



Northwood-Kensett Community School District

VIKING DISPATCH

May 2023

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 -President
John Anderson – Vice President
Susan Kliment
Cindy Pangburn
Bradley Christianson

From the Desk of Mr. Crozier, Superintendent of Schools

May is School Board Recognition Month, sponsored by the Iowa Association of School Boards, to celebrate the contributions of board members to Iowa public education. The Northwood-Kensett school board is celebrating the work of school board members, who are *Developing Iowa's Future Together*, in partnership with the school community, families, and citizens.

School board members serve to make a difference for students and help ensure they have the building blocks needed for future success. They devote their time to monthly meetings, reviewing board materials, communicating with citizens and parents, exploring learning opportunities, and attending school functions and activities.

The Northwood-Kensett school board is charged with looking beyond the horizon for our school district and our students. They oversee the budget, develop policies, set the culture for the district, and make decisions that impact the entire community to construct a solid foundation toward their commitment to student achievement. Each year they reexamine this foundation, carefully connecting each piece to make practical, concrete decisions in the present with the never-ending goal of developing Iowa's future teachers, doctors, business leaders—and school board members!

Our school board keeps the district on the right path, tightly focused on ensuring high and equitable learning for all students. They serve 594 students and 95 employees and are responsible for an annual budget of \$15,000,000.

The Northwood-Kensett district is shining a spotlight on our school board at the regular monthly meeting on May 15, 2023, at 7:00 pm. Board members will receive a certificate of recognition, we will spotlight our board members on the jumbo screen at our May track meets, posters will be placed in the school district buildings and recognition will be placed on the district Facebook page.

Please join me in thanking these public servants.

From the Desk of Mr. Costello, Elementary Principal

Annual May wrap-up note:

As is the case each May I want to provide you a list of the events that will be occurring during the month and into the summer.

- We'll hold our end-of-year preschool programs in the elementary gym on May 12, May 17, and May 18. Our preschool teachers will send home notes to parents with details.
- Our annual elementary Track and Field Day is the afternoon of May 17th. 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 as we get closer to this date.
- We are again partnering with the Worth County Sheriff's Department to offer a Bike Safety Day. This event is scheduled for Friday, May 19. More details will be coming soon.
- As of this writing, our last day of school will be Thursday, May 25th. The elementary school will dismiss at 12:20 for bus students and 12:25 for our walkers.
- 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 5th-June 30th.
- A look ahead: Registration for next school year will be Wednesday, August 9th. Our first day of classes will be Wednesday, August 23rd.

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

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

The end of another school year is just around the corner, and even after years serving as the secondary principal, I still get excited thinking about what new adventures await us in the next school year. What will my new 6th graders be like? How will my students grow and change and mature over the summer?

Looking back over this year, I'm proud to say that our establishment of a middle school and the addition of 6th graders to our formerly 7-12 building went very well. Sure, we'll make a few adjustments based on what we learned from a school year of having another full grade level added to our landscape, but our 6th, 7th, and 8th graders were well served by the staff of Northwood-Kensett.

We also saw the opening of the Viking Activity Center, and our teachers have been working hard to make their course expectations more rigorous and challenging for students. If students aren't challenged, they aren't learning.

But a couple of stubborn challenges remain, and if I could wave a magic wand to make them go away I would. Vaping is a tempting and dangerous fascination for some of our students. Every school is wrestling with this issue, as we are at N-K. It's unhealthy and illegal for students to vape, and although we educate them on the dangers in their classes, in assemblies, and posted around the school, and we give consequences when a student is caught, the problem still persists.

The other challenge in working with our young people is how cell phone use and social media are destroying student mental health. Parents can do two things to make their children's lives so much less stressful and help them to avoid the emotional wreckage that social media can inflict: wait until their child is 16 to allow them to use social media (best accomplished by not giving them a phone until then) and implementing a 'technology curfew' at home where Mom or Dad unplugs the internet router each night and takes their child's phone when they go to bed. No young person should be up at 3 AM checking Instagram or talking with friends (and strangers) on Snapchat.

To all of you parents out there reading this, I want to say "thank you" as another school year comes to an end. Thank you for sharing your children with us at N-K, thank you for trusting and supporting us, and thank you for doing the hard job of parenting.

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!

MAY

ATHLETIC DEPARTMENT

NEWSLETTER



2023 Spring Sports



Counselor's Corner, Mrs. Amy Hansen

Middle School Students + Cell Phones

Do you know who Andrew Tate is?

I first heard about him on the news and mentioned in pop culture, but even if I hadn't heard of him before, I would have learned about him while teaching Middle School Life Skills this year. In almost every group, Andrew Tate would be brought up by one or more of the young men in my class in glowing terms of how wonderful he was.

