

# NORTHWOOD-KENSETT CSD



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Newsletter designed by: Tina Johnson, Elementary Secretary

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### 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. KEITH FRITZ, MS/HS (SECONDARY) PRINCIPAL

As we enter the new year, I want to bend your ear for a few minutes about some trends I've noticed among our students.

**Cell phones at the middle school**--the rule is very clear for middle schoolers: no phones except before and after school, and at lunch. If a student has their phone during any other time, they're asked to give it to the staff member and they'll bring it to the office for the student to pick up at the end of the day.

This is working well, and we've seen a dramatic reduction in Snapchat related problems among our middle schoolers. Less cyber bullying and far fewer complaints of inappropriate behaviors around teasing and mocking other students.

Occasionally I've used the lunch time cell phone privilege as a discipline measure, removing their phone time at lunch if they get too rowdy. It's working pretty well so far!

**Cell phones at the high school**--the rule is very clear for high schoolers, too: no phones during any class, but ok during passing times, at lunch, and before/after school.

When a staff member catches a student with their phone at an inappropriate time, the student is expected to hand it over without argument. The rule is reasonable and applies to everyone. Arguing or refusing only adds a second, far worse, problem to the situation.

**Attendance**--94% of our students are in class and on time! For the 6% that have numerous absences or tardies, the majority of those occur at the start of the school day. High schoolers can lose credit for a course if they're absent too often. Requiring your children to keep their phones OUT of their bedroom overnight can dramatically improve their sleep, which improves their mental and physical health, which improves their attendance and grades. I highly recommend it!

**Cell phone use overall**--it's against school board policy to take pictures or record video of anyone without their knowledge and consent, except for events like games, concerts, and classroom or other school activities.

This one can get our young people into pretty deep trouble quickly, so I encourage you to talk about it regularly as a family, and to impress upon our young people that actions have consequences.

## FROM THE DESK OF MR. BRIAN COSTELLO, ELEMENTARY PRINCIPAL

Welcome to 2024...

I wrote my first check of the new year the other day and like every year before, I had to be intentional about writing 2024. Every January I go through the same struggle of writing a check with the correct year. It will take a little time to get used to it, but it will become automatic....eventually.

January also brings the start of the second half of the school year. Our semester ends on January 5th and the third quarter starts on January 8th. As we enter the second half of the school year, I want to touch on a couple significant assessments that will be coming up. The winter testing window for the FAST Assessment is now open and we'll administer this assessment soon. We give the math and reading portion to all students in kindergarten through grade 8. Elementary parents should have received information about their students' scores from the fall testing during Parent-Teacher Conferences in November. It's important to pay particular attention to the results after each testing season to see the progress your child is making. The other assessment, Iowa Statewide Assessment of Student Progress (ISASP), formally known as the Iowa Assessments or ITBS/ITED, will be administered towards the end of March.

We have a busy couple months ahead. Our staff continues to work hard to ensure our children receive high quality education. Please don't hesitate to contact us if you have questions.

Wishing you the best in 2024



## FROM THE DESK OF MR. MICHAEL CROZIER, SUPERINTENDENT

### *Greetings Northwood-Kensett Community!*

As we usher in the new year, I am delighted to bring you the latest updates and important information from Northwood-Kensett. January is a month of fresh beginnings and exciting opportunities. We have much to look forward to in the coming weeks.

**1. Upcoming Events:** Stay informed about the exciting events lined up for January and beyond. From parent-teacher conferences to school performances and community engagement initiatives, there's something for everyone to participate in and enjoy. You can see all of our activities [here](#) on our website.

**2. Faculty and Staff Updates:** I would like to recognize the seven teachers that have been approved for early retirement: Dave Capitani, Marty Cotter, Steve Hartman, Lori Hill, Annette Orvedal, Ryan Severson, and Michael Reindl. We thank these teachers for their service to the school district. We will have a reception for them in May. We would also like to welcome our newest faculty member, K-12 Music Teacher Aaron Mathahs.

**3. Spotlight on Innovation:** Education is evolving, and we're committed to staying at the forefront of advancements to provide an enriching learning experience. A few of the initiatives that we are tackling are: LETRS training in the elementary for reading strategies and at the MS/HS we have finished up our training in Love & Logic, developing positive relationships with teachers and students in the classroom.

