



# Northwood-Kensett Community School District

## VIKING DISPATCH

April 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

Roger Harris

John Anderson

### From the Desk of Mr. Costello

#### **Preschool Registration:**

On April 21 from 8:00 am-6:00 pm we will hold our preschool registration for the 2021-2022 school year. Any children that are three years old by September 15 are eligible for our three-year old program. Registration will take place in the preschool room. Please enter at the exterior preschool door on the north side of the building. If you have questions, please call the office at 324-1127.

#### **Kindergarten Orientation:**

Our kindergarten orientation is scheduled for May 7. Again this year, we will break the group into two sessions. If your child's last name starts with A-L he or she will be part of the first session from 8:30-10:30. If your child's last name starts with M-Z their session will be from 12:00-2:00. We are looking forward to meeting our future kindergarten students and giving them the chance to practice the kindergarten routines.

In light of the current COVID-19 guidelines, students and teachers will be required to wear a face covering. We will also be using the entrance between the kindergarten classrooms to drop off and pick up students. The door has a sign above it labeled "Kindergarten." Our classroom water fountains are currently shut off, so we encourage you to send a water bottle with your child. Thank you for your understanding and help as we do our best to keep everyone safe.

We are looking forward to seeing everyone on the 7th. If you have any questions, please contact Mr. Costello at 324-1127.

## From the Desk of Mr. Keith Fritz, Jr. Sr. H.S. Principal

As I write this, it's snowing. And snowing. And snowing. It's Monday of Spring Break 2021, the day we saw 8" of snow, and I didn't go anywhere for vacation, so it's snowing.

But I'm choosing to view this snowstorm as an opportunity to sit down and share with you some indicators of progress in our district that I'm very proud of here at N-K.

- Trees are cut down and a few are being moved at the high school to make way for the new **Vikings Activity Center**. This will be a showpiece facility, and will significantly increase access to indoor sports facilities for school and community sports alike. It'll house an athletic trainer, and membership will be available at low rates for everyone in the community.

- **Mental health support** for our kids and training for our staff. Nationwide, school shutdowns and the isolation imposed on kids by officials reacting to the pandemic produced unprecedented spikes in mental health crises for young people. Our teens need support, and those of us who work with them need support, too. This spring, our sophomores will all take part in a workshop called "teen Mental Health First Aid" and our staff will be trained (some for the second time) in that same philosophy this August. Dennis Johnson also arranged for our teachers to hear from a senior at Iowa State on the topic "Ending the Silence" which is about teen depression and how adults can help. These are only some of the ways we're continuing to improve our support for our kids.

- We learned recently from the Department of Education that N-K's **graduation rate** remained high for the Class of 2020; it was **97.4%**. State average is around 91%.

- We're working on more **report card improvements**, including a section for teachers to report out on how *engaged*, how *respectful*, and how *responsible* students are in their classes. With standards-based grading, only the student's academic performance is reported, but these other qualities are still very important--now we'll have a way to share students' progress in these areas, too.

- And for many of our students, the most noticeable improvement will be our **new laptops**. Because of their durability and long life span, we're going with the same type of Apple computers we've used for years. We are fortunate to have the financial stability and resources to afford these kinds of tools for learning.

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

## FROM THE DESK OF MR. CROZIER

We are close to the end of the most challenging school year ever. I would like to thank our parents, community members, students, and especially our staff. We did what most schools in the nation felt was impossible. While some opened in hybrid models we went everyone for full days every day. This amazing feat can be credited to everyone involved. It was a team effort with positive and flexible attitudes from everyone. Once again, a big thank you to everyone. Hang in there for two more months, hopefully, next year will look normal again.

We will be having a ground-breaking ceremony for the new Viking Activity Center on April 8, 2021, at 6:45 PM on the site of the new facility. The start of construction will bring some temporary changes with parking, drop off and pick up of students, and bus loading and unloading. These changes will begin midway through April. Look for emails through JMC for directions on how these issues will be handled. Our front main entrance will remain in use for the remainder of the school year. It's not too late to donate to the project. You can contact me or Bradley Christensen at [bradleyc99@yahoo.com](mailto:bradleyc99@yahoo.com) for giving opportunities.