Now, among other units, I teach one to 8th grade students about nurturing healthy relationships of all kinds. One of the things we talk about are the eight protective factors of healthy relationships:

- Respect
- Safety
- Support
- Individuality
- Fairness & Equality
- Acceptance
- Honesty & Trust
- Communication



The idea is that, if a relationship has these factors, then it's likely a healthy relationship. Students in the last hex agreed that Andrew Tate didn't believe in any of those factors. After all, he's well known for calling the women in his life degrading names, and he is currently on house arrest in Romania awaiting a court date for human trafficking. He actively attempts to preach the direct opposite message as the goals of my "Healthy Relationships" unit that is recommended by the Iowa Board of Education. His message is very enticing to a good percentage of our middle school boys.

My second question for you then, is, "Did you know 6th-8th grade students at N-K were fascinated by Andrew Tate?" If you didn't, then do you know what else your pre-teen is up to on their cell phone? It is my experience that there are many, many negative aspects of unmonitored cell phone use amongst the middle school-aged group. Recently, there have been complaints of 3:00 AM text arguments on group chats. There is also a corner of the internet that glorifies and glamorizes celebrities who died by suicide at young ages.

Living in a small community, it's easy to think, "Not our kids. Not in Northwood." The internet has brought the whole world to our little dot on the map. I assure you that, if you've heard about something unsavory on the internet or social media, there's a pretty good chance that the young person/people in your life have too. I encourage you, now as much as ever before, to monitor your child's cell phone and social media use. Help them navigate those vast oceans of information until you feel that they are properly equipped to weather the storm on their own. Protecting your children includes what is contained on their cell phone.

Counselor's Corner, Ms. Dakota Hansen

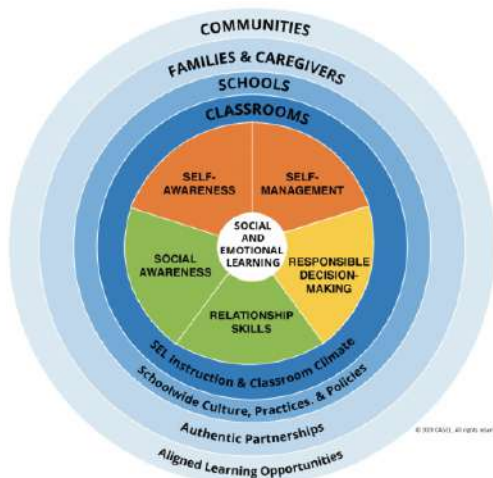
As we approach the end of the school year, I want to reflect on one of our district's large focuses that we have been hitting on this year. Social and Emotional Learning (SEL) is a way for students to recognize and manage their emotions as well as how they interact with others. SEL will be incorporated 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

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Place Setting Party

Pottery students enjoyed a meal together in class on April 21st, dining with their own dishes. Each student was responsible for making a unified place setting that consisted of one large plate, small plate, bowl, and cup. As they ate, students enjoyed critiquing their own work on its usability, as well as the visual designs of their classmates.



Classroom News 5th Grade Happenings by Ms. Hagen and Ms. Orvedal

A Busy Year for Fifth Grade

Our year began with learning about Earth and Space science, moving into the physical sciences and ending with life science. American history has been the focus of social studies. Heaven Walker, our naturalist, presented more information about Native Americans by teaching us how the Natives made arrowheads. She also introduced us to games the Native Americans might have played. In science, we experienced the Star Lab and an Earth Day celebration.

Our second year with Bridges Mathematics has allowed us to improve our computational skills of adding, subtracting, multiplying, and dividing whole numbers, fractions, and decimals. These skills will help us to grow and become better problem solvers.

In addition to just enjoying our own independent reading books (and the books we receive each month from Mrs. Smalley and other donors), we continued to learn more about the strategies good readers use. Our writing has taken us through many different genres. We started out the year with some fun stories. Everyone enjoyed those. From there, we moved on to personal narratives. Next came our opinion papers and research papers. Currently, we are learning how to write procedural papers. We will finish up the year with a few weeks of learning and writing poetry.

As we wrap up our last year of elementary school, we had our spring concert on Friday, April 28th in the NK Elementary School Gym. We look forward to a few days yet to come. Our first visit at the Middle School is Thursday, May 4th. That is always an exciting time! The final hurrah of our 5th 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 at the end of the school year. Right now it is scheduled for Wednesday, May 17th.

Student of the Month at the MS. HS

The following students
were awarded the
student of the month
honors for Citizenship for
the month of April 2024
at the MS/HS.

Jackson Foss
Konner Dowd-Mincks,
Megan Ocel
Tyce Skellenger
Jasmine Renteria
Rylee Schoon
Loghan Nelson
Quinn Schroeder
Macy Thorson
Zach Heiken
Makia Gutierrez
Gage Ziemann
Will Tindall
Tucker Duvall
Caden Davidson-Jacobs
Atticus Ludington
Macy Thorson
Carson Tufte
Dagen Peterson
Madeline Christianson
Jackson Faber
Bailey Thorson
Kamryn Backhaus
Harley Logeman
Levi Wood
Aiden Petersen
Breydin Meyer
Feyre Grunhovd.

Nurse's Corner by Kaitlyn Bruns, RN (2 Pages)

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 2023-2024 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!