



The WILDCAT REPORT

Maquoketa Valley Community School District's newsletter

Web Site: <http://www.maquoketa-v.k12.ia.us>

Twitter #maquoketavalley

December 2018

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Board of Directors

Donna Kunde - Area 1
Doug Dabroski - Area 2
Chris Huber - Area 3
Mike Feldmann - Area 4
John Zietlow Area

UI Research Improves School Lunches for Iowa K-12 Students

BY: TOM SNEE

Erin Knipper talks about the upcoming weekend with a group of elementary school students during lunch at Maquoketa Valley Elementary School. Or what happened in their day, or about their favorite games. Along the way, she slips in a casual comment about how good the food on the students' plates looks, then moves on to the next topic of discussion. Knipper is an eighth-grader at Maquoketa Valley Middle School in Delhi, Iowa, and a Cafeteria Captain, an older student who works with fourth-graders in the school to encourage them to eat healthier lunches and develop good eating habits while they're young. "I talk to them about their food and ask questions so they think about what they're eating," says Erin. "If they have a lemon or lime, I'll ask them what can they do with it to make food taste better. And they'll ask me if I like lemon or lime better."

The message that it's cool to think about things like nutrition is better received when it comes from someone closer to the child's age. "Students tend to listen to other students better than they do adults," says Mary Ries, school nurse for the Maquoketa Valley Community School District who oversees the Healthy Schools-Healthy Students program. The U.S. Department of Agriculture (USDA) initiative works with Maquoketa Valley and other districts across the state to implement strategies that encourage students to eat more nutritious lunches more often. The program uses classroom education, training for food service staff, and modeling and counseling by other students to encourage healthy behaviors.

A few research findings that can help students make more nutritious lunchroom choices:

- Schools that put chocolate milk in the back of the milk cooler see an increase in consumption of healthier regular milk that's stored in front.
- Students are more likely to take a piece of fresh fruit that's displayed in a decorative basket or rack instead of in an institutional tub or bowl. Fresh fruit consumption doubled at some schools when it was offered in a decorative container.
- A well-lit, colorful cafeteria that seems more like a restaurant creates a more relaxed atmosphere, and students make better choices when not under stress to finish eating before the lunch period ends.

The program in Iowa is administered by the Iowa Department of Education and evaluated by the [University of Iowa College of Public Health](#). Its goal is to use strategies proven by research to reduce childhood obesity, provide fresh fruits and vegetables to students who may not have regular access to them, and establish good eating habits for life. "Research has shown that if you get kids eating spinach and broccoli and other nutritious foods when they're young, they're more likely to eat them for life," says Natoshia Askelson, assistant professor of community and behavioral health in the College of Public Health who oversees the program at UI. She and a group of UI students have been working with 10 high schools, 10 middle schools, and 10 elementary schools in two-year cycles since 2013 to implement strategies and measure results. The program wraps up in May 2019.

**Maquoketa Valley Community School District
Ensures High Levels of Learning to
Empower All Students For Lifelong Success.**

Rural challenges

While the USDA program is national, Askelson says the UI focuses on rural school districts that have unique challenges due to their often remote locations. For instance, urban and suburban districts may employ or have access to registered dietitians who can work with school menu planners, and chefs who can develop meals that respond to students' high expectations. Rural school districts rarely have access to those professional resources, Askelson says. More importantly, Askelson says rural school districts may not receive daily deliveries of fresh fruits and vegetables because of their location. In some districts, vendors deliver food only once a week, if that. And while all school district food service operations work on tight budgets, the challenges are particularly acute in rural districts. Preparing fresh fruits and vegetables can be time-consuming—for example, someone has to cut, peel, and prepare it, which requires personnel who have to be paid. It's easier and more cost-effective to open large cans of green beans and warm them on the stove, Askelson says. But students aren't as likely to eat canned beans as they are fresh beans. This is especially troublesome in rural districts where a higher percentage of students are obese and consume fewer fresh fruits and vegetables. A district faces an even greater budget strain if it purchases fresh food that students are more likely to throw in the trash. "Interventions that work in urban areas don't always work in rural areas," Askelson says.

