

NORTHWOOD-KENSETT CSD



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Newsletter designed by: Tina Johnson, Elementary Secretary

OCTOBER 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

October is the month for safety weeks...

“Smoke alarms: Make them work for you!” is the theme for the 2024 Fire Prevention Week. Fire Prevention Week takes place October 6-12.

National Fire Protection Association website recommends these safety messages that support this year’s theme:

- Install smoke alarms in every bedroom, outside each separate sleeping area (lie a hallway), and on each level (including basement) of the home.
- Test smoke alarms at least once a month by pushing the test button.
- Replace all smoke alarms when they are 10 years old or when they stop responding when testing.

Members of our Northwood Volunteer Fire Department will visit the school on October 10. Kindergarten classes will also travel to the Northwood Fire Station and have a tour of the building and learn about the equipment our firefighters use.

National Bus Safety Week is during the week of October 21-25. Our bus drivers, along with classroom teachers, will review safety details and procedures for an evacuation. The elementary students will hold an evacuation drill on October 25.

You can help us by having a conversation with your student(s) about the importance of Fire safety and bus safety.

Thank you for your continued support.

FROM THE DESK OF MR. MICHAEL CROZIER, SUPERINTENDENT

Superintendent's Newsletter – October 2024

Dear Students, Families, Staff, and Community Members,

As we enter the heart of the school year, I want to take a moment to reflect on the remarkable progress we've made since the start of the academic year. October brings with it cooler weather, beautiful autumn colors, and a renewed sense of purpose as our students continue their educational journeys.

Celebrating Student Achievement

I am so proud of the hard work and dedication our students have shown throughout September. The elementary has already hosted back-to-school night, athletic events, and student showcases. It has been truly inspiring to see the range of talents across academics, arts, and athletics. Whether it's our student-athletes excelling on the field or our scholars achieving new academic heights, their accomplishments are a reminder of the bright future we're building together.

Supporting Our Educators

Our teachers and staff continue to go above and beyond for our students. October is the perfect time to acknowledge their efforts as we celebrate World Teachers' Day on October 5th. Please take a moment to thank the incredible educators who work tirelessly to ensure every child succeeds. Their commitment and passion are the foundation of our school system's success.

School Safety: Our Top Priority

Safety remains a top priority for all of us. I want to remind everyone of our continued efforts to maintain a safe and supportive environment for our students and staff. We have installed a new camera and electronic lock systems at both buildings. A partnership between families, schools, and law enforcement is key to creating a safe learning environment.

Upcoming Events

I would like to remind you of a few important dates coming up:

- October 7: Homecoming week
- October 11: Homecoming Football Game and Band performance
- October 29 and November 4: Fall Parent-Teacher Conferences

A Season of Growth

As the leaves change and the air turns crisp, October serves as a reminder that growth is a continuous process, both inside and outside the classroom. Let's work together to make the most of this season by supporting one another, striving for excellence, and embracing all the opportunities that lie ahead.

Thank you for your ongoing support of our students, staff, and schools. I look forward to another month of success, collaboration, and community spirit.

Warm regards,
Michael R. Crozier
Superintendent of Schools

NURSE'S CORNER-KAITLYN ANDERSON, RN

Food Pantry

Our food pantry at the elementary is still up and running! We currently have nonperishable and frozen food items, along with personal hygiene products and clothing.

In order to participate, families will need to fill out an application form. This form should be returned to Nurse Kaitlyn. Families who qualify for free or reduced lunch or SNAPP automatically will qualify for the food pantry, they however will still need to fill out the form.

Families can receive food by having it sent home with your elementary students on Thursdays, or families can come and pick out items from the pantry on a scheduled time with Nurse Kaitlyn. Personal hygiene products will not be sent weekly unless requested. To do this you can email Nurse Kaitlyn.

Immunizations

The last couple of months I have been working on making sure immunizations are up-to-date on all students. I have sent out Provisionals for all students that have immunization requirements, and you should be getting those in the mail. You have 60 days to get these immunizations, please get these done!

Illnesses

Fall is in full swing and we are working hard to keep our classrooms healthy and ready to learn! With the change in weather, we often see an increase in contagious illnesses. RSV, colds, flu, and Covid-19.

To keep these illnesses out of our schools, we ask that you monitor your children daily for any signs and symptoms of sickness.

A few friendly reminders:

Please do NOT send your child to school if he/she has or has had:

A fever more than 100.4 degrees within the last 24 hours. They must be fever free without medication for 24 hours.

Vomiting or diarrhea within the last 24 hours.

