



Northwood-Kensett Community School District VIKING DISPATCH

March 2022

Creating healthy, educated, ethical and productive citizens.

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Michael R. Crozier, Superintendent

Brian Costello, Elementary Principal

Keith Fritz, Secondary Principal

School Board Members

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From the Desk of Mr. Costello

Iowa Assessments

Each year, public schools in Iowa are required to administer a standardized assessment. In years past it was the Iowa Test of Basic Skills (ITBS) and Iowa Tests of Educational Development (ITED). The format and name have changed in recent years to what is now called the Iowa Statewide Assessment for Student Progress (ISASP). Northwood-Kensett Elementary will be administering this assessment to students in grades 3-6 from March 29 thru April 1.

In order for us to get the most reliable results and an accurate picture of how your child is learning, I'm requesting your help by doing the following:

•Talk to your children about the test. Impress upon them the importance of doing their best.

•Make sure your children have a good night's sleep. Proper rest is one of the biggest factors affecting a student's performance.

•Make sure your children have a good breakfast. This will help students focus on the test.

More information about the ISASP can be found at iowa.pearsonaccessnext.com. If you have specific questions about this new assessment, please contact me at 641-324-1127.

Thank you for your continued support,
Brian Costello

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

Parent-teacher conferences are coming soon, this March 8 and 10. I hope you take full advantage of the opportunity to sit down and talk one-on-one with your student's teachers about how they're doing in school.

And those very important visits are followed by another important event: Spring Break! After making it through 3/4 of the school year, it seems everybody appreciates taking a week away from school, taking a deep breath so to speak, and then coming back refreshed and ready to tackle the spring quarter, spring sports seasons, and eventually graduation and the end of the school year.

Our staff at the 7-12 building recently wrapped up a months-long book study, discussing and applying the concepts and strategies in a book called *Teaching with Love & Logic*, which emphasizes the importance of positive relationships between students and their educators. We saw that, the year after Covid, our students were generally less respectful, more disruptive, and more emotionally and socially fragile than they'd ever been. We wanted to change that, and I'm happy to report that during this 21-22 school year we've had a 50% reduction in office referrals for disruptive, disrespectful, and destructive behaviors. Those are good numbers, and we'll continue to work on getting them to drop even lower.

With better behaviors comes more time to learn, and we'll have an opportunity to see how well our students are progressing academically when they return from Spring Break and take the ISASP tests (the old Iowa Tests, for those of us who remember the No. 2 pencil days). Now, they're done on the laptop, and the scores make a big difference in which courses your student can and cannot take, and whether or not they qualify for taking college courses. We also use the scores to help make decisions about course offerings, which curriculum we use, and which students need remediation.

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. CROZIER**Viking Activity Center**

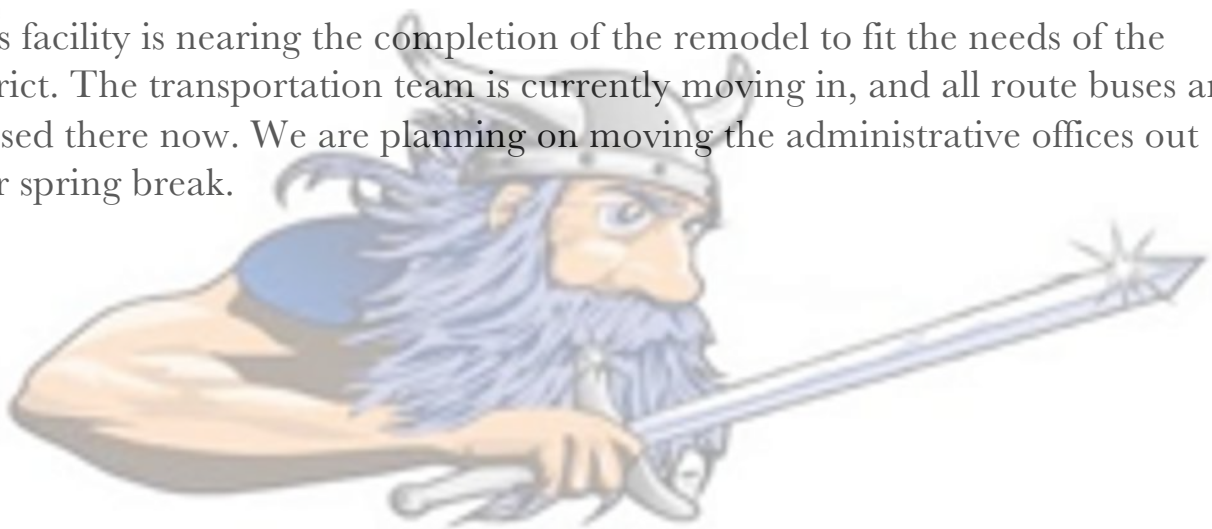
The Viking Activity Center's new completion date is by the end of May 2022. This is 3 months behind schedule. This is mainly due to the difficulty in getting materials for the building. Although it will be a little late getting done it is better late than never.

