



Northwood-Kensett Community School District VIKING DISPATCH

January 2020

Creating healthy, educated, ethical and productive citizens.

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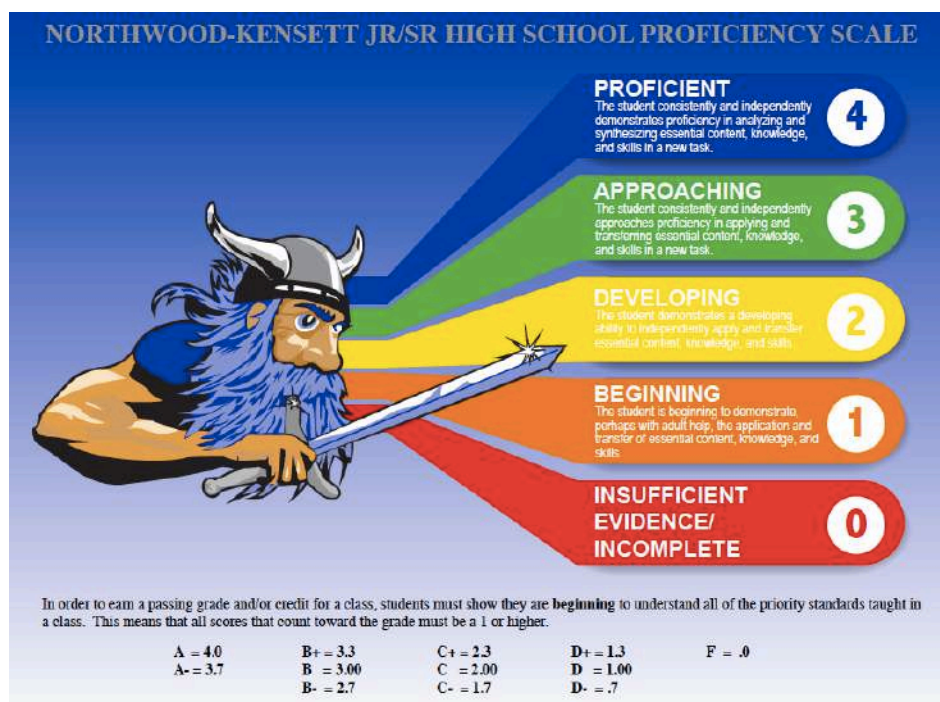
Roger Harris

John Anderson

FROM THE DESK OF MR. FRITZ

It was clear to me this fall after our District Advisory Committee meeting that there are components of our improvements in teaching and learning (Standards Based Learning, or SBL) which are pretty well-understood by parents and students, and some that still aren't.

This graphic helps illustrate what the 4 Levels of Proficiency mean, and how they align with the traditional 4.0 GPA scale we continue to use in our grading system.



UPCOMING DISTRICT DATES:

Jan. 8	1:20/1:30 Early Out PLC
Jan . 9	End of 2nd Quarter (45 days)
Jan . 9	End of 1st Semester (89 Days)
Jan. 10	Begin 3rd Quarter/Begin 2nd Semester
Jan. 22	1:20/1:30 Early Out PLC
Feb. 5	1:20/1:30 Early Out PLC
Feb. 10	No School Full PD Day

FROM THE DESK OF MR. COSTELLO

Happy 2020!!

Another year has come to an end, and another has just begun. As you reflect on 2019, what are some of the highlights for you? Perhaps it was starting a new job, or getting a promotion. Maybe it was achieving a goal, exercising more or losing a few pounds? Whatever those highlights are, I'm hopeful that 2020 is just as successful for you as 2019 was.

Speaking of the New Year, I was doing a little reading about resolutions. According to an article by Peter Economy, "The Leadership Guy", over half of Americans make a resolution but almost 90% of those resolutions fail...in fact, more than half of the people fail their resolutions before January 31! So, what's the reason for such a high failure rate? Shireen Khalil, from News.com.au, simply states, "unrealistic expectations are a big reason for their failure." There is no doubt, people develop resolutions with great intentions, but we need to be realistic about our approach.

I want to throw out a resolution idea for you to consider. Commit to reading to your child(ren) at least 5 days out of the week. It doesn't take much time to sit and read a book. If you have older kids, take turns reading a chapter of a book. We all want resolutions to have an impact, right? I promise you, the impact (and good feeling) of this resolution will last for years to come.

Here's to a happy and healthy 2020

OPEN ENROLLMENT NOTIFICATION**OPEN ENROLLMENT REQUIREMENTS:**

Districts are required to notify patrons of open enrollment application deadlines and the possibility of transportation assistance. For the 2020-2021 school year, the deadline for filing an open enrollment application for students in grades 1-12 is March 1, 2020. The deadline for students entering kindergarten is September 1, 2020. Parents/guardians of open enrollment students whose income falls below 160% of the federal poverty guidelines are eligible for transportation assistance. This may be in the form of actual transportation or in the form of a cash stipend.

