



# Northwood-Kensett Community School District VIKING DISPATCH

December 2021

Creating healthy, educated, ethical and productive citizens.

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### 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. CROZIER

### Transportation Facility:

On November 9, 2021 we opened bids for a proposed new transportation facility. The low bid came in at \$1,893,000. I was shocked at the price and recommended to the board that we reject the bids at this time as we cannot afford to spend that much and it seems a bit much to spend almost \$2 million for a transportation facility. They say when one door closes another door opens up and that is exactly what happened. On October 12, 2021 a property came on the market (1496 480th St Northwood, Iowa formerly TS Trucking). We took a look at the building and it was a perfect match for the district's transportation facility. Within the next nine days we put an offer on the property that was accepted pending inspections.

The district is excited to transfer our transportation facility to the new address as soon as the purchase is complete. The district will purchase the property for \$599,900, a far cry from \$1.9 million. We will have some remodeling to do. With the money we are saving on the purchase price we will be able to remodel the building to suit our needs. I am confident that this is the most fiscally responsible option for the school district.

### Viking Activity Center:

The construction on the Viking Activity center is behind. Originally, we were to be able to have occupancy in February of 2022. While we see progress on the building every day, they have had trouble getting materials and this has put them behind. They should have the building completed by summer time.

Once the Viking Activity Center and the renovation of the new transportation facility is complete, we will have completed our long-term plan for facilities.

Happy Holidays to everyone. Enjoy the time spent with family and loved ones.

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

Welcome to the holiday season! During the month of December we will have several events taking place within our school to help celebrate this time of year. We have a lot of visitors for our K-4 concerts, so plan accordingly. Please mark these dates on your calendar:

- K-1st grade winter concert--December 9 starting at 6:00 pm
- 2nd-4th grade winter concert--December 9 starting at 7:00 pm
- Jr./Sr. High concert--December 12 starting at 2:00 pm

I want to send a special, "Thank You" to Brian and Connie Kenison for donating funds to purchase books for every student in our elementary. As you know, reading is so important and getting books in the hands of our students is extremely valuable. Their generosity was reflected in the many smiles of our students as they picked out their book. This thank you is also extended to the following people/organizations that have also jumped in to donate funds for books. Here is a listing of those people and organization along with the month the books will arrive:

December/January: Northwood-Kensett Community Education Foundation

February: John and Jodie Porter

March: Jim and Kathy Hanson

April: Northwood Anchor

If you would like to donate to this project, please contact Jordan Smalley at 324-1127 or 324-2142.

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 7<sup>th</sup> 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

## News from Athletic Director Mr. Jordan Reindl

The winter sports season is here in full force. There is nothing better than getting to watch our student athletes grow both on and off the court/mat. They have been putting in the extra time before and after school to invest in their programs. Like I've stated in past newsletters it would be a shame if these opportunities were taken from our students because of a lack of officials. The NIOA and I would like to encourage anyone that has interest in giving back to the sport and our student athletes to contact Ken Robbins.

## WANTED

Men and Women to officiate Junior High and High School sports in North Iowa.

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

A person can officiate Junior High sports and NOT be certified with the state. We would put you with a certified official, to help with your mentoring. This is very easy to do.

To work any level of High School sports, you must be certified with the proper state association. This involves a small fee, taking an online open book exam and watching an online rules meeting. The NIOA Association is always available to help you get this done.

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 ([craigsnider@gmail.com](mailto:craigsnider@gmail.com)). We look forward to hearing from you! You can also visit the NIOA website for more information ([northiowaofficialsassociation.weebly.com](http://northiowaofficialsassociation.weebly.com)).

## GO VIKINGS



## FROM THE DESK OF MR. FRITZ

## Middle School Update

The team of teachers and administrators charged with planning our middle school improvements have settled on a few key priorities that they believe are important for a successful experience at school for our 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> graders when they're all together starting with the 22-23 school year.

