



NORTHWOOD-KENSETT COMMUNITY SCHOOL DISTRICT

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Newsletter designed by: Tina Johnson, Elementary Secretary

DECEMBER 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. KEITH FRITZ, MS/HS (SECONDARY) PRINCIPAL

Winter Sportsmanship

This is the message I shared this morning with all of our students, via our daily announcements. As parents, I thought you would also benefit from hearing what we expect from our students--both fans and athletes.

"As we start our winter sports seasons, I just wanted to remind everyone of a few items that can make all of our lives easier this winter, and make our games and meets more enjoyable.

1st: be good sports. I don't want to hear anything negative coming out of our stands, or from our athletes. You can't go wrong cheering FOR us, but don't be negative against our opponent. This is especially true when we're on the road!

2nd: the action is in the gym, or at the concession stand. No roaming the halls, hanging out down by the music rooms or the Intervention Center, or going into any of the locker rooms during our events.

3rd: bring your pass, so you get in for free.

And finally, pick up after yourself and respect property. I don't want to have to bar you from coming to watch activities because you decide to get the student section bouncing our bleacher seats, or because you left the student section looking worse than our lunchroom after grape day.

Help us help YOU enjoy our winter events. Be good citizens and enjoy the privilege and memories of middle and high school activities."

FROM THE DESK OF MR. BRIAN COSTELLO, ELEMENTARY PRINCIPAL

December has arrived with a little snow as a surprise for us. Hopefully, this helps you get into the holiday spirit. To help us celebrate the holiday season, our music department will host several performances in the next couple of weeks. All of these events are well-attended, so please plan accordingly.

- K-1st winter concert—December 5 at 6:00 pm in the elementary gym
- 2nd-3rd grade winter concert--December 5 starting at 7:00 pm in the elementary gym
- Middle School concert--December 8 at 2:00 pm in the secondary gym
- High School concert—December 8 at 3:00 pm in the secondary gym

With this snow and the colder temperatures, it's important for elementary students to dress for the weather. As a reminder, our kids go outside for recess when the air temperature is above 0° and the wind chill is above -10°. It is important for students to wear a heavy coat, waterproof mittens/gloves, and some type of covering for their heads. We do have a limited supply of these items in case our students misplace theirs or forget these items, but they can't rely on our limited supply on a daily basis. If you do need assistance in acquiring these items, please contact Nurse Kaitlyn or our school counselor Kelly Bowman.

That's all for now. Thanks for your continued support.

Brian Costello



ELEMENTARY ROLE MODEL WINNERS FOR NOVEMBER 2023

Superintendent's December Newsletter

Northwood-Kensett Community Schools

Dear Viking Community,

Snow Days:

Snow days vs distance learning days. Some days will be a snow day, with no school and no work for students. Some days will be distance learning days. These days, students will have expectations of work to do from home.

1. We will still have snow days where nothing is required of the students.
2. We will announce through JMC and on the TV and radio stations what kind of day it will be. It will be announced as a snow day or a distance learning day.
3. Parents and students will be receiving the requirements for a distance learning day soon via JMC.

A Season of Gratitude

We are grateful for the continued support from our community. Thank you also to our parents and guardians for your involvement and partnership. Whether attending parent-teacher conferences, volunteering, or cheering from the sidelines, your engagement makes a difference.

Winter Break

A reminder that winter break begins on **December 20, 2024, with an early out** and classes resume on **January 6, 2025**. We encourage families to enjoy rest, togetherness, and the season's spirit during this time. From all of us at Northwood-Kensett Community Schools, we wish you a joyful holiday season and a Happy New Year. May your days be filled with warmth, laughter, and cherished memories.

Thank you for being part of the Viking family.

Warm regards,

Michael R. Crozier
Superintendent
Northwood-Kensett Community Schools



This is a reminder that with the winter weather coming, kids will be wearing hats and coats which is a great environment for head lice to spread. 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 ½ 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 the box and re-treat 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 kanderson@nkvikings.com

THIRD GRADE NEWS

Mrs. Gordon and Ms. Liddle

What We Are Learning

Animal Adaptations

We have been learning about animal life cycles, how traits are passed on to offspring, and animal adaptations.

With the help of Worth County Conservationist, Heaven Walker, we learned about different animal adaptations and how adaptations help an animal survive. Students were then challenged to create a new animal that could survive in its environment. Students used technology to create their animal with its adaptations.



MS. HS. Student of the Month-November



Breyden Hoeppner



Topanga Hackenmiller



Trent Tiedemann



Camryn Rheingans



Collin Houg



Lauren Petznick



Braydon Ross



Sophia Butler



Kale Bode



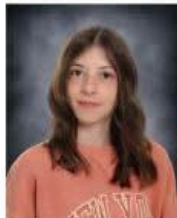
Lexi McHenry



Olivia Miller



Olivia Willsher



Annamarie Block



Maci Smith



Kia Stricker



Ivy Toresdahl



Henry Hanson



Mileigh Martinelli



Tegan Trenhaile



Madeline Christianson



Ivy Urbatsch



Caleb Johnson



Piper Backhaus



Austin Schutz



Rylann Risvold



Charlotte Berry



Issabelle Carrison



Axel Flattum



Nora Hanna



Lilyana Varner

From the Activity Directors (Mr. DeArmoun & Mr. Hunt):