**4. Weather Preparedness:** We have been very lucky with the weather so far this year. As always, I will try to make a call on canceling school as soon as possible. There are times when a storm sneaks up on us and we have to make a last-minute decision. Keeping the safety of students and staff at the forefront is always a priority for the district.

**Closing Thoughts:** As we embrace the challenges and opportunities that 2024 brings, I am confident that together, we will continue to make Northwood-Kensett a place where every student can thrive and succeed.

Thank you for your ongoing support, and here's to a successful and fulfilling year ahead.

Warm regards,

Michael R. Crozier Superintendent, Northwood-Kensett Community School

**Is it too soon to be thinking of the 2024-2025 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 3<sup>rd</sup> 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 7<sup>th</sup> 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 7<sup>th</sup> 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 7<sup>th</sup> 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 9<sup>th</sup> 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 9<sup>th</sup> grade. Paperwork for the dental

screening can be found on the school website, in the 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 12<sup>th</sup> 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!

<b>ELEMENTARY OFFICE NEWS-Tina Johnson, Elementary Secretary</b>
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**SPRING CONFERENCES FOR STUDENTS IN GR K-5**

**MARCH 5th & MARCH 7th 4:00-8:00PM**

Spring Conferences are fast approaching. I am going to be assigning a conference time for students that have not been signed up by their parent. IF that time does not work for you, parents are encouraged to go delete that assignment and sign up for one that will work for your family. I have sent out several email and text reminders asking you to complete this task. The process is the same EVERY year.

Please log into the NKCSd district website, navigate to the Elementary Tab and choose Elementary conferences sign up, choose your child's teacher and sign up for an available time slot. OR search for a past email or text in mid December from myself that gives you direction. Conference sign up has not changed for K-5 students since we started to schedule conferences this way. When you enter your email, you will get a reminder from the SIGN-UP.com a few days before your conference.





# NEWS IN FIRST GRADE

The first-graders have been super busy creating some amazing crafts for the display case. First, they made gingerbread houses and people in December. And then they got into making some cool penguins for the "Sliding Into a New Year" theme in January. It was so much fun to watch them get all creative with their ideas and just have a blast.

We have integrated a fun and interactive approach to teaching mathematical concepts in our current unit. We're taking our students on a virtual trip to Antarctica to learn about penguins while applying mathematical concepts such as measurement and comparison. The children are thoroughly enjoying themselves while creating math story equations using penguins as a theme. This innovative approach has made it an enjoyable experience introducing mathematical concepts to the students.



# ATHLETIC DEPARTMENT

## NEWSLETTER



JANUARY

### HOME GAMES

- | <u>Basketball</u>       | <u>Wrestling</u>    |
|-------------------------|---------------------|
| • <u>1/6- Riceville</u> | • <u>1/9- Girls</u> |
| • <u>1/12 -NP</u>       | <u>Quad</u>         |
| • <u>1/19- Rockford</u> | • <u>1/11- Boys</u> |
| • <u>1/23- Lyle</u>     | <u>Quad</u>         |
| • <u>1/26 Newman</u>    | • <u>1/30- Boys</u> |
|                         | <u>Quad</u>         |

### ANNOUNCEMENTS

#### Girls Wrestling Regional Assignment Region 8 @ Mason City

AAPIG	Bella Plaine	Crestwood	Dubuque Senior	Mason City	North Fayette Valley	Osgo	Urbandale	Williamsburg
Balton	Center Point-Urbana	Decorah	Eagle Grove	Nashua-Plainfield	Ogden	Saint Ansgar	Waukon	
BELMONT	Clarksville-North Butler	Dubuque Hempstead	Iowa Falls-Alden	North Central	Odes	South Winneshiek	West Bend-Mallard	

### OPEN POSITIONS

Head Football  
Asst. Football  
JH Football  
Head Boys Basketball  
Head Girls Basketball  
Assistant Wrestling  
Head Boys Track  
Asst. Softball

## TRACK MEET WORKERS

As many of you know, running a track meet takes a small army. I'm always looking for people who are eager to spend a few hours outdoors supporting our student-athletes. There are many jobs and most take little to no prior knowledge of track rules and regulations.

Please contact Jordan Reindl if interested.

jreindl@nkvikings.com  
641-321-2142  
ext. 110

WANT TO BE  
AN OFFICIAL?

