

Tigerhawk Talk



November 2020

Hello, Tigerhawks!



**Erik Anderson
Superintendent**

Tigerhawk Family,
As we are finishing up the first trimester and quarter of the 20-21 school year, thank you for your continued support for our students' growth and development! I have shared with our staff my belief that everyone involved in a school system is an educator. Parents/guardians, you also play a crucial role in your child's academic lives.

Nov. 16-20 is American Education Week. That is a great reminder for all of us about the important roles educators play in a child's life. Please take some time to thank one of your child's many educators.

A year ago on Nov. 5, our district patrons overwhelmingly passed a bond issue to build a new stadium, competition gymnasium, and weight/fitness facility. We have made great progress since that time and are on track for substantial completion of the stadium by the end of July 2021! The gymnasium and weight/fitness facility addition will begin after the stadium is complete. The entire project is expected to be

completed by July 2022.

At recent Board meetings, there has been much discussion about new educational expectations for all during this pandemic. I am proud of the way our community has rallied together for our students throughout this time. Our support for one another is impressive and another reason Colfax-Mingo is an impressive district for all to call home. Welcome Home!

Should you have any questions or concerns, please do not hesitate to contact me.

Go Tigerhawks!!

Take care,

Erik Anderson Superintendent

A Year to Remember

Jen Snyder

In September, the 2020 yearbooks arrived and provided students and families the opportunity to look back on the highlights of the 2019-2020 school year and remember a year like no other. Students originally picked the theme, The Roaring Twenties, in September of 2019 as a way to compare the 1920s to 2020s and the end of the school year proved the theme to be a perfect tie in as we found ourselves in a similar setting of 100 years later! While most books have been distributed, 2020 graduates and distance learning students can make arrangements to pick up their yearbooks by emailing jsnyder@colfaxmingo.org.

Despite many obstacles faced by this year's team, they are off to a wonderful start to come up with another great book to help remember this unpredicted time. Social distancing guidelines is a barrier our team is facing this year so students and parents are encouraged to submit

pictures they would like included at the email provided above so that we can continue to have as much coverage as possible despite the restrictions this year. While we're not ready to release the theme for the 2021 book, it will be a fun book that highlights any twists and turns this year may bring. High school books are \$40 and jr high schools are \$15 and can be purchased online at www.jostensyearbooks.com.

The yearbook would not be possible without the support of our local businesses. Despite many of these businesses



facing their own obstacles this year, our sponsors have continued to support us during these difficult times so please continue to support them whenever possible. Thank you for your continued support of the Colfax-Mingo Yearbook!

TIGERHAWK LEVEL

Bank Iowa
BeBe Nail Spa
Central Iowa Orthodontics
Clements Law Office
Cocina Hdez
Colfax Dental Services
Colfax Tractor Parts, Inc.
Commonwealth Electric Co.
Dickerson Mechanical

Nutrition Department Updates



Kerri Roling
Nutrition Director

Over the summer, the elementary kitchen replaced the food serving table with a new, larger hot food serving table from Randell along with two custom-built serving counters. The new counters are utilized at the beginning and at the end of the serving line in the cafeteria. They have been great additions to the kitchen.

National School Lunch Week (NSLW) was the week of October 12th – 16th and this year's theme was "Now Playing: School Lunch!" This is a weeklong celebration acknowledging the National School Lunch Program. President John F. Kennedy created NSLW in 1962. The federally funded school lunch program requires school meals to meet federal nutrition standards like offering fruits and vegetables every day, serving whole grain-rich foods, and limiting fat, calories, and sodium.

During NSLW and any school week, we'd like to encourage parents to support their students in eating school lunches. Each week try to review the school lunch menu with your student(s) and encourage him/her to try new foods including the fresh fruits and vegetables served at lunch.

A big thank you to the following Colfax-Mingo nutrition staff for their hard work to prepare & serve healthy school lunches every day! Connie Bucklin, Jess Burns, Heather Gentry, David Hanson, Bobbi Lewis, Natasha Mutchler and Judie Tinsley. Also, a shout out goes to the individuals that help sub in the kitchen, their work is greatly appreciated.

Lastly, we continue to serve free breakfast and lunches daily under the Summer Foodservice Program. We encourage all students to take advantage of the opportunity! The nutrition department will continue to work with families to take care of negative lunch accounts in the coming weeks. Meals purchased prior to September 21st, a la carte, extra milk, extra entrées, and preschool snacks are charged accordingly so please review your student(s) accounts. Families may pay lunch accounts online and/or send money to building secretaries.

