



Northwood-Kensett Community School District

VIKING DISPATCH

October 2018

Creating healthy, educated, ethical and productive citizens.

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FROM THE DESK OF MR. CROZIER

Enrollment

The certified enrollment number for our district this year is 511.45. This is up from last year, at 508.7. This is positive for our school budget, especially in a time when supplemental state aid has been so low. Open enrolled out students are up at 39 students and open enrolled in students are also up at 36. When you add the Minnesota students to the mix (13) we have more students coming into our district than going out. We will also get a credit of 18 students for the operational sharing of four positions with other districts. With our budget being enrollment driven, the operational sharing dollars continue to be a big help to the finances of the district.

Secure an Advanced Vision for Schools (SAVE)

The state penny sales tax for school infrastructure and technology has been a game changer for school districts. The legislature will once again look at extending the state penny, and they should do so. By extending the state penny it will provide school districts with a dedicated funding source to improve facilities and technology to provide students with the education needed in today's economy.

In the Northwood-Kensett District, we have been able to remodel the Family and Consumer Science room, High School Art room, and the kitchens at both buildings. These funds were also a big help when the Industrial Arts/Agriculture addition and the Secondary HVAC system came in over budget. We were able to offset that expense with SAVE funds.

Please join me in urging the legislature to quickly act on extending the state penny for school districts. As you can see, this has been a win-win for our schools and the State of Iowa.

**AMERICAN EDUCATION WEEK IS FROM
NOVEMBER 12- NOVEMBER 16.**

N-K employees thank you for everything you do!!

*****A special thank you to all of our substitutes and
volunteers! "It takes a village to raise a child!"**

FROM THE DESK OF MR. COSTELLO

Have you noticed the new look to our building? Thanks to a generous gift from Knudtson Automotive, we were able to add window coverings to the front entrance of the school building. Not only does it add an aesthetic flare it also serves a much more important purpose....Safety. We can see visitors come to the front of the building without them seeing in. This offers us a much better advantage if somebody had bad intentions. Knudtson Automotive understood this and wanted to be part of our safety plan. Please visit with Mr. Crozier if you, or a business, want to continue to support our efforts.

I also wanted to take the time to mention fall/winter wear for your kids. It's hard to believe we had measureable snow in October, but the reality is the cold weather will soon be upon us. With the lower temperature and snow on the horizon, it's important to make sure your child is dressed for the weather. As the temperature drops students should have a coat, mittens (or gloves), and some type of protection to cover their heads. Once the snow hits, then kids need snow pants and boots. Our kids will go out for recess, so please make sure they are dressed for the conditions.

Thanks for your continued support.



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

Elementary Pillar of the Month Photos



October third and fourth grade
Pillar of the Month students
chosen by their teacher for
exhibiting quality character traits
are pictured to the left:

<<<<<<<Pictured left to right:

Mia Fierova-Mrs. Ubben
Max Johnson-Mrs. Hill
Ashlyn Skellenger-Ms. Seehusen
Manny Hoch-Mr. Einertson

If you see these students out and about, please take a moment to congratulate them for a job well done.

October fifth and sixth grade Pillar of the Month students chosen by their teachers for exhibiting quality character traits are pictured to the right:

Pictured left to right>>>>>>>

Kamryn Backhaus-Ms. Orvedal
Jose Obregon-Ms. Hagen
Sophie Rye-Mr. Severson
Emersyn Wahl-Mr. Parks

If you see these students out and about, please take a moment to congratulate them for a job well done.



FROM THE DESK OF MR. FRITZ

Dispelling Some Misconceptions About Our Work With Grades

Nat Turner once said, “Good communication is the bridge between confusion and clarity.”

I want to build a bridge between what our work with grading really is, with some of the misconceptions that a few parents may still have about it.

Misconception #1: Teachers aren’t assigning homework anymore.

Reality: Teachers are still assigning homework, but are more targeted and purposeful about it. We don’t believe it’s helpful for a student to wrestle with new or difficult concepts on their own without an expert to help them—that’s what the teacher is for. But kids are still expected to complete work on their own outside of class, more for high schoolers than junior high kids.

Misconception #2: A student can pass a class with only 8%.

Reality: The old 0-100% system is hard-wired into our grading software. So, we have to “trick” JMC into producing accurate letter grades that are evenly spaced between Fs, Ds, Cs, Bs, and As. The new report cards *look* like a student doing only 12% of the work has a D-, but actually that’s just a complication between our grading methods and our software. The letter grade itself is accurate and is derived from the 4 point scale, so you’ll want to ignore that percentage.