Continuous coughing, not relieved with cough medicine.

The goal of keeping our schools healthy involves all of us!

If you have any questions, contact our district school nurse.

Kaitlyn Anderson

kanderson@nkvikings.com

641-324-1127 ext.227

FROM THE DESK OF MR. KEITH FRITZ, SECONDARY PRINCIPAL

Some of the Updates I'd Promised You

Last month, I shared some initial information about the implementation of 3 big changes for us at the middle school/high school: the cell phone rule, our changes to grading practices, and the new attendance law. I also promised you I'd keep you updated on how things are going.

Cell phones--

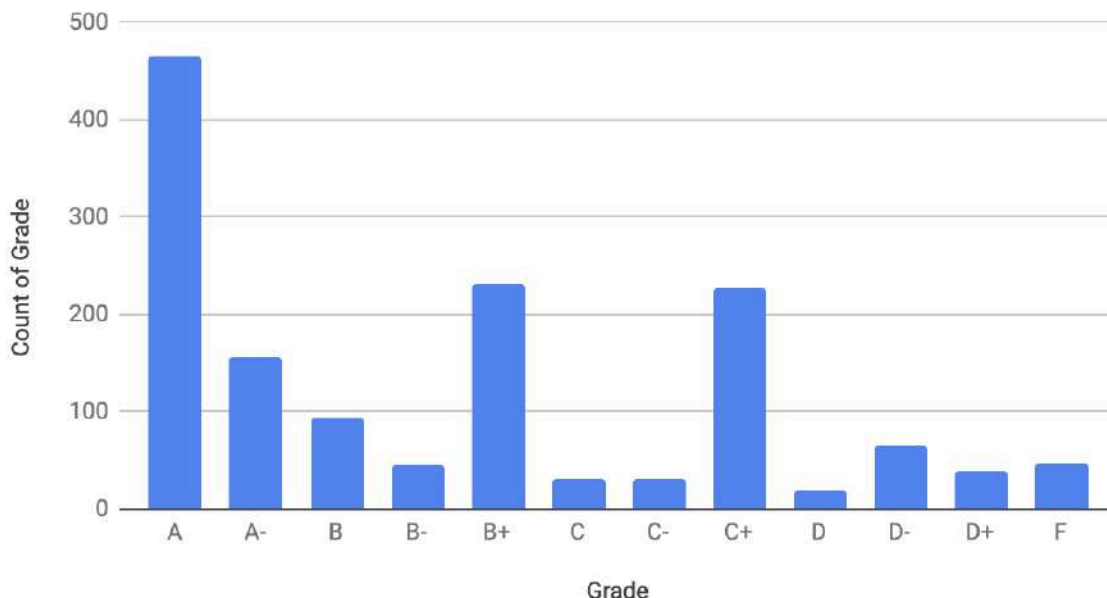
At the middle school, where students' phones are locked away for the day, I have had ONE student try to sneak around the rule and hide their phone in their locker. I consider that a great success!

At the high school, where students may only use their phones before school, at lunch, and after school, we've seen about the same number of students breaking the rule as they had before. But we are also obviously seeing far fewer phones out in the open during the times they're supposed to be tucked away. I would rate the high school cell phone rule results a moderate success so far.

Grading practices--

Since the start of the school year, our teachers have been working at being very clear about students' learning targets, and disciplining themselves to reserving an "A" grade for only the best quality of work. The results? At mid-term, I ran a grade report that showed all the grades for all students in all of their classes, and we did see a slight reduction in the numbers of "As" students earned, but not an increase in the number of "Fs". There was an increase in "Bs" and "Cs" which we expected.

As the semester rolls along, these grades will balance out as more test scores, etc, are entered in the gradebook.



Attendance policy changes--

This continues to evolve. Mr. Costello and I are in frequent communication to ensure we're interpreting the attendance law consistently, fairly, and accurately. At the secondary building, we are at a 99% average daily attendance rate, which is very high for us.



WORTH COUNTY ASSET TEAM

COMMUNITY UPDATE

FACTS WORTH SHARING

Fall 2024



Primed for Life

Northwood-Kensett School District

Last spring, students at Northwood-Kensett High School completed the Prime for Life® curriculum facilitated by certified educators with Prairie Ridge Integrated Behavioral Health. For most teens, the high school years can be full of curiosity and high-risk decisions. Prime For Life® provides students a judgment-free way of understanding how alcohol and drug-related problems develop, what we can do to prevent them, and why sometimes we need help.

