

NORTHWOOD-KENSETT CSD



Brian Costello-Principal

Elementary School
1200 1st Ave. N.
Northwood, IA
Ph.(641)324-1127

Keith Fritz-Principal

MS HS School
704 7th St. N.
Northwood, IA
Ph. (641)324-2142

Michael Crozier

Superintendent Office
1496 480th St.
Northwood, IA
Ph.(641)324-2021

Newsletter designed by: Tina Johnson, Elementary Secretary

April 2024

School Board Members

Bradley Christianson - President * Cindy Pangburn - Vice President
Susan Kliment * Shana Brunsvold * Jamie Nelson

District Vision Statement: Creating healthy, educated, ethical and productive citizens.

FROM THE DESK OF MR. MICHAEL CROZIER, SUPERINTENDENT

During this school year, Northwood-Kensett Community School District tested its MS/HS building for radon. Radon gas cannot be seen, smelled or tasted, and moves upward through cracks and other openings in the foundations of buildings from the soil under a building. In the United States, radon is the leading cause of lung cancer deaths among nonsmokers.

We saved taxpayer dollars by receiving training from the School Radon Training & Support System (SRTSS) on how to accurately do the initial radon testing ourselves. Preliminary test results for the entire building came back below the Environmental Protection Agency's (EPA) suggested action level of 4 pCi/L, which was good news.

The State of Iowa requires radon testing at least once every 5 years for all Iowa public school attendance centers, licensed preschools and licensed child care centers. We believe all of our staff and students should be safe. The district has proactively placed all of our school building(s) on a multi-year rotating radon test schedule.

For most students and staff, research suggests that schools and workplaces are actually the *second* largest contributors to radon exposure. *The home is likely to be the most significant source of radon exposure.* Please test your home for radon and if necessary, take action to reduce the risk of lung cancer by reducing elevated radon concentrations.

If you have questions regarding radon testing for Northwood-Kensett Community Schools, please feel free to contact Michael R. Crozier, superintendent, at 641-324-2021 x301. More information regarding residential radon testing can be found at www.epa.gov/radon.

Last Day of School for the 2023-2024 School Year

The board has decided to not make up the one day we have missed for weather. The last day of school will be May 17, 2024 and it will be a 12:20 dismissal at the elementary and 12:30 dismissal at the Middle School/High School.

FROM THE DESK OF MR. BRIAN COSTELLO, ELEMENTARY PRINCIPAL

April Early Childhood Updates:

Preschool Learning Night:

Our annual Pre-K Learning night for students in the four-year-old program will be held on Tuesday, April 2. We are planning on holding two sessions that evening. If your last name begins with A-L your time will be from 5:30-6:15. If your last name begins with M-Z your time will be from 6:30-7:15.

Preschool Registration:

On April 3 we will hold our preschool registration for the 2024-2025 school year. The hours will be 10:00-6:00. Any children 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:

This letter is a reminder that our incoming kindergarteners are invited to spend part of the day with us on Friday, May 3rd from 8:30-1:00. The classroom teachers and preschool teachers will team up to acquaint them with the classrooms and kindergarten routine. Plan on your children eating lunch with us. Remember, transportation will not be provided.





COMMUNITY UPDATE FACTS WORTH SHARING

March 2024



20 %

Students Vaping

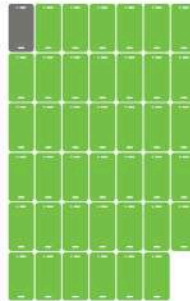
Nearly 1 in 5 students is vaping regularly by the time they reach 11th grade in Worth County according to the 2023 Iowa Youth Survey.

Schools and law enforcement continue to note this being the most common issue in our schools locally among substance use.

41 : 1

Nicotine ratio of a Puff Bar vs a cigarette

E-cigarette nicotine content is considerably higher than traditional cigarettes. The popular Puff Bar has over 41 mg of nicotine, equivalent to smoking 41 cigarettes.



Not for Kids

70% of individuals with substance use disorder tried illegal drugs before age 13

The earlier the developing brain is introduced to harmful addictive substances, the more likely those cravings take hold long term.

On the rise...

THC in Vape Devices

While marijuana remains illegal in Iowa, the legalization in neighboring states and increase in hemp products sold by retailers has increased access to THC products locally. Local law enforcement has noticed an increase in THC being found in confiscated vaping devices.



