



The WILDCAT REPORT

Maquoketa Valley Community School District's newsletter

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

February 2017

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What Is Adverse Childhood Experiences & What Has New Research Found

Childhood experiences, both positive and negative, have a tremendous impact on future violence victimization and perpetration and lifelong health opportunity. As such, early experiences are an important public health issue. Much of the foundational research in this area has been referred to as Adverse Childhood Experiences (ACEs).

The original ACEs study was conducted at Kaiser Permanente with the CDC from 1995-1997 (accidental discovery by Dr. Vincent Felitti in 1985 while working with obese patients). This study is one of the largest investigations ever conducted to assess associations between childhood maltreatment and later-life health and well-being.

In this study, participants were asked ten questions reflecting their childhood experiences including physical abuse, verbal abuse, sexual abuse, witnessing domestic abuse, neglect, living with a family member suffering from mental illness, addiction, or imprisonment, and losing a parent to separation or divorce.

The participants answers directly correlated with their physical and mental well being. As the number of ACEs increased, so did the following outcomes; risk for heart disease, lung cancer, diabetes, autoimmune disease, depression, violence, victim of violence, and suicide.

Adverse Childhood Experiences (ACEs) are common, almost two-thirds of study participants reported at least one ACE, and more than one in five reported three or more ACEs.

The study found, ACEs impact brain development. Most brain development happens in the first few years of a child's life. Genes provide the brain's basic blueprint, but experiences shape the brain architecture and establish the foundation for future learning, health, and behavior.

For example, learning to cope with stress is an important part of a child's development. When we are threatened, our bodies help us respond by increasing our heart rate, blood pressure and stress hormones, such as cortisol. When a young child's stress response systems are activated within an environment of supportive adult relationships, these physiological effects are buffered and brought back down to baseline. The result is the development of a healthy response system.

Toxic stress occurs when a child experiences strong, frequent and/or prolonged adversity without adequate adult support. The prolonged activation of the stress response systems disrupts the development of the brain and other organs and increases the risk for stress-related diseases and cognitive impairment. The more adverse experiences in childhood, the greater the likelihood of developmental delays and later health problems.

(continued on page after menu)

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

FEBRUARY 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 OUT AT 1:00 MEXICAN GOULASH WG. GARLIC BREADSTICK ROMAINE LETTUCE BROCCOLI APPLES TROPICAL FRUIT WG CHOC. CHIP COOKIE WAFFLE STICKS	2 CHICKEN FAJITAS REFRIED BEANS FIESTA SALAD RED PEPPER STRIPS GREEN BEANS RICE MANDARIN ORANGES BLUEBERRIES OMELET/TOAST	3 HAMBURGER WG BUN CHEESE FRENCH FRIES WINTER MIX BAKED BEANS FRUIT COCKTAIL PEARS BREAKFAST CHOICE
6 PIG N BLANKET POTATO TRIANGLE SWEET POTATO FRIES CORN BROCCOLI ORANGES PEACHES COMBO	7 CHICKEN TETRAZZINI WG PEANUT BUTTER SANDWICH ROMAINE LETTUCE PEAS PEARS APPLES WG CINNAMON ROLL	8 BBQ PORK ON A WG BUN CHEESY POTATOES MIXED VEGETABLES COLESLAW GRAPES APPLESAUCE BREAKFAST WRAP	9 SUB SANDWICH HASHBROWN BAKED BEANS CARROT STICKS HUMMUS PINEAPPLE BANANA BAR PANCAKE ON A STICK	10 SAUSAGE PIZZA WG GARLIC BREADSTICK ROMAINE LETTUCE CUCUMBER TOMATO MIXED FRUIT STRAWBERRIES BREAKFAST PIZZA
13 GR. CHICKEN WG ROLL ROMAINE LETTUCE BROC. CHEESE & RICE CASSEROLE APPLES PEARS CARNIVAL COOKIE BREAKFAST BAGEL	14 CHILI WG CINNAMON ROLL ROMAINE LETTUCE CARROT STICKS APPLESAUCE ORANGES STRAWBERRY JELLO SCR. EGG & TOAST	15 SOFT SHELL TACO REFRIED BEANS FIESTA SALAD RED PEPPER STRIPS GREEN BEANS RICE MANDARIN ORANGES BLUEBERRIES PANCAKES & SAUSAGE	16 HAMBURGER ON WG BUN CHEESE FRENCH FRIES WINTER MIX BAKED BEANS MIX FRUIT PEACHES BREAKFAST CHOICE	17 NO SCHOOL TODAY
20 CHICKEN NUGGETS WG SCHOOL ROLL MASHED POTATOES CHICKEN GRAVY CORN BROCCOLI BLUEBERRIES APPLES BREAKFAST PIZZA	21 SPAGHETTI WG GARLIC BREADSTICK ROMAINE LETTUCE CUCUMBER TOMATO STRAWBERRY APPLESAUCE PEARS WG CINNAMON ROLL	22 CORN DOG FRENCH FRIES SWEET POTATOES PEAS ORANGES MIX FRUIT CHERRY TURNOVER BAR BREAKFAST BURRITO	23 TENDERLOIN ON WG BUN FRENCH FRIES CARROT STICKS HUMMUS CALIFORNIA BLEND BAKED BEANS GRAPES PINEAPPLE FRENCH TOAST	24 PORK & GRAVY MASHED POTATOES WG BUTTER SANDWICH COTTAGE CHEESE GREEN BEANS BANANAS PEACHES PANCAKE ON A STICK
27 CHICKEN STRIPS WG SCHOOL ROLL CURLY FRIES ROMAINE LETTUCE BROCCOLI PEACHES ORANGES COMBO	28 MAID RITE ON WG BUN POTATO WEDGES SAVORY CARROTS BAKED BEANS KIWI STRAWBERRIES PANCAKES & SAUSAGE		ATTENTION PARENTS IT IS VERY IMPORTANT TO KEEP A POSITIVE BALANCE IN YOUR CHILDS ACCOUNT AT ALL TIMES MAQUOKETA VALLEY SCHOOL IS A EQUAL OPPORTUNITY PROVIDER AND EMPLOYER	ALL MEALS ARE SUBJECT TO CHANGE AT ANYTIME. EVERY MEAL IS SERVED WITH A 8 OZ MILK WG= WHOLE GRAIN