Worth County Fair

June 19-23, 2024

WCAT partners hosted a free community meal to kick off the Worth County Fair on June 19th. Nearly 400 residents came out to enjoy lunch, and learn about prevention and addiction treatment resources available in our communities. Sponsors included Fallgatter's, Hy-Vee East Mason City, Hermel Foods, and Pepsi Co Mason City

WCAT also hosted an exhibit booth during the week of the fair, with youth competing in PLINKO and testing their knowledge on alcohol and drug prevention facts.



Family & Caregiver Resources

Partners for Children



Copies available at Public Health

Northwood-Kensett Students of the Month - September 2024



Macy Thorson



Aden Bice



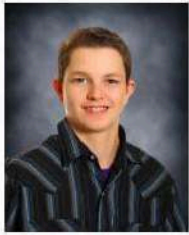
MacKensy Tomlinson



Hunter Janssen



Jessi Ausborn



Terry Ausborn



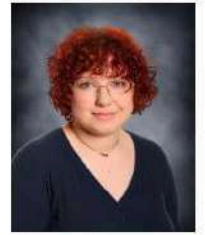
Sophie Rye



Kaeden Malli



Olivia Willsher



Skyler Williamson



Ashlyn Skellenger



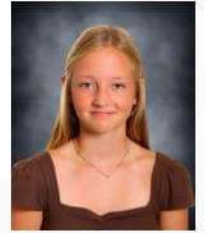
Asher Mosher



Sara Wubben



Maya Johnson



Maggie Rye



Ivy Urbatsch



Harley Logeman



Leah Diamond



Amaya Rugland



Makayla Reyerson



Aspen Beland



Myles Renteria



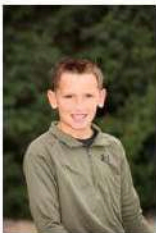
Kendall Krull



Max Rugland



Aleah Bewley



Brayden Jaeckels



Nora Hanna



CLASSROOM NEWS - 6-12 MATH

6-12 grade math students are working hard to start the school year. Mrs. Hunt and Miss Einertson spent some time last year reading "Building a Thinking Classroom." These skills encourage students to work with different people outside of their social circle and to build their communication skills, all while working on math! Students have been off to a great start this year and we are looking forward to the remainder of the year!

6th grade has started the year practicing long division. This is a skill we use year round, so we began the year mastering it!

7th grade has been focusing on creating scale drawings and using a scale to relate our drawings to real-life measurements.

8th grade has been practicing transformations such as rotations, translations, and reflections. They have learned how to do each of these by hand as well as being able to identify each one they see.

Algebra 1 and Pre-Algebra have been working on solving equations. They have done a great job starting at equations that just take one step, moving towards solving equations that contain up to 5, 6 or even 7 steps!

The Geometry students have been drawing so many circles! We use circles to help us draw perpendicular bisectors, angle bisectors, perpendicular lines, and parallel lines.

Algebra 2 is learning about arithmetic and geometric sequences. The sequences allow students to create equations and graphs that show how it changes.

The Advanced Math students have been focusing on all of the different ways we can change a graph. Moving it up/down/left/right, scaling it vertically and horizontally, and reflecting it across the x and y-axis.

We are looking forward to the rest of the year in our math classrooms! Go Vikings!

FROM THE DESK OF BARRY WANGSNESS-NK TRANSPORTATION DIRECTOR

Let me introduce myself. I'm Barry Wangsness, new Director of Transportation for the NK Schools. School is in full swing and wanted to remind people of the Stop Arm Violation law in Iowa. The week of 9/23/24 we experienced 3 violations on our bus routes. Luckily no one was hurt during these violations and that we have camera systems in place on our buses that gives us a great view when they do happen. Our goal is to get every student to and from school safely every day. Here's the consequences when we do have someone run a stop arm:

In Iowa, violating a school bus stop arm law can result in serious consequences, including:

- Fines: Fines can range from \$345–\$2,560, depending on the number of offenses.
- License suspension: A driver's license can be suspended for up to 180 days.
- Insurance premiums: Insurance premiums can increase for three to five years.
- Criminal record: A misdemeanor conviction will appear on a person's background check, which can make it harder to get a job or security clearance.

Here are some of the rules for stopping for a school bus in Iowa:

Flashing amber warning lights

When approaching a school bus from the front, drivers must slow to 20 mph and be ready to stop. When approaching a school bus from the rear, drivers must be prepared to stop and not pass the bus.

Stop arm extended

When a school bus stops and its stop arm is extended, drivers must stop behind the bus if approaching from the rear, or in front of the bus if approaching from the front. Drivers must remain stopped until the stop arm is retracted.

