



# The WILDCAT REPORT

Maquoketa Valley Community School District's newsletter

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

January 2015

Twitter#maquoketavalley

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## **M.V. High School**

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Kevin Kudnra, Dean of Students  
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Tracy Morrison, Principal  
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## **Earlville Elementary**

Brenda Becker, Principal  
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## **Johnston Elementary**

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131 Culver Road  
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Phone (563) 926-2701  
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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 5

## **New Early Literacy Legislation**

The ability to read is critical to children's success in school, and research shows that reading proficiency by third grade is an important predictor of school success. Early identification and support for a child who is a struggling reader is essential and increases their chances of success. At Maquoketa Valley, we are committed to the success of every child and have several processes and systems in place to ensure students who are struggling are identified and receive support to address their reading difficulties.

In 2014, Iowa law regarding statewide literacy efforts changed to ensure that all schools have a process for early identification of reading difficulties and that all schools provide support to struggling readers beginning in the fall of their kindergarten year. This law requires that Iowa's students read at grade level by third grade and has put into effect rules that the legislators believe will improve reading within the state.

All schools will complete universal screening assessments in reading in the fall, winter and spring using a state-approved assessment for students in junior kindergarten through third grade. According to law:

- Students showing difficulty on one universal screening assessment will receive weekly progress monitoring using a state-approved monitoring tool. This allows schools to keep tabs on the improvement students are making toward reading goals.
- If a student has shown difficulty on two consecutive universal screening assessments, he or she will be identified as having a substantial reading deficiency. Although the term "substantial deficiency" may sound harsh, that is the term used in the state law and, as a result, it is also the term that schools will use. If a child is identified as substantially deficient, parents will be notified within two weeks of the end of the testing period.
- All students who are identified as substantially deficient will receive weekly progress monitoring. They will also receive intervention to address their reading difficulties. This intervention will continue until the student meets the grade-level expectation on a future screening assessment. In addition, schools will partner with parents to improve a child's reading skills. This will include updates on the child's progress, and a parent/school contract will be signed and dated that outlines what the student, parent, teacher, and principal will do to work together and improve the child's reading skills.
- According to this new law, students who are not reading at grade level by the end of third grade will either attend an intensive summer reading program or be retained in the third grade.

We are working hard to make sure that our classroom instruction meets the needs of students so they have the potential to read on grade level. We have processes in place to identify students' academic needs, and we are dedicated to providing the support necessary to ensure that our students experience success.