1. More time for reading, English
  - a. The elementary currently has more than double the time the 7<sup>th</sup> and 8<sup>th</sup> graders currently have for English
  - b. 20-25 minutes of daily individual reading, wherever it can be made
  - c. Reading scores show that there is a need for more time.
2. Daily advisory time
  - a. At least 15 minutes for academic check in with a teacher, social-emotional learning
  - b. Daily academic support, with a single point of contact advocating for each student
  - c. This time could be built into the lunch period, in lieu of study hall
  - d. Relationship building among students, staff, and each other
3. Varied exploratories
  - a. There are many different ways to meet legally-required course offerings
4. Team time
  - a. Small number of teachers dedicated to each grade level (6-8)
  - b. Planning time dedicated for the core team teachers to discuss student needs, problem solve
5. Physically keeping middle school students together
  - a. Lockers, classrooms, restrooms, lunch

As work on the Vikings Activity Center progresses, and we begin planning for converting the weight room and wrestling room at the secondary building into classrooms, the time when we welcome both our incoming 6<sup>th</sup> graders and 7<sup>th</sup> graders to the secondary building gets closer and closer! If you're the parent of a current 5<sup>th</sup> or 6<sup>th</sup> grader and you have questions about the move, I would love to hear from you.



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**(855) 581-8111**

## Counselor's Corner, Mrs. Amy Hansen

### Teen Suicide Informational Update from the 2021 Iowa BEST Summit:

By: Amy Hansen

In November, some of my colleagues and I were able to attend the governor's first Iowa BEST Summit, which focused on Social/Emotional well-being in schools. One of the sessions I attended focused on suicide interventions in the school setting. Within Dr. Laura Gallo's presentation, there was updated research about teen suicide that I thought would be beneficial for the whole N-K community, so I've summarized it for you here:

#### **Teen Motivations for Suicide**

Dr. Gallo emphasized that suicide in minor youth is often resorted to in an effort to gain control, empathy, acceptance, recognition, validation, and to prompt interpersonal responsiveness of key people in their life. Although some teens do genuinely want to end their lives, many are looking for caring behavior from those who are most important to them.

#### **Most Basic Suicide Warning Signs in Youth**

- Anxiety (unrecognized or undiagnosed)
- Agitation (separate from anxiety)
- Hopelessness
- Sleep Disturbance
- Perceived Burdensomeness

These five factors, compounded with the COVID-19 pandemic and political tensions in our day-to-day lives, are indicators that a teen may be suicidal.

#### **Specific Protective Factors**

- Parent Connectedness
- Neighborhood Safety
- Academic Achievement
- Supportive School Climate (especially for LGBTQ+ youth)

#### **Why Means Matter**

- Suicidal crises are relatively brief in time frame
- Suicidal attempts are often taken quickly without planning
- Some suicide methods are more deadly than others (firearms attempts are up to 90% deadly)
- 90% of survivors of near-fatal attempts do not go on to later die by suicide

I hope you found this research to be as insightful and thought-provoking as I did, and I hope it helps to guide you as we continue to work with young people who, as a group, have more stressors than the same group did a couple of years ago. Presentations like this one allow us to do our best to protect the students of this community.



## Counselor's Corner, Ms. Dakota Hansen

## Zones of Regulation

The Zones of Regulation is a framework designed to foster self-regulation and emotional control. The Zones group emotions into 4 Zones; Blue, Green, Yellow and Red. There are no bad zones and people may move through the zones during the course of their day.

Our school has been using the Zones of Regulation to help students recognize and talk about their feelings. We have been having discussions about the different zones and teaching students strategies that they can use when they are in each zone.

As families of our students, I encourage you to familiarize yourself with these zones so you can utilize them to help your children's emotional regulation at home. We all benefit by being able to recognize our emotions, what triggers certain emotions in us and what we can do to regulate our emotions.

