



Welcome to
East Sac County
High School



**EAST SAC COUNTY HIGH
SCHOOL'S STAFF ALMA
MATERS**

**AMERICAN BUSINESS INSTITUTE
BRIAR CLIFF COLLEGE
BUENA VISTA UNIVERISTY
CENTRAL COLLEGE
CREIGHTON UNIVERISTY
DES MOINES AREA COMMUNITY COLLEGE
DRAKE UNIVERSITY
GRAND CANYON UNIVERSITY
IOWA CENTRAL COMMUNITY COLLEGE
INDIANA UNIVERSITY
IOWA LAKES COMMUNITY COLLEGE
IOWA STATE UNIVERSITY
LUTHER COLLEGE
MINNESOTA STATE UNIVERSITY, MANKATO
MORNINGSIDE UNIVERSITY
NEBRASKA WESLEYAN UNIVERSITY
NORTHWEST MISSOURI STATE UNIVERSITY
NEW YORK UNIVERSITY
THE OHIO STATE UNIVERSITY
SOUTHWEST MINNESOTA STATE
THE UNIVERSITY OF NORTHERN IOWA
THE UNIVERSITY OF IOWA
UNIVERSITY OF PHOENIX
UNIVERSITY OF SOUTH DAKOTA
WARTBURG COLLEGE
WILLIAM WOODS UNIVERSITY**





EAST SAC COUNTY HIGH
SCHOOL STAFF ALMA
MATERS FAST FACTS

15

Staff Members
with Masters
Degrees

College with the most staff
members as Alums?

TIE! Iowa State
University and Buena
Vista University!
Both schools have 8
alumni in the building

We also have
one
staff member
who used to be
in the Air Force

27
different
colleges

Staff Members
with Degrees
11 from Out of
State

	WG - Whole Grain				
2 NO SCHOOL	3 WG Biscuits & gravy OR cereal Chicken patty on WG bun, hash brown, mandarin oranges	4 WG Breakfast bars OR cereal WG Pizza, peaches, sherbert	5 WG Waffle sticks OR cereal Crispito w/fixings, Mexican beans, applesauce, rice krispy bar	6 WG Long john OR cereal Chicken drummies, mashed potato, pineapple, WG dinner roll	
9 Scrambled eggs/bacon OR cereal Spaghetti, green beans, cottage cheese, pears, WG bread stick	10 WG Biscuit & gravy OR cereal WG Popcorn chicken, hash brown, mandarin oranges, cookie	11 WG Muffin OR cereal Maid rite on WG bun, chips, mixed fruit	12 Pancakes, sausage OR cereal Soft shell taco w/fixings, refried beans, corn, peaches	13 WG Long john OR cereal BBQ Rib, mashed potato, peas, pineapple, WG dinner roll	
16 NO SCHOOL	17 WG Biscuits & gravy OR cereal WG Pizza, cottage, peaches, frozen yogurt	18 WG Breakfast pizza OR cereal Hot dogs on WG bun, chips, baked beans, mixed fruit,	19 WG Breakfast bites OR cereal Buffalo chicken/cheese burrito w/fixings, corn, fiesta beans, applesauce, rice krispy bar	20 WG Long john OR cereal Salisbury steak, mashed potato, pineapple, WG dinner roll	
23 Egg omelet OR cereal Tator tot casserole, green beans, cottage cheese, peaches, WG dinner roll	24 WG Biscuit & gravy OR cereal Ham/cheese on WG bun, fries, strawberries	25 WG Breakfast pizza OR cereal WG Chicken strips, hash brown, mandarin oranges, cookie	26 WG Pancake bites OR cereal Taco in a bag w/fixings, corn, applesauce	27 WG Long john OR cereal Country fried steak, mashed potato, peas, pineapple, WG dinner roll	
30 Egg omelet OR cereal Chicken alfredo, broccoli, peaches, WG bread stick		This Institution is an equal opportunity provider.	Milk is offered as part of every meal. However – the student must take a MINIMUM of 3 items AND you have to have a fruit or vegetable. **Reduced fat dressings are served with all salad and fresh fruit. Numerous fresh fruit & vegetables are on salad bar daily		

ACT Prep



☞ If you are taking the ACT's this year, please see Mrs. Hoefling for practice questions, study & test taking tips, and/or study help.

