



Northwood-Kensett Community School District

VIKING DISPATCH

December 2022

Creating healthy, educated, ethical and productive citizens.

In This Issue:

From the Desk of Mr. Costello	1
From the Desk of Mr. Crozier	2
From the Desk of Mr. Fritz	3-4
MS-HS Counselor's Corner	5
Elem. Counselor's Corner	6
Classroom News	7-10
MS-HS Character Counts	11
Athletic Director News	12
Nurse's Corner	13

PO BOX 289

1200 1st Ave N.

Northwood, IA 50459

(641) 324-1127 (Elementary)

(641) 324-2021 (Superintendent)

(641) 324-2142 (High School)

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. Costello

A simple Google search about “gun violence in schools” will show that 2022 has had the most incidents in a single year since keeping records. Security in our world today seems to constantly be on our mind. I doubt there is a single solution to this growing number of incidents, but we can be proactive in our approach. This past month, Northwood-Kensett CSD partnered with the Worth County Sheriff Department to run live drills with our staff at both buildings so we could evaluate the effectiveness of our current security measures. Although we are in a much better place with our security than we were several years ago, we still have room for improvement. As we move forward, I'd encourage you to keep abreast of the additional security measures our district puts in place.

On a lighter note, the holiday season is upon us! 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-1 and 2-3 concerts, so plan accordingly. Please mark these dates on your calendar:

- K-1st grade winter concert--December 8 starting at 6:00 pm
- 2nd-3rd grade winter concert--December 8 starting at 7:00 pm
- Middle School/Sr. High concert--December 11 starting at 2:00 pm

From the Desk of Mr. Crozier, Superintendent of Schools

School Radon Testing

Student learning and the safety of students, staff and community are priorities for Northwood-Kensett CSD. The administration of Northwood-Kensett CSD is providing you with this notification that initial radon screening will be conducted on December 12 - 16, 2022 at the elementary building. The testing is not harmful in any way, and there is no need for students, parents and teachers to do anything special in preparation.

Radon testing is required at least once every 5 years for all Iowa public school attendance centers, licensed preschools and licensed child care centers. Radon is *naturally occurring everywhere*, but, if elevated, can cause an increased risk of lung cancer over the course of a person's lifetime. Our district has received training and has proactively placed all of our buildings on a rotating radon test schedule.

Final radon testing results will be communicated by the Northwood-Kensett CSD Radon Team to the board of education, staff and the public on our website. In the event that elevated levels during occupied hours are found, steps will be taken to correct the issue using methods suggested by the United States Environmental Protection Agency (EPA).

If you have further questions regarding radon testing in Northwood-Kensett CSD, please feel free to contact Mr. Crozier at mcrozier@nkviking.com
Thank you, in advance, for your cooperation.

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

From the Desk of Mr. Keith Fritz, M.S.- H.S. Principal**Service to Others**

Our girls basketball team singing carols with the residents of the nursing home.

Our student council members helping sort and distribute toys with the Salvation Army toy drive in Mason City.

Our individual students helping at vacation Bible school, at the Humane Society of North Iowa, at the State Fair.

N-K students are actively helping their friends and neighbors through volunteering in service activities throughout the year. We want to recognize their efforts and brag on them a little bit, because their example is the strongest influence on whether or not their fellow students decide to volunteer, as well. Serving others is one of the highest forms of charity.

That's why we have the Silver Cord Program. We award a silver cord at graduation to every senior who has logged 100 hours of service to others over the years. A more formal description of the program can be found in the form following this article. If you're the parent or significant adult in the life of a student, and you know they engage in serving others, encourage them to complete and turn in this paperwork. Over time, those hours of service will add up, and hopefully they get to enjoy the prestige of wearing a silver cord on their graduation robe at their graduation ceremony.

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 7th 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

From the Desk of Mr. Fritz, MS HS Principal (cont from page 3)

-----Northwood-Kensett Silver Cord Award Form-----

Complete this document and return it to the principal within two weeks of service during the school year. Students should keep completed summer hour forms until fall. Summer hours are due to the principal by September 15th. Seniors must turn in all hours by April 30th of their graduation year.