This is going to be a facility that the school and community can be very proud of. We plan to have several different wellness activities that members can participate in, from walking the track, lifting some weights, working on cardio equipment to playing basketball, volleyball and pickleball. If you are looking for a place to hold a birthday or graduation party, we have that also. The community room is large and has a kitchenette for all your needs. This is going to be a facility that serves the needs of our community.

Memberships to the Viking Activity Center will go on sale in April. The board of education will approve a pricing structure at the March meeting. We will hold a grand opening sometime in May or early June.

Transportation/Administrative Offices Facility

This facility is nearing the completion of the remodel to fit the needs of the district. The transportation team is currently moving in, and all route buses are housed there now. We are planning on moving the administrative offices out over spring break.



News from Jordan Reindl, Athletic Director!

To: Local Community Adults (Men, Women and High School Age Students)
From: NIOA (North Iowa Officials Association)
Subject: Junior High / High School Sports Officials Needed Now

Hello! Junior High and High School sporting events (baseball, softball, football, volleyball, basketball, wrestling and track) in North Central Iowa are in dire need of sports officials right now and in the future, starting with the 2022 baseball and softball seasons. This includes Junior High, Freshman and Junior Varsity/Varsity events in your local community.

The NIOA (North Iowa Officials Association) is asking that you consider becoming a sports official, whether inside your community or the surrounding North Central Iowa area. Now would be the time to give some serious thought about becoming a sports official because scheduled contests in your community or surrounding communities will not be played if there are no available officials to officiate these contests. That may be the case starting with the 2022 baseball/softball seasons.

If you are interested in becoming a sports official, whether it is in only one sport or multiple sports, that would be a great start to your officiating future. To get started, you can contact your local Athletic Director, who in turn will contact one of the NIOA contest assignor's listed below, or you are welcome to contact one of the NIOA assignor's directly.

The NIOA also has a website (northiowaofficialsassociation.weebly.com) that you can visit for any further information about officiating and contacts.

Thank you from the NIOA for your consideration in becoming a sports official. The NIOA needs you and will welcome you with open arms into the officiating profession! Also, the young adults in all our schools will welcome you because they need your support and help with this very serious issue.

Greg Henn - NIOA President
ghenn.ysf@gmail.com
Ken Robbins - NIOA Lead Assignor
kenrobbins2390@gmail.com
Scott Whitehill - NIOA Asst Assignor
coachwhitey@yahoo.com
Craig Snider - NIOA Asst Assignor
craigdsnider@gmail.com



Counselors' Corner, Mrs. Amy Hansen

Counselor's Corner

Amy Hansen, 7-12 School Counselor

Although it doesn't seem so outside, spring & summer opportunities are starting to roll in to my counseling office. I thought I'd share a few of them here, with advanced apologies for their random audiences!

Seniors will have the opportunity to learn more about graduation, WCDA, and other local scholarships on March 29th-31st during ISASP testing. We will also share all the important details for the WCDA scholarship with seniors via pre-taped presentation. All local scholarships are due to the high school office no later than April 8th.

