



Northwood-Kensett Community School District

VIKING DISPATCH

May 2022

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

Bradley Christianson

John Anderson

From the Desk of Mr. Costello

Spring is just around the corner...or is it? This spring has been rather unusual. Rain, cold temps and wind have interrupted our hopes of a nice transition from winter to summer. I'm hopeful nicer weather is around the corner, so we can put away the coats and galoshes and replace those with shorts and sandals.

As we prepare to close the books on this school year, I want to pass along some important dates and information on some events that are coming up.

- As of this writing, our last day of school will be Friday, May 20th. The elementary school will dismiss at 12:20 for bus students and 12:25 for our walkers.
- Mark the afternoon of May 18th on your calendars to come and watch our annual elementary Track and Field Day. This event will take place at the high school sports complex. After the events are over, walkers will be dismissed to go home and bus students will load at the high school. **We will not have a bus pick up at the elementary**. A letter will be coming home with more details at a later date.
- We'll hold our end-of-year preschool programs in the elementary gym during the week of May 10. Our preschool teachers will send home notes to parents with details.
- We're planning to offer a summer school program again in June. A few details still need to be worked out, but the basic schedule will have us holding class from 9:00-11:00 from June 6th-July 1st. We're also looking at holding a jumpstart program the first week of August. More details will be coming.
- A look ahead: Registration for next school year will be Wednesday, August 10th. Our first day of classes will be Tuesday, August 23rd.

Thank you for your support this year. Have a safe summer!

From the Desk of Mr. Crozier, Superintendent of Schools

May is School Board Recognition Month in Iowa, and Northwood-Kensett joins public education communities throughout the state in thanking Iowa school boards for launching Iowa's next generation. Throughout the month, let's take time to recognize the contributions made by the five members of the Northwood-Kensett school board, who are responsible for providing high-quality public education to our students.

Northwood-Kensett board members are elected by their communities to manage local schools. They oversee an annual budget of \$17 million, 580 students, 89 employees and 2 buildings.

These elected volunteers create school policy, approve curricula, develop innovative opportunities, and maintain school facilities. Board members must enhance their understanding of state and federal education law; the complexities of school finance, including budgets and taxes; and the importance of maintaining a positive district culture. They spend many hours in board training programs and personal study, while also advocating for public schools with their local legislators. It may not seem like rocket science, but it is!

We don't always recognize the dedication and hard work of these public servants elected to represent us and the interests of our children. Make plans to thank your school board members, let them know you appreciate what they do for the children of your community and ask how you can be of service to the Northwood-Kensett District.

Please join us by saying "thanks" to these innovators in public education during School Board Member Recognition Month this May.

The members serving on your Northwood-Kensett board are: Larry Hovey (President), John Anderson (Vice-President), Bradley Christianson, Susan Kliment, and Cindy Pangburn.

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

I've had a lot of jobs in my life. Moms and dads--remember some of the early jobs you had? I picked rocks, sprayed and walked beans, had a paper route, did summer childcare, was a nursing home laundry aide, a short order cook, a computer parts assembler, worked in cookie manufacturing, was a printing press helper, a fast food cook, a custodian, a library aide, a toy store shelves stocker, a proofreader, did office cleaning, was a photographer, a county conservation worker, a soup factory worker, a teacher, an adjunct college professor, and now I am a principal.

From having a job, kids learn so much more than just managing money or what tasks they like or dislike. They learn about good bosses and bad bosses, good co-workers and bad co-workers, whether or not they prefer the morning, afternoon, or night shift, how some jobs are boring and some are exciting, why some jobs pay well and some pay terribly!

I've heard some parents say they don't want their child to have a job because they view school as their job. While I appreciate those parents holding school in such high regard, our young people have room in their lives for more than just school. Even our student athletes can work a part time job in the summer, if their time is short from September through May.

Young people need to have as many developmental experiences as possible while they're growing up, good and bad, in order to become the most capable adult possible when the time comes for them to leave the nest. Having a job, and having to pay some of their own bills, is one of the best ways for them to be refined through that crucible of experiences.