Enjoy the spring weather, come out and take in a track meet or golf meet.

Mr. Michael Crozier  
Superintendent of School  
[mcrozier@nkvikings.com](mailto:mcrozier@nkvikings.com)

## SPRING IS IN THE AIR!



It sure seems like spring is taking its sweet time showing up this year but there are small signs all around us that it is getting ready to pounce!

Here is a cheery indication that spring is well on its way near our elementary building.

Photo compliments of Steve Butler,  
Elementary Head Custodian

## News from Jordan Reindl, Athletic Director!

**Call out for Community Volunteers:**

With spring right around the corner, it is time to start thinking about our upcoming track season. We are scheduled to host three track meets this spring and there is a good chance we will be hosting the State Qualifying Meet, making the total 4 meets.

It takes many volunteers to run a successful track meet, and even more when you're hosting a conference and state qualifying meet. If you are interested in helping out at the track meets we will be hosting this spring, please contact me. I can be contacted either by email at [jreindl@nkvikings.com](mailto:jreindl@nkvikings.com) or on my cell phone (641) 390-0959. If you have helped out in the past at our track meets, first, thank you, and I will be contacting you soon. If you have not helped out before but would like to this year, please get ahold of me.

Below is a list of our home track meets and dates:

Friday, April 16 - Viking Girls Relays

Monday, April 26 - Viking Boys Relays

Tuesday, May 4 - Jack McMullen JH Co-Ed Relays

Thursday, May 1 - State Qualifying Meet ??

Thursday, May 13 - District Track Meet



# GO VIKINGS



## Counselors' Corner, Mrs. Amy Hansen

**Counselor's Corner**

Amy Hansen, 7-12 School Counselor

Hello again, Vikings!

It seems too strange to be true, but it's time again for me to work to end the year for our Seniors and other students, and start planning ahead for next year. This includes modifying students' 4- Year plans for next year, Concurrent Enrollment & PSEO registration, orientations for 6th grade students, transition for 8th grade into 9th grade, and once again creating the Master Schedule. It looks like there will be fewer changes in the coming school year, which will be a welcome change in and of itself!

The main change coming to our schedule next year is to better serve our Art students, Mrs. Emily Abbas will now offer focused art classes that will allow students to grow their skills in one art area at a time, rather than the variety of art mediums that students are used to in their Art I, II, III & IV classes.

The 4 Year plan review schedule will come out early next week. Students will each be scheduled for a ten minute time appointment with me to review the four-year plan I have on file to make changes for next year and make sure that they are still "on track" for graduation in four years. I will send notification to families when schedules have been added to JMC and are ready for online review.

We are almost finished with eighth grades' creation of their Four Year Plans in Guidance 8. When all have been submitted and reviewed by me, I will be sending home copies for parents to review and sign. An email confirmation is also an accepted form of approval, especially in times like these!

6th grade's tour of the secondary building has been set for the morning of May 5th. Look for a separate email with more details coming in the next couple of weeks.

10th grade has the opportunity to have a college & career field trip to NIACC on April 28th. More information will be shared with both students and families very soon. In the meantime, you can email me at [ahansen@nkvikings.com](mailto:ahansen@nkvikings.com) with any questions about the happenings I've discussed.

## Counselors' Corner, Mrs. Ashley Williams

Beginning on April 5th, 2021, I will be out on maternity leave through the remainder of the school year. If you have any questions or concerns during this time, please do not hesitate to reach out to the building offices for assistance. If you have any questions about the elementary food pantry, please reach out to school nurse, Kaitlyn Bruns. She will be organizing and distributing food to students.

I want to give a brief update of some of the activities students will be working on in my absence.