We allow a maximum of 15 hours per event.

Student name _____

Graduation year _____

Service organization and site _____

Date(s) of service _____ Total hours of service _____
(15 hours maximum per event)

Site supervisor signature: _____
(My signature indicates that this student satisfactorily performed the aforementioned number of hours of volunteer service.)

Student signature: _____
(My signature indicates my understanding that if the event does not meet the Silver Cord requirements, the hours may not be counted.)

Parent signature: _____
(My signature represents my approval of the service event as explained on this document.)

Please answer each question below

1. What did you do during the volunteer experience?

2. How did others benefit from this volunteer experience?

Counselor's Corner, Mrs. Amy Hansen

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 opened on October 1st using taxes from 2021. 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 December or January, 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 16.2% 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 1
Iowa State University: January 3
UNI: January 15
NIACC: March 1st

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 by doing check-ins throughout the day 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.



News from the classroom, Art-Mrs. Emily Abbas

"My favorite drawing is of my dog Beaux. I used the light table, a ruler, graphite pencils, and a blending stump to create my drawing. It's an image of my dog looking up at the sky drawn on a sheet of paper. I wanted to see if I could fit all the details of my dog in a grid drawing. I was inspired to work on my drawing of Beaux to see how well I could achieve likeness. One thing I would have done differently was the ear, because it's not very well drawn and lacking in detail." Teagan Hackenmiller



News from the Classroom!

Middle School/High School Science – Mr. Samson and Ms. Martin

7th Grade – In seventh grade science we have been working on life science and will be moving into physical science moving forward. After we have completed our physical science units we will be moving into Earth and Space science. In physical science we will be learning about different types of energy and the laws that govern them.

8th Grade – In eighth grade science we started off the year with Earth and space science. In Earth and space science we covered topics about the water cycle and weather. We have moved on into our life science units where we will cover topics such as the fossil record. Once we have completed our life science we will cover physical science to end the year.

9th Grade – Freshmen have been learning about principles of motion. Topics of study so far have included Newton's Laws, momentum, and impulse. Students recently completed a project aiming to protect an egg from a 4 meter fall. We are currently working through a unit on energy. Upcoming topics on motion will include waves before we move into Earth science later in the year.

10th Grade Biology – Sophomores have already learned about what makes something living, once living, or nonliving as well as how living things are organized and maintain homeostasis. We are currently learning about the parts of a cell and will be learning a lot more this year, including topics like genetics and ecology.

11th Grade Chemistry – Chemistry has been working on periodic trends of the periodic table. We will continue to build on the foundation that we have already learned. We will continue with chemical bonding, chemical reactions, dimensional analysis, the mole and more.

Ecology – Ecology has been working closely with Ms. Walker, the Worth County naturalist. So far, we have learned about prairies, forestry, and streams and lakes. The ecology class also took a field trip to Decorah earlier in the year to learn about the Decorah Fish Hatchery and net benthic macroinvertebrates to determine water quality, which was a great learning experience for the students. We will be starting an ornithology (bird) unit very soon.

Physics – Physics has been working on their Rube Goldberg project during breaks between units of study. We have also covered some basic motion principles and recently finished a unit on electricity and electrical circuits. Students will continue to work on their Rube Goldberg machines between units until we go to St. Ansgar in February to compete against other schools.

Anatomy – Anatomy has been learning about the body by section. They are just finishing up their unit on the upper extremity. We will soon be learning about the lower extremity, and topics later in the year include the head and torso as well as dissections.

News from the Classroom! Mr. Steve Hartman, Industrial Tech

Not a lot of changes in the Industrial Tech department this year. The Woods I class is busy constructing their Adirondack chairs and are starting to research their second project.



Brady Christianson assembling his chair



Logan Manning sanding a part of her chair.

(BELOW) One new class this year is Middle School Basecamp. In this class we work on social and emotional learning. In the pictures below the 6th graders are working on rating their emotions from most uncomfortable to the most pleasant.



Casey Gentz and Tucker Duvall



6th Grade Basecamp



True Hackenmiller & Mia Fierova taking first flight on the simulator.