We post job openings here at school from our local employers, we put students out on job shadows and work experiences, and we even allow some students to leave school early for work and to earn academic credits for working. Parents, you too can help us grow our young people's skills, by requiring your child to find, get, and keep a job while they're living at home. When they're all grown up and on their own, I guarantee they'll thank you for it.

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

News from Jordan Reindl, Athletic Director!

Call out for Community Volunteers:**FINAL CALL**

This will be my last plea for volunteers to help at our State qualifying track meet on May 12th. This is a great way to come support our athletes. By volunteering you will gain free admissions and a meal! If interested please contact me ASAP--jreindl@nkvikings.com.

POST SEASON TICKETING INFORMATION

This is a co-ed event and ticketing will be handled through the IHSAA. We will be using Hometown Ticketing (online ticket sales). We will not be allowing cash sales at the gate, all tickets must be purchased through Hometown Ticketing.

Tickets are \$6. Tickets will go on sale Monday, May 9th at 9 a.m.

You will be able to go to the ticket page on the IHSAA website to purchase tickets. *(Nothing will be populated on the ticket page until Monday the 9th.)*

Here is the link: <https://www.iahsaa.org/tickets/>

Amy Henniger-N-K Food Service Director News

I'm giving you the heads up, the federal free breakfast/lunch program comes to an end with this school year. Next school year school meals will revert to pre-covid practices. All meals will be charged. Iowa Eligibility Application will be available to complete for families who qualify for free or reduced price meals.

A la carte: Grades 3, 4 and 5 will have the opportunity to purchase an extra main dish (seconds) next year. Middle school and high school students (grades 6-12) will have a variety of "smart" snacks, "smart" drinks and extra main dishes to purchase with qualifying funds in the family account. Talk to your child(ren) about this option and if you'd like them to take advantage of it, how frequently and what items you'd preferred not be purchased. Items may be purchased for cash also.

Please check your family meal account and bring it current by the end of the school year. Then you begin the new school year fresh.

Counselor's Corner, Mrs. Amy Hansen

Course Book Changes for the Coming School Year

Hello, Vikings!

I thought I'd take this opportunity to share some exciting new high school course offerings for the coming school year:



Health:

To add to the Life Skills of all students, we have decided to require one semester of Health class for all students in the Class of 2025 and younger. Students can choose Health & Daily Living, which will train students in CPR and EpiPen, nutrition, mental health and physical activity & fitness, or they can choose Health & Prevention, which will focus on First Aid & emergency response (including CPR & EpiPen administration), diseases and disabilities, mental health and dangerous decisions. Students can also choose both classes if they wish.

Language Arts:

With a reorganization of the English department, we are offering six new ELA electives. I am excited that we are bringing back concurrent enrollment Composition I & II, for the first time taught here in our building by Mrs. Clark. These courses are very commonly required for college programs of study in both university and more technical training programs.

Direct from the teachers themselves, here are the course descriptions of the four new high school English elective courses:

- Sports Literature: This course will be guided by reading thought-provoking texts including but not limited to, contemporary novels, columnists, fiction, nonfiction, and other media.
- Horror, Mystery, Fantasy, and Science Fiction: This course will feature short stories and novels from the horror, mystery, fantasy, and science fiction genres. Students will read these texts through critical eyes to identify distinguishing elements of each genre. Students will also be expected to complete original written work.
- Books to Movies: Students will read, view, and critique a variety of books that have been made into movies. Multiple genres will be featured. Emphasis will be placed on analysis, interpretation, and evaluation. Students will also be expected to complete original written work.
- Mythology: This course will provide an introduction to the major Greek, Roman, and Norse myths -- including creation, Olympians and other deities, and human heroes and their exploits.

Business:

We're also thrilled to add a semester-long Computer Programming course to the Business Department's offerings. Students who want to learn to code will enjoy this introductory course. It will be offered opposite the upperclassmen's Personal Finance class, and students can explore a new career path when they take this new course.

As usual, please contact me ahansen@nkvikings.com if you have questions about any of the information provided above.