What Is Adverse Childhood Experiences & What Has New Research Found

(continued from front page)

A child's relationship with his or her parents or caregivers plays a huge role in development through a process called "serve and return." Like in games such as tennis or volleyball, young children naturally reach out for interaction through babbling and facial expressions and adults respond by doing the same kind of vocalizing and gesturing back. If a child has a parent who is depressed, for example, that parent might not respond in a way that supports healthy development.

The likelihood of adopting risky behaviors or having poor health outcomes increases substantially as the number of ACEs increase. This chart shows the percent increase in risk for someone with 4 ACEs compared to those with 0 ACEs.

RISK FACTOR	% INCREASE
Smoking	242%
Obesity	222%
Depression	357%
Illicit drug use	443%
Injected drug use	1,133%
STD	298%
Attempted suicide	1,525%
Alcoholism	555%

The ACE Study points to an opportunity we have to create a healthier future for children and communities. Interventions are proving effective in preventing the detrimental effects of childhood trauma.

One intervention is prevention. Helping parents have the knowledge, resources and support they need to provide safe, stable, nurturing and healthy environments for their children reduces the likelihood of abuse and neglect. Services focus on working with families to manage stress, strengthening connections, accessing resources and gaining parenting skills.

Learn more from: CDC's Essentials for Childhood guide: (<https://www.cdc.gov/violenceprevention/childmaltreatment/essentials.html>)

A second intervention is resiliency. Children who develop supportive, responsive relationships with caring adults during the early stages of development can more easily overcome the effects of constant stress and adversity. Services can also help a child develop good peer relationships, active coping strategies, positive self-esteem, and other factors shown to reduce trauma's damage.

Learn more from: Resilience Trumps ACEs
(<http://www.resiliencetrumpsaces.org/>)

A third intervention is Trauma-Informed Care. Movements within mental health, primary health care, education, and other fields are shifting focus to "what has happened to you" versus "what is wrong with you?" This approach recognizes the presence of trauma symptoms and acknowledges the role trauma has played in someone's life. Trauma-Informed Care creates a culture built on understanding, safety, compassion, empowerment, and empathy. Learn more from: Trauma Informed Care Project
(<http://www.traumainformedcareproject.org/>)

Maquoketa Valley's goal is to implement and sustain a Trauma-Informed environment in our school district and community.

Excerpts taken from Iowa ACEs 360, CDC Centers for Disease Control and Prevention, and SAMHSA-Substance Abuse and Mental Health Services Administration.

Regular Board Meeting

January 18, 2017

The regular meeting of the Maquoketa Valley Board of Education was called to order by President John Zietlow at 4:30 p.m. on January 18, 2017 in the Middle School Conference Room in Delhi, Iowa. All motions carried unanimously unless otherwise noted. Five board members were present. There were five staff members and one visitor present. The agenda and consent items were approved.