Contact Ken Robbins:  
kenrobbins2390@gmail.com



## Guidance

As we enter the second half of the school year our students will be completing our Choose Love Courage Unit. Students have learned what it means to have courage in any situation. They have also learned friendship skills and problem-solving skills. As they continue practicing these skills and tools, they will develop great confidence in themselves. This will help them face adversity and do the right thing even when it is hard.

Some of the main highlights of this unit are recognizing judgments in ourselves and others. We learned how to be assertive instead of aggressive or passive, differences between upstanders and bystanders, and practiced upstander behavior, and we began to look at situations from different perspectives. Throughout the year we will continue to practice our Brave Breaths and Brave Poses and the CALM Rubric.

We also learned the neuroscience of what happens in our brains and can demonstrate that with the hand-model. We can choose to nudge the numbat to leave the lizard and hug the human. The Triune Brain is divided into three parts - the reptilian brain (lizard brain), the amygdala (numbat brain) which is the part of the brain that controls our fight, flight, freeze response, and the prefrontal cortex (human brain) where logic and reasoning reside.

	LOOKS LIKE	SOUNDS LIKE
COOPERATE	Speaking respectfully and softly	"Let's take turns"
ASK QUESTIONS	Making eye contact and building on ideas	"Why?" "How do you know?"
LISTEN	One person speaks at a time	"I agree/disagree because..."
MAKE MOVES	Discussing ways to share our new knowledge with family and friends outside of school	"Let's show our families how to..." "Let's teach our sports teams how to show..."

Ms. Dakota Hansen  
K-5 School Counselor  
[dhansen@nkvikings.com](mailto:dhansen@nkvikings.com)



## **Counselor's Corner**

Mrs. Amy Hansen  
MS/HS Counselor

With the new year comes many items from the counselor's office to share with you, our school community, so here's a quick summary:

### **Second Semester**

Students were asked to make schedule changes prior to Winter Break. Students make the best choices for their futures when those decisions are made with thought and careful consideration, not as a last-minute effort to be with a specific friend/classmate. Schedules are available for review in JMC, and more information will be sent to concurrent enrollment students regarding their upcoming NIACC courses very soon.

### **Reconnecting Youth**

Starting Monday, January 8th, Laken Rodemeyer from Prairie Ridge will be visiting the MS/HS building four times a week to deliver the Reconnecting Youth program to participating students. Many years ago, this was a successful program at Northwood-Kensett, and we are proud to bring it back this semester.

### **FAFSA**

After much delay (3 months!) The Free Application for Federal Student Aid has finally opened for this year's senior class. At this time, most of the deadlines have remained the same, so it is important that N-K Senior parents and students carve out some time to complete this application.



Not only is this application required to receive Pell Grants and many student loans, it is also necessary for many colleges' scholarship programs. It is also a requirement in order to receive our state's excellent Last Dollar Scholarship. Most students will benefit in some way from completing this application.

### **English 12**

With 3rd quarter comes my time in English 12, where we'll be working on necessary employment skills and scholarship essays for the next nine weeks. Scholarship season is kicking into high gear, so it is important that students take advantage of this time and do their best in those lessons. After Spring Break, we'll work on our sizable local scholarship application, as well as the much simpler WCDA scholarship.

### **Career Information System**

I'm pleased to announce that N-K has adopted Xello as our new career information system, which will replace ISU MAP. We had user issues with MAP, and I am confident that Xello will be a benefit to all of the middle and high school students for years to come. I'll be working with Mr. Welch to get the system up and ready to go here at N-K, and we will get to work with students in late winter/early spring.



## Drop Your Gently Worn, Used and New Shoes For Northwood Kensett FCCLA

Help us raise funds for our organization by  
donating your gently worn,  
used and new shoes!

And don't forget to ask friends, family,  
neighbors and co-workers to donate too!

## Collection Dates

Last Collection Date is  
January 25th!

Contact

Megan Thorson  
Northwood Kensett FCCLA Advisor  
[mthorson@nkvikings.com](mailto:mthorson@nkvikings.com)  
641-324-2142

Collected shoes are used to support micro-enterprise vendors.  
Micro-enterprises are small businesses in developing nations.  
They are typically operated by one person or family and  
friends, depending on size.