Misconception #3: A student can retake a test over and over again to get a better and better grade; they don’t have to prepare for assessments anymore.

Reality: For a student to retake a test or redo a project or paper, they need to work with the teacher to better learn what they missed. While this is happening, the regular day-to-day expectations and assigned work is still expected. So in reality, no student treats the first test as a pre-test, because doing so is just too much work in the end. And our teachers don’t allow that either!

Misconception #4: It’s much more difficult now for my son or daughter to improve their grade.

Reality: First, keep in mind that every student has the opportunity to redo projects or retake assessments for a better grade. So the opportunity for improvement is more available now than ever before.

Second, if a student earns a grade that’s lower than they’re happy with, with standards-based grading it’s very easy to see which concept needs more work. For example, if it’s clear that a student showed strength in generating ideas and making a solid argument in his paper for English class (so he gets 4s for those components), but his paragraph transitions and topic sentences are weak (so he got a 2 for that component), then he can rework just the parts that need improvement, resubmit, and enjoy an improved grade. No more scrambling for extra credit points, or filling out extra worksheets to try to boost the score in the grade book and make up lost ground. Instead, he has to demonstrate improved learning.

Misconception #5: Since homework isn’t graded, students have no incentive to do it. They’re getting by with not doing their work with no consequence.

Reality: While it’s true that a student could choose not to do their ungraded practice work and there is no points penalty in their overall grade, the effect of doing so is the same as it is in sports or in band. No practice = poor performance when it matters. Students have quickly realized that skipping out on ungraded assignments produces lower test scores. And if a student wants a redo on a test, they must go back and complete the practice homework anyway.

Day by day, our students are adjusting and responding to our new way of communicating how well they’re learning. It’s taking time, and effort, for everyone (teachers and parents included). But in life, we know that anything worth doing is going to take some work, and this is good work for our students and their futures.

News from the Classroom, By Ms. Morgan Howie



It's been a busy and fast year so far as we round up this first quarter! In elementary art, Kindergarten and 1st grade read a book and discovered some odd creatures within the pages, such as an elephant with an umbrella as its trunk. They then drew and colored their own imaginative animals with common household items as part of their animal! Grades 2-4 worked on a paper sculpture, practicing their folds and working on their ability to create an interesting composition using varied paper strips. Grades 5 and 6 worked on a self-portrait using many mediums, such as chalk and oil pastels, colored pencils, and sharpies to create a transported selfie with an interesting background.

We're now moving in to a brief art history based piece, where different grades are learning about artists in history and creating their own work with influence from the famous artist.

This first quarter, I've had about half of the 7th graders who have explored so many different art mediums like scratch art, colored pencils, graffiti sprayed names and perspective. Their favorite was by far the graffiti, considering spraying liquid watercolor all over surfaces is hard not to enjoy.

High school classes Art 1-4 have explored many drawing techniques so far, using ink washes and calligraphy pens to create a landscape, colored contour portraits with colored pencils, and even little comic zines, similar to a short magazine, of their own tales.

We are now moving in to a little printmaking and painting for the next quarter. A new form of printmaking among the art world is using gelli plates to create prints by adding paint on top of a gelatin surface, and adding texture before printing on to paper.

News from the Classroom, By Mrs. Carrie Wagner

Second grade students study our community throughout the year in social studies. We have learned this quarter that a community is a place where people live, work, play, and solve problems. We need many community service workers to make our community a great place to live. In October, we had our community firefighters and bus drivers visit our school.

The Northwood Volunteer Fire Department visited during Fire Prevention Week. This year's theme was "Look. Listen. Learn. Be aware – fire can happen anywhere." The following students shared facts they learned from the fire fighters:

"Firefighters have to put their gear on in one minute!" Deshone Hill

"The department makes 400 rescue calls each year!" Mason Northway

"Feel the door. If it is hot, do not open it. There is a fire on the other side." Owen Binnebose

Daryl Love and Darrin Kliment conducted a bus drill with us during National School Bus Safety Week. Students were reminded of bus safety tips and practiced a rear door evacuation drill. The following students commented on bus safety tips that are important to remember:

"Never walk behind a bus." Konlin Perry

"If your paper or backpack go under the bus, do not go after it." Kenly Solberg

"Stay away from the danger zone. The driver can't see you if you are too close to the bus." Maci Platts

We would like to say thank you to all firefighters and bus drivers for their dedication, professionalism, and hard work that they do every day to keep everyone in our community safe!