A meeting is scheduled for January 30th for all sophomore students and their parents. The meeting focus will be career clusters that the sophomore students have chosen as their area of interest from Iowa, I Have a Plan. Discussion will also include upcoming ACT, Accuplacer testing, the College Fair, the Real Life Academy and job shadowing. Representatives from both NICC and Kirkwood will be present at the meeting.

Speer Financial was approved as the District Financial Advisor. The District will be bonding against SAVE dollars for the upcoming renovation project and Speer Financial will act as the District Financial Advisor for this process.

Language to board policy 107 Board Director Compensation was reviewed and approved. Board policy series 100 was also reviewed and approved.

The following personnel recommendations were approved:

Karrie Coon – resignation as Assistant Softball Coach

Karrie Coon – resignation as Assistant High School Girls Track Coach

Selena Ramirez – employed as Interpreter Associate

One open enrollment request in was approved.

The board approved the request of Mrs. Mueller to participate in the Vertical Vocal Festival in Rochelle, Illinois on March 4th.

The 2017-2018 High School Course Catalog was approved. The Board also approved the call for bids for a bus to be purchased after July 1st using SAVE funds.

Supt. Tuetken was appointed to serve as a member on the Great Delaware County Community Foundation Committee.

The 2016-2017 Voluntary Early Separation package for Certified Staff was approved.

Sally Bolsinger was approved as the mentor for Sara Kimball for the remaining of the school year as well as the 2017-2018 school year.

Keith Kramer will be the guest speaker for the 2017 Academic Excellence Banquet which will be held on May 3rd.

Erika Imler presented the board with information which highlighted several of the Districts key economic indicators. Enrollment numbers, solvency ratio, expenditures, salaries, settlement packages and insurance increases were all discussed. Updated property valuation information was also presented.

Supt. Tuetken shared a rough draft of the 2017-2018 school calendar. Several revisions have been made and a final draft will be discussed at the February meeting.

Supt. Tuetken shared updated building project information as well as the project timelines for the upcoming renovation project.

The meeting was adjourned at 6:05 p.m.

Per Iowa Code 20.17(3) the Board of Directors met for a collective bargaining strategy session.





FFA NEWS

FFA WEEK will be celebrated

February 19th- 25th.

Watch the announcements for more details.

Kindergarten

As a teacher I was so excited when I found out that all three kindergarten classes were going to be together in the same building. I knew that it would be great to work with my kindergarten team and watch all the little people of MV meet new friends and work together. What I did not anticipate was how amazing it was going to be when it actually happened. The feel in the kindergarten wing at Earlville Elementary is family, compassion for all classmates and a sense of belonging. It is truly heartwarming to see the kids grab the hand of a friend from another class and walk out to recess together.

Science has been a great community building time for kindergarten this year. We recently finished our animal unit. As much as possible, the kindergarten teachers would teach this with the whole grade in the hallway and we would mix the kids up to observe animals together, go to different classrooms to learn from another teacher and best of all watch their kindergarten teachers try to eat worms (thankfully the kids learned they were just jell-o). Some of the kids were even brave enough to try! Completing our science journal really made us feel like a real scientist.

I am so excited to watch the kindergarten class bloom into little readers the second semester. It is a pretty exciting atmosphere to be a part of!

-Mrs. Hess

Flurries of Fun in First Grade!

I am sitting here in my cozy living room drinking hot cocoa on this snow/ice day thinking about all of the fun that has been had and yet to be had this school year. The third quarter is ready to begin whenever the weather is ready to cooperate and the kiddos are more than ready. Some of the things the first graders have been working hard on are: trying to master their facts that make ten, learning about plants and animals, and continuously growing as readers.

I am continuously amazed at how grade a like centers contribute to the students' success. They are able to be with all of their classmates and teachers are able to talk on a daily basis whether it is a five minute or thirty minute conversation. We are continually trying to meet the diverse needs of our students and challenge each of them. Just recently we checked students' reading levels and were ecstatic to see their growth. This gave us the chance to re-evaluate our groups and change students and teachers around! We are looking forward to the continuous learning and growth we will get to see the second half of the year!

"We are all like a snowflake, all different in our own beautiful way."

-Unknown

Thank you for taking the time to read about all of the fun in first grade!

-Mrs. Wessels



"I Can't...YET!"

Melissa Bush, MS Math

Many students tell me at the beginning of the year "I am just not a math person." This statement always makes me smile because I believe (and research shows) that **everyone** is a math person, capable of learning math at high levels.