In Guidance, grades 1-6 have talked about the power of having a growth mindset. A growth mindset is the belief that even if there is an area that you struggle in, we all have the ability to grow and become stronger when we continue to practice and have positive thoughts about ourselves. Each grade has learned about positive self-talk and ways to build self-confidence. Some of these strategies have included creating lists of things each student feel are a strength for them, developing goals in an area they want to improve, and coming up with ideas for how to deal with feelings of frustration and anger when things don't go according to plan. We have also reviewed the Zones of Regulation to practice identifying how we are feeling. Students will continue practicing ways to identify and cope with their emotions in positive ways.

The transition to 7th grade is a big event for 6th graders each year. In May, 6th grade students tour the Jr. High. This gives them the opportunity to see what classrooms look like, as well as ask 8th grade students questions about the transition. This year, the 6th grade tour is scheduled for Wednesday, May 5th. Students will be leaving the elementary around 8:30 am and returning around 10:00 am. Throughout the remainder of the year, 6th graders will also be practicing opening padlocks, choosing elective classes, and discussing excitement and worries about the transition to 7th grade.

I hope everyone has a wonderful reminder of the school year!



## News from the classroom - Math Club by Mrs. Willert &amp; Ms. Della Vedova



Pictured in bright yellow: the Math Club group showing excellent teamwork in getting their machine set up!

Iowa's Engineering Design Contest was held Friday, March 12, in St. Ansgar. Three teams from Northwood-Kensett participated. Thank you to the sponsors that paid the registration fee:

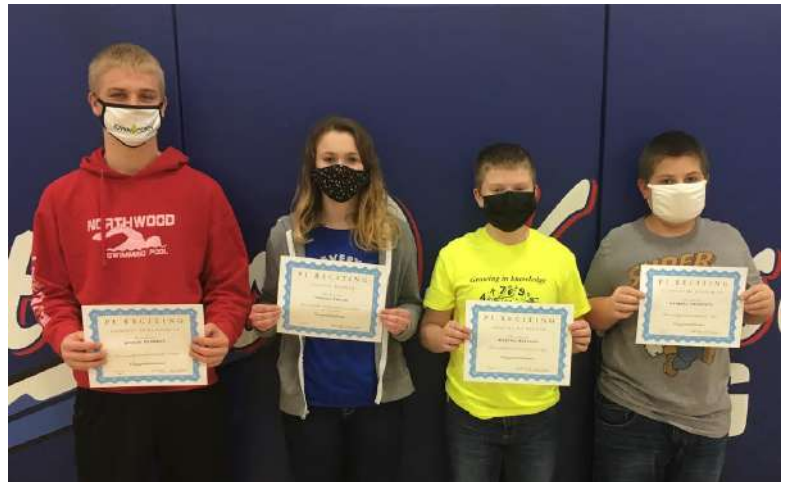
Beland Tree Service, Trustile Doors, and Viafield.

The theme was "Driving Change Through Transportation."

**front, left to right:** Wyatt Willand, Emma Davidson, Nathan Hannemann, Mrs. Willert, Ms. Della Vedova

**middle, left to right:** Kenny Conlin, Weston Willand, Jadynd Beland, Madalynn Hanson, Chloe Costello, Teagan Johnson

**back, left to right:** Hayden Moore, Thomas Block, Kayla Senne, Ruthie Conlin, Evelyn Ocel



Math Club Members that participated in the events of Pi Week at NK, back left to right: Thomas Block, Emma Davidson, Nathan Hannemann, Haydan Moore, Andrew Breitsprecher, Teagan Johnson; middle left to right: Chloe Costello, Madalynn Hanson, Wyatt Willand, Jadynd Beland; front: Weston Willand

Pi Reciting Contest winners: high schoolers Josiah Klimont with 47 digits, and CHAMPION Sydney Welch broke her previous record and topped with a remarkable 188 digits; middle schoolers Weston Willand with 27 and Gabriel Thompson with 7.

## News from the classroom - Math Club by Mrs. Lori Willert



March 14, 3.14, our NK Math Club's annual tradition is to celebrate all week and host a silent pie auction and an academic pep rally on the last day. Kent Nitcher made and donated a "scary cherry" pie. There were 30 pies to bid on that brought in \$588.20 for the math club's graphing calculator scholarships.