### How can you help yourself?

The BLUE zone	The GREEN zone	The YELLOW zone	The RED zone
How might you feel?	How might you feel?	How might you feel?	How might you feel?
sad tired bored moving slowly	happy okay focussed ready to learn	nervous confused silly not ready to learn	angry frustrated scared out of control
What might help you?	What might help you?	What might help you?	What might help you?
Talk to someone Stretch Take a brain break Stand Take a walk Close my eyes	The goal of this exercise is to get to the GREEN zone. What can you do to be happy, calm and ready to learn?	Talk to someone Count to 20 Take deep breaths Squeeze something Draw a picture Take a brain break	Stop what I'm doing Make sensible choices Take deep breaths Ask for a break Find a safe space Ask for help



## Classroom News!



**DECEMBER NEWSLETTER**  
**AGRICULTURE EDUCATION DEPARTMENT.**  
**Mr. Cotter/ Ag Instructor/FFA Advisor**

The 2021-22 school has been a good start for the Northwood-Kensett Ag Department and the FFA. Enrollment numbers continue to be solid in the Ag Ed classroom and FFA enrollment with 17 new members this fall. Current FFA membership in school and out of school members stands at 43. Northwood-Kensett's NIACC course offering this fall, Animal Science, has 12 students enrolled. (This is the largest number enrolled in the history of the offering here @ NK and students receive high school credit and 3 credit hours at NIACC for no cost).

AWIM continues to be a very popular course for our 7th grade students as a STEM (Science, Technology, English, Math) course to explore their interests in a variety of different career pathways. 8th Grade Agriculture Education is offered 2nd Semester, offering students a preview of what is offered at the high school level as they prepare their high school schedule with a four year plan. This has been a positive offering for our 8th grade students.

The annual Ag Fair was held in conjunction with Worth County Farm Bureau Services and was well attended and a success once again. Special thanks to Teresa Stehn for her work. 12 FFA members attended the Greenhand Fire-up event in Fort Dodge at Ellsworth Community College to explore opportunities in FFA and leadership skills. 6 Members attended the National FFA Convention in Indianapolis to experience the National FFA Convention. Members had a full agenda on their plate with the 4 day trip with educational tours, convention sessions, and fun stops to learn additional life skills. Fruit sales have taken place and the annual fundraiser was once again a success thanks to the many students working hard to make sales and the great support we get from the NK community and surrounding communities. Sales total was \$25,500. Fruit delivery will take place the week of December 1st. Fall harvest of the FFA farms was completed thanks to generous support, once again from local patrons and farmers. Seed dealers, land owners, equipment owners, and many others continue to allow this to be an outdoor experience for the students enrolled in the AG department.

We have been in the new facility now for 3 plus years and absolutely love it. The facility has been a huge improvement to continue the Ag Ed Program here at NK. Many of you, alumni or new to our program have seen the facility by now, but if you haven't, feel free to reach out to me and I will gladly give you a personalized tour of our facility.

Mr. Cotter

## Classroom News - Mrs. Lori Willert-Advanced Math Class



The Advanced Math Class took a field trip to ADA Enterprises in Northwood, Friday, November 19.

Kevin Stenzel (top left), design & drafting manager, gave students a tour and talked with them about the ways mathematics is used on a daily basis at their business.

## November's Students of the Month Gr 7-12

**Madalynn Hanson**  
**Annalisa Coyle**  
**Grady Buenzow**  
**Ashlyn Skellenger**  
**Topanga Hackenmiller**  
**Logan Manning**  
**Mason Thofson**  
**Chloe Costello**  
**Ranae Ouverson**  
**Trinity Carlson**  
**Brady Christianson**  
**Levi Wood**  
**Olivia Willsher**

**Jon Meksi**  
**Logan Manning**  
**Ellie Ehrhardt**  
**Gavin Halbach**  
**MacKensy Tomlinson**  
**Dagen Peterson**  
**Mallory Rheingans**  
**Madison Espinosa**  
**Teagan Johnson**  
**Michael Erickson**  
**De'Angelo Ferguson**  
**Lindsey Moore**



## Classroom News - Mrs. Lori Willert- Math Advisor



The first NK Math Club chess tournament of the school year is complete. Seniors Hayden Moore(left) #1 over Drake Tiedemann (right) sporting their new club "cowculator" shirts.



Middle schoolers Alex Tiedemann(right) #1 over Carson Tufte (left).

Bolan Storage sponsored \$10 & \$5 Tequila gift certificates for the winners. Thanks to Mrs. Tiedemann for assisting with the tournament.

## Classroom News!

Northwood-Kensett has a new math curriculum this school year. The lower grades have a curriculum called, Bridges in Mathematics. First grade is really enjoying the curriculum and math is becoming a majority of the students favorite subject!