☞ **To obtain materials either:**

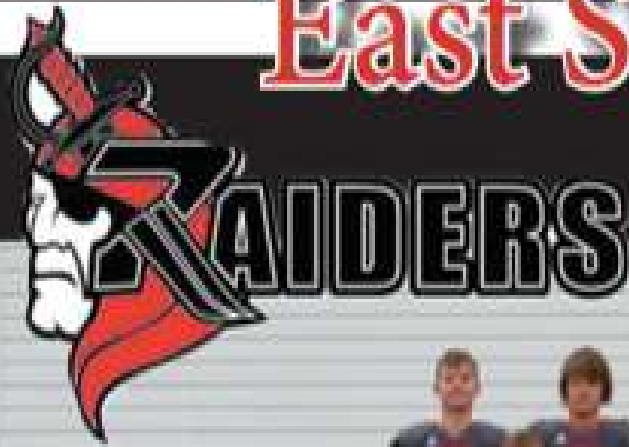
◆ Email ghoefling@east sac.k12.ia.us

◆ Stop by room 209

◆ Let Paula know in the library

East Sac County Raiders

FOOTBALL





East Sac County Raiders

VOLLEYBALL





EAST SAC COUNTY RAIDER CHEER

**MRS. BUSE
PRESENTS**



**MOVIE WITH
A TEACHER**

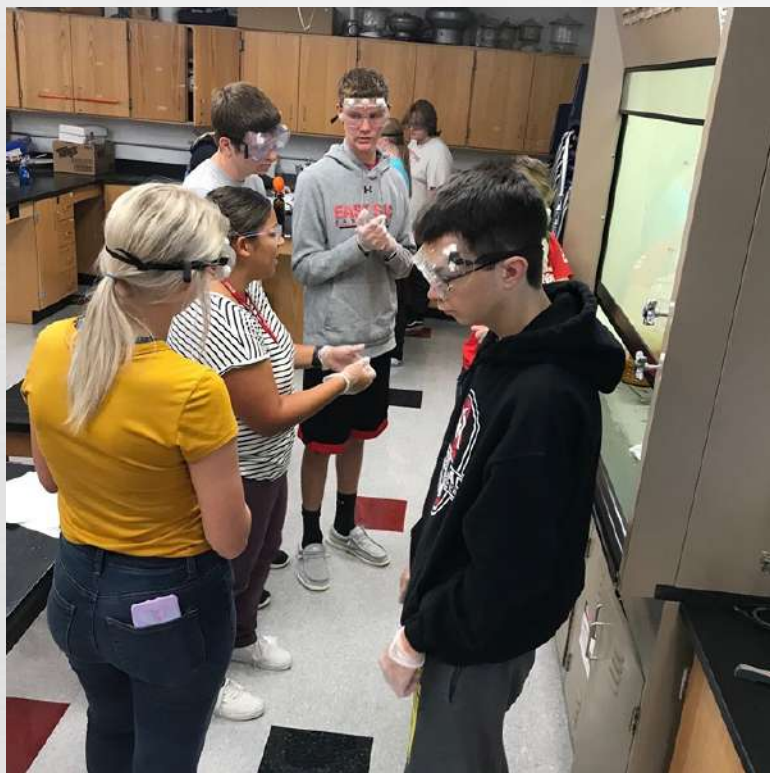
**WEEK OF MONDAY SEPTEMBER 16TH
COME WATCH A MOVIE AND EAT LUNCH
WITH ME DURING SECOND WAVE!**



2019 ESC Homecoming Court



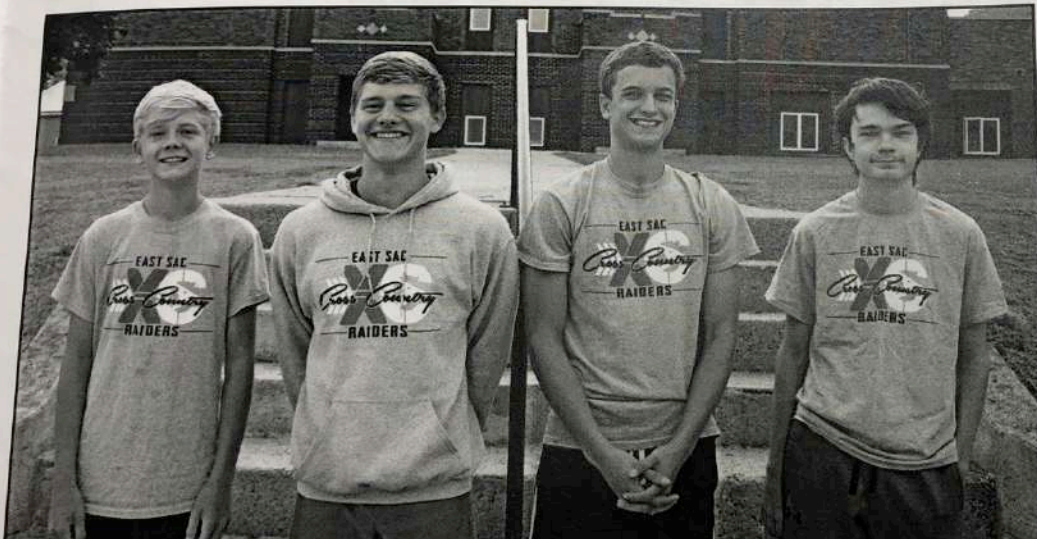
Mrs. Buse's Chemistry class had their first lab. They learned about basic reactions and applied chemistry.



ESC Boys Cross Country Team



East Sac County Cross Country



East Sac County Cross Country: (left to right) Garret Ortner, Nathan Pobanz, Zach Blumhagen, Jadon Horton. Not pictured: Dwight Reiling and Hutton Pasche. (Photo by Dale Wegner, The Sac Sun)

ESC Girls Cross Country Team



East Sac County Cross Country: (left to right) Carola Busquets, Lauren
Marli Flynn. Not pictured: Fern Pasche. (Photo by Dale Wegner, The Sa

Shout out to the 2019 ESC softball team for raising and donating \$3,317.50 to the Sac County Relay for Life at their Pink Out night!



Like to read?
Join
**NERD HERD
BOOK CLUB!**

For more details, check the
Advisor/Advisee
Announcements on Canvas,
or see Ms Waters



- * Members select the books together
- * Everyone reads the same book (usually five a year)
- * Meet periodically over lunch to discuss the books

Iowa State & Iowa Day