Room 304 (7th & 8th grade Math) started this year learning what it meant to have a growth mindset. We practiced changing our words from "I messed up," to "Mistakes help me improve." Instead of thinking "This is too hard," we tried "This is going to take extra time and effort." We realized that the word "yet" was powerful. I made it clear to the students that my expectation wasn't for them to master new material the first time it was presented. I was expecting each one of them to say, sometime throughout the year "I don't get it ... YET!"

We spent time in the fall, establishing and practicing our class norms:

- 1) Everyone can learn math to the highest level.
- 2) Mistakes are valuable.
- 3) Questions are really important.
- 4) Math is about connections & community.
- 5) Depth is more important than speed.
- 6) Math class is about learning, not performing.

Once we (the students and I) established our shared focus of...learning math at high levels, we were able to dive into our 7th and 8th grade content standards! The 7th graders have spent the 1st semester extending their understanding of adding, subtracting, multiplying and dividing positive numbers to performing all four operations with negative numbers. We have used abstract equations and inequalities to model and solve real-world problems. Students have been using variables to represent what is unknown in a problem, solving the math sentence and interpreting what their solution means. The 8th grade students began the year studying probability. They distinguished between experimental and theoretical probability and used sample data to make predictions about a larger population. Then we focused on finding the volume and surface area of pyramids, prisms, cylinders and cones. We have also been learning to solve, write and graph linear equations.

Math takes time and effort to learn, it has nothing to do with being "a math person." If your son or daughter says I can't do this (math) ... remind them of the word YET!

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 563-922-9411.

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:

February 7
March 7
April 4

Please support your school with a cool treat from Dairy Queen on these evenings. In addition, they have supported all the elementary centers and the Rising Star Award.



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!

Don't Toss 'Em...Clip 'Em!

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. It's easy to find Box Tops. In fact, you may have some in your home right now. Box Tops are found on hundreds of your favorite products—including paper products and school supplies! Just look for the Box Tops for Education symbol and cut it out. Maquoketa Valley collects Box Tops all year long. Simply send them to school with your child to give to their classroom teacher. Once the Box Tops are collected at Maquoketa Valley, they are counted and submitted. Box Tops earnings are then sent out to MV twice a year—once in November and once in March. This is a great way for our school to earn extra money and it's so easy. Clip some Box Tops and turn them into our school today! For more information about Box Tops for Education and a full list of participating products, visit www.boxtops4education.com. Maquoketa Valley appreciates your support!



Change A Child's Story YOU CAN HELP

Consider donating gently used books to the "Change A Child's Story" Literacy Project. Do you have books your child has outgrown, books setting on the shelf not being used?

The goal of this project is to give books and give time to children and youth in our community to promote literacy. Our vision is to obtain donations/acquire grants/purchase books, to get books into the hands of children and youth in our community. Organizations already benefiting from our project include: Parents As Teachers - a program at the Regional Medical Center, Families First Counseling, The Backpack program sponsored by the North East Iowa Food Bank within our MV School District, Children's Book Swap Program in the Delhi Public Library, and Little Free Library box in the park shelter at the Delhi City Public Park. Drop off locations for gently used books are the offices at the MV Schools, the Delhi United Methodist Church, The Delhi Public Library or contacting Jane Mesch, 101 3rd St. Delhi, 563-920-4916. Anyone wanting more information on this project can contact Jane Mesch.



KINDERGARTEN ROUND-UP

Parents of our 2017-2018 kindergarten student, in order to start kindergarten next year, children must be five by September 15th, 2017.

The following date has been set for Kindergarten Round-up:

February 23..... Earlville Center Only

Times are 8:15 - 9:45, 10:30 - 12:00, 1:00 - 2:30

During Round-Up children will be scheduled to spend an hour and a half-hour with our staff. Parents will need to attend a short meeting, at the end of the hour and a half-hour period, and pick up their children. Even if you will be requesting Junior Kindergarten, please plan for your child to attend Round-Up and attend the parent meeting. Additional information will be coming your way as the Round-Up date nears.

Use of Video Cameras

The Maquoketa Valley Community School District Board of Directors has authorized the use of video cameras on school district buses. The video cameras will be used to monitor student behavior to maintain order on the school buses to promote and maintain a safe environment. Students and parents are hereby notified that the content of the videotapes may be used in a student disciplinary proceeding. The content of the videotapes are confidential student records and will be retained with other student records. Videotapes will only be retained if necessary for use in a student disciplinary proceeding or other matter as determined necessary by the administration. Parents may request to view videotapes of their child if the videotapes are used in a disciplinary proceeding involving their child.

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 p.m. 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.

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

Join us at the next **Fine Arts
Booster Meeting, Feb 13th @
5:30 PM** in the HS Cafeteria and
see what we are all about!



