

# 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

May 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. BRIAN 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 during the week of May 13. Our preschool teachers will send home notes to parents with details.
- Our annual elementary Track and Field Day is the afternoon of May 15<sup>th</sup>. 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 Wayne's Ski and Sports out of Mason City to offer a Bike Safety presentation. This event is scheduled for May 8 and May 9. More details will be coming soon from Nurse Kaitlyn.
- As of this writing, our last day of school will be Thursday, May 17<sup>th</sup>. The elementary school will dismiss at 12:20 for bus students and 12:25 for our walkers.
- A look ahead: Registration for next school year will be Wednesday, August 7<sup>th</sup>. Our first day of classes will be Friday, August 23<sup>rd</sup>.

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

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

### JOIN IN CELEBRATING IOWA SCHOOL BOARDS

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 District is celebrating the work of school board members, who are *Propelling Students to New Heights*, in partnership with the school community, families, and citizens.

School board members serve to make a difference for students and help ensure the sky's the limit for their 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 District School Board is charged with charting the course 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 610 students Preschool through 12<sup>th</sup> grade and 92 employees and are responsible for an annual budget of \$10,000,000.

The Northwood-Kensett School District is shining a spotlight on our school board at the regular monthly meeting on May 9, 2024 at 4:00 pm. Board members will be presented with a certificate of appreciation; we will have posts on the district's Facebook page and on our website. Media, parents, and community members are invited to attend.

The board members serving Northwood-Kensett School District and their years of service are:

Bradley Christensen, President, 3 years

Cindy Panburn, Vice President, 19 years

Susan Kliment 15 years

Jamie Nelson 1<sup>st</sup> year

Shana Brunsvold 1<sup>st</sup> year

## FROM THE DESK OF MR. KEITH FRITZ. MS/HS PRINCIPAL

"How to Start a 9 Year Old Biker Gang"

I recently read an article from the folks at LetGrow.Org titled "[The Case for More 9 Year Old Biker Gangs](#)" which was NOT about pre-adolescents getting tattoos and burning rubber at the stoplight! Instead, it was about the learning experiences and lifelong benefits that come from taking away a child's cell phone or tablet and getting them out and about on their bike, on their own or with friends, and WITHOUT adult supervision or guidance. You know, like we used to do.

If you've read our newsletters this school year, you've seen both me and our counselor Mrs. Hansen extolling the virtues of independent play for young people, of letting them fight their own battles and right their own wrongs without parent intervention, and of the dangers of unlimited cell phone use due to the addictive nature and damaging effects of social media, especially on our young ladies.

When we limited cell phone use at school this year, we saw a measurable reduction in discipline referrals for cyberbullying, harassment, and general meanness towards others via Snapchat, etc. But I think we can and should go further.

Two books, [The Coddling of the American Mind](#) and the *New York Times* best seller [The Anxious Generation](#), both by Jonathan Haidt, outline in detail the problems with letting our children have cell phones at a young age, and even worse, what happens when they join social media too young. Mrs. Hansen recently shared resources from the folks at [Wait Until 8th](#), who encourage parents to take a pledge to wait on a cell phone for their kids until at least 8th grade. Our experience at school with young people supports this idea.

As we continue to work on sustaining an emotionally safe environment for our students, the biggest help you parents can provide is setting an electronics curfew each night at home so your kids can sleep without interruption, letting them navigate their ever-changing social interactions on their own, and encouraging non-digital interactions and play as often as possible. I also invite you to share with me your experiences with cell phones, social media, screen time, and your children as N-K evolves to meet the challenges of our changing world.

## Northwood-Kensett Students of the Month - April 2024



Lexi Hanson-Brandsoy



Aden Bice



Lindsey Moore



Reese Wahl



Kamryn Backhaus



Camryn Rheingans



Merrin Hanson



Weston Willand



Kenedie Berry



Hallie Hanson



Chloe Leonard



Olivia Gentz



Mia Fierova



Kooper Julseth



Kenly Solberg



Brianna Perkins



Harley Logeman



Trinity Vandiver



Amaya Rugland



Jace Delle



Oliver Bice



Brooke Runde



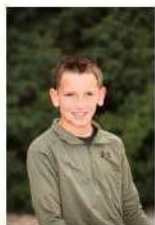
Noah Mueller



Beatrix Koenig-Fierova



Jaxon Reyerson



Brayden Jaeckels



Linca Scarlett





### **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



## **A Busy Year for Fifth Grade**

By Ms. Hagen & Ms. Orvedal

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.

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, 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 and research papers. We are finishing up the year learning about persuasive writing skills.

As we wrap up our last year of elementary school, we had our spring concert on Tuesday, April 23th in the NK MS/HS Gym. We look forward to a few days yet to come. Our first visit at the Middle School is Thursday, May 2nd. That is always an exciting time! In addition, we will be meeting up with Master Gardeners to plant and learn more about vegetable gardens. 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 scheduled for Wednesday, May 15th.