Addicted for Life

Brain establishes life-long pathways during teen years

Nicotine is highly addictive, particularly to the developing teenage brain. E-cigarettes (vaping) provides higher concentrations of nicotine and faster delivery to the brain than traditional cigarettes.



Prevention

Education is Key

Young people don't always have the facts when it comes to alcohol, tobacco and other drugs. Conversations and education from an early age can help influence their decisions.



WORTH COUNTY ASSET TEAM

COMMUNITY UPDATE

FACTS WORTH SHARING

March 2024



Recognizing an Overdose & Response Trainings

Northwood-Kensett & Central Springs School Districts

Prairie Ridge delivered trainings to both school districts' staff this semester, highlighting signs and symptoms of an overdose and how to administer naloxone for an apparent opioid overdose.

Student Asset Features

Northwood Anchor & Manly Signal

WCAT has been sponsoring Student Spotlights in the Northwood Anchor and Manly Signal this year, featuring students in both school districts along with one of 40 assets for developing into a responsible adult.



My name is Sophia. I like dancing and listening to music. My favorite things to do in 4-H are showing animals and going to conference with my friends.

Asset of the Week

Students in Worth County schools and 4-H clubs will highlight one of the 40 Developmental Assets each week. The Assets are ways to help create healthy, educated, ethical and productive citizens.

Asset:

Family support
Family life provides high levels of love and support.

Message is Sponsored by:



ICAN Advertising

Digital Marketing



WCAT contracted with ICAN Marketing out of Cedar Falls, to market substance prevention messaging, specifically to the Worth County communities.

Utilizing ICAN's Sports Package, messages were played during ever Iowa, Iowa State and UNI sporting events aired Sept-April.

In addition, 150 commercials aired each month on other cable networks such as CBS, ABC, Fox News, USA, etc.

- [My Life My Quit Ad](#)
- [Talk We Do Hear You Ad](#)

Parent Resource Toolkit

North Iowa Addiction Prevention Alliance

February Issue

March Issue

Northwood-Kensett Offers Free Summer Lunch Meals

The Northwood-Kensett Community School District will once again be participating in the Summer Food Service Program. This continues to be an opportunity for the district to provide a variety of meals during the summer for young people, who perhaps rely on their school the rest of the year for their best source of healthy food.

The district will provide free lunches to any child ages 1-18. There are no family income requirements, and those participating do not have to live in the district to receive lunch. Children enrolled in daycare, or participating in youth and community activities and groups are welcome. Adults may also participate in the program for a minimal cost of \$4.85 per person.

Lunch meals will be served at the N-K elementary cafeteria, Monday through Friday, beginning May 28 and ending July 26. Serving time is 11:00 a.m. to 12:00 p.m. Those taking part in the meal should enter the elementary cafeteria through the entrance of elementary bus drop-off door.

For all questions about the program and participation, please contact Nutrition Director Amy Hennigar 641-324-2142 ext 137

ATHLETIC DEPARTMENT

APRIL



NEWSLETTER



Head Girls Basketball Coach

Becca Cronbaugh

About Me: I grew up in Marshalltown, Iowa, but both my parents are from Northern Iowa. My mom was a NK graduate in 1981 and many of my family still live in the area, so Northwood has always felt like home. After high school, I attended Iowa State University and received my degree in Kinesiology with a Health Teaching endorsement. While at ISU, I spent three years working as a member of Coach Fennelly's staff as a student manager. It was an amazing experience to learn from one of the best and be a part of the Cyclone family. For the past fifteen years, I have taught middle school health in Ankeny Iowa.

In my free time: I love spending time with my family - they are my everything! My husband, Josh, and I have two children who keep us busy. Lola (10) is involved in softball, basketball, and track. Dean (5) participates in soccer, baseball, and Ninja Warrior classes. They both are so excited to be able to do 4H once we move. When we are not at a sporting event we love to be outside and be active: playing golf, gardening, going for walks, or practicing a sport. When the weather keeps us inside, I love to play the Nintendo Switch with my kids.

Favorite Food: Steak and Chocolate Chip Cookies

February was not only about hearts and love, at least not in our elem. library, it was filled with rhyming, reading, imagination, games, and many activities as we honored Theodore Seuss Geisel as the Spotlight Author of the month for February.