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

# JANUARY 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>ATTENTION PARENTS IT IS VERY IMPORTANT TO KEEP A <b>POSITIVE BALANCE</b> IN YOUR CHILDS ACCOUNT AT ALL TIMES.</p> <p>MAQUOKETA VALLEY SCHOOL IS A EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.</p>	<p><b>ALL MEALS ARE SUBJECT TO CHANGE AT ANYTIME.</b></p> <p>EVERY MEAL IS SERVED WITH A 8 OZ. MILK</p>		1 NO SCHOOL TODAY	2 NO SCHOOL TODAY
<p>5 MACARONI &amp; CHEESE WH. WHEAT CINNAMON ROLL BROCCOLI PEAS APPLESAUCE ORANGES</p> <p>BREAKFAST PIZZA</p>	<p>6 WEINER WINKS POTATO TRIANGLE CORN CARROT STICKS PINEAPPLE PEARS</p> <p>OMELET/TOAST</p>	<p>7 LASAGNA WH. WHEAT FRENCH BREAD ROMAINE LETTUCE WINTER MIX TROPICAL FRUIT APPLES</p> <p>PANCAKES &amp; SAUSAGE</p>	<p>8 CHICKEN FAJITAS REFRIED BEANS FIESTA SALAD RED PEPPER STRIPS GREEN BEANS RICE MANDARIN ORANGES</p> <p>WH. WHEAT CINNAMON ROLL</p>	<p>9 OPEN FACE TURKEY BREAD STUFFING BROCCOLI RAW SWEET POTATOES ORANGES MIXED FRUIT</p> <p>BREAKFAST WRAP</p>
<p>12 PIG N BLANKET POTATO TRIANGLE SWEET POTATOES CORN BROCCOLI STRAWBERRIES &amp; BANANAS PEACHES</p> <p>COMBO</p>	<p>13 CHICKEN TETRAZZINI PEANUT BUTTER SAND. PEAS ROMAINE LETTUCE PEARS APPLES</p> <p>WH. WHEAT CINNAMON ROLL</p>	<p>14 BBQ PORK SANDWICH CHEESY POTATOES MIXED VEGETABLES COLESLAW STRAWBERRY APPLESauce BANANAS FRUIT PIZZA</p> <p>SAUSAGE/EGG/MUFFIN</p>	<p>15 SAUSAGE PIZZA GARLIC BREADSTICKS ROMAINE LETTUCE TOMATO CUCUMBER APPLES PEACHES</p> <p>PANCAKE ON A STICK</p>	<p>16 TACO SALAD REFRIED BEANS FIESTA SALAD RED PEPPER STRIPS GREEN BEANS RICE MANDARIN ORANGES</p> <p>BREAKFAST CHOICE</p>
<p>19 NO SCHOOL</p>	<p>20 HAMBURGER ON A BUN CHEESE FRENCH FRIES BAKED BEANS WINTER MIX FRUIT COCKTAIL APPLES</p> <p>BREAKFAST BAGELS</p>	<p>21 CHILI WH. WHEAT CINNAMON ROLL ROMAINE LETTUCE CUCUMBER STRAWBERRY APPLESauce ORANGES</p> <p>FRENCH TOAST</p>	<p>22 SUB SANDWICH HASHBROWN CARROT STICKS CELERY STICKS PINEAPPLE BLUEBERRIES WH. GRAIN APPLE CRISP</p> <p>COMBO</p>	<p>23 PORK ROAST &amp; GRAVY MASHED POTATOES BREAD &amp; BUTTER SANDWICH COTTAGE CHEESE GREEN BEANS TROPICAL FRUIT GRAPES</p> <p>OMELET/TOAST</p>
<p>26 CHICKEN NUGGETS WH. WHEAT ROLL MASHED POTATOES CHICKEN GRAVY CORN BROCCOLI FRUIT COCKTAIL PEACHES</p> <p>BREAKFAST PIZZA</p>	<p>27 TURKEY BURGER FRENCH FRIES CARROT STICKS BAKED BEANS KIWI ORANGES CHOCOLATE CHIP COOKIE</p> <p>BREAKFAST BURRITO</p>	<p>28 SPAGHETTI WH. WHEAT FRENCH BREAD ROMAINE LETTUCE CUCUMBER STRAWBERRY APPLESauce MANDARIN ORANGES</p> <p>PANCAKE ON A STICK</p>	<p>29 TENDERLOIN ON A WH. WHEAT BUN NATURAL CUT FRIES CARROT STICKS CAULIFLOWER PEARS BANANAS</p> <p>WH. WHEAT CINNAMON ROLL</p>	<p>HOT BEEF OPEN FACE VANILLA YOGURT CALICO BEANS CORN APPLES BLUEBERRIES</p> <p>SAUSAGE/EGG/MUFFIN ROLL</p>

## **Regular Board Meeting**

December 15, 2014

Prior to the regular board meeting, the Secondary Language Arts Team gave a brief presentation on their Authentic Intellectual Work (AIW) done this semester and the implementation with the rest of the staff. AIW work scores instruction, student tasks and student work against specific standards.

Mrs. Mausser, along with several FFA students, also gave a presentation on their recent National Convention trip to Louisville, Kentucky.

The regular meeting of the Maquoketa Valley Board of Education was called to order by President John Zietlow at 6:00 p.m. on December 15, 2014 in the Middle School Conference Room in Delhi, Iowa. All motions carried unanimously unless otherwise noted. Five board members were present. There were seven staff members and three visitors present. The agenda and consent items were approved.

One open enrollment request in was approved.