Congratulations to our fall athletes that received post season honors:

Cross Country: Macy Thorson 2nd Team All Conference

Volleyball: Addy Tasker Honorable Mention All Conference

Football: Evan Lorenzen and Alex Tiedemann 1st Team All District, Loghan Nelson and Carter

Anderson 2nd Team All District, Aden Bice Honorable Mention All District

We also had a number of fall athletes recognized for their academic achievements, including:

Academic All State - Aden Bice and Kamryn Backhaus

1st Team Academic All District (Football) - Aden Bice, Jose Obregon, Kooper Julseth, Colby

Eskildsen, and Weston Willand

Honorable Mention Academic All District (Football) - Loghan Nelson and Evan Lorenzen

Think you know your basketball rules? Here are some that are commonly misunderstood:

- There is no 3 second in the lane count between the release of a shot and the control of a rebound, at which time a new count starts
 - When a post player catches and makes a scoring move towards the goal, the 3 second count is suspended
 - If they pass it out of the lane after more than 3 seconds of making a basketball move, then it is a 3 second call
- There is no such thing as “over the back.” There must be contact resulting in an advantage/disadvantage
- “Reaching” is not a foul. There must be contact and the player with the ball must have been placed at a disadvantage
- A player can fumble a pass, recover it, and legally begin to dribble. This is not a double dribble
- A player on the ground is not traveling. They can slide on their back, butt, or stomach as far as they want to. It is only traveling if they stand up or roll over WITH possession of the ball.
- A high dribble is not a carry, unless the player’s hand goes under the ball
- A player can rebound their own airball, provided the official said it was a legitimate shot
- A “moving screen” isn’t a violation unless there is contact
 - It is called a “block” in that case
- A defensive player does not have to be stationary to take a charge. They have to establish legal guarding position, but can do so still moving
- In order for an over and back call to happen, all 3 parts (2 feet of dribbler and the ball) must be in the front court first. If all 3 parts do not cross the halfcourt line, there is no over and back until that happens

COUNSELOR'S CORNER with Ms. Bowman

December 2024

Guidance Classes

In November, our main focus in guidance was growth vs. fixed mindset. We learned about how our brains grow through hard work, determination, and practice. Older students came up with a SMART goal (specific, measurable, attainable, realistic, and time-bound) for themselves and developed a plan. We celebrated World Kindness Day on 11/13 and had fun with some thankfulness activities! This month, our focus will be on problem-solving.

Tips for Home

Help your child learn to re-frame how they view setbacks and challenges. Remind them that mistakes are opportunities for us to learn. Focus on the next steps they can take as opposed to what they aren't capable of in that moment. Offer constructive criticism and encouragement. Praise efforts and not just results.

Important Dates

12/5: K-3rd grade Winter Concert

12/11: 2-hour early dismissal

12/20: 2-hour early dismissal

12/23-1/3: no school

November Students of the Month

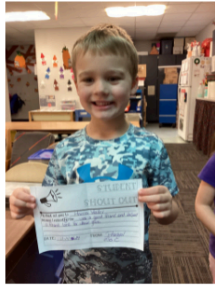
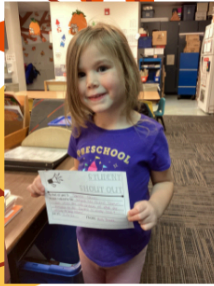
Scarlett Oleson	Harris Waller
Bryn Smalley	Jace Bachtle
Piper Lichman	Aurora Navratil
Henry Horning	Odin Long
Avae Kramer	Brently Garza
Briley Madsen	Presley Rollene
Travis Heiken	Abel Wheeler
Lawson Perkins	Parker Iverson
Chance Nicholson	

Let's Chat!

Phone: 641-324-1127 ext. 216

Email: kbowman@nkvikings.com

**N-K ELEMENTARY
CHARACTER COUNTS
STUDENTS OF THE MONTH
NOVEMBER 2024**



Counselor's Corner

Every year, I hear some families say that they aren't going to fill out the FAFSA, because they don't think they'll get any financial aid. While that may be true for a fairly small percentage of our community's families, the odds are certainly in your favor to fill out the FAFSA.

FAFSA "officially" opened on December 1st using taxes from 2023. Because FAFSA opens during first semester, families are able to compare their financial aid packages from a few colleges before making a final college decision. However, it also means that scholarships are due earlier than ever before. Most college scholarship applications are now due in January or February, so it's doubly important to get that FAFSA done so that students can be considered for an array of potential scholarships.

If families need help filing the FAFSA, a financial aid representative from NIACC is on hand on a regular basis to help Northwood-Kensett families with that. You do not need to attend NIACC to take advantage of this opportunity. Likewise, ICAN Iowa's representative for our service area also offers virtual and in person appointments for completing the FAFSA. You can access contact information for those persons/organizations [here](#).

At the present moment, only a few of Northwood-Kensett Seniors have completed this important task. It is imperative for college-based scholarships, especially the NIACC Promise & state-run Last Dollar Scholarship. It's important to take time to complete this task before the priority deadline for the college(s) you are considering.

Priority Deadlines:

University of Iowa: December 13 or January 1, depending on your college

Iowa State University: February 15 is the priority deadline

UNI: February 7th is the priority deadline

NIACC: March 1st