A more inviting lunchroom

The program has two components: one in the lunchroom and one in fourth-grade classrooms using a nutrition education curriculum called Serving Up My Plate. The curriculum introduces the importance of eating from all five food groups every day through a variety of hands-on, interactive activities. In the lunchroom, students are encouraged to make healthier choices. That can mean improving the quality of the food, designing the cafeteria so it's a more inviting place to eat, or making nutritious food more readily available. Askelson says the UI College of Public Health students work with school kitchen managers on the cafeteria itself. The way that food is arranged, for instance, can determine what kind of food students are more apt to grab. The Clear Creek Amana School District, which has schools in Tiffin, Amana, and North Liberty, found that putting chocolate milk in the back of the cooler increases consumption of healthier white milk that's easier to reach. Putting cookies on a lower, less accessible shelf reduces consumption because students have to bend down, which is just enough extra effort to act as a deterrent. Michele McCoy, nutrition director in the Lisbon Community School District that is part of the UI project as well as the Springville Community School District, says she rearranged the food serving line in Lisbon High School to put the more nutritious food first and the less healthy food at the end. "When the students first come in, there's a full fruit bar and a veggie bar before they get to the main entrée," she says. "That's made a huge difference because more students are filling up on fruits and vegetables instead."

She also places whole fruits and vegetables in decorative straw baskets she purchased at a hobby store, which has increased consumption because she says students find them more inviting than chrome bowls.

Debbie Klein, nutrition director in the Clear Creek Amana district, saw similar results in the middle school when she put fruit in a tiered-cart instead of a plastic gray tub. "Not only did it show a great display, it increased the fruit consumption and offered more choices," she says.

Askelson says research also shows that improving lighting or adding color to a cafeteria makes it a more inviting, less stressful environment that can lead to better choices. McCoy says Lisbon installed booths and high-top tables in the middle school cafeteria, which appealed to students. "It made it feel more like a restaurant," she says.

Listening and learning

Food service administrators also talk with students to determine what kinds of changes they would like to see. Klein started a conversation series with food service staff and students that generated useful suggestions. "We learned students want an option to choose," Klein says. "We used to offer a piece of fruit every day, but the students told us they wanted a choice of fruits so that if they didn't like what we offered, they could have something else." That led to expanded offerings that now include a canned fruit, a fresh fruit, and a dried fruit. Klein says the Clear Creek Amana schools learned that students were stressed by long lines, which meant many had to eat quickly before the lunch period ended. She fixed this easily with a signboard at the entrance to the lunchroom advertising the day's menu. "Now they can see the menu earlier and can decide what they want by the time they get to the front of the line," she says. The line now moves more quickly, giving students more time to eat their lunch before the bell rings.



Tyler Hoeger, a fifth-grader at Maquoketa Valley Middle School, eats broccoli at lunchtime. The UI College of Public Health works with rural school districts across Iowa to encourage more students to make healthier food choices. Photo by Tim Schoon.

Landyn Haas, a sixth-grader at Maquoketa Valley Middle School in Delhi, Iowa, eats broccoli during a recent lunch period. Haas' school is one of several that is participating in a program that collaborates with the College of Public Health in an effort to help kids eat healthier meals at school. Photo by Tim Schoon.



But if we call it “dip”...

Students also participate in taste tests, which encourages them to try new foods and helps school officials determine if enough students like it before adding it to the menu. That gives the students a say in what they're eating, and allows the district to save money by avoiding foods that students won't eat. Conversations have led schools to offer new and different types of food and beverages, like tangelos, pomegranates, avocados, jicamas, and infused drinks; and flavor stations that offer different seasonings, such as paprika, garlic salt, or lemons and limes. Some schools relabeled food to give it a catchier name, like changing green beans to power beans and broccoli to brainy broccoli, or naming food after the school mascot or a local landmark. At one district, the cafeteria director offered hummus as a condiment, but the students showed no interest. “Hummus was weird, so they wouldn't eat it,” Askelson says. “So the next time the director offered hummus, rather than labeling it ‘hummus,’ she called it ‘dip.’ “They loved it,” she says. “Hummus sounded scary but kids love dip, so they ate it.”