From the Pile off Mr. Hartman's Desk

We are in little dead time in athletics here at Northwood-Kensett. Football and cross-country ended their seasons this past weekend and volleyball has been done for a couple of weeks now. I would like to thank all the coaches, athletes, parents and fans for their support this fall and hope it will carry over to the winter seasons.

Our winter sports seasons are getting started with junior high boys basketball practicing for a couple of weeks now. Girls basketball will start on November 5th and boys basketball and wrestling will start their practices on November 12th. Junior high girls basketball and junior high wrestling will start after winter break.

Parents, if you have a son or daughter that plans on participating in one of our winter sports please make sure that their physical is up-to-date and that you have turned in a concussion form to the school. Your son or daughter will not be able to participate in practice or games until we have received this information in our offices.

That's all I have for this month. Good luck to our coaches and athletes this winter season and we hope to see you at our events.

**Northwood-Kensett High School
Production of**

**IT'S A
WONDERFUL LIFE**
A LIVE RADIO PLAY
BY JOE LANDRY



November 17

► **7:00pm**

November 18

► **2:00pm**

NK Elem. Auditorium

TICKETS

\$5.00 adults

\$3.00 students

NK Activity Passes accepted

Doors open 45 minutes
prior to showtime

High School Food Pantry items 2018

Items available at the high school food pantry. The food pantry receives a new truck of food on the first Tuesday of each month. Any one can pick up food items any time during school hours. Please check in at the high school office, or stop by door 18 on the south side of the high school between 3:30 and 4:00 pm.

Current Food Supplies

Assorted canned fruit	Frozen Alaskan Pollock
Canned Vegetables	Pork Pizza Toppings
Assorted Spices	Pork loin Chops
Whole Wheat Rotini Noodles	Almond Bark
Raisins snack boxes	Milk
Egg Noodles	Parkay Butter
Spaghetti noodles	Chocolate Chips
Peanut butter	Orange Juice
Canned Spaghetti Sauce	Hellman's Mayo
Mac & Cheese	Cheerios (Multi Grain, Honey nut)
Canned Chicken	Canned Tuna

With the holiday season just around the corner I anticipate having hams and turkeys coming in the next few months. Everyone is welcome!!!!

Character Counts Breakfast Jr. Sr. H.S.

Students are named by teachers as they portray the character trait that is spotlighted for the month. The November character spotlight will be "Fairness".

The Character Counts students of the month for October were: Kenny Conlin, Chloe Luther, Megan Ocel, Emily Follmuth, Jadyne Beland, TeAnna Ausborn, Michael Janssen, Andrew Breitsprecher, Ethan Welch, Lindsey Moore, Molly Hunchis, Josh Stevens, Tyler Mills, Hunter Moeller, Shallon Batton, Jackson Foss, Sarah Yezek, Mallory Rheingans, Brock Nelson, Madalynn Hanson, Shawn Echelberger, Chasity Christensen, and Taylor Rodemeyer. The character trait for October was "Respect".

Character Counts students of the month for September were: Isaac Renteria, Emma Hengesteg, Clara Davidson, Lamonte Sims, Thomas Block, Ella Leonard, Laura Hopperstad, Destiny Tyler, Alexis Hakes, Molly Hunchis, Reese Wahl, Jay Teepe, Skylar Koebrick, Ethan Thofson, Teagan Hackenmiller, Reina Trosper, Teagan Johnson, Nathan Cordle, Lamonte Sims, Sydney Welch, Ellie Ehrhardt, Kya Krachmer, Olivia Walker, Allie Carman, and De'Angelo Ferguson. September's spotlight character trait was "Trustworthiness".

Cheer Camp being offered for students in grades K-8

N-K Cheer Camp is taking place December 2nd. Please be sure to go check out the Community Youth Forms on the NK website for more details if you are interested in signing up your child. Return form and money to the school by November 12th. If you have any questions, please contact Cindy Pangburn at 641-324-1624.

Counselors' Corner, Mrs. Amy Hansen

I've heard 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 2017. Because FAFSA now 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, 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 will be here on Monday, November 5th to assist with that. You do not need to attend NIACC to take advantage of this opportunity. You can contact me at ahansen@nkvikings.com to set up an appointment. We still have availability after 7PM. Additionally, Cindy Lind at NIACC helps with FAFSA by appointments during business hours at her Mason City office. You can find her information and other FAFSA help in my NK Counseling One-Stop Shopping Google Folder.