Language to board policy 402.13 Licensed Personnel Publications or Creation of Materials, policy 405.073 Reporting Procedures for Abuse of Students by School District Employees, policy 405.080 Harassment and policy 405.081 Harassment Investigation Procedures were reviewed and approved. The board policy series 400 was also reviewed and approved.

The following personnel recommendations were approved:

Karrie Coon – employed as Assistant Girl's Track Coach

Raechel Keltner – resignation as Middle School Volleyball Coach upon finding suitable replacement

Supt. Tuekten shared some of thought from the first Re-Alignment Steering Committee meeting held December 3<sup>rd</sup>. The next meeting will be held on January 7<sup>th</sup>.

The 500 board policy series will be reviewed at the January meeting.

The January meeting will be held at Johnston.

Supt. Tuetken 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.

The meeting was adjourned at 6:55 p.m.





## Patrons Athletic Booster Athletic Passes

In one gram of protein and one gram of carbohydrate there are 4 calories. However, in one gram of fat, there are 9 calories. This means that if you eat foods higher in fat content you'll be consuming more calories because they contain a higher number of calories for each gram.

### 3rd Grade News from Delhi Elementary

As the Delhi third graders wrap up 1st semester they can be proud of their wonderful start to the year!

In math, students are working to multiply and divide within 100, understand the properties of multiplication, and represent and solve problems involving multiplication. We're looking forward to continued opportunities to develop multiple ways to explain their thinking and build their toolbox of math strategies!

Our approach to reading encourages students to learn and apply new strategies in order to deepen their understanding of what's being read. We're learning how to connect text with our own experiences, as well as other texts we've read. We've also been discovering how making predictions, questioning, visualizing, inferring, and summarizing can enhance our understanding of the stories we read.

Science class found the 3rd graders exploring structures that help living things survive. Our room became a home to crayfish and beetles during the unit. This gave students an opportunity to think like scientists. They asked questions, gathered information, and learned through investigation.

In social studies, students learned about landforms, natural resources and how communities change. They took a closer look at the way of life long ago and today; with opportunities to research and compare and contrast the lifestyle of the past and present.

It's been a busy and exciting 1st semester in 3rd grade. We look forward to all we'll be discovering in the months ahead!

Rachel Bonert

A number of our patrons in the district have purchased Athletic Booster Athletic Passes. When attending athletic events, whether high school or middle school, you must have your pass to present to the ticket taker people. Each pass only admits ONE person to each event. It seems, some people are not understanding that they can not admit numerous family members on a single pass. Each person needs to have his/her own pass. ONE pass, ONE person!

Also, this pass does not given you unlimited admissions to each event.....once you come in, it does not grant you to leave and come back in later on the pass. Example of this is if you may need to run out to your vehicle to take your child's sports bag and then back to the game, just ask for mark from the ticket takers and will be admitted back in to the game; but if you wish to leave to run home and come back, you need to plan to pay when you come back into the game.

We appreciate your support of the Booster Club, our athletes and all Maquoketa Valley events. Please continue to support our Wildcats!

## SOUP SUPPER

**Who:** *Maquoketa Valley Spanish Club*

**Where:** Maquoketa Valley High School Cafeteria

**When:** *January 9, 4:30-7:30 p.m.*

**Cost:** Adults- \$5

Children 6-12- \$3

Under 6- FREE

### **WHAT'S THERE:**

- 1 - Chili
- 2 - Chicken Noodle
- 3 - Cream of Broccoli
- 4 - Sandwiches
- 5 - Desserts

## Johnston Kindergarten

If you were to come into the Johnston kindergarten classroom, I am pretty sure you would be quite impressed with this sweet little class of 18. We are not even 100 days into the school year, and they are already reading simple books, segmenting and blending to read 3-7 letter words, being Star Writers by writing sentences, and adding within 10. Somedays I look at them and am truly amazed at what little sponges of information they are.

As the second semester gets underway, kindergarteners tend to grow at rocket speed with reading and writing. The light bulbs are going off daily as they start to see how all of the Jolly Phonics sounds they have been working so hard on work together to help them read and write. It is a pretty amazing time for these eager little 5-year olds. I wish everyone had the opportunity to be in a kindergarten classroom everyday and be able to watch the kids grow. I can promise you, you would never want to leave!