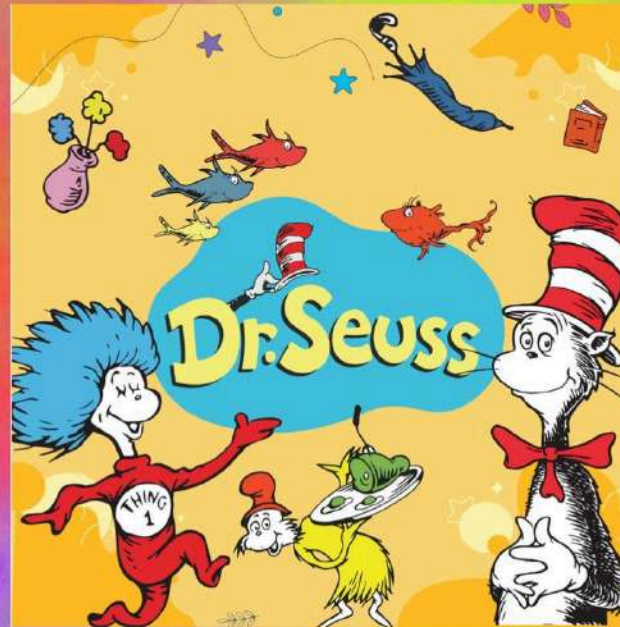
Each week the kindergarten classes heard a Dr. Seuss story and participated in an activity afterwards. The first week we read the story "Hop on Pop". The activity following the story was a balloon relay game. Children were divided into 4 teams. Each relay team took a turn to hop like a bunny across the room to a chair, sit on their balloon, try to pop it and hop back. Lots of giggles were shared. Believe it or not some of our students were very competitive. Our second story was "Cat in the Hat" and the activity following was to make a "Cat in the Hat" foam headband craft kit. Our third story "Green Eggs & Ham", Mrs. Katcher dressed up as Sam- I-Am and read the story. Afterwards we played a game called NO Laughing. Our fun kitchen staff even served the students Green Eggs and Ham for breakfast that Friday. Some dared to try and some were thrilled to have cereal instead.

First grade students read the story "Horton Hears a Who". Everyone's favorite elephant stars in this heartwarming and timeless story. This tale of compassion and determination proves that any person, big or small, can choose to speak out for what is right. The first- grade students' activity was to trace their hands for big ears to make their very own Horton character to display in library for all to enjoy. Dr. Seuss Bingo was a hit for our activity as well.

Second grade students heard the story "Oh, the Places You'll Go" Each student had a writing assignment to express what they would like to be when they grow up. The assignment was placed on a yellow basket where they made a balloon covered with tissue paper. The balloon was attached to the writing assignment with straws and displayed by the second-grade classrooms. The kids did a great job and it was neat to hear what they wanted to be when they grew up.

Our author of the month unit came to an end as Kindergarten students gathered together with their Cat-in-the-hat hats they made from the story activity to celebrate Dr. Seuss's birthday. They played games: Pin the Ribbon on the Cat in the Hat, Dr. Seuss ring toss and Twister. We honored Dr. Seuss by singing Happy Birthday and eating mini cupcakes. Each student was gifted a Dr. Seuss thank-you as they left.







DR SEUSS birthday celebration brought to you by Mrs. Deanna Katcher, Elementary Media Director this past month showcases some photographs taken during the past month on the previous 4 pages.

The celebration will carry on into April as well. The next two pages were authored by our Title Reading teacher, Mrs. Elaine Hansen and our Special Education department-who coordinates fun activities for the students to celebrate Reading month here at NK that includes Reading Bingo, fun dress up days for the whole week, door decorating contest and an author visit. There are several impressive door and wall decorations to be seen around our building.

April 2024

will be Reading Month here at NK Elementary!

Reading and Special Education Dept.

Upcoming Events

- Community Readers: Worth County Extension
 - Read-A-Thon
 - Buddy Readers
 - BINGO
 - Dress Up Week
 - Iowa Author Visit
 - Door Design Contest
- Morning Announcements with a Riddle a Day!



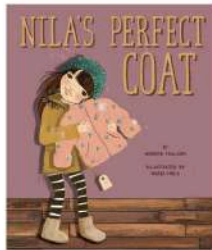


Iowa Author Visit to NK Elementary

April 9, 2024
Norene Paulson

Norene Paulson, a former Language Arts Middle School teacher from a small rural Iowa community near Des Moines, writes books filled with lessons in friendship, being unique, and values of community.

Thanks to the **Northwood-Kensett Community Education Foundation**, NK Elementary students will be able to visit with another Iowa Author this year!



During the entire month of April, students are able to complete reading tasks at home in order to win prizes at school on their Read-A-Thon Bingo card. **Thank you to parents** for signing and sending back Book Bingo sheets with your students!