I look forward to seeing families take advantage of these great resources. Please check out my Road Show flier for more information on opportunities available on conference night (Nov. 5th.)



Counselors' Corner, Mrs. Ashley Williams

In Guidance throughout October, we have discussed and completed activities surrounding the Trustworthiness and Respect pillars of character. Our kindergarten classes put on an assembly explaining what respect means, and how we can show it every day. As we move into November, we will continue to talk about Respect, as well as Responsibility.

In addition to discussing our pillar of the month, we have also continued to discuss the concept of a growth mindset. A growth mindset is a positive way of thinking about things. We have discussed how doing challenging work and activities helps us to grow. We also discussed how we can learn from making mistakes. The students have learned how the different parts of the brain help us make plans and decisions, keep our memories, and control our feelings!

I am continuing to form small groups focused on various topics. As we progress into the school year, we will begin groups covering topics such as study skills, organizational skills, and test taking skills to help all students be successful! I run several student groups throughout the school year. If you feel like your student would benefit from taking part in a particular group, or if you have a suggestion for a group topic, please let me know.



Photos Above: Kindergarten Respect Assembly on Friday, October 19th.



October's Character Counts Drawing Winners

As always, please feel free to contact me if you have any questions or concerns. You can reach me by email at awilliams@nkvikings.com or by phone at 641-324-1127 ext. 216!

Red Ribbon Week Celebrated the week of October 22-26.

October 22-26 was Red Ribbon Week. We would like to thank Shana Butler with Worth County Public Health for working with Jr Sr High students, preparing them to put on a skit for our elementary students. The name of the skit was The Perils of Pearl White regarding the perils of smokeless tobacco, especially in young teens. Please enjoy the photos below.



News from the classroom-Math Counts!



Here we have our Math Club representatives who visited the 5th graders in October:

Nathan Hannemann, secretary

Hayden Moore, member

Lindsey Davidson, co-historian

Josie Einertson, president

They showed video coverage of the club competing in the Rube Goldberg machine contest last spring. The task was to “pour a bowl of cereal” and the “Breakfast at Nathan’s” team placed 3rd. The academic celebration about pi was talked about. They gave the 41 5th graders new sharpened pencils and had them compete in times and division tests.

Division first place: Joclyn Shackleton, second place: Bowan Behne.

Multiplication first place: Caden Helgeson, second place: Joclyn Shackleton.

The Math Club theme and “top ten” was shared and students were encouraged to do their best because, “Life takes math and science, and so should you!”

Nurse's Corner by Heather Rheingans, RN

Flu season is just beginning and can put a big halt to our students', and your, daily routine. The best protection against the flu is to get the flu shot or mist. Flu shots are recommended for everyone 6 months or older. Interestingly, health officials say that the flu mist is the preferred vaccine for children 2-8 years old because the vaccine has been shown to work particularly well for this age group.

Exactly when flu season starts and ends is unpredictable, so health officials recommend that people get their flu shot in early fall, preferably before October. Flu activity typically peaks in January or February, but it's a good idea to get vaccinated before flu activity becomes prevalent in most communities. After vaccination, it takes about 2 weeks for your body to develop its immunity.

Influenza, commonly known as "the flu", is an infectious disease caused by the influenza virus. Symptoms can be mild to severe. The most common symptoms include: a high fever, runny nose, sore throat, muscle pains, headache, coughing, and felling tired. These symptoms typically begin two days after exposure to the virus and most last less than a week. The cough, however, may last for more than two weeks.

In children there may be nausea and vomiting but these are not common in adults. Nausea and vomiting occur more commonly in the unrelated infection gastroenteritis, which is sometimes inaccurately referred to as "stomach flu" or "24-hour flu". Complications of influenza may include viral pneumonia, secondary bacterial pneumonia, sinus infections, and worsening of previous health problems such as asthma or heart failure.

STOMACH "FLU" VS. THE "FLU"

NICKNAMES

· Stomach Flu, Stomach Bug, Pukey Flu,

WHAT IT REALLY IS

· Viral Gastroenteritis

CAUSES

· Norovirus, Rotavirus

INCUBATION PERIOD

· Symptoms appear 1-3 days after exposure

SYMPTOMS

· Diarrhea, vomiting, nausea, stomach cramps, muscle aches, headache, low-grade fever

HOW LONG IT LASTS

· Symptoms typically last 1-3 days but can linger for up to 2 weeks

TREATMENT

· Fluids, bland food and rest

CONTAGIOUS PERIOD

· You can be contagious 2 days BEFORE to up to 2 weeks after symptoms appear

HOW IT SPREADS

· Fecal-Oral Route:

When poopoo or vomit particles get in your mouth!