## CLASSROOM NEWS-CONTRIBUTION by Mrs. TERESA STEHN, FARM BUREAU

The N-K kindergarten classes wrapped up their embryology unit with Teresa Stehn, Worth County Farm Bureau Outreach Coordinator today. Students got to hold the chicks and take photos, talk about names they had picked out or things learned about the chicks, got to take home a fact sheet about chickens and had a party snack to celebrate the chicks hatching and going to their new home. Nine chicks will be going to their new home on the farm.

Teresa Stehn, WCFB Outreach Coordinator

Worth County Farm Bureau





## Classroom News by Mr. Monte DeArmoun

Over the course of the last few years this article has begun by discussing how the Middle/Senior High School was experiencing changes during the school year, but the staff of the 6-12 Social Studies department was not one of the changes. That opening can no longer be used because after 41 years of teaching at N-K, **David Capitani** will be retiring at the end of the school year. Capitani started his N-K career in 1983 after graduating from the University of Northern Iowa. He is a 1979 graduate of Knoxville High School, where he was inducted into their Athletic Hall of Fame in 2012 as a baseball player. He has coached several sports during his time at N-K but most people probably connect his name with the football program. In his 33 years as the head coach the Vikings compiled a 209-117 record and appeared in the playoffs in 17 seasons. He was inducted into the Iowa Football Coaches Association's Hall of Fame in 2016. Congratulations to him on his retirement.

Capitani's teaching position will be filled by 2021 N-K graduate and 2024 University of Northern Iowa graduate Cade Hengesteg. He will join Monte DeArmoun, who is finishing his 28th year here. They will be using the State Standards for Social Studies (<https://iowaculture.gov/sites/default/files/history-education-pss-socialstudiesstandards.pdf>), the McGraw-Hill Social Studies curriculum and using Google Classroom.

The students had an opportunity for a school-wide Iowa Youth Straw Poll mock election before the Iowa Caucus back in January. The Iowa Youth Straw Poll is conducted by the Iowa Secretary of State's office and gave students a chance to voice their opinion on the 2024 Presidential Election. Students in Spring Semester Economics participated in the Iowa Economics Challenge. Nine students advanced to the state competition level. Ag in the Classroom presentations took place in all the Middle School Social Studies classes this year.

Iowa Football Coaches Association  
@IFBCA

Congratulations to Coach Dave Capitani of Northwood-Kensett on his Hall of Fame honor tonight!



8:13 PM - Nov 17, 2016





# ATHLETIC DEPARTMENT

MAY



## NEWSLETTER



### Head Boys Basketball Coach

**Derek Varner**

**About Me:** I am a 2010 graduate from Northwood-Kensett. I have a daughter Kinsley that is a year and a half old that keeps my wife Maya and I very busy. I have a huge passion for coaching basketball. I coached girls basketball at Storm Lake, St. Marys for 5 years and then coached the Belmond-Klemme girls for the last two years. I am very excited to coach at the school I graduated from and get back to the community that I grew up in and have a lot of passion for.

**In my free time:** I love to hunt deer, turkey, squirrel and go fishing.

**What you're looking forward to most about NK-** I am looking forward to getting to know the boys and start working with them on the court. I am also excited to start making connections in the community!

# Welcome Home Derek



# NOTES FROM THE PODIUM

*Northwood-Kensett Band*

## Upcoming Events

### **4th Gr. Instrument Testing**

ALL 4th graders are currently learning about and trying out instruments to see if they'd like to try band in 5th grade, and if so, which instrument may be a good fit. Recommendation letters will be sent home on Monday, 13th, with registration forms due back by May 16th.

### **HS State Large Group Fest.:**

(ALL HS Band & Choir Students)  
Friday, May 3rd @ Decorah

### **HS Fine Arts Awards Concert:**

(ALL HS Band & Choir Students)  
Tuesday, May 7th  
7:30 pm - High School Gym

### **HS Graduation:**

(ALL HS Band & Choir Students)  
Sunday, May 12th  
1:30 pm - High School Gym

### **North Iowa Band Festival:**

Sat., May 25th (Morning)  
@ Mason City

### **Memorial Day Services:**

Monday, May 27th (Morning)  
@ Kensett & Northwood

## The Year in Numbers

This year has seen the highest number of students participating in Band at Northwood-Kensett in recent memory! It has also been one of the fastest and busiest years in the Band Department that I can recall, and as you can see by our upcoming events list, it's not over yet!

With that in mind, I thought it might be interesting to share an overview of this year through some statistics.

**TOTAL # OF STUDENTS IN BAND (gr. 5-12): 131**

5th Grade: 31 | 6th Grade: 27 | 7th/8th Grade: 41 | HS: 32

**# OF BAND PERFORMANCES (gr. 5-12): 27**

About a THIRD of these performances will actually occur within the final month of the school year!

**# OF PIECES OF MUSIC PREPARED (gr. 5-12): 75**

Did you know the High School Band has a binder of over 35 pop / rock songs they prepare for winter pep band?