Melissa Hess

## FFA Soup Supper

Mark your calendars now for the Maquoketa Valley FFA Soup Supper, which will be held on January 15th in the high school cafeteria. This supper will be held in conjunction with the girls/boys Basketball games versus Ed-Co. We will be serving from 4-8 pm. The menu will consist of chicken noodle soup, cream of broccoli, chili, madrites, and choices of desserts. The cost for adults is \$6, kids ages 5-12 is \$3, and 5 and under is free. All proceeds will be used to send FFA members to leadership conferences during the year.

## Plan Ahead

During the week of February 9th -13th, students in grades 3-11 will be taking the Iowa Assessments (formerly called The Iowa Tests of Basic Skills/Iowa Tests of Educational Development). 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!



## 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.

## 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.

## **Are you smarter than a first grader? by Earlville First Grade**

It has been a truly busy semester in first grade. If you are wondering what your student has been up to, ask your child any of the following questions.

1. What are the parts of a plant and their function?
2. What addition strategy do you use most often?
3. What subtraction strategy do you like best?
4. What is a number family?
5. Name the many "features" a book can have and tell how they help the reader.
6. What do good readers do while they are reading?
7. Where are the best places to get information on a topic?
8. What do good authors do to get us to keep reading their stories?
9. Where can we see and find patterns?
  - a. math
  - b. science
  - c. reading
  - d. writing
  - e. all of the above

So, how many of the answers did you know? Try not to be too hard on yourself. As you know, there has been quite a shift in how we are teaching and steering our students to think deeper in each subject area. We encourage you to keep asking your child about their school day and asking questions as your child reads with you at home. (Good readers ask questions as they read, they relate the text to them self, other books, and events happening in our world !)

## **KINDERGARTEN ROUND-UP**

Parents of our 2015-2016 kindergarten students, please complete and send a registration form for your child (found in this newsletter) to one of our elementary schools. In order to start kindergarten next year, children must be five by September 15th, 2015.

The following dates have been set for Kindergarten Round-up:



**February 24 ..... Johnston Elementary Round-Up**  
**February 26 ..... Earlville Elementary Round-Up**  
**March 3 ..... Delhi Elementary Round-Up**

During Round-Up children will be scheduled to spend a two-hour period either in the morning or the afternoon. Parents will need to attend a short meeting and then return to pick up their children at the end of the two-hour period. Even if you will be requesting Junior Kindergarten, please plan for your child to attend Round-Up in his or her normal attendance center. Additional information will be coming your way as the Round-Up dates near.



## Rising Star Award

The Rising Star Award recognizes students' strengths in employability skills necessary to be successful in all aspects of life such as working well with others, being prepared for class, and taking responsibility for their own actions. This award may also recognize students that demonstrate strong civic responsibilities. We are proud of these students who have demonstrated these important life long skills! Congratulations!

Carter Klaren  
Addison Bonert  
Payton Beaman  
Hunter Sprague  
Taylor Schmucker  
Kelsey Hoeger  
Jaric Brandenburg

Kaela Clemen  
Evan Elgin  
Saige Hunt  
Jaxson LeGassick  
Anna Deutmeyer  
Bianka Ronnebaum  
Kain Krogmann

Emilee Supple  
Carter Kruse  
Macy Thompson  
Olivia Ronnebaum  
Ella Mensen  
Allie Chen  
McKenna Bush

Trinity Goedken  
Kailene Chen  
McKenna Thompson  
McKenna Mineart  
Alison Schulte  
Jada Knipper

## WHAT'S GOING ON IN MIDDLE SCHOOL SOCIAL STUDIES?



Miss Grow's Class

Wow! Where did the semester go? The kindergarteners have been working so hard and have come so far over the semester. We have learned all of our sounds and can now use those sounds to read and write words! We can't wait to start guided reading after winter break.

We have also been working very hard in Math. Ask us what  $2 + 3$  equals, or  $4 + 0$ , or any other combination up to 5. Not only can we tell you what the answer is, but we can also tell you how we know we're right, and explain our thinking! We are doing great and are having a lot of fun at the same time!