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



Grades 3 & 4

December third and fourth grade Pillar of the Month students chosen by their teacher for exhibiting quality character traits.

Brynlee Faber- Ms. Seehusen
Rosy Bircheat- Mrs. Hill
Ivy Urbatsch- Mrs. Ubben
Hallie Hanson- Mr. Einertson

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

December fifth and sixth grade Pillar of the Month students chosen by their teachers for exhibiting quality character traits.

Marley Mosher- Mr. Severson
Lexy Mosher- Ms. Hagen
Olivia Willsher- Mr. Parks
Merrin Hanson- Ms. Orvedal

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



Grades 5 & 6

FROM THE DESK OF MR. CROZIER

From the Desk of Mr. Crozier**KNOW YOUR LEGISLATORS****What you should know about your Legislators:**

Their background: Most legislators have played an active role in their communities and other organizations before being elected to the Iowa House or Senate. Knowing this information gives you a clue as to what drives them and the issues that are likely to be important. Many legislators were once school board members. This gives them good insight into the issues that will be important to you. Find out where your legislators come from. Are they farmers? Small businessmen? A former school board member? This information helps you to shape your advocacy.

Our Legislators Are:**Jane Bloomingdale House of Representatives Waylon Brown Senator****Address:**

201 2nd Avenue N
Northwood, Iowa 50459

Contact:

jane.bloomingdale@legis.iowa.gov

Address:

2415 Highway 218, 50461
Osage, Iowa

Contact:

waylon.brown@legis.iowa.gov

New Facility Scheduler to go live on January 1, 2020

Starting January 1, 2020, we will go to an online system for facility usage for both internal and outside groups. As with all change, there will be some bumps in the road and frustrations. We will have directions on the website on how to become a requester and direction of how to request a facility after you have been accepted as a requester. All the current calendars have been transferred over to the new system so anything you have currently approved will be on the new calendar. As of January 1, 2020, the old facility request form will no longer be used.

News from the Classroom! By Ms. Nichol Hebel and Mrs. Alyssa Hanna

Kindergarten had a wonderful time kicking off the holiday season! Before winter break began our students were busy writing letters to Santa and then on a beautiful Friday afternoon we were able to walk to Santa's Mailbox to deliver them. We also celebrated the holiday season with a Polar Express pajama party! We enjoyed watching the movie *The Polar Express*, drinking hot chocolate, and having popcorn. That morning we were also treated to a surprise guest reader, Santa Clause, who read the book, *What Santa Can't Do*.



From the Pile off Mr. Hartman's Desk



Coaches vs. Cancer

You can now purchase your items online in 3 easy steps:

1. Scan the QR code or go online to <https://coachesvcancer.itemorder.com>
2. Choose your items and add them to your cart
3. Securely checkout with your credit card

Online Store Deadline: Sunday January 12th, 2020 (11:59pm CST)

Gildan Youth/Adult Ultra
DryBlend T-Shirt (50/50 Tee)



\$12.00

Gildan Youth/Adult Ultra
Cotton Long Sleeve Tee



\$16.00

Gildan Youth/Adult Crew
Sweatshirt



\$20.00

Gildan Youth/Adult Hooded
Sweatshirt



\$25.00

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Questions?

Customer Service

1-800-747-9744

sales@thegraphicedge.com

<https://www.thegraphicedge.com/>

Again this year, the Top of Iowa Conference will have its conference-wide Coaches vs. Cancer tee shirt cancer research fundraiser. The money we raise will go to the Worth County Relay for Life. All the schools in the conference will be selling the same tee shirt design with the hope that all the crowd, players and coaches will be wearing them on the last Friday of January. This year that night falls on January 31st with our basketball games when we host Newman. It would be great to see as many Vikings as possible wearing these tee shirts and showing our support for the fight against cancer.

Attached is the directions for online ordering. Deadline for all orders is Sunday, Jan. 12th (11:59pm CST).

Thank you for your support.

Steve Hartman, N-K Athletic Director

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
Canned Vegetables
Assorted Spices
Egg Noodles
Spaghetti noodles
Canned Spaghetti Sauce
Mac & Cheese
Canned Chicken/Tuna
Pork Patties
Fresh Eggs
White and Brown Rice

Fresh Onions
Cream of Mushroom Soup
Fish Sticks
Fresh Oranges
Tomato Juice
Vegetable Oil
Spaghetti O's
Vegetable and Chicken Noodle soup
White Flour
Hygiene Products
Paper Towels and Bathroom Tissue

News from the classroom-5th grade project in December

Our 5th grade Northwood Kensett students are pictured with their collections of donated items for the local food pantries in Northwood. In place of a gift collection, 5th grade students collected food and hygiene items, counted, graphed and made posters to display their collections. They collected 564 items.