**# OF HONOR BAND PARTICIPANTS (gr. 5-12): 20**

Students were selected to represent Northwood-Kensett for 6 different Honor Bands this year.

**# OF HS PARTICIPANTS IN STATE EVENTS: 8**

1/4 of the HS Band students chose to prepare selections for adjudication at the Iowa High School Music Association's (IHSMA) State Solo and Ensemble Festival. Senior Kenny Conlin also participated in the IHSMA All-State Auditions last fall, and was selected as an Alternate Trombone for the Iowa All-State Band. He is only the second N-K student in the last 25 years to be chosen in any position for the Iowa All-State Band or Orchestra.



# Counselor's Corner

## May 2024

Ms. Dakota Hansen

### Counseling Monthly Focus:

Summer tips to support your  
child's education:

- Make a new recipe measuring the ingredients.
- Make sure your child knows how to tie their shoes.
- Read or journal daily.
- Practice organizational skills: to do list, cleaning, ect.
- Spend time outdoors.
- Have fun!

### Dates:

- ☐ 2: 5th Graders tour the middle school
- ☐ 8: Early Dismissal
- ☐ 12: Graduation
- ☐ 15: Track & Field Day
- ☐ 17: Last Day of School  
12:30 Dismissal
- ☐

### Happy, Healthy Kids TIP:

When your child makes a good choice, no matter how small, make a BIG deal out of it! Cheer for them, encourage them, and reinforce this behavior. When your child makes a mistake, guide them towards a better choice. But, try not to dwell on it and move forward together.

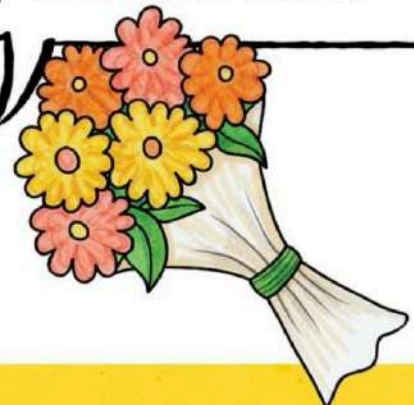
### Let's CONNECT!



[dhansen@nkvikings.com](mailto:dhansen@nkvikings.com)



641-324-1127 ext. 216





### *Course Book Changes for the Coming School Year*

Hello, Vikings!

I thought I'd take this opportunity to share some changes to our course offerings for the coming school year:

#### Language Arts:

We are updating our ELA electives this coming year. Direct from the teachers themselves, here are the course descriptions of the four updated high school English elective courses:

**Leadership:** This course will delve into the realm of leadership, and what it means to be a leader. Students will read non-fiction works, fiction, and fables that help convey the key elements of leadership. Students will also engage in hypothetical scenarios that call upon them to utilize the skills they learn.

**Graphic Novels:** This course will give students the opportunity to explore the realm of Graphic Novels. Students will discover how authors convey deep messages through both written text and art. Students will experience a variety of texts and topics.

**Books to Movies: YA Literature** Students will read a variety of young adult books that have been made into movies. Using a critical eye, students will compare the written work to its visual counterpart(s). Emphasis will be placed on analysis, interpretation, and evaluation. Discussion and active class participation are required.

**Film & Criticism:** This course will feature a variety of films from different genres spanning from classic to contemporary. Students will critically view, analyze, and discuss these films using a variety of different tools. Discussion and active class participation are required.



#### Agriculture:

With the retirement of Mr. Cotter, we welcome Mr. Miller and a new set of Ag. offerings. They are:

- Ag Production & Processing (Full Year)
- Farm to Market I & Farm to Market II (1 semester each)
- Farm Management (Full Year)
- ATV & Snowmobile Mechanics/ Ag. Mechanics (1 semester each)
- & Farm to Table/ Horticulture (1 semester each)

#### Concurrent Enrollment

Students who take NIACC courses may schedule one period for **each in person course** and one period to work on **all online courses they've registered for**.

#### Physical Education

The N-K Athletic Department has listened to athletes and families who find morning weightlifting to be inconvenient and hard to attend. For this reason, we have modified the physical education schedule to accommodate strength & conditioning into the school day. N-K student athletes will be expected to participate in this program. Day 1-3-5 will be a weights & strength/conditioning course called Athletic Enhancements. Days 2-4-6 will be traditional physical education.

- Student athletes are expected to register for Athletic Enhancement on days 1-3-5.
- Student athletes may choose whether or not they would like to take traditional P.E. on days 2-4-6.
- Students who do not participate in extracurricular sports may choose which day they would like to register for or can register for both days of P.E.

As usual, please contact me [ahansen@nkvikings.com](mailto:ahansen@nkvikings.com) if you have questions about any of the information provided above.

## NURSES CORNER-MRS. KAITLYN ANDERSON, 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!

### A look into the next 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!
- **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 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 12<sup>th</sup> 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!