Counselor's Corner, Ms. Dakota Hansen

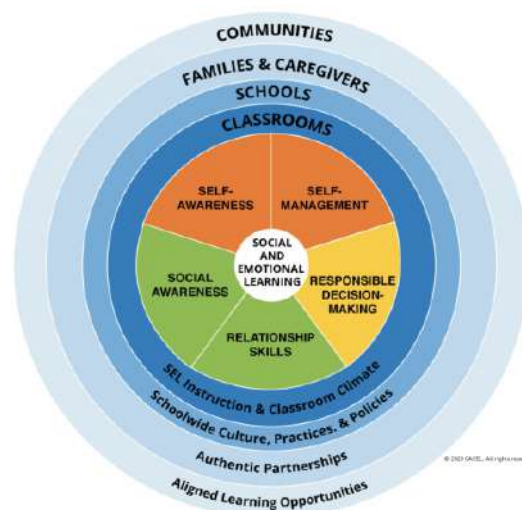
As we approach the end of the school year, I want to reflect on one of our district's large focuses that we have been hitting on this year. Social and Emotional Learning (SEL) is a way for students to recognize and manage their emotions as well as how they interact with others. SEL will be incorporated throughout your child's day next school year. SEL does not just stop once students leave the classroom, there are many social-emotional learning activities that you can try this summer!

- **Journaling:** Through journaling, students can express emotions, write down things they are worried about and make lists of things they are thankful for. Journaling lets kids express themselves.
- **Reading:** Students can relate to the characters in their book. Discussing the characters' problems and emotions can help them learn to deal with their own issues.
- **Go for Walks:** On your walk take time to notice what you sense. Taking time to do this will help ground you in the moment.
- **Create a Chore Chart:** Chore charts add structure to one's day. This will help build children's responsibility and help them take ownership of their impact to the family community.
- **Cook/Bake:** Practice teamwork and listening skills as you work together to prepare a meal or dessert.
- **Art:** Art is an excellent way to get in touch with your emotions.

I look forward to incorporating more SEL activities into the school day as we come back together in August.

Dakota Hansen

dhansen@nkvikings.com



News from the classroom – Mrs. Deb Faugstad

Senior Project Showcase

English 12 students will display their senior projects in the Senior Project Showcase on Wednesday, May 11, 2022, at Northwood-Kensett High School from 6:00 to 7:00 p.m.

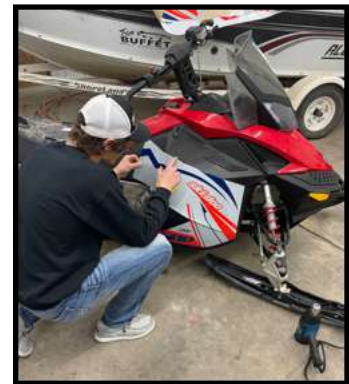
The Senior Project requires each student to research a topic of choice, write a research paper about the topic and complete and display a project related to the topic. The student's final project must take a minimum of 30 hours to complete.

This year's seniors are working on projects that include construction, needlework, automotive work, and composing music--along with many others. Seniors will be available to discuss their projects and to answer questions during the Senior Project Showcase.

The public is invited to view the projects, which will be located in the student center (lunchroom) and back parking lot of the high school building.



*Refinishing a church pew
(Carly Hengesteg)*



*Wrapping a
snowmobile with
laminate stickers
(Drew Wilder)*



Cross stitching (Alexis Hakes)

News from the classroom

As a part of the Ceramics II curriculum, students designed, constructed, and glazed a unified four-piece place setting that included a small plate, large plate, bowl, and cup. On Friday, April 22, the class shared a “meal” together using their own pottery. The class shared ice cream, gummy worms, and chocolate milk.

Emily Abbas

Northwood-Kensett Schools
K-12 Art Teacher &
Yearbook Advisor



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

Nineteen 7-12 grade NK students in math club went on a field trip Wednesday, April 20 to: **Milkhouse Candles** a soy candle making factory in New Hampton where they can make up to 12,000 candles per day, and students were each given a small candle at the end of the tour. Milkhouse Candles is a smaller factory in St. Ansgar where they make about 6,000 candles per day.