The math curriculum has 2 components. Number Corner, which includes Calendar activities and each month focuses on different math standards. The other component is the Whole group lessons, these lessons are typically 15-30 minute lessons. The students then get to do work places in small groups. Workplaces incorporate games that tie into the lessons learned so that students get hands-on practice!



We as First grade teachers find it to be an amazing program. When we say it is math time, the children scream, "YEAH"! We have never had such excited math students, learning so much math.



## Classroom News by Mr. Reindl and the Alternative Program!

**ABOUT THE  
ALTERNATIVE  
PROGRAM  
AND ITS  
STUDENTS!**

**Why we love the alternative Program:** We've come to realize that the alternative program is not just about education. It's a place where we feel safe in an educational environment, and a place where we get to grow with each other. Mr. Reindl is definitely the best teacher for this job. He makes sure we always get our work done, but he also allows us to get things done how we want to as an individual. Mr. Reindl brings a smile to the classroom every single day. It's truly a challenge to walk into that classroom with a bad mood, and leave feeling the same way. We all wouldn't be where we are today if the alternative program wasn't an option for us, and Mr. Reindl wasn't there to help us to achieve our goals.

**Classroom Interactions:** In the alternative program, it's easy for students to get a long. Since there are minimal distractions, we're able to productively and efficiently complete our lessons and get our classes done faster. Our classroom is a safe space for a lot of kids that struggle with attention issues, social anxiety, and kids that struggle with other kids. It may be getting along, bullying, or simply not wanting to interact with other people.

Mr. Reindl helps us stay on task in and outside of the classroom. If we're falling behind, he'll either politely remind us to get on track and help us work through some lessons, or send us an email.

**Credits + Classes:** In the alternative program, we get credits for working since we miss the opportunity to achieve all of our credits, in the original school program. We have the opportunity to choose our own classes, and depending on our work and dedication, we have the chance to finish our classes before they are due and graduate early. Everybody might not finish a class at the same time, and that's okay. Our class is very supportive of each other, and accepts the fact that not everybody works at the same pace. And we feel comfortable to have that freedom, because there's no pressure on you at all times.



**Nurse's Corner-Kaitlyn Bruns RN**

When school is out for an extended period--- like winter break--- screen time can surge. With no homework or extracurricular activities, kids often turn to TV and video games for entertainment. With winter break around the corner, I would like to challenge you and your family to minimize the time you spend on your smart phones, tablets, TV and video games. Put the focus back on family time and fun during Winter Break with these tips:

- Set limits (and stick to them)
  - 5-2-1-0 HealthyChoices Count! Recommends less than 2 hours of recreational screen time per day.
- Be a good role model.
  - After you establish screen-time guidelines, every family member (parents too!) should follow them.
- Do alternate activities.
  - Take advantage of winter break to do screen-free activities together as a family. See the fun outdoor activities below:

**OUTDOOR ACTIVITY IDEAS:**

- Go sledding
- Build a snowman
- Make snow angels
- Go ice-skating
- Build a snow fort
- Make snow paint! Just add food coloring to water and put in a spray bottle.
- Make bird feeders with pinecones, peanut butter and birdseed or string popcorn or cranberries on fishing line.

**Information Adapted From: Iowa Healthiest State**

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**Nosebleeds:**

We have had many students come in to the health office for nosebleeds. If your child suffers from winter nosebleeds, try using a cold air humidifier in the child's room at night. Saline nose drops or Vaseline may also help. If severe, consult your pediatrician.

**Hypothermia/Frostbite:**

Children should now be dressing in layers when attending school and at home (Winter coat, sweatshirts)! Be sure that they are also wearing hats/gloves and snow pants/boots when it is snowing. This will protect them from hypothermia and frostbite during these colder days!

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**Preschool Parents:**

- Proof of a physical within the past year needs to be turned into Nurse Kaitlyn before January 1<sup>st</sup>, if you haven't already done so, please get these scheduled now!
- Please get vision consent forms filled out, vision screenings with our local Lions club will begin in the month of December, but we need consent to do so.

Let Nurse Kaitlyn know if you have any questions!