of fresh starts, renewed energy, and endless possibilities. As we enter the 2024-2025 academic year, I want to share some updates, important reminders, and words of encouragement as we embark on this journey together.

**Welcome Back!** Our hallways are once again filled with the buzz of learning and laughter. I hope everyone had a restful and enjoyable summer break, ready to return with enthusiasm and determination. Whether you're a returning student, a new face in our schools, or a dedicated staff member, we are so glad to have you as part of our school community. We have several new faces around our buildings; please provide a friendly welcome to our new teachers and support staff.

I want to thank the Northwood Chamber for supporting the Northwood-Kensett school district. Every year, they sponsor a breakfast for the staff during our in-service days before school starts. Thank you to Theresa George for all her hard work collecting prizes from chamber members. The chamber gives away around 80 prizes worth about \$25.00 each. The staff at Northwood-Kensett feel very fortunate to be supported so well by the Chamber. Thank you so much.

### Board of Education Summer Workshop

In June, the Northwood-Kensett board had a workshop that focused on their roles and responsibilities as board members and set new long-term goals for the district. Just like our students and staff, they are learning and working hard for the advancement of the district.

### District Goals

Goal 1:

**ACHIEVE A STATUS** of high performing on the Iowa School Performance profile.

Goal 2:

**PROMOTE A CULTURE** that focuses on student and staff wellbeing, staff excellence, and a safe learning environment that encourages students and staff members to join our district.

Goal 3:

**CREATE AND SUSTAIN** a working atmosphere where innovative thinking and risk taking is encouraged, and innovation is an expectation of employees. Allow for new innovative programs and classes that pique the interest of all students.

### Important Reminders

- **Attendance Matters:** Regular attendance is critical to academic success. Please ensure students arrive on time and are prepared to engage fully in their learning. Make sure you go over the new attendance requirements with your students.
- **Communication is Key:** Open communication between home and school is essential. Please use our various communication channels, including our website, newsletters, and parent-teacher conferences, to stay informed and involved.

In closing, let's make this a year to remember! Together, we will build a strong, vibrant community where every student feels valued, challenged, and supported.

Thank you for your continued trust and support. Here's to a fantastic school year!

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

### Good Things Come in Threes

If you've kept up with the various emails, newspaper articles, and Facebook posts coming out over the last few months about changes and improvements at the 6-12 building, I want to let you know how some of those bigger changes are coming along.

#### Cell phone limits

For our 6-8 graders, they went from being able to use their phones before school, at lunch, and after school to NOW having to turn them in to their first hour teacher to be retrieved at the end of the day.

RESULT = the kids appear to be happy, lunch time is louder due to the increase in student-to-student conversations, and many students are actually just leaving their phones at home.

For our 9-12 graders, they went from phone use being prohibited in the classroom to a more widespread limit which allows cell phone use only before school, at lunch, and after school.

RESULT = I've had three phones turned in to the office so far for violating the rule, but a few teachers have told me they haven't seen a single phone yet. I am observing more conversations between students and with staff.

#### Grading changes

We changed from a 5 point scale in the classroom to a 4 point scale, and made the language more clear for the levels of quality that a student produces.

RESULT = it's too soon to tell because we're not at a grading period yet, but the intent is to raise the bar for academic achievement and performance. I will track the achievement data and continue to share that with all of you.

#### Attendance law

The State of Iowa established definite limits on absences and stiffened penalties on students who don't attend school as often as they should.

RESULT = Again, too soon to tell how this will impact our students in the long run, but so far we're at 99.6% average daily attendance (our usual average has been around 95%). Later in the fall semester we'll have a clearer picture of how attendance rates are impacted by the new law.

## FROM THE DESK OF PRESTON DAVIDSON, BUSINESS DEPARTMENT

The Business Department is excited to announce the start of a new student organization. It's called FBLA which stands for Future Business Leaders of America. It's similar to FFA and FCCLA and focuses on all things business related. Any student in grades 9 - 12 can join. Much like the existing clubs at N-K, there will be the opportunity for competitions, service projects, meetings, and scholarships. There will be an informational meeting early in the Fall Semester and more information can always be found by contacting Preston Davidson, the school's Business Education Teacher and FBLA Advisor at [pdavidson@nkvikings.com](mailto:pdavidson@nkvikings.com)

#### 1st Semester Business Class Offerings

- Introduction to Business
- Human Relations
- Document processing
- Accounting
- Personal Finance
- Management
- Computer Science Principles

#### 2nd Semester

- Computer Applications
- Entrepreneurship
- Document processing
- Accounting
- Computer Science Principles
- Marketing
- Personal Finance



## ATHLETIC DEPARTMENT-Changes All Around

(by NK Activities Directors)

As the title suggests, there have been many changes at N-K. Trevor Hunt and Monte DeArmoun took over as Co-Activities Directors this school year. Mr. Hunt is in charge of primarily Winter and Spring sports while Mr. DeArmoun will have Summer and Fall sports.