Seniors are also finishing up their employability skills unit in English 12 with Mrs. Faugstad and me. Students are in the midst of Senior Interview week. In-person interviews are back, and we're off to a great start, as students have worked hard to prepare for them and have received great feedback.

Juniors' ICAN Financial Aid presentation will take place during Life Skills this spring. I will send information for all students and parents regarding ICAN Iowa's services for NK families in a flyer soon and have linked it here.

Juniors will also take the ASVAB on Wednesday, March 23rd. Sergeant Luke Scheer will join us during a Life Skills lesson for the interpretation of scores.

10th & 11th grade students will soon have the opportunity to sign up for a spot in early April to register for Fall 2022 NIACC concurrent enrollment classes. We are glad to be able to continue to offer these opportunities to our high school students. An email will follow when more details become available.

Additionally, we will have the work of updating 4 year plans for Fall semester 2022(!) when we return to school after spring break. All students will be scheduled for an in-person or virtual meeting to review 4-Year plans and make adjustments for the next school year. You can check out my **NK Counseling One-Stop Shopping folder** or my **counseling website** to access the resources and opportunities that are available to our school community.

8th grade will also have an opportunity to visit NIACC for a special rescheduled Discover Day for middle school students on May 12. We are finalizing rescheduled details now and will share them soon. Your student has already done the pre-event work in preparation for the original event in December.

Counselors' Corner, Ms. Dakota Hansen

Does the amount of sleep a child gets affect their mental health?

Sleep and mental health are closely connected. The American Academy of Sleep Medicine encourages teens (ages 13-18) to get 8 to 10 hours of sleep each night, and grade-schoolers (ages 6-12) to get 9 to 12 hours nightly. Studies show that children who are getting enough sleep have a healthier immune system, perform better in school, and are cognitively healthier than those who do not. Children can bounce back from a few missed hours here and there, but regular sleep deprivation will lead to difficult behaviors and health problems. If your child is irritable, has difficulty concentrating, depressed, obese, or prone to headaches, sleep deprivation could be the source.

When you sleep your brain is reenergizing the body's cells, clearing waste from the brain, and supporting learning and memory. These processes are especially important for children as they learn and grow. When a child cannot go to sleep at night or wakes up frequently this essential development cannot occur. Some common reasons why a child cannot go to or stay asleep are fear of the dark or nightmares, unwillingness/ability to relax for sleep, or anxiety.



Tips to get a good night's sleep and support cognitive health.

Foster a good sleeping environment.

- Remove distractions (cell phones, computers, video games, TV).
- Keep the noise level down.
- A dark space promotes sleep and production of melatonin.
- Turn down the heat. Cooler temperatures help to promote deep sleep.

Establish a bedtime routine.

- Go to bed at the same time each night. Your body will recognize this routine and allow you to go to sleep faster.
- Calm down before you go to bed. Take a warm shower, read, stretch, or journal. (Avoid electronics as they stimulate the part of the brain that is designed to keep us awake.)

Support your sleep while you are awake.

- Limit naps to 45 minutes.
- Get exercise each day.

Dakota Hansen
Elementary School Counselor
dhansen@nkvikings.com

Classroom News! By Mr. Michael Kessel



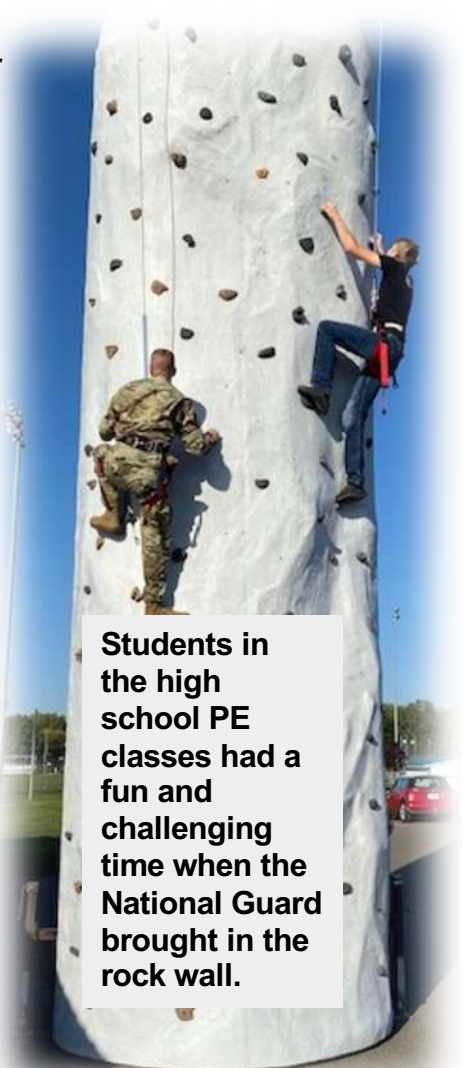
Kindergarteners are being introduced to rope jumping skills during elementary PE class.