Making a difference

As part of the evaluation, Askelson's student researchers gather data and interview students, faculty, and staff to determine if the program made a difference. Results so far show it has been a success. McCoy already has seen fruit and vegetable consumption increase in Lisbon and more than double in Springville, while UI researchers reported fourth-grade students are more willing to try new foods, eat more of their lunches or certain healthy items, and talk to their parents about eating healthier snacks. The cafeteria coach program that Maquoketa Valley's Erin Knipper participates in also has been a success. “Cafeteria coaches enjoyed interacting with the younger students and the relationships they developed with them,” Askelson says. The coaches—or captains, as they're called in Maquoketa Valley—work with elementary school students as role models and teachers themselves. They encourage the fourth-graders to try new foods and model healthy behaviors, as well as build friendly relationships. The students sitting with Knipper earlier this fall obviously had learned well from her—their plates were filled with fresh corn and broccoli, sweet potatoes, and canned peaches. Knipper says she can be a role model because she's changed her own diet as a result of what she's learned. She eats less junk food in favor of healthier snacks, and drinks more flavor-infused water. Soda and energy drinks—once a staple of her diet—have disappeared entirely.



DECEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 CHICKEN PATTY WG SCHOOL ROLL POTATO TRIANGLE WINTER MIX SAVORY CARROTS STRAWBERRIES APPLES COMBO ON WG BUN	4 HAMBURGER GRAVY MASHED POTATOES WG BREAD & BUTTER COTTAGE CHEESE CORN PEACHES TROPICAL FRUIT WG CINNAMON ROLL	5 HAM WG SCHOOL ROLL BAKED POTATO SWEET POTATOES BROCCOLI APPLES APPLESAUCE APRICOTS PANCAKE ON A STICK	6 MEATBALL SUB FRENCH FRIES CARROT STICKS HUMMUS APPLES PEARS CARNIVAL COOKIE PANCAKES & SAUSAGE	7 MR. RIB ON WG BUN POTATO PUFFS BAKED BEANS CALIFORNIA BLEND ORANGES BLUEBERRIES BR. CHOICE
10 CHICKEN NUGGETS WG SCHOOL ROLL MASHED POTATOES CHICKEN GRAVY CORN STRAWBERRY APPLES APPLESAUCE MIXED FRUIT BR. PIZZA	11 OUT AT 1:00 PM CHICKEN FAJITAS REFRIED BEANS FIESTA SALAD RED PEPPER STRIPS GREEN BEANS RICE MANDARIN ORANGES SAUS. EGG MUFFIN	12 TENDERLOIN ON WG BUN NATURAL CUT FRIES MIXED VEGGIES BAKED BEANS PINEAPPLE PEACHES WAFFLES	13 WG MAC & CHEESE WG CINNAMON ROLL ROMAINE LETTUCE PEAS STRAWBERRIES ORANGES BR. BURRITO	14 CHICKEN DRUMMY MASHED POTATO CHICKEN GRAVY BROCCOLI APPLES MIXED FRUIT RED JELLO WG CINNAMON ROLL
17 WG PIG N BLANKET POTATO ROUNDS SWEET POTATOES CORN BROCCOLI ORANGES PEACHES BAGEL TOPPERS	18 CHICKEN TETRAZZINI WG PEANUT BUTTER SANDWICH ROMAINE LETTUCE PEAS PEARS APPLES FR. TOAST	19 BBQ PORK ON WG BUN CHEESY POTATOES MIXED VEGGIES COLESLAW MIXED FRUIT APPLES APPLESAUCE PANCAKES & SAUSAGE	20 SUB ON WG BUN HASHBROWN BAKED BEANS CARROT STICKS HUMMUS PINEAPPLE WG APPLE CRISP COMBO ON A WG BUN	21 OUT AT 1:00 PM CHEESE PIZZA WG GARLIC BREADSTICK ROMAINE LETTUCE CUCUMBER TOMATO PEARS STRAWBERRY APPLES APPLESAUCE BR. CHOICE
24 ENJOY YOUR BREAK	25 HAPPY HOLIDAYS	26	27	28
			MAQUOKETA VALLEY CSD IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER ALL MEALS ARE SUBJECT TO CHANGE AT ANYTIME. ALL MEALS ARE SERVED WITH A 8 OZ. MILK WG= WHOLE GRAIN	ATTENTION PARENTS: IT IS VERY IMPORTANT TO KEEP A POSITIVE BALANCE IN YOUR CHILD'S ACCOUNT AT ALL TIMES.

Regular Board Meeting

November 26, 2018

The regular meeting of the Maquoketa Valley Board of Education was called to order by President John Zietlow at 5:30 p.m. in the High School Conference Room in Delhi, Iowa. All motions carried unanimously unless otherwise noted. Four board members were present. There were six staff members and nine visitors present. The agenda and consent items were approved.