PREVENTION

· Handwashing, quarantine and properly killing the virus

THE FLU SHOT WILL NOT HELP YOU!

SURFACE LIFE

· The virus can live on surfaces (countertops, toilets, doorknobs and even the floor) for up to 3 WEEKS!

HOW TO KILL IT

· Bleach, bleach and only BLEACH!

NICKNAMES

· Flu

WHAT IT REALLY IS

· Influenza

CAUSES

· Human Influenza A, B and C Viruses

INCUBATION PERIOD

· Symptoms appear 1-4 days after exposure

SYMPTOMS

· Fever over 100°F, nasal congestion, cough, sore throat, muscle aches, chills and sweats, fatigue and weakness

HOW LONG IT LASTS

· Symptoms typically last 1-2 weeks

TREATMENT

· Fluids, rest, pain relievers, decongestants and anti-virals

CONTAGIOUS PERIOD

· You can be contagious 1 day BEFORE to up to 7 days after symptoms appear

HOW IT SPREADS

· Inhalation of tiny droplets made when people cough, sneeze or talk. Less commonly by touching a contaminated surface

PREVENTION

· Flu Vaccination (Shot), handwashing, limited contact with infected individuals

SURFACE LIFE

· The virus usually only lives on surfaces for 24 hours

HOW TO KILL IT

· Soap and water, disinfectant wipes (Clorox/Lysol), disinfectant sprays (Lysol), alcohol-based hand sanitizer, bleach, hydrogen peroxide

Nurse's Corner by Heather Rheingans, RN

(Continued from page 13)

There is a common misconception that you can get the flu from the flu shot. This simply is not true. The viruses in the flu shot are killed, so people cannot get the flu from a flu vaccine. However, because it takes about two weeks for people to build up immunity after they get the flu vaccine, some people may catch the flu shortly after they are vaccinated, if they are exposed to the flu during this time period. The nasal spray vaccine contains a "live attenuated" flu virus, but the virus is weakened so that it cannot cause the flu. The viruses in the nasal spray can't replicate in the warm temperatures of the lungs and other parts in the body. However, because temperatures in the nose are colder, the virus causes a small infection in the nose. This infection does not cause symptoms in most people, but in some people, it causes symptoms such as runny nose and sore throat. This local infection will prompt the body to make antibodies against the flu virus, which provides better protection against the real flu.

Influenza is a potentially deadly disease. It can, and does, kill even young, fit, and healthy people every year.

After a flu vaccine you may feel a LITTLE unwell for a SHORT time, with symptoms such as a temporary mild fever, and fatigue.

THIS IS NOT INFLUENZA



Influenza is an illness that lasts for weeks, and can lead to persistent high fevers, prolonged muscle pain, headache, respiratory failure, cardiac failure, and death.



Reasons why you might have flu-like symptoms after the influenza vaccine:

1. You mount an excellent immune response to the vaccine, which can make you feel mildly unwell for a short while.
2. You caught influenza before the vaccine had a chance to work (it takes 2 weeks for it to reach maximum effectiveness).
3. You caught a strain of influenza not covered by the vaccine (the vaccine covers the strains expected to be the most common, and most dangerous for the season, but there are others).
4. You have a nasty cold!

www.nrvs.info



Flu shots protect against three or four strains of flu virus. Trivalent flu vaccines protect against two influenza A strains, H1N1 and H3N2, and one influenza B strain. Quadrivalent flu vaccines — offered for the first time in the 2013-2014 flu season — protect against the same strains as the trivalent vaccine, as well as an extra influenza B virus. Strains of the flu virus are constantly changing, so a new flu vaccine is made each year. Scientists make the vaccine before flu season starts by predicting which flu strains are likely to be the most common during the upcoming season.

The flu shot can be given if you have a mild illness, like a cold or headache; however it is not recommended if you have a fever. It's typically best to wait until the fever is gone before getting your flu vaccine. Those who have had a severe allergic reaction to the vaccination should generally not be vaccinated, as well as children younger than 6 months old, the CDC reports. Contact your family practitioner or Worth County Public Health at 641-324-1741 to schedule your flu shot.