Thank you!

Boys' varsity basketball coach



Please welcome Phil Grant as the new varsity boys' basketball coach. Phil graduated from Iowa Valley in 2003 and from Buena Vista University in Storm Lake in 2006 with a bachelor's degree in computer science. The 2020-2021 school year marks the 9th year that he and his family have called Colfax-Mingo home.

Phil has been coaching at Colfax-Mingo since the spring of 2017. He has been the junior high boys' basketball coach for the past three seasons, as well as an assistant for the high school boys track team and the high school football team.

His wife Michelle is the 7-12 band and choir director at the high school, as well as the varsity volleyball coach, the junior high girls' basketball coach, and the junior high softball coach. They have two children; Olyvia, a fourth grader at Colfax-Mingo, and Nyles, a preschooler at Colfax-Mingo.

"I'm thrilled to get

the opportunity to coach these young men in the sport of basketball. Having coached several of these students in junior high, I'm excited to continue working with them at the high school level. The energy and enthusiasm we've seen in summer workouts and open gyms has been phenomenal, and I can't wait to get started. My family has been a part of the Colfax-Mingo community for over 9 years and is a place we've found to call home. I'm ready to get to work with the team and start building a program that is successful, both on and off the court, for years to come."

YEARBOOK • CONT. FROM PAGE 1

Goldies

Heartland Iowa Realty
McCall Monument
Midland Prairie Veterinary
Mitchellville Family Chiro.
Napa
Otto Law Office
O Photography
Russell Dozing & Excavating
Skunk River Sanitation
Teen Challenge
United Land Title Company
Walker, Billingsley & Bair
Window World

NAVY

Central Iowa Seeds
Colfax Senior Citizens
Dean Reed State Farm
DMACC, Newton Campus
GMTA Enterprises
P&P Small Engines

Portner Insurance
State Savings Bank
Weathervane Vintage
Young Hearts Children's Center

WHITE

Advantage Credit Union
Beck's
Bev Rossow Agency
Cappy's Tire & Auto Service
Eyecare Center of Newton
Fareway
Kern Law
Lauterbach Buick GMC
Louck/Buren Orthodontics
Magnum Automotive
Rasmussen Bike Shop
Razor's Edge
Reed's Greenhouse
Shomo Madsen Stayner Ins.
Spahn & Rose
Shugars
The Hair Gallery
The Medicine Shoppe

Thank You

Elementary School News



Brian Summy
Elementary
Principal

November brings the end of the first trimester which means we have completed one third of the school year!

The trimester ends November 13th. Colfax-Mingo Elementary will have Parent-Teacher Conferences from 4:00-8:00 pm on Thursday, November 5th and November 12th. Families will have their choice of a face to face conference (limit of 2 people attending) or a virtual conference. The PTA will continue to have the Scholastic Book Fair during conference weeks. Students will be able to purchase items from the book fair during the week at specific times.

If you follow the elementary on Facebook, you will notice all the hard work that has occurred on the playground this fall. The elementary is focusing on The Zones of Regulation. Most of us are probably at least familiar with the movie ... Inside Out. This movie did a great job setting the tone for understanding our feelings and what types of actions our bodies go through as we progress through those feelings. The Zones of Regulation help students understand where they are at on the chart, what actions they need to take to progress to the next level, and how to recognize the signs or triggers when they experience another situation again. Self Regulation skills are skills that are essential in identifying how we feel and what we can do to work through them to continue our day.

We will continue to refer to our Zones throughout the



school year and as they relate to the current 7 Levels of Intervention that we use in our classrooms as our identified behavior system.

As a principal, one of my favorite activities is visiting classrooms. I enjoy getting to see students engaged in fun lessons created by our great teachers. A few weeks ago I visited Ms. Tague's second grade class. They were reading the book, *Trouble Maker* by Andrew Clements. This was a new book to me but may become one of my favorites. Here is the summary of the story, *Trouble Maker*.

Once a troublemaker, always a troublemaker?

There's a folder in Principal Kelling's office that's as thick as a phonebook and it's growing daily. It's filled with the incident reports of every time Clayton Hensley broke the rules. There's the minor stuff like running in the hallways and not being where he was supposed to be there. But then there are also reports that show Clay's own brand of troublemaking, like the most recent addition: the art teacher has said that the class should spend the period drawing anything they want and Clay decides to be



extra "creative" and draw a spot-on portrait of Principal Kellings...as a donkey.