Exception for multi-lane roads

Drivers on roads with two or more lanes in each direction do not need to stop if they meet a stopped school bus from the opposite direction. However, traffic moving in the opposite direction must slow down and proceed with caution.

Thanks for your attention and helping us have a safe school year. If you have any questions or concerns please feel free to give me a call **Barry Wangsness** 641-324-1454 Ext 303

From the Activity Directors (Mr. DeArmoun & Mr. Hunt):

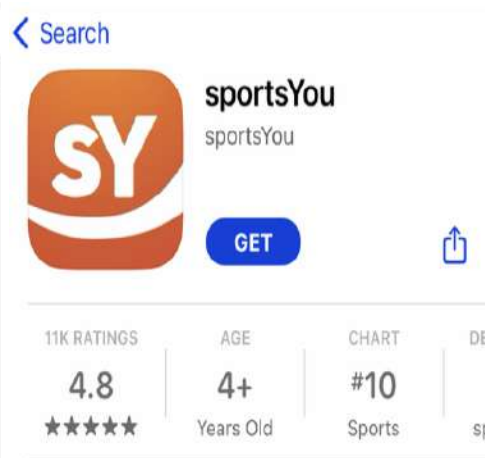
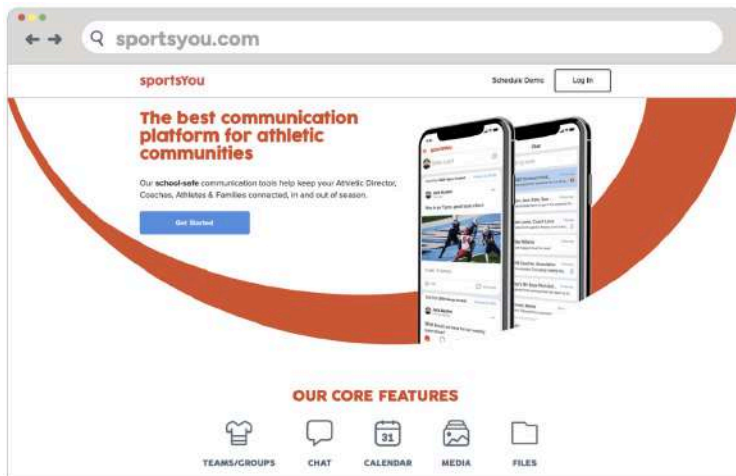
Have you heard about SportsYou? SportsYou is the new tool that high school (and some middle school) coaches and activity sponsors are using this year for all things communication. Parents of athletes/activity members are also welcome and encouraged to join the SportsYou page of the sport or activity that your child is involved in.

Have a time where you aren't sure if your student has practice or a meeting? SportsYou also has a calendar feature that coaches and activity sponsors are using to list practices, games, events, meetings, and everything else related to the team or group!

You can view the SportsYou page through a web browser or by getting the SportsYou app. It is all completely free! Contact your students coach or activity sponsor today about joining, and never miss an important date or reminder again!

Current NK **sports** on SportsYou: HS Football, HS Volleyball, Cross Country, HS Cheer, HS Boys Wrestling, HS Girls Wrestling, HS Boys Basketball, HS Girls Basketball, JH Boys Basketball, HS Boys Track, HS Girls Track, HS Boys Golf, HS Girls Golf, JH Boys Track, Trapshooting, HS Baseball, and HS Softball

Current NK **activities** on SportsYou: FCCLA, FFA, NHS, and Student Council



What is the role of our School Counselors?

School counselors are trained to provide assistance to students in the areas of career, academic, and some personal and social issues. Counseling at the school level is generally considered to be brief and solution-focused. Because we are different from counselors who work at a private clinic, hospital, or a government agency, some personal & social issues exceed our training & availability. Depression, suicidal thoughts, eating disorders, family conflicts, and other significant issues are a few examples. In these cases, we can provide information about mental health care providers who have more extensive training in social work & psychology and who are licensed to provide care in these instances. Our school currently has a licensed social worker named Shay Hall. She visits once per week to provide mental health counseling at no cost to families, and we can connect her with N-K families who are interested in her services. We also have mental health resources available on the counseling website.

Both counselors acknowledge that some students may face new challenges each year in relation to the stress, anxiety, and life change that are a part of normal life circumstances. It is important that families communicate new concerns about their student(s) to counselors and teachers so that new considerations can be properly addressed, whether that occurs in the classroom, in the counseling office, or through an external resource.