The Board approved the following district depositories as well as depository limits of \$10,000,000: Heritage Bank, Community Savings Bank, F&M Bank and Citizens State Bank.

The following personnel recommendations were approved:

Ann Wilson-Grant – Letter of Assignment for Large Group and IE Speech Coach
Macy Kintzle – Employed as Head High School Softball Coach
Mary Ries – Letter of Assignment for IE Speech Coach
Jackie Moorman – Employed as TLC Mentor Teacher
Tami Kramer – Resignation as Elementary Special Ed Associate

Language changes to board policy 501.030 School Attendance Areas, 502.10 Smoking-Drinking-Drugs, 502.011 Student Conduct, 701.040 Free & Reduced Cost Meals Eligibility, 701.060 Meal Charges, 712 Technology and Data, 712.1 Security Requirements of Third-Party Vendors, 802.06 Investments, 803.010 Purchasing-Bidding and 904.2 District Emergency Operations Plans were reviewed and approved.

The Board rescinded board policy 504.090 Student Insurance, Athletic. The Board also approved the board policy series 500.

One open enrollment request out and two open enrollment requests in were approved.

In a motion by Dabroski, seconded by Feldmann the Board adopted the following RESOLUTION:

WHEREAS, the Board of Directors of the Maquoketa Valley Community School District deems it necessary and desirable that the District obtain additional funds to be used for the purposes as authorized by Chapter 298 of the Iowa Code; and

WHEREAS, the District wishes to take action to allow voters to approve a Physical Plan and Equipment Levy consisting of a tax on all the taxable property in the School District of an amount not to exceed 33 cents (33¢) per thousand dollars of assess value in any one tax year for a period commencing on July 1, 2019, not to exceed ten (10) years;

NOW, THEREFORE, be it resolved by the Board of Directors of the Maquoketa Valley Community School District, in Delaware County, State of Iowa, that the Secretary be requested to present the following question to the County Commissioner of Elections for presentation to the voters of the District on February 5, 2019:

Shall the Board of Directors of the Maquoketa Valley Community School District in Delaware County, State of Iowa, be authorized for a period of ten (10) years, to levy annually, as determined by the Board, a voter-approved physical plant and equipment property tax not to exceed 33 cents (33¢) per one thousand dollars (\$1,000) of the assessed valuation of the taxable property within the school district commencing with the levy for collection in the fiscal year commencing on July 1, 2019, to be used to update Maquoketa Valley school building entrances for security purposes and annually update district technology now or hereafter authorized by Iowa law.

Vote was recorded as Feldmann, aye; Huber, aye; Dabroski, aye and Zietlow, aye. The resolution was passed and approved on November 26, 2018.

Board policy series 600 will be reviewed and approved in December.

Supt. Tuetken will bring an updated Early Separation package to the board in December for approval.

The December meeting will be held on December 19th in the High School Conference room and will begin at 5:30 p.m.

Suggestions for the featured speaker for the 2019 Academic Excellence Banquet were discussed and noted.

Supt. Tuetken shared some information with the Board regarding his sharing days thus far for the 2018-2019 school year. To date, Supt. Tuetken has been in the Maquoketa Valley district 29 days and the Midland district 44 days.

The meeting adjourned at 6:30 p.m.

**Your high school student has drama,
don't you need some too?!**

MV Fine Arts Boosters,

Welcoming ALL parents who want to be involved
with their kids!

You are already a member and it is free!

Supporting kids from **Band, Choir, Speech,**

Drama,

and any other fine arts at Maquoketa Valley.

Wouldn't you love to help your child bring home

The Eagle from Competition Speech, or win that

State Jazz Championship?

Join us at the next Fine Arts Booster

Meeting in January

and see what we are all about!!



"Spread the Warmth"

"Spread the Warmth" this holiday season by donating hats & mittens. Again this year in all Elementary and the Middle School commons area, holiday trees will be set up ready to collect hats, mittens, and scarves for students who need a little extra warmth this winter season. We will also be collecting items for the food pantry. Your child can bring the items to the office area or add them to the tree themselves. All hats & mittens will be donated to students and local agencies in the area to be distributed to children. We will be collecting the items until Friday, December 14th. Together we can "Spread the Warmth" this holiday season.