Maya Johnson & Jaxon Duvall working on the electronics trainer

(ABOVE) I currently have 7th grades in the Tech Lab. The Lab was updated over winter break last year and we added some new modules including Flight Transportation and Precision Measurement. The software was updated on most of the modules and we purchased a new CNC Mill.

(BELOW) The Construction students are building a 12'x8' shed. So far the students have learned how to layout floor joists and put down a sub floor as well as laying out stud wall and framing a rough open for a door. Next we will start on the rafters.



Malachi Peckham & Treyce Rollene putting on the top plate.



Chaz Cummins sanding on his cheese board.

The Advanced woodworking class is busy with projects, pictured above is a student in that class.

MS-HS November Character Counts

FAIRNESS

 Mackensy Tomlinson	 Tyce Helgeson	 Anthony Martin	 Amaya Rugland	 Madison Berry	 Lareen Nelson
 Hailey Krambeer	 Kinley Stambaugh	 Ava Woltzen	 Kenedie Berry	 Cayleigh Pepper	 Josiah Bass
 Aydan Scholz					 Malachi Peckham
 Hixton Krambeer					 Morgan Wallin
 True Hackenmiller	 Emmersyn Wahl	 Kale Bode	 Lexi Hanson-Bransky	 Kensi Solberg	 Ariana Heiken
 Olivia Willis	 Kamryn Backhaus	 Caysen Chodur	 Shawn Echelberger	 Tristen Schnulle	<p>November Students of the Month</p>

News from Jordan Reindl, Athletic Director!

NORTH CENTRAL TRAILBLAZERS



Schedule

11/19/22 @ Decorah (1st)
11/22/22 @ Mason City
12/1/22 @ North Butler
12/2/22 @ West Fork
12/8/22 @ Eagle Grove
12/9/22 @ S. Winneshiek

1/2/23 @ Osage
1/6/23 @ Luther College
1/21/23 @ Decorah
1/27/23 Super Regionals
2/2-2/3 State Tournament

Nurse's Corner by Kaitlyn Bruns, RN

It was only a matter of time before the colds, flus, RSV, Covid, and illnesses hit NK schools. Unfortunately, it has begun. We have had several students throughout the district absent due to Influenza. Please be on the lookout for any symptoms of colds, flus, and illnesses. Keep your child home if these symptoms occur. Everyone at NK schools is doing their best to keep your students safe and healthy. I know that we will all get through this together. Please remember to always screen your children before sending them to school, and as always, we are here for you and your students.

With cold and flu season here, please review when to keep your child home.

FEVER: Usually fever is a sign that the body is fighting off an infection or a contagious disease. The CDC considers a person to have a fever when he or she has a measured temperature of 100.4 or greater. Your child should be fever free without fever reducing medication for 24 hours before your child returns to school.

DIARRHEA/ VOMITING: Diarrhea and vomiting usually occur with an infection or a contagious disease. Sometimes it is not from disease. If your child has diarrhea or vomiting with other illness symptoms, keep your child home.

INFLUENZA: A child that displays fever, persistent coughing, congestion, chills, muscle aches, fatigue, or sore throat in any combination should be checked by a doctor and kept home. Influenza is NOT the stomach bug. Your child should be fever free without fever reducing medication for 24 hours before your child returns to school.

COVID-19: If your child is diagnosed with COVID-19, please contact the school nurse so she can help you figure out a return date for your student. Symptoms of Covid are: Cough, shortness of breath, difficulty breathing, loss of taste or smell, fever, vomiting, diarrhea, headache, body aches, chills, fatigue, sore throat, congestion, or runny nose. Please keep your child home with any of these symptoms.

Some of you have been doing a great job of letting the secretaries or teachers know if your student will be out due to illness. Please continue to do this throughout the remainder of the school year. You can do this via email or calling the absent line. We will continue to work with your student's teacher to make sure your child's educational needs continue to be met if they are at home. We realize each situation is unique and you will have questions. Please do not hesitate to contact the nurse.

Thank you again for helping us keep our schools safe and healthy!

Nurse Kaitlyn
641-324-1353 ext. 227
kbruns@nkvikings.com