I am very proud of all the hard work my kindergarteners have put in so far this year and they should be proud of themselves as well. I cannot wait to see what the second half of the year will bring us and to watch them continue to soar! Keep working hard Kindergarten!

Love, Miss Grow

The seventh grade 20th Century U.S. History students have been studying the "Roaring 20s" and the Great Depression most recently. Students had a variety of project options to choose from regarding the 20s. Projects ranged from developing a game board about a topic or topics from the era to creating a song or rap about the decade.

For the depression, students were given an opportunity to invest a hypothetical \$1,000 in three different stocks of their choice. They were then to track the stock throughout an 8-day period of time. The idea was to give students an introduction to the present-day stock market. We connected this to the stock market crash of the 1930s and changes that have occurred in our country and Wall Street as a result of the great crash. The students will finish the unit after the winter break and move into the Roosevelt era and World War II.

In eighth grade Social Studies the students have been taking an in-depth look at the Middle East. We have examined the physical features and cities by creating maps of the region. We also looked at the region's culture, with a special emphasis on understanding the beliefs of the people. Time was also spent examining oil and its importance to the region and world through graphing and research. The next unit for the eighth graders will be Eastern Asia, with an emphasis on China. Other units of study for the eighth graders during the second semester will include Africa, Europe, South America, and Australia.

It was a good first semester and we look forward to an even better second semester.

Dan Cassutt



**Student Council with food donated to Delaware County Food Pantry.  
We had 380 items donated. Classes donated the following:  
Freshmen (80); Sophomores (38); Juniors (93); Seniors (29); Staff (140).  
Thanks to everyone who donated!**

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

Join us at the next **Fine Arts  
Booster Meeting, Jan 12 @  
5:30 PM** in the HS Cafeteria  
and see what we are all about!!

### **Certified Nurse Aid training class**

Manchester Regional Education Partnership  
is offering the CNA class starting on January  
26, 2015.

Please contact Deb Kintzle for more  
information at [563-822-1016](tel:563-822-1016) or at  
[kintzled@nicc.edu](mailto:kintzled@nicc.edu)

You can register on-line at [NICC.edu](http://NICC.edu) enter  
class ID # 36466 in the search field

### **Post Prom 2015 Update** Attention Junior Class Parents:

Post Prom fundraising efforts are in the planning  
stages & are coming together!  
We need volunteers...even for an hour here or  
there, any help you can give is greatly  
appreciated!

The **next Post Prom meeting** will be Dec 30 @6  
in HS Cafeteria. We hope you can join us in the  
fun!

We will be making plans for the fun night and MS  
dance, which are Feb 13, 2015. Lots of help  
from parents and juniors will be needed for this  
night. We are only scheduling one fun night for  
all 3 centers to attend and one MS dance.

Please contact Ann Grant @ 563-920-6788 with  
any questions.

### **Homemade Pies**

Post Prom will be selling apple pies for \$10 and  
strawberry-rhubarb pies for \$12. These are  
frozen and ready to bake. Pecan pies are ready  
to serve for \$15. Please get orders to Ann Grant  
at [anndan@yousq.net](mailto:anndan@yousq.net) or 563-920-6788. Order  
forms will be available in HS office too.

### **Post Prom Apparel**

We still have some apparel on hand that can be  
purchased. Contact Ann Grant for information.

## COLLEGE PLANNING NIGHT

A College Planning Meeting will be held on Wed, January 21, 2015 at 5:30 p.m. in the Auditorium. This meeting is designed for high school juniors and their parents. Other high school parents may also wish to attend. Topics that will be discussed include preparing for college, what to consider when choosing a college, how to compare colleges, what to look for and ask during campus visits, and an overview of financial aid. The meeting will last approximately one hour. Someone from the Iowa College Access Network will be the presenter. Please contact Barb Hollinrake at the high school if you have any questions.