◀◀◀◀◀◀◀◀
A group of our 2nd graders playing a new game called Circle Hockey. It is an excellent activity for working on hand-eye coordination and striking skills.



6th grade students working on volleyball skills. This is Bailey Thorson fine tuning her serving technique.



Students in the high school PE classes had a fun and challenging time when the National Guard brought in the rock wall.

Happy Birthday Dr. Seuss! Mrs. Katcher, Elementary Media Associate

Our kindergarten and 1st grade classes have been enjoying our Spotlight Author of the month-Dr. Seuss.

We are learning Dr. Seuss's real name is Theodore Seuss Geisel. He was not a real doctor, but a famous writer and illustrator for children's books and so much more. In Dr. Seuss books, you will find much rhyming, repetition, made up characters and humor.

I have chosen 4 Dr. Seuss books to read each week with an activity to follow the story:

Our first story was "Fox in Socks" and the activity was to decorate a paper sock to pin on the clothesline on the Library wall. We have some very talented little artists.

Our second story "Cat in the Hat" and was followed with a Headband craft kit of the Cat in the Hat for Kindergarten. These hats were wore for Dr. Seuss birthday. The first graders played Doctor Doctor Seuss (similar to duck duck goose).

Our third week title "Green Eggs & Ham". Mrs. Katcher dressed up as Sam Am I to read the story and we played a game afterwards called NO Laughing.

Our Fourth week title "Hop on Pop". A balloon relay game was a highlight as each relay team had to hop like a bunny to a chair, sit on their balloon to try to pop it and run back. This game has been a favorite. Lots of giggles are shared. Believe it or not some are very competitive. Second graders will be participating in this game during Dr. Seuss week as well

Kindergarten will once again celebrate Dr. Seuss's birthday on March 2. with games, treats and a little treat bag to go. Always sad to see this unit come to an end but we will be excited to learn about our new spotlight author of the month.

The Kindergarten and First grade students will vote at the end of the unit to see which of the 4 titles in the unit was their favorite. I am excited to see which title will win.

There is also an opportunity for all students, Kindergarten to 6th Grade to guess how many fish are in a jar and possibly win that jar of Swedish fish.

PG 2: Happy Birthday Dr. Seuss! Mrs. Katcher, Elementary Media Associate



News from the classroom – Jr. Sr. High English Department

English/Language Arts

Allison Clark, Deb Faugstad, Amy Hansen

The English/Language Arts curriculum at the secondary school emphasizes developing students' skills in reading, writing, speaking, listening, and viewing. In addition to the core curriculum taught at each grade level, high school students may choose to take one or more of the English electives. Some students choose to participate in Advanced Placement English courses.

Classroom Highlights

English 7 students have been focusing on appreciating differences as we build our reading and writing skills this year. They have read two novels with main characters who have differences, and we have discussed the importance of kindness and understanding. We are currently writing blogs and creating an online portfolio to increase our writing skills. This spring, we will continue writing and end the year by reading *Percy Jackson and the Lightning Thief* by Rick Riordan.

English 8 students have read many fiction and nonfiction selections this year. They are currently working with literature that focuses on the Civil War time period. As the school year draws to a close, they will be reading and responding to *The Outsiders* by S.E. Hinton.