It's a pretty funny joke, but really, Clay is coming to realize that the biggest joke of all may be on him.

When his big brother,

Mitchell, gets in some serious trouble, Clay decides to change his own mischief making ways...but he can't seem to shake his reputation as a

SUMMY • CONT. TO PAGE 4





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troublemaker.

From the master of the school story comes a book about the fine line between good-humored mischief and dangerous behavior and how everyday choices can close or open doors.

As you can see, a student makes a creative drawing of

the principal as a donkey. The class asked me if I would let them do the same thing. Of course, I said yes!!! Check out these pictures of me as a donkey!

Veterans Days is going to look differently than it has in the past. The district usually holds a school-wide celebration for our Veterans and includes a guest speaker. This year, the elementary

would like to do something a little different. We would like to connect with all of our military families.

This includes active, reserve, deployed or retired. Students will create “thank you” cards for our service members. We need addresses for our service members. The plan is to send cards to our retired members and care packages to members away

at training or deployed. Please email the service members name and address. We hope to have things ready to mail by Friday, November 13th.

Please email names and addresses to your child’s teacher or Mr. Summy at bsummy@colfaxmingo.org. Service members that are active or deployed, we need their rank, name and address for the packages.

Jr/Sr High School News



Todd Jones
Jr/Sr High
School Principal

Where to begin? I will start by saying this has been the craziest start to any school year I have experienced in my career as both an educator and administrator. To think about what we have had to reinvent since March has been mind-boggling. What our kids have had to adapt to is amazing and they have done exceptionally well.

We left for Spring Break in March with education as it has been for over 100 years. We were still utilizing what has been known as the “assembly line model” of teaching. We had the students come to school in the morning and every forty-five minutes or so we would have them move from one subject to another. There was very little variance in what our school day looked like and what we were expecting from our students. Don’t get me wrong, we did a very good job educating our students; however, we

Principal’s Corner

were doing this in a manner that has been used for generations.

One day later we woke up and our world had changed and our form of education had to change with it. In six months we did our best to reinvent almost everything we knew about education. Our teachers are now teaching in two different worlds. In one world we still have some traditional ways of teaching with in-person classes taught using a combination of paper and pencil work and a large dose of computer work. In the other world our teachers are also teaching online lessons to our distance learning students while still teaching in-person lessons. Every teacher has had to rethink and relearn how to teach in each of these worlds in just six months. Standing in front of the students, teaching a lesson, handing out an assignment, and grading papers is no longer the norm. I am impressed by what our teachers have all adapted to, and how well they have done. Now, we need to perfect what our “new

normal” of education may look like.

Our students have done a great job. I can not tell you that the students like all the new rules and procedures we have had to put in place, but they are working with us. I often think about how I might have handled all these changes when I was in school. It would have been difficult. I know it is still difficult for our students, but they are trying and doing the best they can. They understand the “why” behind our rules and procedures and I could not be more impressed with and proud of the way our students are handling the current situation.

I was not exactly sure what to expect when we started this school year. I knew there was a possibility we may have to change how we do business in the blink of an eye, but we have made it this far and I think we will continue to do well. This could not have happened without the support of the students and their parents. Thank you all for what you have helped us to accomplish.

7-12 Social-Emotional Learning Update

Amber Joyce

This year has been a big year for staying on top of mental health due to all the stressors the pandemic has caused.

Our secondary students are some of the most affected due to all the changes they have experienced over the past few months. As a new school counselor to the district, my goal is to support student social-emotional learning in a way that encourages self-reflection and growth in order to mitigate the negative effects this pandemic has had on our students. To do this, we built in Social-Emotional Learning time to our physical school day schedule to make sure we

are building relationships with our students and helping them during this tough time.

We have implemented many SEL lessons during this time to make connections, reflect, and learn more about mental health. Our lesson topics so far have consisted of 1) Getting to Know Oneself, Teachers, and Classmates 2) Team Building 3) Self-Concept 4) Having a Positive Impact 5) Respecting Opinions 6) Active Listening 7) Stress Management 8) Emotional Intelligence and 9) Mental Health.

We will continue this SEL time throughout the year with more mental health topics, advising, and College/Career programming.

Hello Tigerhawks



My name is Amy Wunschel and I am very happy to be part of the Tigerhawk Family this year. I teach 7-12 Special Education working with Intellectual Disabilities.

I have worked in special education for 5 years and in the area of teaching for 16 years.