Counselors' Corner, Mrs. Amy Hansen

The Importance of Attendance

By: Amy Hansen

In my eleven years at N-K, I've noticed something: With winter weather comes more absences from school. As Nurse Heather seasonally reminds the school community, a lot of that can be attributed to flu season and other sickness that is associated with colder weather. She urges us all to review the guidelines in the student handbook on when it is (and isn't) appropriate to keep a child home sick from school. It's important to let our students recuperate from sickness so that they can be successful when they are in the classroom. By all means, please prevent further spreading germs by keeping a sick child home.

However, research has shown that attendance is a basic condition for a child's school success. The National Center for Education Statistics reports that students with regular attendance achieve at higher levels than students with sporadic attendance. Students who miss school regularly from an early age have a higher chance of dropping out of school than those who do not. For these reasons, it is important for parents to help support their children by helping them attend school regularly.

Firstly, parents can assist the school by ensuring their child gets to school on time. When a student is tardy, they start the school day off a step or two behind the rest of their classmates, because they miss out on the first items of the day. At the high school level, these students have the potential to lose credit if too many tardies are recorded. This can put a student behind in their graduation credits and often leads to more stress and a heavier work load later on. If a student misses 10 minutes per day, they miss 50 minutes per week and 7.5 hours of instruction per quarter. That's the same as being absent one whole school day!

Parents can also limit the amount of time a child is out of school by following the student handbook guidelines as to whether or not the child should stay home from school, and making sure that their student is only absent from school if it is absolutely necessary. The importance that is placed on children's education at the home is one factor in how important a child sees his education. Students who are raised with the belief that school is important and valuable are more likely to succeed in education-- in elementary school, high school, and in their post-secondary training.

Resources:

[Brookings— School Attendance: A building block of student achievement](#)

[NCES: Every School Day Counts](#)



Counselors' Corner, Mrs. Ashley Williams

Classroom guidance lessons have been focused around positive mindsets, communication, and responsibility. The 5th/6th grade Jr. Viking Way also met to decide which projects they would like to work on this year. They have some great ideas for our school!

A new program that will be introduced at Northwood-Kensett Elementary starting in January is the Zones of Regulation. This program helps students to identify their emotions, as well as the emotions of people around them, and what tools they can use to deal with those feelings.

The Zones of Regulation breaks feelings into 4 separate colored zones. The Blue Zone is a low level of energy or alertness and includes being bored, tired, sad, sick, shy, etc. The Green Zone is at the ideal level of alertness and energy to learn. The Green Zone includes feelings such as being happy, positive, thankful, calm, and content. The Yellow Zone is a heightened state of alertness and higher energy. Emotions in this zone include being silly, excited, annoyed, frustrated, worried, and embarrassed. The Red Zone is extremely high state of alertness and energy. Emotions in this zone include being angry, upset, mad, terrified, and out of control.

The overall goal of the Zones of Regulation is for students to understand that it is normal for everyone to go through the various zones. It teaches students to regulate their emotions to be able to continue with their day.

As we look towards second semester, small groups and classroom lessons will also begin covering topics such as study skills, organizational skills, and test taking skills to help all students be successful! 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.

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!

The ZONES of Regulation®			
			
BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Terrified Yelling/Hitting Out of Control

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

Math club Christmas party photos



Nurse's Corner by Heather Rheingans, RN

I feel it's safe to say that we have had a successful 1st part of the school year in terms of health and wellness, as there have been very few absences due to illness. However, with 1st semester closing down and winter just beginning, I wanted to take this time to remind you about the school's policy in regards to keeping your child home due to illness.

****WHEN TO KEEP A CHILD AT HOME**

Although we strongly encourage daily attendance at school, we also believe that students should not attend school when they are ill. When your child exhibits the following signs, we request that he/she not be in school:

- 1) Generalized flu symptoms, low grade fever, achiness, and chills.
- 2) Diarrhea and vomiting. (If your child has these symptoms in the evening, it is wise to give him/her the next day to completely recover). Sometimes returning to school too soon only prolongs the illness.
- 3) Respiratory symptoms, frequent deep cough, green nasal drainage, fever, chest discomfort.
- 4) Rashes/Skin Lesions. Any lesion that is warm, streaking or has drainage that cannot be contained (scabies, impetigo and chicken pox). Ringworm that is not able to be covered.
- 5) Two or more of the following: Abdominal pain/diarrhea, fever of 101 or greater, swollen lymph nodes, white patches on the tonsils, redness to soft palate, scalp ringworm.

Parents are requested to contact the school as soon as possible when a student will be absent due to illness. It's also helpful to leave a brief summary of symptoms so that I may track per grade or class to determine if we need to increase our disinfection practices or provide extra health education to a group of students. Parents are also request to contact the school as soon as possible when a diagnosis of a communicable disease has been made (whooping cough, influenza, etc).

Any student that is out of school for an illness that includes a fever must be fever free without the use of acetaminophen or ibuprofen for 24 hours. If your child has been ill during the school day, we request that he or she not attend or participate in any school sponsored event that evening.

By following the school policy, you not only help your child recover quicker, but also help us by preventing the spread of illness.