TESTING WEEK





During the week of February 6th-10th, students in grades 3 - 11 will be taking the Iowa Assessments. These tests are important to our district as they are one indication of how we are doing in meeting our goals. Parents, we appreciate your efforts in avoiding appointments during school whenever possible, but especially during this testing week! Thank you for your help!

Post Prom Fundraisers Family Fun Night & MS Dance

Attention all Maquoketa Valley Elementary and Middle School students and their families: the MV Post Prom Committee is sponsoring a **"Fun Night"** for JK-6th grade students, staff, and their families, and a **"Middle School Dance"** for grades 7th-8th. There will be games, prizes, and lots of fun!

The Fun Night and Middle School Dance will be held on February 10th at the Delhi center. Both events start at 6:30 PM and go until 9:00 PM.

Bring your family and support MV Post Prom.

February 2017						
◀ January						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Iowa Assessments: Grades 3-11 February 6-10			1 1:05 Dismissal Teacher Learning MS Career Fair FFA Northeast District Review Nite – Waukon Athletic Booster Mtg 6:30 pm – HS Cafe	2 JV/VarBB @ Central City - 4:30 / 6:00 pm	3 JV/VarBB @ Alburnett 4:30 / 6:00 pm	4 State Large Group Speech @ Senior/ Dubuque HSWR Sectionals @ Cascade – 12:00 pm
5	6 State Jazz Choir Festival @ MVHS JHBoysBB – Starmont 4:00 pm - Home	7 JHBoysBB – Monticello 4:00 pm – Home JV/V BoysBB @ Prince of Peace 6:00 pm	8	9 JHBoysBB @ Alburnett – 4:00 pm FFA Mtg @ Beckman 7:00 pm	10 HSVocal Jazz @ Washington HS Post Prom Fun Nite MS Commons 6:30-9:00 pm Post Prom MS Dance HS Café 6:30-9:00	11 HSWR Districts @ Starmont – 12:00 pm
12	13 JHBoysBB @ Cedar Valley Christian – 4:00 Fine Arts Booster Mtg - 5:30 pm MS Commons	14 	15	16 JHBoysBB Springville – 4:00 pm Home	17 NO School Teacher Learning  HSVocal Jazz @ Solon	18 All-State Large Group Speech @ Ames
19 FFA Week (Feb. 19 – 25)	20 TRC Individual Speech @ Alburnett JHBoysBB @ Ed/Co 4:00 pm School Board Mtg @ 6:00 pm	21 FFA Subdistrict Contest	22	23	24 HSVocal Jazz @ Kirkwood	25 District Individual Speech @ MFL Mar Mac
26	27 TRC JHVocal Festival @ MVMS	28 8th Parent Registration Meeting – 6:30 pm Auditorium				

March 2017

◀ February

April ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Parent-Teacher Conferences 3:00 – 7:00 PM		1 Athletic Booster Mtg 6:30 pm – HS Cafe	2	3 HSVocal Jazz @ Vertical Voices - Illinois	4 Athletic Boosters Volleyball Tourney
5 Athletic Boosters Volleyball Tourney	6 Parade of Bands 7:00 pm - MSMPR	7	8	9 FFA Officer Elections 7:00 pm - Auditorium	10	11 State Individual Speech @ Forest City FFA District Convention @ Monticello
12 Daylight Savings Time Ends (turn clocks ahead)	13 Fine Arts Booster Mtg - 5:30 pm MS Commons	14 FFA Banquet 6:00 pm – MVHS HSGT @ Wartburg 2:30 pm HSBT @ Wartburg 2:30 pm	15	16 HS Jazz Concert 7:00 pm - Auditorium	17 1:05 Dismissal End 3rd Quarter HSBT @ TRC Indoor 4:45 pm – Cornell HSGT @ TRC Indoor 4:45 pm - Cornell	18 FFA @ Science Fair Lindall Mall/Cedar Rapids
19	20 5th Band Open Stand Recital – 6:30 pm MSMPR School Board Mtg @ 6:00 pm	21 1:05 Dismissal Parent-Teacher Conferences	22	23 NO School Teacher Learning  Parent-Teacher Conferences	24 NO School 	25
26	27 NO School  All-State Individual Speech @ UNI HSGolf @ Easton Valley 4:00 pm	28 HSBT @ West Delaware – 4:30 pm	29	30 FFA @ State Science Fair – Ames (3/30-3/31) HSGT @ West Delaware – 4:30 pm NHS Blood Drive – MS Gym	31 HSGolf – Central City 4:00 pm - Home	