English 9 students have read many fiction and nonfiction stories this year and have been working hard on improving their writing skills. After finishing our current unit about Informative Writing, students will read a novel about the Holocaust focusing on the historical context of WWII.

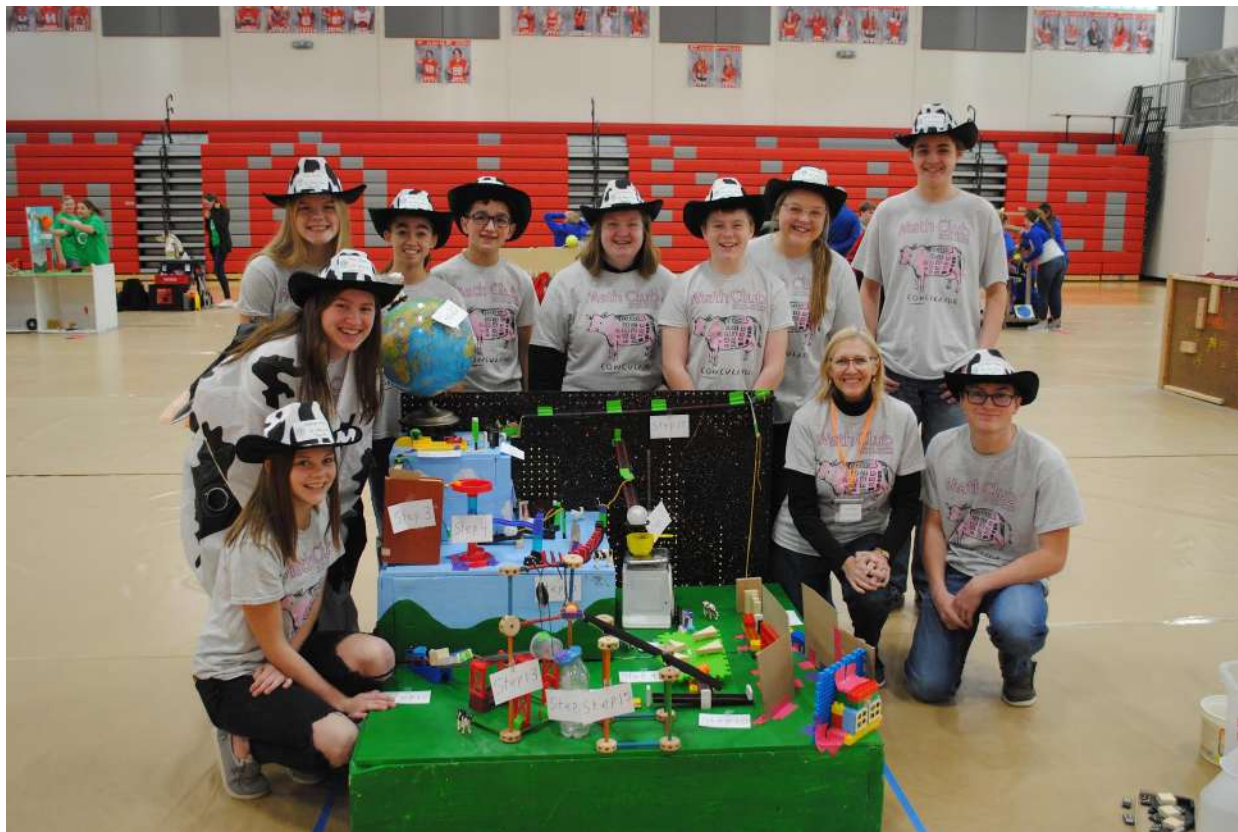
English 10 students are learning to write about the literature they have read this year. By the end of the semester, the sophomores will read and analyze elements in a classic American novel and will participate in a simulation to practice their speaking and listening skills.

English 11 students have read a variety of texts this year with an emphasis on American Literature. The year started with a focus on the Salem Witch Trials, and we are now reading and discussing a novel written about the Vietnam War. This spring, students will move forward in time and read a more contemporary American novel and complete a Passion Project. This will give students an opportunity to explore their interests and take control of their learning!