Fox River Mills Socks factory in Osage where they are currently making 34,000 pairs of socks per day, and students were each given a knitted cap in their gift bag with other goodies.

North Iowa Landfill, south of Mason City, where all the garbage from the city of Northwood, including NK schools and other surrounding communities bring tons of garbage per year. Students brought used graphing calculator batteries there for recycling, and learned about all the other toxic items that can be brought to the landfill, and saw what products can be picked up for use, for FREE.

Despite being rainy in the afternoon, the whole day was very interesting, educational, and a good time was had by all!



The Algebra 2 classes went on a field trip to the local businesses to see how mathematics is used in the "real world".

Students were shown a powerpoint presentation about the types of courses to take and the skills necessary for the jobs at Trustile Doors. They also toured the production floor to see the workstations required to make all kinds of different types of doors.

The following were involved in welcoming, providing information, and giving a tour:

Chad Tiedemann = Custom Engineering Manager

Mike Scheer = Production Supervisor

Doug Duryee = Custom Engineering Specialist

Andy Grunhovid = EHS Manager

Students then traveled south to ADA Enterprises to meet Tom Stensrud, President; and Kevin Stenzel, Product Engineer. They provided an informative tour of how recreational furniture and agricultural flooring are designed, made, and prepared to be shipped all over the country.

It was a super great experience at both places. It is amazing to learn from the experts as to what is happening under the roofs of these two very successful businesses right here in Northwood, Iowa! Big THANK YOU to them for hosting the students!!



Classroom News 6th Grade Happenings by Ms. Hagen and Ms. Orvedal

A Busy Year for Sixth Grade

Our year began with learning about physical science in science, ancient history in social studies, Illustrative Mathematics, and using our reading/writing series to learn strategies to become better readers and writers.

We went to Hormel Nature Center in February and enjoyed a day of survival skills (fire building and food), team building skills, and their interactive center.

This spring we experimented with functional texts and poetry in writing class. A highlight was creating our own games and writing directions for playing them. It was hard work but a fun learning experience at the same time as some of us got to share these games with the younger grades.

The 6th grade, in conjunction with 4-H leaders, will once again be planting our garden at the fairgrounds. We are lucky enough to have master gardeners in the area who help us learn about vegetables and flowers. Please come to the fair and check it out!

As we wrap up our last year of elementary school, we look forward to a few days. In May we will have 6th Grade Orientation at the Middle School. That is always an exciting time! Our Spring Concert will be Tuesday, May 17th at 6:00 in the NK High School Gym.

The final hurrah of our 6th grade year will be participating in our last Track and Field Day. This takes place at the high school track and is usually some time the last week of school. Right now it is scheduled for May 18th.

April
Students of
the Month
2022



Chaz Cummins



Collin Houg



Kamryn Backhaus



Aiden Moretz



Marley Mosher



Nick Hanson



Chloe Leonard



Dagen Peterson



Christopher Madsen



Collin Kuhlmann



Grace Barenthin



Carly Hengesteg



Jon Meksi



Mason Thofson



Colby Eskildsen



Kennedy Christianson



Landen Nelson



Carson Tufte



Elizabeth White



Kaeden Malli



Lauren Heiken



Evan Lorenzen



Alex Tiedemann



Lindsey Moore



Dalton Logeman



Chance Moesch

Nurse's Corner by Kaitlyn Bruns, RN

Spring has officially begun! Although some days have not felt quite like spring weather, it will soon be here! We know that with spring, comes asthma and allergies. **May is National Asthma and Allergy Awareness Month.** If you suffer from allergies, you know the symptoms: coughing, sneezing, itchy eyes, runny nose, and scratchy throat. Be on the lookout for common allergens and irritants found in and around the home to prevent any of those symptoms. Pollen, dust mites, mold, insect droppings, pet dander, and secondhand smoke can all bring about serious illnesses and even asthma attacks.

During an asthma attack, airways become narrowed and breathing can become extremely difficult. Other asthma triggers include: respiratory infections, pollen, air pollution, food, allergies, cleaning products, perfumes, exercise, and cold air exposure. Common asthma symptoms include wheezing, shortness of breath, chest tightness, and coughing. Asthma cannot be cured but it can be controlled.