Delhi United Methodist Church is collecting pop tabs for Camp Courageous of Iowa. Camp Courageous is a year-round camp for youth, kids, and adults with disabilities. It is located in Monticello, IA. The camp is run entirely on donations. Pop tabs can be sent to Delhi Elementary/Middle School with your student.

DeAnna Hogan, in the library, will be managing these donations. Farr Jebens, member of the Visitation Ministry Team at the church, will then collect them. More information about Camp Courageous of Iowa can be found at www.campcourageous.org. Thank you for your help in raising money for this organization!



Items for Sale

Maquoketa Valley Community Schools has the following items:

The FCS department has 2 microwaves for sale. One larger, and one smaller - do not know the wattage. Both are working well but we replaced them in our kitchens. Contact Karla Downs for more information.

karladowns@maquoketa-v.k12.ia.us

If you are interested in either of these items please send a SEALED bid to Cheryl Gates, P.O. Box 186 Delhi, IA 52223 by Friday, December 14th, 2018. The sealed bids will be opened on Monday, December 17th, 2018.

We reserve the right to reject any or all bids.

Middle School Christmas Program

Elementary Christmas Concerts

The elementary students at Maquoketa Valley are busy rehearsing for their upcoming Christmas concerts. We will be holding two concerts in Delhi on **Thursday, December 6th** in the Delhi Elementary multi-purpose room. The JK-2nd grade concert is at 6:15 p.m. The 3rd-5th grade concert is at 7:15 p.m. We invite you to come and enjoy an evening of holiday music.

7th and 8th Grade Chorus Presents... “Annie, Jr.”

Please make plans to attend the Broadway Junior Musical “Annie, Jr.” on **Saturday December 8, at 2 pm** in the Maquoketa Valley Auditorium. Tickets are \$5.00 and may be purchased from the middle school office from December 3-7. Additional tickets will be available for purchase at the door on the 8th.

Cast members include: Annie- **Nia Burnett**, Miss Hannigan- **Dannie Burkle**, Grace Farrell- **McKenna Thompson**, Oliver Warbucks- **Zach Mineart**, Rooster- **Jake Gellersen**, Lily- **Livia Hermanson**, Molly- **Cecily Trenkamp**, Kate- **Mandy Pohlman**, Tessie- **Kaela Clemen**, Pepper-**Taylor Schmuecker**, July- **Jeorjia Harmon**, Duffy- **Amberlyn Farrell**, Drake- **Jordan Staner**, Bundles/Howe/Staff- **Noah Ingles**, Apple Seller/Staff- **Karson Bush**, Dogcatcher/Staff- **Chantel Crowley**, Sandy/Bert Healy/Staff- **Tristan Wrisley**, Officer Ward- **Addie Hucker**, Cecille- **Haley Ronnebaum**, Annette- **Allison Hogan**, Mrs. Greer- **Cadence Freiburger**, Mrs. Pugh- **Josie Teymer**, Chauffeur- **Brianna Hines**, Additional Staff- **Allison Nefzger**, **Lauren Knock**, **Morgan Krumviede**, Star to Be/Staff- **Kaitlyn Nolan**, Usherette/Staff- **Keylee Cole**, Announcer Voice/Staff- **Kayla Otting**, Staff/Sound Effects Person-**Zari Ambundo**, Orphan/Roosevelt- **Isabel Landis**, Additional Orphans- **Addie Rudd**, **Emilee Supple**, **Laura Schollmeyer**, **Saige Hunt**, **Taylor Jones**, **Samantha DeMoss**

The 6-8 grade music students will present their annual Christmas Concert on **December 19 at 1:30 pm** in the Middle School Gym. Holiday tunes will be performed by the 6th grade music class, 6th grade band, 7th and 8th grade chorus, 7th and 8th grade band and jazz band, along with some small group/solo performances. Hope to see you there!



High School Christmas Concert Monday December 10 7 pm, St. John's Church

Ring in your “Holiday Spirit” with The Maquoketa Valley Concert Band, Jazz Band and Concert Choir as they present their annual Christmas concert at St. John's Church in Delhi on December 10 at 7pm. Admission is free.

Selections to be performed include: Musicks Empire, Ecce Novum, Fum, Fum, Fum, Carolers' Lullaby, Carol of the Bells, Jolly Old St. Nicholas, Noel, Silver Bells, Peaceful Silent Night, Greensleeves, O Holy Night, and Sleigh Ride.