### **Pie A Teacher**

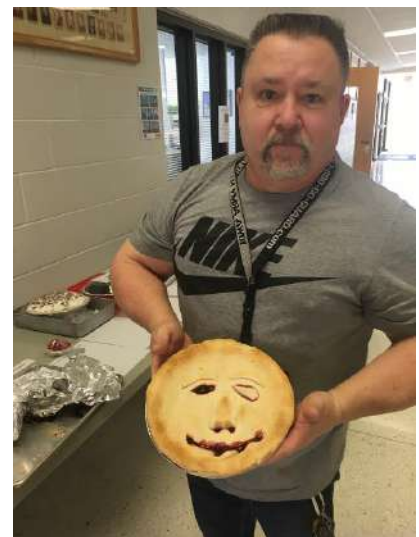
Raffle tickets were sold to students for \$1 a ticket at the chance to pie a teacher. Twenty staff members were willing to take a chance at being randomly drawn to get a pie in the face. Andrew Breitsprecher is shown "preparing the scene."



Social Studies teacher Mr. Capitani was pied by middle schooler Emersyn Wahl; Math Teacher Mr. Abbas was pied by high schooler Thomas Rodemeyer.



Linca Scarlett proudly shows the mini-strawberry pie Mrs. Willert made and that he bought.

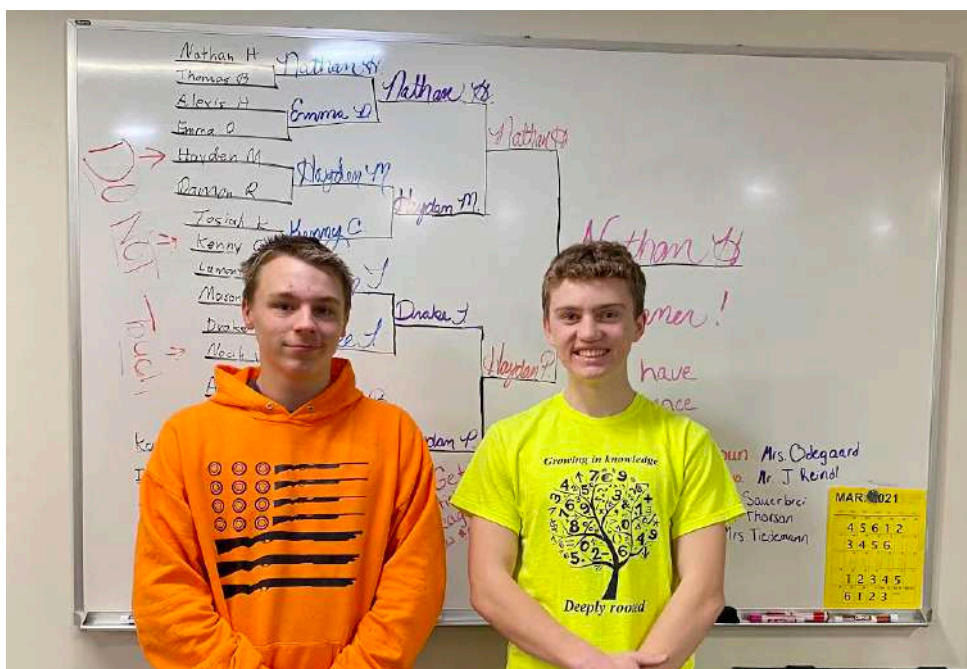




# WINTER CHESS TOURNAMENT



Middle school: Alex Tiedemann 2nd, Trent Tiedemann 1st



High school: Haydan Pestorius 2nd, Nathan Hannemann 1st

## Classroom News – Physical Education by Mr. Michael Kessel

[illegible]

In this photo Mitchell Wallin is demonstrating one of the several ways to move through the ladder as Aspen Beland is getting ready. Utilizing the ladder is a great way to improve speed, agility and quickness. We have been able to utilize the fairgrounds for outside PE class this past fall and are grateful for the opportunity and space to use it again this spring. It is always a pleasure to work with your children on a daily basis as they bring energy, fun and enthusiasm each and every day!