Additional Spring safety tips:

- Remember that it is good for kids and adults to get a healthy dose of sunlight every day. Ten minutes of unprotected sun exposure is healthy! However, if you are outside for longer than 10 minutes, sunscreen should be applied. The sun is most intense between 10 a.m. and 4 p.m.
- Make outdoor time a safe time- wear a helmet when riding bikes, skateboards, and scooters. Knee pads and elbow pads are easy to wear and add more protection.
- Stinging insects are back- If you are stung, remove the stinger as soon as possible with a scraping motion. Wash with soap and water and apply a cold compress. If trouble breathing, severe swelling or fainting occurs, call 911 or an emergency number right away.
- Animal bites- don't disturb a sleeping dog or dog that's eating! Wash wounds well with soap and water and call the pediatrician. A tetanus or rabies shot may be needed.
- Ticks are going to be a problem in our area soon enough- use tweezers or fingers to grasp as close to the head as possible and pull the tick away from where it is attached. Call the pediatrician for symptoms of rash or fever.
- Swimming pools will be reopening soon! A great way to have some fun in the sun and spend time with family and friends. Review water and sun safety rules every day!

Take advantage of this nice weather! Go on a walk with your children. Play outside. Go to the park. These are all easy and healthy ways to get your children active. With all of this information in mind, enjoy this nice spring weather!

A look into 2022-2023 school year!

- **Incoming Preschoolers:**
 - Please provide me with an up-to-date immunization record and physical form for the school year!

- **Incoming Kindergarteners:**
 - **Vaccinations due!** PLEASE REACH OUT TO NURSE KAITLYN WITH ANY QUESTIONS.
 - Please provide me with up-to-date immunization records. If you reside in Minnesota, I do not have access to Minnesota's registry, so you will need to contact your child's pediatrician to receive them and then get a copy to me!
 - The State of Iowa also requires that you have a vision and dental screening done for your child. This can be done at any dentist or doctor. Please have the sheets filled out and returned to me before the school year begins! If you need help finding a doctor or dentist, give Nurse Kaitlyn a call.
- **Incoming 3rd Graders:**
 - The state of Iowa requires that your child have a vision screening done. This can be done by a doctor or eye specialist. Please have the sheets filled out and returned to me before the school year begins!
- **Incoming 7th Graders:**
 - **Vaccinations due!** The Iowa Department of Public Health made changes to the Iowa Immunization law in 2017 and is now requiring all students entering 7th grade to have both a Meningococcal vaccine and a Tdap (Tetanus, Diphtheria, and Pertussis/whooping cough) booster before school starts this fall. All students entering 7th grade must have proof of having both the Meningococcal and the Tdap vaccines before school starts in August, unless the student has a Certificate of Immunization Exemption. There will be no grace/extension period for the implementation of this requirement. IF you get these immunizations done in Minnesota, please send a copy to me, as I do not have access to the Minnesota Immunization Registry. I will get them put into the Iowa Immunization Registry.
- **Incoming 9th Graders:**
 - Effective July 1, 2008, all children enrolling in an Iowa elementary or high school are required to have a dental screening. These screenings are required when a child enters Kindergarten, and again in 9th grade. Paperwork for the dental screening can be found on the school website, in high school office, or Nurse Kaitlyn's office.
- **Incoming Seniors:**
 - **Vaccinations due!** The Iowa Department of Public Health (IDPH) made changes to the Iowa Immunization law in 2017 that now requires all students entering 12th grade to have the second Meningococcal vaccine before school starts in the fall. Now is a great time for your child to receive this immunization booster requirement and beat the back-to-school rush by making an appointment for your incoming 12th grader. IF you get these immunizations done in Minnesota, please send a copy to me, as I do not have access to the Minnesota Immunization Registry. I will get them put into the Iowa Immunization Registry.
- **All Secondary School Students:**
 - If any student plans on participating in sports the next school year, a physical form will be required to participate. Get these done this summer!

If you have any questions, you can contact Nurse Kaitlyn!