During the third quarter in English 12, Mrs. Amy Hansen co-teaches in the classroom and works with students on creating senior résumés, correctly completing job applications, and writing business letters. After learning and practicing job interview skills, each student will complete a mock interview with a local business person. During the fourth quarter, each senior will complete a research paper and a project related to the topic of the research. The semester will culminate with the Senior Project Showcase on Wednesday, May 11.

Students in Mythology, an elective course, have been studying Greek mythology and will be learning about Roman and Norse mythology. Each student will explore the mythology of another culture of the student's choice. Students will also examine the influence of mythology in popular culture.

**The Physics team:
left to right:
Jon Meksi,
Hailee Schmitt,
Eli Mix,
Josiah Kliment,
Aaron Davis**



left to right: Madalynn Hanson, Emma Davidson, Chloe Costello, Aria & Kale Bode, Kinley Stambaugh, Weston Willand, Teagan Johnson, Kenny Conlin, Mrs. Willert, Christopher Madsen

"Power the World" was the theme for the Rube Goldberg Engineering Machine Design Contest held in St. Ansgar, Monday, February 14, 2022.

The NK Math Club (7th-12 graders) won one of the "People's Choice" awards for being "Wonderfully Wacky" and designing a machine that had humorous and entertaining appeal. All team members wore their "Cowculator" t-shirts, cow cowboy hats, and club president Emma was in a cow costume. The futuristic theme was that COWS could POWER THE WORLD!

The NK Physics Class (all seniors) made it to the finals with their History of Energy theme from Ben Franklin to Elon Musk. Their advanced STEM components with chemical reaction, electrical, fluid, and mechanical action steps were awesome (when working). Unfortunately, their battery source weakened and an alternative power source did not work out. It ended with "a bang."

There were 13 teams in all. First place went to Sumner-Fredricksburg, 2nd place to St. Ansgar, and 3rd to West Hancock.

A lot of time, teamwork, and energy went into building these 20-step contraptions; and, a good time was had by all!



Iowa's 2022 Rube Goldberg competition will be held in St. Ansgar Monday, February 14. The theme this year is "Power Up the World"

Teams preparing are the NK Math Club:left to right: Christopher Madsen, Weston Willand, Chloe Costello, Madalynn Hanson, Emma Davidson, Teagan Johnson, Kenny Conlin, Kinley Stambaugh, Aariah & Kale Bode



Math Club President, and senior Emma Davidson with "Dale" the trophy!

Classroom News Math Counts, Mrs. Lori Willert



left to right: Kale Bode, Weston Willand, Kinley Stambaugh, and Arianh Bode

Monday, February 7, was "e-day"

e is an irrational real number used in exponential and logarithmic formulas. Its value is approximately 2.718 which is why we recognize e on February 7, 2/7.

Members of the math club made and sold cookies and brownies at last Friday's home basketball game.

Classroom News FCS Fieldtrip to Rochester MN-Mrs. Megan Thorson

Cafe students recently took a trip to Rochester MN to visit some Food based businesses. They stopped at Roasted Bliss Coffee Shop and Bakery and were able to tour the kitchen as well as talk to the owner about starting and running a small business. They also got a chance to tour the kitchen and talk to the owners of Victorias Italian Ristorante in downtown Rochester.

Keep up to date on what CAFE offers for meals or freezer meals by following the Northwood Kensett Family Consumer Sciences Facebook page here:

<https://www.facebook.com/Northwood-Kensett-Family-Consumer-Science-353464275504824>