### FINANCIAL AID MEETING



There will be a Financial Aid Meeting for seniors and their parents on Wednesday January 21, 2015, at 7:00 p.m. in the Auditorium. A representative from the Iowa College Access Network will be here to help seniors and their families with all of their questions regarding the college financial aid process. Topics to be discussed include completing the FAFSA (Free Application for Federal Student Aid), electronic processing, deadlines, overview of the financial aid process, types of financial assistance available, scholarships and scams, helpful tips, and places to go for help. Please call Barb Hollinrake at 922-2091 if you have any questions.

## Maquoketa Valley Dollars for Scholars

Maquoketa Valley Dollars for Scholars is using a new website launched in 2013. You'll notice many improvements including an online scholarship application process for students, information regarding upcoming events, scholarship news and resources for students, recent fundraising news and acceptance of online donations. Please visit our new website at:

<https://MaquoketaValley.dollarsforscholars.org>

## INFORMATION FOR PARENTS AND SCHOOL AGED YOUTH

If you, your family, or someone you know lives in the following situation:

- In a shelter, motel, vehicle, or campground
- On the street
- In an abandoned building, trailer, or other inadequate accommodations, or
- Doubled up with friends or relatives because you cannot find or afford housing

Then you, your family, or someone you know have certain rights or protections under the McKinney-Vento Homeless Education Assistance Act of 2001.

You, your family, or someone you know have the right to:

Go to school, no matter where you live or how long you have lived there. They must be given access to the same public education, including preschool education provided to other children.

Continue in school they attend before you became homeless or the last school they attended, if that is your choice and it is feasible. If a school sends your child to a school other than the one requested by you, the school must provide you with a written explanation and offer you the right to appeal that decision.

Receive transportation to the school they attend before you, your family, or someone you know became homeless or the last school attended if transportation is requested.

Attend a school and participate in school programs with children you are not homeless. Children cannot be separated from the regular program because they are homeless.

Enroll in school without giving a permanent address. Schools cannot require proof of residence that might prevent or delay school enrollment.

Enroll and attend classes while the school arranges for the transfer of school and immunization records or any other documents required for enrollment.

Enroll and attend classes in the school of your choice even while the school and you seek to resolve a dispute over enrolling your children.

Receive the same special programs and services, if needed, as provided to all other children served in these programs.

Receive transportation to school and to school programs.

When you, your family, or someone you know move, the following should be done:

Contact the district's local liaison for homeless education (School Superintendent, 563-922-2091) for help in enrolling you, your child(ren) or someone you know, to continue in his or her former school. (Or someone at a shelter, social services office, or the school can direct you to the person you need to contact.)

Contact the school and provides any information you think will assist the teachers in helping you, your child(ren) adjust to new circumstances.

Ask the local liaison for homeless education, the shelter provider, or a social worker for assistance with clothing and supplies, if needed.

If you need further assistance, call the State Coordinator at the Department of Education at 515-281-3966 or the National Center for Homeless Education at the toll-free Helpline number: 1-800-308-2145

# LOOKING for KINDERGARTNERS

We ask your assistance in compiling our list of children that will be entering kindergarten in the fall of 2015. Remember a child must be five years old on/before September 15, 2015 in order to be eligible to attend Kindergarten or Junior Kindergarten next fall. 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, P. O. Box 186, Delhi, IA 52223-0186. Thank you!

Child's Name \_\_\_\_\_ (Circle One)  
Boy or Girl

Date of Birth \_\_\_\_\_

Parent's Names \_\_\_\_\_

Attendance Center \_\_\_\_\_ Delhi \_\_\_\_\_ Earlville \_\_\_\_\_ Hopkinton

Address \_\_\_\_\_

Phone \_\_\_\_\_

Child's Name \_\_\_\_\_ (Circle One)  
Boy or Girl

Date of Birth \_\_\_\_\_

Parent's Names \_\_\_\_\_

Attendance Center \_\_\_\_\_ Delhi \_\_\_\_\_ Earlville \_\_\_\_\_ Hopkinton

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, 2015 in order to be eligible for Maquoketa Valley's Pre-School program to start next fall. 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, P. O. Box 186, Delhi, IA 52223-0186. Thank you!