[illegible]

We are able to squeeze three ping pong tables on the side of the badminton and pickle ball court. In this photo Jadya Beland and Marli Backhaus are challenging Rachel Hill who's partner was absent on this day.

[illegible]

Currently our high school PE classes are in a ping pong, badminton, and pickle ball tournament. These are other examples of life-long activities that a person can do to keep themselves moving. Featured in this photo is the doubles team of Justin Mills making contact with the ball with an excellent back up from Wyatt Willand!



In our elementary classes we spent a few days working on balancing, hurdling and footwork skills. This group of kindergarteners are using teamwork to navigate our balance beam (which has survived many, many miles!) Harper Baker and Ruby Hanson are using the buddy system to work their way across as Victoria Madden is close behind.



## Classroom News by Mr. Michael Kessel, K-12 Physical Education



We have been enjoying another action packed school year in both High School and Elementary Physical Education so far this school year! We were fortunate once again that Matt Grunzke from the Strike Zone invited us back for 6 class periods of bowling. The kids had a great time and really enjoyed the automatic scoring that was installed during the off season. Posing for the group photo above was one of Mr. Kessel's 1st hour classes!

On the top right, we have more bowling photos- an action shot featuring Ben Yezek and Dylan Freerksen. Dylan was the overall winner of the high game score and received complimentary bowling passes for his effort.

## Classroom News by Mr. Trevor Hunt, 7-12 Physical Education

7th grade PE students recently completed the hunter safety course with Worth County Naturalist Dakota Popp. The class also allowed students to practice their aiming and shooting skills, where the top 3 students in each class (based on scores for where they hit their targets) were Sophie Rye, Bowan Behne, and Gabriel Thompson in 4th period, and Annalisa Coyle, Jocelyn Kuhlmann, and Linca Scarlett in 5th period.

During that same time frame, 8-12th grade students participated in their bowling unit at Strike Zone. Each class bowled six times for free, and also worked on calculating bowling scores during our e-learning snow days. Bowling high scores for 8th grade were Addison Tasker with 165 and Colby Eskildsen with 131. High school high scores were Dylan Freerksen with 215 and Shallon Batton with 142.



## Nurse's Corner by Kaitlyn Bruns, RN

**Sports Physical Clinic:**

We will again be hosting a Sports Physical Clinic at the High School for all students **FREE** of charge. A sports physical is required for all athletic participants and is valid for 1 year and one month after the issue date. We will be holding the clinic on 3 different days to accommodate schedules.

We would like to have current 6<sup>th</sup> & 7<sup>th</sup> graders get their physical completed April 7<sup>th</sup>, current 8<sup>th</sup> & 9<sup>th</sup> graders April 14<sup>th</sup>, and 10<sup>th</sup> & 11<sup>th</sup> graders April 28<sup>th</sup>. If the assigned day doesn't work, please let Mr. Jordan Reindl or myself know and we will get them in on a different day. The clinics will start at 3:30pm on each scheduled day; **coaches have agreed to be cooperative in letting their athletes participate.**

Students will be seen on a 1<sup>st</sup> come 1<sup>st</sup> serve basis. Last time the wait in line averaged about 30 minutes if students didn't arrive right on time. Please remind them to not get discouraged and to not leave if the line is long! It might help to let them know that this service is **FREE** and benefits both them and you☺ They don't have to go at an inopportune time and you save money; maybe the wait time could be spent doing homework!

A consent to treat form is required to be filled out in order for your student athlete to participate; this is found on the school's website under "School Nurse", along with the physical form. We ask that you help your child fill out the health and family history section on the physical form. Copies of the treatment consent and blank physical forms can also be found in the High School office.

**Have your child bring the consent and physical forms with them on the day of their clinic.** Please do not hesitate to contact Mr. Jordan Reindl or myself with any questions.

Kaitlyn Bruns, RN  
Northwood-Kensett CSD Nurse  
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641-324-1127 ext 227