Please join us in the fellowship hall for cookies and punch at the conclusion of the concert.

Athletic Boosters Need YOU

The Maquoketa Valley Athletic Boosters are looking for members who would like to be involved in helping organize and run our events. The Athletic Boosters meet the **first Wednesday of every month** (except July) at 6:30 pm in the high school cafeteria. Please consider sharing your time & talents so that we may continue to provide the needed assistance to our athletic programs.



Maquoketa Valley is one of the many schools across America that collects Box Tops for Education. Box Tops for Education is one of the largest school earnings loyalty programs in the United States. For each Box Top that is donated, Maquoketa Valley receives 10 cents. MV can then use this money to buy whatever is needed for our school.

Thank You Manchester Dairy Queen

The Manchester Dairy Queen has been a supporter of Maquoketa Valley in multiple ways for many years. The first Tuesday of every month they donate 10% of all sales from 3:00 PM to close to Maquoketa Valley.

The dates for this year are:

**December 4
January 1
February 5
March 5
April 2**

Please support your school with a cool treat from Dairy Queen on these evenings.



Winter is Here

With winter and the cold weather upon us, we remind you that our building temperatures are set at 65 degrees. Parents are encouraged to dress your children appropriately. It is perfectly acceptable for your child to wear a sweater or sweatshirt in class in order to stay comfortable.

MV reports their school closings and cancellations to 3 TV stations: KGAN (2), KWWL (7), and KCRG (9) by 6:25 am. They also report them to these radio stations: KMCH and KDST. When bad weather hits, please turn to one of these TV or radio stations. Please DO NOT call the school. Their lines will be busy contacting personnel, other schools, bus drivers, etc.

If you would like to be added to the MV Text alert, contact Cheryl Gates at 563-922-2091.



Books for Kids Part of the “Change-A-Child’s Story” Literacy Project



Do you have books on your shelves that collect dust? Donate books outgrown or no longer used. Books will be shared with children in our community. We accept donations of “gently used” books that are in good shape. We accept books for all ages. Donations can be dropped off at any of the MV Schools. “Books for Kids” collection tubs are located at each school. Some of the projects that books are used in include; adding books to the MV Food Backpack program and The Little Free Library box in the Delhi City Park. Questions about the program or large donations can be directed to:

Jane Mesch, 563-920-4916.



FFA Degree Night was held Thursday, November 16 in the auditorium. Four new members received their Greenhand Degree: Lane Domeyer (absent from photo), Anthony March, Courtney Goedken, Jeremy Weber.

The Chapter Degree was bestowed upon Holli Hogan, Shelby March, Tara Goedken, Krista Ries, Sarah Goedken, Evan Elgin, Luke Richter, and Carter Kruse.

Chapter photo will many members missing.



8th grade English Language-Arts

In 8th grade English Language-Arts class we have been practicing becoming technical readers and writers. Students read sections of the Maquoketa Valley Middle School Handbook and also the Iowa Driver's License Manual to look at what technical components and text features were included in these pieces of writing. The ELA teachers also incorporated the strategy of shared reading into our unit for students to look at texts more critically. The students extended their learning by creating a board game over their section of the Driver's License Manual for other students. They used their technical writing skills to determine the questions and the instructions for the game so others could play. The students will be presenting a how-to speech to their ELA class.

MV FFA SOUP SUPPER

FRIDAY, DECEMBER 14, 2018
4:00 - 8:00 P.M.

ADULTS \$6, 12 YEARS AND UNDER \$4
MAQUOKETA VALLEY HIGH SCHOOL

Maidrites, Relishes, Soups: Chili, Chicken Noodle,
Cream of Broccoli & Homemade Desserts

LOOKING for KINDERGARTNERS

We ask your assistance in compiling our list of children that will be entering kindergarten in the fall of 2019. Remember a child must be five years old on/before September 15, 2019 in order to be eligible to attend Kindergarten or Junior Kindergarten next fall. All of our Kindergarten and Junior Kindergarten students attend school at Earlville Elementary. Please list your own youngster and those of any of your friends or neighbors you believe may have not received this newsletter form. Please complete the form and drop it off or mail it to Maquoketa Valley Schools, 226 Prospect Street, Earlville, IA 52041. Thank you!