It has been posted on the school's [website](#) and on the school's [Facebook](#) page that the Top of Iowa Conference is switching to using Bound. This is a sports and activities software program for our calendar and scheduling of sports events. Many schools across the state use it. Our school's Bound page can be accessed [here](#). This also includes online presale and cashless ticketing. Tickets for sporting events can be purchased in advance on Bound, or at the door with a debit/credit card for all home, and most away high school sporting events.

The fundraising that has been done in the past of selling cards with discounts to local businesses has also changed. On Thursday, August 29th, the 7-12 athletes began selling cookie dough. Have you purchased any yet?

Many coaches/advisors have changed from last year. Here is a list showing the new coaches/advisors or their new position with the activity:

- Football - Leo Frost (Head), Cade Hengesteg (Assistant)
- JH Football - Trevor Hunt
- HS Girls' Basketball - Becca Cronbaugh (Head), Jake Hanson (Assistant)
- HS Boys' Basketball - Derek Varner (Head)
- Wrestling - Christian Miller (Head)
- JH Boys' Basketball - Cade Hengesteg
- HS Boys' Track - Leo Frost (Head) Dustin Patterson (Assistant)
- Choir - Loraine Mix
- National Honor Society - Kate Hall
- FFA - Christian Miller
- Speech - Beth Butler

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

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



# MEET THE COUNSELOR



## ABOUT ME

Hello and welcome back! My name is Kelly Bowman and I'm thrilled to be the new elementary counselor at N-K! I grew up in Burlington and have lived in Clear Lake for the past three years. I have three children: Jacob (9), Connor (7), and Eloise (5), as well as a golden retriever, two cats, and a bunny. I love to cook and bake, sing, play the piano, watch live music, and spend time outdoors boating, kayaking, biking, and going on walks. I'm looking forward to getting to know all our fantastic students and will make every effort to assist them in having a successful year! Please don't ever hesitate to reach out to me!

## EDUCATION

- Bachelor of Arts in psychology and communication (UNI '05)
- English language arts teaching degree and K-12 reading endorsement (BVU '15)
- Master of Science in Education in professional school counseling (BVU '25)

## COUNSELING SERVICES

- one-on-one counseling sessions to help students with personal issues on an as-needed basis
- whole class guidance lessons focusing on social-emotional skills
- support before/after school in hallways and during lunch
- referrals to community services if additional assistance is needed

## FAVORITES

color: purple, emerald green, mustard yellow  
food: pasta, seafood, pizza, sushi, tacos  
drink: coffee, water, Dr. Pepper  
season: fall  
vacation: Ireland  
animal: dog

## CONTACT

(641) 324-1127 ext. 216

[kbowman@nkvikings.com](mailto:kbowman@nkvikings.com)



## *Connections*

I'm pretty excited about the new phone rules that have been implemented this fall here at N-K MS/HS.

Of course, there are the obvious reasons: Youngsters don't always make the best choices with their phones when it comes right down to it, whether in the messages they send to others, the photos they take (often without permission), or the websites and materials they look up and consume-- there's a lot of unsavory stuff there.

Though I am admittedly as much of a phone enthusiast as anyone else, I thought for a long time about what positives phones were bringing to our student body. The only pros I could come up with were:

- 1) Today's phones take much better photographs than any other device most of us have, &
- 2) It's handy for students to phone their parent when they get home from a game so that they can be picked up in a timely manner.

Anything else a phone can do? Doesn't improve life here at school.

There is the fact that they distract from the task at hand here at school--learning. Anecdotally, staff have already seen far fewer bathroom breaks in our first week of school than last year. No phone= no breaks to text on the toilet needed! It's nice to see more students in the classroom on a more frequent basis.

But then there's something else I'm hoping to see growth in this year: Human-to-human connection. The opportunity for our students to sit and connect with each other, re-learning to appreciate each other for the things that we have in common, as well as our differences.



I'm looking forward to making eye contact with our students in the hallway, rather than only seeing the tops of their heads as they scroll through their phone as they make their way to their next classes.

I hope that our students get a chance to look each other in the eyes, and eye contact becomes a normal, routine part of their day-to-day interactions with others. I know that I have heard multiple times over the past couple of years that it was unusual to talk with me, because I look people in the eye. Can you believe it? Unusual?! When did eye contact become unusual?

Our children should feel important to us when we speak to them, and one of the ways we show that is with eye contact. So, I challenge you, N-K community: talk to your school-aged loved ones. Look them in the eyes. Show them that you are focused on them and care about what they have to say.