Within those years of teaching, I have been a preschool teacher, a 1st and 2nd grade teacher, and taught Special Education at varying grade levels (elementary, middle and now high school).

In order to ensure learning for our students, we need to find out where they currently are and find out how they best learn.

The students and I have spent the first few weeks getting to know each other and gathering data on student ability. When that data is used, we can close any gap and reach all students in the learning process.

I will go above and beyond to work with students, teachers, parents, and any other members of the educational team.

Junior High Football 2020

This year the junior high football team finished with a record of 1-5. The team had a great victory over BGM on September 22nd by a final score of 40-18. The team also had a tough loss to Newton 20-14. The team definitely improved as the year progressed. They played a tough schedule and in a few games, fell behind early but yet always put up a fight. The team was led in tackles by Brock

Nichol and Xavier Woods. The team was led offensively by quarterback, Shane Hostetter. Hostetter threw for six touchdowns and three, two point conversions. Harrison Rhone also scored four touchdowns this season with Brock Nichol's two and Cooper Hoskins with one. Head Coach Tim McCloud is quoted as saying, "We were a group of 8th graders and 7th graders playing as one team against

good competition. I am proud of their effort this season. I am also grateful to the contribution that Coach Adam Bucklin brought to our team. He is a great coach who loves the game and our kids. I wish our 8th graders future success in high school and look forward to working with the 7th graders next year. Thank you to the parents and fans who came out to support this year as well."

Football Cheer 2020

Football cheer has been working hard on their state routine. We submitted our video for the virtual Iowa State Cheerleading Competition and will be watching awards live on November 7th, 2020, at 6pm.

Stunting has been our main focus the past few weeks. We began stunting halfway through our season and the cheerleaders have done an awesome job progressing to more difficult stunts.

We are sad to see our three seniors (Emma Dunsbergen, Rylie Walker, and Alli Rollins) graduate, but we know they are going to do great things!

Middle School Volleyball

We have improved exponentially in games and now have more positives happening than ever before. We averaged over 30 serving aces per game night with the highest amount in a game night being - 49 aces. Every single player was able to get serves over the net now. We are able to complete a "bump, set, spike" sequence on every team/level and did on multiple occasions in games. Our amount of "dropped" balls (ones that hit the court without a player passing attempt) stayed below 16 per opponent since our 2nd week of games, including only 3 dropped balls all night when versing one of our recent opponents

High School Dance

We recently recorded our routines with the chance on not being able to attend our ISDTA competition in November. With Morgan Beener out for injuries, we are now focusing on redoing formations for both State routines. Alternate Carley Underwood has shown extreme growth, determination, and dedication which is why she is now in the State Jazz routine. She is working hard and has been very consistent proving her placement on this team!

These girls have had a lot thrown at them this season, but continue to come together and progress forward. Almost all of these girls are multi-sport athletes on top of school, family life, and jobs. Dance typically gets the shaft when it comes to practice times. I know getting up for 5 am practice after a 2 hour night practice can be challenging. However, if you came to a practice, you would not be able to tell. They withhold the most positive attitudes and are determined to place high at State this year!

We start 3 hour Sunday practices this week to prepare for our upcoming competition in Cedar Rapids on November 7th.

High School Football

Last Friday the Tiger-hawks took the field for the last time this year. Often times a season is judged by the win loss column but what cannot be seen is the countless hours put in, experiences gained, memories made, and most of all lessons learned.

I am very proud and thankful for our team this year. This team never quit, always gave effort, played for each other, made countless memories they will never forget and most importantly learned valuable lessons that they will always take with them. Thank you

to our 5 seniors (Jayden Horrach, AJ Gibson, Zach Steenhoeck, Andrew Gorman & Jared Gorman) who put their heart and soul into the team and finished on empty.

Thank you to all of our team for always representing Colfax Mingo with class and grace.

Thank you to our fans who no matter what support us through it all.

Lastly thank you to all the coaches (Matt Barkalow, Jacob Lietz, Josh Rathje, Dylan Berkey, Ben Ferkin, Phil Grant & Brian Summy) for the countless hours they put in to coach these guys.