Read-A-Thon Bingo

During the month of April, we are challenging all students to READ their favorite books. For a Bingo complete 5 of the activities below in a row. Bring your completed sheet with a PARENT SIGNATURE for a prize! For a second prize fill out the whole form for a blackout bingo to claim your second prize. Forms can be turned in any time in the month of August. Due by Tuesday, April 30th.

Your Choice	Read a book about school	Read a nonfiction book	Read a library book	Read a book with an animal in it
Read a fiction book	Read with a friend	Have someone read a book to you	Your Choice	Read outside
Read in your pajamas	Your Choice	Free Space	Read in the car	Read a book in a comfy spot
Read a book with a friend	Read outside	Read a book in bed	Read a book about a sport	Your Choice
Read a book under the table	Read a funny book	Your Choice	Listen to an audiobook	Re-read a book that you love

Student Name: _____
Adult Signature: _____

Every year the classrooms decorate their door to promote reading. Again this year, we will challenge students to help their teachers to **CREATE**.



READING WEEK DRESS UP DAYS

Monday, April 8th	Snuggle Up for Reading Wear your pajamas or comfy clothes.	
Tuesday, April 9th	Team Up for Reading Wear your favorite team's sports gear.	
Wednesday, April 10th	Wacky Wednesday Wear your craziest outfit.	
Thursday, April 11th	Hats off to Reading Wear a favorite hat or have funky hair.	
Friday, April 12th	Flex your Mind Wear your workout clothes.	

Counselor's Corner

April 2024

Ms. Dakota Hansen

Counseling Monthly Focus:

In Guidance class, our Kindergarten through 2nd grade students are wrapping up the year by working on their problem solving skills. Our 3rd and 4th grade classes are learning about how our brain develops pathways when we learn something new. Lastly, our 5th grade class is beginning to learn all things about middle school as they prepare for 6th grade next school year.

Dates:

- ☐ 10: Early Dismissal
- ☐ 24: Early Dismissal
- ☐
- ☐
- ☐
- ☐

Happy, Healthy Kids TIP:

Rather than asking your child, "How was your day?" and them replying again with, "good." Try asking, "What was the best part of your day?" "What did you learn?" "Who did you play with?" "Who did you sit with at lunch?"

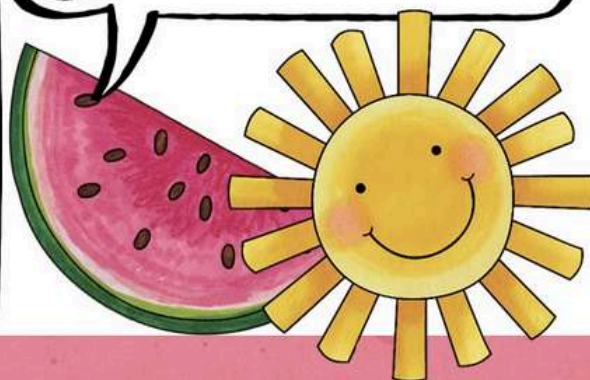
Let's CONNECT!



dhansen@nkvikings.com



641-324-1127 ext. 216



Counselor's Corner

Mrs. Amy Hansen, Middle/High 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, orientation for 5th grade students, transition for 8th grade into 9th grade, and once again finalizing the Master Schedule. As always, we will be making a few adjustments for next year.

There will be new English electives next year: Mr. Frost will be offering Leadership and Graphic Novels, while Mrs. Clark will be offering Books to Movies: Young Adult Lit as well as Film & Criticism.

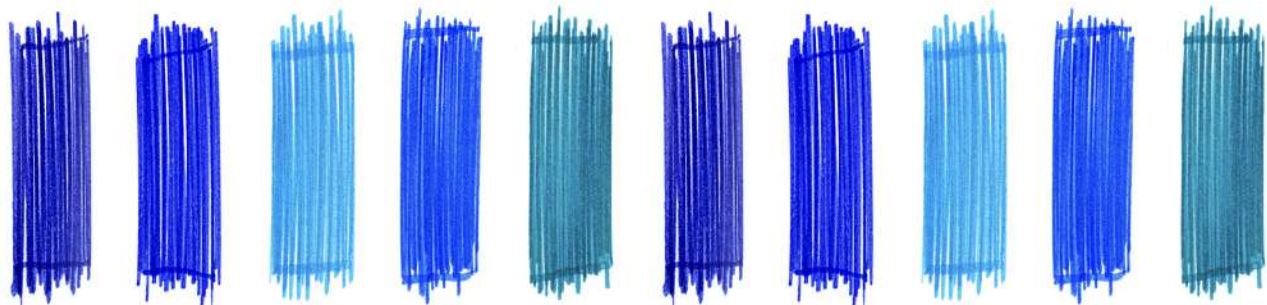
Our new Ag. teacher, Mr. Christian Miller, will be teaching a few familiar and several new courses next year in the Ag. department. Look for those descriptions soon.