Child's Name _____ (Circle One)
Boy or Girl

Date of Birth _____

Parent's Names _____

Address _____

Phone _____



LOOKING for 4-Year Olds

We also need your assistance in compiling a list of children that will be FOUR years old on/before September 15, 2019 in order to be eligible for Maquoketa Valley's Pre-School program to start next fall. All of our Pre-School students attend school at Earlville Elementary. Please list your own youngster and if you know of any other families that have a 4-year-old, please contact them. Simply complete this form and drop it off or mail it to Maquoketa Valley Schools 226 Prospect Street, Earlville, IA 52041. Thank you!

Child's Name _____ (Circle One)
Boy or Girl

Date of Birth _____

Parent's Names _____

Address _____

Phone _____

Spring Day Camps!

Join us on your day off school to do some fun
hands-on activities!

Program: Blast Off! Rockets and Rovers

When: 7:45 AM -3:30 PM | January 2nd

Age: 3rd - 6th grade

Schools on Break: West Delaware, Saint Mary's, St Francis, & Maquoketa Valley

Program Location: Seibert Park in Manchester

Program: Sherlock Holmes Detective Camp

When: 7:45 AM -3:30 PM | January 14th

Age: 1st - 4th grade

Schools on Break: West Delaware, St. Mary's & Maquoketa Valley

Program Location: Seibert Park in Manchester

Program: Wild Things!

When: 7:45 AM -3:30 PM | February 15th

Age: K-3rd Grade

Schools on Break: West Delaware, St. Mary's, & Maquoketa Valley

Program Location: Seibert Park in Manchester

Program: Science Explorers!

When: 7:45 AM -3:30 PM | March 15th

Age: K-3rd Grade

Schools on Break: Maquoketa Valley, & Ed-Co

Program Location: Seibert Park in Manchester

Program: Robot Mania!

When: 7:45 AM -3:30 PM | April 22nd

Age: 3rd - 6th grade

Schools on Break: West Delaware, Saint Mary's , St Francis, & Maquoketa Valley

Program Location: Seibert Park in Manchester

The Day Camps cost \$15. Register online at: <https://goo.gl/forms/nvK0cXOYq4ugHlvI3>.
For more information please contact the ISU Extension and Outreach Delaware County Office
at **563-927-4201**.

Iowa State University Extension and Outreach programs are available to all without regard to race, color, national origin, religion,
sex, age, or disability.



IOWA STATE UNIVERSITY
Extension and Outreach

MAQUOKETA VALLEY CONTEST SPEECH HELP

WE ARE HOSTING CONTEST THIS YEAR!!

February 2019

Dear Members of our Communities,

On **Saturday, February 23**, Maquoketa Valley will be hosting a District Individual Speech Contest. Approximately 25 schools and hundreds of students and family members will be descending upon Delhi for this wonderful event that will allow us to showcase our school, our community, and the amazing talent our students possess. We are writing to you to ask for your assistance during the day. If you would be able to help out in any way, it would be greatly appreciated. Below, we have created a list of jobs that need to be filled. Please indicate which jobs you might be interested in and how much of the day you would be able to assist.

We are sending this out to all parents/guardians of large group and individual speech members. We also expect your child to assist us during the day, if they are involved in the contest speech program. Please keep in mind that if your child is performing that day, we WILL work it so that you will be able to watch! **After completing, please send the bottom portion with your child to school and have them return it to a speech coach or just drop it off in the high school office.** Thank you very much for your continued support.

Debbie & Matthew DeVore, Hannah Crumpton, Ann Grant

Name _____ Phone Number _____

I will be able to help out: _____ in the morning only...about 7:00 to 12:00.

_____ in the afternoon only...about 12:00 to 5:00

_____ for the entire day...**This is the BEST deal!!**

Areas that I would be able to assist:

_____ Room Chairperson (in room announcing performers)

_____ Room Timer (in room timing event)

_____ Door Monitor (monitoring outside room)

_____ Runner (delivering info to rooms)

_____ I am so multi-talented that I would be willing to do just about anything you would like!! **(PICK ME!)**

_____ My child/children will be performing that day!

Name(s) of child/children performing _____.