HS Cross Country

- The high school team consists of 11 boys and 9 girls (9 seniors). It is a tremendous group of student athletes and the majority of them have been running since the beginning of July.
- Senior members include Daytin Chadwick, Laney Creech, AJ Gibson, Haydon Harlow, Avery Lees, Miranda McGill, Breannan Rhone, Hunter Stevens, and Noah Strohmeyer
- Conference meet highlights include the high school girls finishing in 5th place as Daytin Chadwick (26th) and Felicity Woods (32) were the top finishers. The high school boys team was 3rd overall led by 9th place medalist Noah Strohmeyer and also Carter Gibson (11th).

JH Cross Country

- The junior high team consists of 14 student athletes that were led by four returning 8th graders including Devan Chadwick, Shae Wilkins, Owen Ament, and Xavier Woods.

• Conference meet highlights include the JH Boys finishing first led by medalists Xavier Woods (6th place) and Owen Ament (8th). The JH Girls finished 3rd led by Bianca Lane (15th) and Evalyn Anderson (20).

• Owen Ament, Evalyn Anderson, and Xavier Woods did a great job representing ColfaxMingo at the JH All State Meet on Saturday, October 17th.

Girls' Swimming

We are 9-2 and have a close-knit team of 36 girls. Katie Schlosser is a leader, a mentor, and a hard worker. She has tried new events this year, including the 100 fly and 200 IM. It's been a great season!



High School Volleyball

We finished second on the west side of the conference and third overall (after finishing 6th/last on the west side and 7th over-

all last year). Kyra Lester received 1st team all-conference honors and Morgan VanDyke received second team all-conference honors.

We are headed to the second round of the regional tournament this week after winning against East Marshall in the first round.

Children may have their choice of the breakfast menu, cereal & toast, fruit, juice & milk everyday.

Breakfast served 7:45 am to 8:10 am daily.

<i>Colfax-Mingo CSD November 2020 Menu</i>				
<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
2 No School	3 B- Sausage & Pancake on a Stick BBQ Beef Sandwich Mini Carrots Green Beans Banana Milk	4 B- Grab n Go Hotdog/ WG Bun Tater Tots Baked Beans Macaroni Salad Strawberries Milk	5 B-Long John Chicken Strips Potatoes Au Gratin Fresh Vegetable Salad Wheat Roll Applesauce Milk	6 B- Muffin & Yogurt Quesadilla Pepper Sticks Corn Salsa Mixed Fruit Milk
9 B- French Toast Sticks Garlic Cheese Bread Steamed Broccoli Garden Salad Apple Wedges Milk	10 B- Coffee Cake Pulled Pork Sandwich French Fries Creamy Coleslaw Mandarin Oranges Milk	11 B- Grab n Go Chicken Patty/WG Bun Potato Smiles Steamed Carrots Grapes Milk	12 B-Breakfast Sandwich Walking Taco Mexi Corn Black Beans Rice Pineapple Milk	13 B-Pancakes Deli Sub Baked Beans Potato Triangle Peaches Milk
16 B-Mini Donuts Chicken Wrap Vegetable Choice Corn Pears Dessert (HS) Milk	17 B- Breakfast Pizza Meatball Sub Mixed Greens Salad Sweet Potato Fries Mixed Fruit Milk	18 B- Grab n Go Chicken & Rice Egg Roll (7-12) Broccoli Salad Mixed Vegetables Pineapple Milk	19 B- Mini Cinni Turkey & Gravy Mashed Potatoes Green Beans Biscuit Applesauce Pumpkin Bar Milk	20 B- Biscuit & Gravy Pork Fritter/WG Bun Curly Fries Baked Beans Orange Wedges Milk
23 B – Cereal/Toast Cheeseburger/WG Bun Waffle Fries Green Beans Strawberries Milk	24 B - Breakfast Choice Pizza Seasoned Peas Vegetable Choice Fruit Choice Milk	25 No School	26 Thanksgiving No School	27 No School
30 B- Cereal Bar Crispito w/ Cheese & Lettuce Corn Refried Beans Peaches Milk	*Breakfast includes entrée, fruit, juice & milk. Additional options at the JH/HS daily *Milk (skim, chocolate skim & 1%) *Menu is subject to change			

This institution is an equal opportunity provider.

It is the policy of the Colfax-Mingo Community School District not to discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socio-economic 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 Erik Anderson, Superintendent, 1000 North Walnut, Colfax, IA 50054. Telephone: 515-674-3646; Email: erik.anderson@colfaxmingo.org

Colfax-Mingo Community School District Newsletter

Tigerhawk Talk



Deadline for copy and photos is the 20th of each month. Newsletter Designer • Dana J. King School Facilitator • Bert Deaton

Iowa Nondiscrimination Statement

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