After much consideration, the athletic department and coaching staff will be merging the high school weightlifting program with our physical education program. Student athletes will be able to get their strength and conditioning work done during the school day, and we will eliminate high school weights before school. A lot of thought and effort has been given to make next year's schedule the best it can be for the students in our district. There may be a few more adjustments yet to come!

The 4 Year plan review schedule will come out very soon. 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 finished the first section of eighth grade's Four Year Plans in Life Skills last week. They have been submitted and reviewed by me, so I will be sending home copies for parents to review and sign. An email confirmation is also an accepted form of approval. The second section will get right to work on theirs when the Hex changes on April 9.

5th grade's tour of the secondary building has been set for the morning of May 2nd, and there's a separate special tour for some students earlier that week. Look for a separate email with more details coming in the next couple of weeks. In the meantime, you can email me at ahansen@nkvikings.com with any questions about the happenings I've discussed.



IN OTHER NEWS!

On Friday, March 22nd NK's Sports Marketing class toured the Target Center in Minneapolis, Minnesota where they got a behind the scenes look at media production trailers, luxury boxes suites, talked with guest services employees, and took in a game.

Preston Davidson
N-K Business Ed.
pdavidson@nkvikings.com
641-324-2142 ext. 108



**FREE GIFT
WITH DONATION**

Color changing cups, 2 color options available, while supplies last.

**NORTHWOOD KENSETT HIGH SCHOOL
AND COMMUNITY BLOOD DRIVE**

Sponsored by: Family & Consumer Science Class

High School Gymnasium
Friday, April 5, 2024
8:00 AM - 1:00 PM
704 7th St. N | Northwood


SCAN ME

 **APPOINTMENTS ARE ENCOURAGED**

Text: LIFESERVE to 999-777 | **Call:** 800.287.4903 | **Visit:** lifeservebloodcenter.org

 **LifeServe**
BLOOD CENTER

VIKINGS
NORTHWOOD-KENSETT

YOUR BLOOD. YOUR HOSPITAL. YOUR NEIGHBORS.

Please consider donating blood! You can sign up using the QR code on this picture, or using this link

https://donor.lifeservebloodcenter.org/donor/schedules/drive_schedule/184930



Quinn Schroeder, 8th grade, Gold Placing in Career Investigation Star Event. She also placed high enough to earn a trip to the National FCCLA conference in Washington this summer!



True Hackenmiller and Maya Johnson, also 8th graders, competed in a Professional Presentation Star Event and received a Silver award.



Ivy Toresdahl, Bailey Thorson and Mia Fierova each competed in an Iowa Event which are placed top 3. Ivy received 2nd with her Cake decorating, Bailey placed 1st in the FCCLA Creed speaking competition and Mia placed 2nd in the FCS project showcase with her hand sewn project from class. Junior Macy Thorson and 8th grader Maci Smith also competed in Iowa Events. Macy also wrapped up the year as the State FCCLA Vice President of Community Service.

Nurse's Corner, by Mrs. Kaitlyn Anderson, RN

Dear Parent or Guardian:

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 2 different days to accommodate schedules.

Below is the assigned date and time for your child. We have split them up by grade level. Please review these and have your student come at the correct time and date assigned to them/their grade.

Current 6th, 7th, and 8th graders:

Location: VAC Community Room

When: Wednesday, April 3rd at 3:30 pm.

Current 9th, 10th and 11th graders (12th if playing summer sport):

Location: VAC Community Room

When: Wednesday, April 17th at 3:30pm.

If this assigned day doesn't work, please let Mr. Reindl or myself know and we will get them in on a different day. Coaches have agreed to be cooperative in letting their athletes participate.

Students will be seen on a 1st come-1st served 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 "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. Reindl or myself with any questions.

Kaitlyn Anderson, RN

Northwood-Kensett CSD Nurse

kanderson@nkvikings.com

641-324-1127 ext. 227