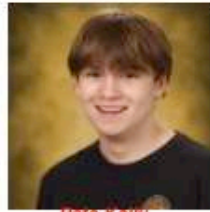
7-12 Student of the Month Honors



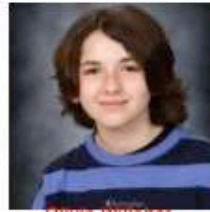
Macy Thorson



Tyce Skeilenger



Pete Kelly



Olivia Wilsher



Taylor Rodemeyer



Madison Espinosa



Jason Hanson



Merrin Hanson



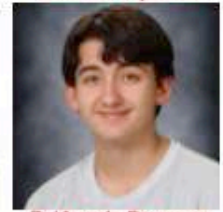
Thomas Block



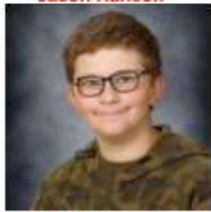
Ben Yezek



Jaden Carrison



De'Angelo Ferguson



Cody Wunderlich



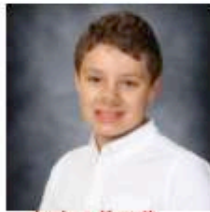
Jose Obregon



Hayden Moore



Jackson Faber



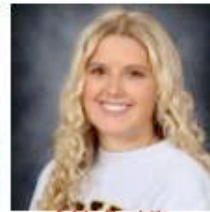
Joshua Krauth



Lexi Hanson-Brandsoy



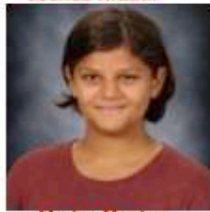
Kenedie Berry



Addy Bachtie



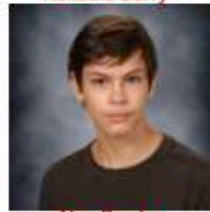
**N-K
Student
of the
Month**



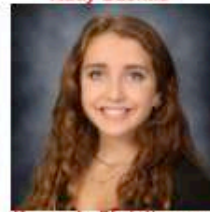
Marley Mosher



Jadya Beland



Alex Bewley



Kennedy Christianson



**February
2022**

CLASSROOM NEWS! Grade K. Ms. Nichol Hebel and Mrs. Alyssa Hanna



We are 100 days smarter in kindergarten! This past month we celebrating the 100th day of school by dressing up like we were 100 years old, making necklaces with 100 fruit loop prices, and coloring 100 objects! We also spent time writing 100 words and writing our numbers to 100! We opened a museum displaying each students' collections of 100 items and invited the whole building to come and see our hard work on display. Our day was filled with writing, counting and giggles!



Nurse's Corner by Kaitlyn Bruns, RN

March is National Nutrition Month!

It is important that we are staying healthy throughout the year, and one way we can provide that is with proper nutrition. Our bodies thrive off of good food and exercise.

We Can! (Ways to Enhance Children's Activity and Nutrition) is a national educational program designed for parents and communities to provide resources for children on ways to stay healthy. As parents, you can do a lot to help your children learn healthy eating habits and maintain a healthy weight. Involving them in meal preparation and cooking can motivate them to try new foods- and is a good way to spend time together as a family.

Everyday Eating Tips:

- **Change your shopping habits**
 - Eat before grocery shopping
 - Make a grocery list
- **Watch your portion sizes**
 - Share an entrée with someone
 - Don't serve seconds
 - Eat off smaller plates
- **Change the way you prepare food**
 - Make foods flavorful with herbs, spices, and low-fat seasonings
 - Grill, steam, or bake instead of frying
- **Change your eating habits**
 - Keep to regular eating schedule
 - Eat before you get too hungry
 - Stop eating when you are full

Eating healthy sounds easy right?? Well sometimes it can be easier said than done. The WeCan! website has great resources for better nutrition including shopping tips, family recipes, eating healthy when eating out, and serving sizes and portions. GO, SLOW, and WHOA foods are terms to be aware of when making your next grocery run.

GO Foods are:

- Lowest in fat and sugar
- Relatively low in calories
- Great to eat anytime
 - Examples include fruits and veggies, whole grains, low fat milk products, etc.

SLOW Foods are:

- Higher in fat, added sugar, and calories
- To be eaten sometimes/less often

WHOA Foods are:

- Highest in fat and added sugar
- "Calorie-dense"
- Often low in nutrients
- To be eaten only once in a while/on special occasions, in small portions

Hungry for More?

We Can! Website: <https://www.nhlbi.nih.gov/health/educational/wecan/>