December 2018						
◀ November						January ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 JHGBB - Springville (H) 4:00 JHWR @ Bellevue 4:15	4 JV/VBB @ Marquette Catholic – 4:30/6:00 JV/VWR – Jesup/SWinn (H) – 5:00	5 Post Prom Mtg 5:30 HS Cafe Athletic Booster Mtg 6:30 HSCafe	6 JHGBB @ Ed-Co 4:00 All Elementary Winter Concert – 6:15 (JK-2) / 7:15 (3-5) FFA Monthly Mtg @ 7:00	7 JV/VBB – Cedar Valley Christian – (H) 4:30/6:00 JHWR @ Lisbon 4:30	8 HSWR @ Aplington-Parkersburg (Varsity) 9:00 am JV/VBB @ Lisbon 1:00/3:00 MS Musical – Auditorium 2:00
9	10 JHGBB – WDelaware 4:00 (7 th – Away / 8 th – Home) HS Christmas Concert St. John's Church 7:00 pm	11 1:05 Dismissal - PD JV/VBB @ EBuchanan 4:30/6:00 JV/VWR @ NFayette 5:30	12	13 JV/VWR @ Starmont 6:00	14 FFA Soup Supper HS Café – 4-7:30 pm JV/VBB – North Linn (H) – 4:30 / 6:00	15 AB Boys/Girls Basketball Tourney – Gyms HSWR @ North Linn 8:30
16 AB Boys/Girls Basketball Tourney – Gyms	17 JV/VBB @ Central Elkader – 4:00 / 6:00 JVWR @ Center Point Urbana – 5:00	18 JV/VBB @ Central City 4:30 / 6:00	19 MS Christmas Concert MSMPR – 1:30 School Board Mtg @ 5:30	20 JV/VBB – Alburnett (H) - 4:30 / 6:00 HSWR @ Anamosa 5:30 pm (Varsity)	21 HSCollege Panel HS Aud (8:30-11:00) 1:05 Dismissal Holiday Break	22
23	24 NO SCHOOL Winter Break	25 Happy Holidays 	26 NO SCHOOL Winter Break	27 NO SCHOOL Winter Break	28 NO SCHOOL Winter Break	29 AB 3-on-3 Basketball Tournament - Gyms
30	31 NO SCHOOL Winter Break					

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 No School – Holiday  Happy New Year	2 No School New Year Holiday Athletic Boosters Mtg Café - 6:00 pm	3 Classes Resume JV/VWR – Alburnett, Central, Ed-Co (H) – 5:00	4 JV/VBB @ Starmont 4:30/6:00 (A)	5 VarWR – MV Duals (H) 9:00 FFA @ IAT Conference Ankeny
6	7 JV/VWR @ Starmont 6:00 (A)	8 JV/VBB @ Springville 4:30/6:00 (A) JV/VWR @ MFL Mar Mac 6:00 (A)	9	10 JV/VWR – CCity, Midland 6:00 (H)	11 End of 1st Semester JV/VBB @ Ed-Co 4:00/6:15 (A)	12 HSWR @ Cascade 9:00 (A) TRC Large Group Speech @ Starmont – 9:00
13	14 No School Staff Work Day TRC HS Honor Band @ Lisbon JHBoysBB – Alburnett 4:00 (H) FFA Monthly Mtg – 7:00 Fine Arts Booster Mtg MSCommons – 5:30	15 JV/VBB – East Buchanan 4:30/6:00 (H)	16	17 JHBoysBB @ East Buchanan – 4:00 (A) JV/VWR @ Lisbon 6:00 (A)	18 JV/VBB @ North Linn 4:30/6:00 (A)	19 District Large Group Speech @ Cascade AB Mini Cat Wrestling MS/HS Gyms
20 Meistersinger Honor Vocal Festival @ Wartburg/Waverly	21 Meistersinger Honor Vocal Festival @ Wartburg/Waverly JHBoysBB – Springville 4:00 (H) JV/VBoys BB – Clayton Ridge – 6:00 (H)	22 JV/VBB – Central City 4:30/6:00 (H)	23 Sophomores Tour @ JREC (Monticello) – 8:00	24 JV/VBB @ Monticello 4:00/6:00 (A) JHBoysBB @ Ed-Co 4:00 (A)	25 JV/VBB @ Alburnett 4:30/6:00 (A)	26 TRC HSWR @ East Buchanan – 12:00
27	28 JHBoysBB – Central City 4:00 (H) Sophomore Career Nite HS Auditorium – 6:00 School Board Mtg @ 5:30	29 JV/VBB – Starmont 4:30/6:00	30 1:05 Dismissal Staff Development	31 JHBoysBB @ Starmont 4:00 (A)		