At N-K Elementary, Ms. Kelly Bowman assists students in a variety of ways. Individual sessions entail helping students work through challenges occurring both inside and outside the classroom. Small group sessions typically consist of 2-4 students and focus on interpersonal skills and conflict resolution. Whole class guidance lessons cover a variety of topics including social-emotional skills, respecting others, friendship, self-esteem, feelings, homework completion and study skills, time management, stress, career awareness, and coping with grief and loss.

Students may be referred for individual and small group sessions by teachers, parents, or themselves. Ms. Bowman has a locked mailbox outside her door in which students can leave her notes about any issues they need help with. She then follows up with the teacher to set up a time to meet with the student. If you feel that your child would benefit from either individual or small group counseling sessions, please email kbowman@nkvikings.com or call 641-324-1127 ext. 216. These services are available to ALL students who attend N-K Elementary.

At NK MS/HS, Mrs. Amy Hansen works with students in individual planning and in small and large group counseling environments. All Mrs. Hansen's work strives to meet the ASCA (American School Counseling Association) Mindsets & Behaviors, which are focused on the areas of academic success, career & college planning & readiness, and personal & social skills. This includes, but is not limited to: career exploration, college & scholarship information, promoting positive relationships between students, effective communication, learning to work through difficult situations, four year planning, and academic success. She connects with NIACC and Waldorf to help provide students with concurrent enrollment options, and she also teaches middle school guidance, covering a variety of personal-social, academic, and career-planning topics that are required by the Iowa State Department of Education.

Like at the elementary, school counseling services are available to all students 6-12, as are the resources that are kept via website & Google Drive. Parents, teachers, and students themselves can refer students for services. If you would like to refer your student, please contact Amy Hansen at ahansen@nkvikings.com or call 641-324-2142 ext. 117.



Counselor's Corner with Ms. Bowman

October 2024

Monthly Focus

In guidance class, we have been talking about the many different emotions we all go through. We have been focusing on recognizing these emotions, none of which are "bad", and ways to handle any emotion that comes our way.



Important Dates

10/7-10/11: Homecoming dress up days

October 9: Early dismissal

October 23: Early dismissal

October 29: Parent-Teacher conferences

Tips for Home

Practice verbalizing your emotions with children and encouraging them to do the same when they are upset. Talk about healthy ways to handle big emotions together that don't hurt others emotionally or physically.

Congratulations to our Students of the Month!

Breckynn Madson
Hudson Hall
Hudson Anderson
Wyatt Trenhaile
Victoria Madden
Lola Cronbaugh
Hudson Ziebel

Let's Talk!

Email: kbowman@nkvikings.com

Phone: 641-324-1127 ext. 216

NK Elementary Students of the Month



We have started our engines and are off to an exciting new school year here at the Viking Speedway Elem. Library. The road to success brings many new adventures and information, one book at a time.

Each week all the students come to the library with their class on a scheduled day. Kindergarteners started the year off in slow gear. They had so much to learn the first week of school that we waited until the second week to visit the library. All other classes started on their scheduled day. We reviewed library expectations and refreshed where to find the Non-Fiction, Fiction, Easy Fiction, Graphical Novel, and Reference materials. Fourth graders brought their computers to learn where to look on the card catalog program while they are here in school. All students are expected to show responsibility by returning their books. When students forget their library books they will not be allowed to check new titles out until the other titles have been returned.

The second week of school Kindergarteners made their first visit to the Viking Speedway, I read the story "Mr. Wiggles" by Paula Craig. Mr. Wiggles is a bookworm who feels very sad. Mr. Wiggle attempts to plead his case about how books are mistreated. Kindergarteners soon discover that no one has to tell them how to care for books and eagerly accept Mr. Wiggles offer of friendship. The next week Kindergarteners visited again, learning how to use a shelf marker and were able to check out a book to take home and return the next week. Please make sure these books are in a special place. We discussed keeping the book in their bags along with their take home folders so they would have the book to return the following week.

Kindergarteners and first graders learned about famous author and illustrator Eric Carle. One of many things the children learned was that Eric Carle used tissue paper to create many of his drawings. With this in mind, the first graders made very creative and beautiful butterflies out of coffee filters, a pipe cleaner and a clothes pin. They are displayed on the wall in the library. Each one is beautiful and unique as each individual who created it. We also read the stories The Very Hungry Caterpillar and The Very Grouchy Ladybug where we talked as a class about our color zones.

Next month will be a spooktacular month at the Viking Speedway. I look forward to October reading Halloween stories.



by: DeAnna Katcher