Child's Name \_\_\_\_\_ (Circle One)  
Boy or Girl

Date of Birth \_\_\_\_\_

Parent's Names \_\_\_\_\_

Attendance Center \_\_\_\_\_ Delhi \_\_\_\_\_ Earlville \_\_\_\_\_ Hopkinton

Address \_\_\_\_\_

Phone \_\_\_\_\_



## Key Facts about Influenza (Flu) & Flu Vaccine

### What is influenza (also called flu)?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu **vaccine** each year.

### Signs and symptoms of flu

People who have the flu often feel some or all of these signs and symptoms:

- Fever\* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

*\*It's important to note that not everyone with flu will have a fever.*

### How flu spreads

Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose.

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### Period of contagiousness

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

### How serious is the flu?

Flu is unpredictable and how severe it is can vary widely from one season to the next depending on many things, including:

- what flu viruses are spreading,
- how much flu vaccine is available
- when vaccine is available
- how many people get vaccinated, and
- how well the flu vaccine is matched to flu viruses that are causing illness.

Certain people are at greater risk for serious complications if they get the flu. This includes older people, young children, pregnant women and people with certain health conditions (such as asthma, diabetes, or heart disease).

Flu seasons are unpredictable and can be severe. Over a period of 30 years, between 1976 and 2006, estimates of flu-associated deaths in the United States range from a low of about 3,000 to a high of about 49,000 people.

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### Complications of flu

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.


#### On this Page

- What is influenza (also called flu)?
- Signs and symptoms of flu
- How flu spreads
- Period of contagiousness
- How serious is the flu?
- Complications of flu
- Prevent seasonal flu: Get vaccinated
- Who Should Get Vaccinated This Season?
- Use of the nasal spray seasonal flu vaccine
- Nasal Spray Vaccine in Children Age 2 to 8 Years Old
- Who should not be vaccinated against seasonal flu?

# ~ January 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>All items on this calendar are subject to change. Please check the school website for all updated information.  <a href="http://www.maquoketa-v.k12.ia.us">www.maquoketa-v.k12.ia.us</a></p>	<p>DE=Delhi Elem.  EE=Earlville Elem.  JE=Johnston Elem.  MS=Middle School  JH=Junior High (7/8)  HS=High School</p>	<p>WR = Wrestling  BB = Basketball  JV = Junior Varsity  V = Varsity</p> <p>AB = Athletic Boosters  FAB = Fine Arts Boosters  PP = Post Prom  DFS = Dollars for Scholars</p>	<p><b>1</b></p> <p><b>NO SCHOOL</b>  <b>(New Year's Day)</b></p> 	<p><b>2</b></p> <p><b>NO SCHOOL</b>  <b>(Staff Professional Development)</b></p>	<p><b>3</b></p>
<b>4</b>	<p><b>5</b></p> <p><b>SECOND Semester Begins</b></p> <p>JV/V WR – Bellevue, Cascade, Starmont – Home 5:00 - PINK Out Meet</p> <p>FFA Officer Mtg – 7:00</p>	<p><b>6</b></p> <p>JVBB – North Linn Home – 4:45</p> <p>VBB –North Linn Home - 6:15</p>	<p><b>7</b></p> <p>Athletic Boosters Mtg 6:30 pm HSCafe</p>	<p><b>8</b></p> <p>JV/V WR @ Nlinn (NL, Cas, Durant) – 6:30</p>	<p><b>9</b></p> <p>Spanish Club Soup Supper HS Cafe 4:30-7:30</p> <p>JVBB – Alburnett Home – 4:45</p> <p>VBB –Alburnett Home - 6:15</p> <p>PINK Out Game</p>	<p><b>10</b></p> <p>VWR – Maquoketa Valley Duals – Home 9:00 am</p> <p>JVBB @ W. Delaware 1:00</p> <p>VBB @ W. Delaware 4:00</p>
<b>11</b>	<p><b>12</b></p> <p>10<sup>th</sup> Gr. @ JREC, Monticello</p> <p>Fine Arts Boosters Mtg 5:30 pm HSCafe</p> <p>FFA Monthly Mtg - MVHS 7:30</p>	<p><b>13</b></p> <p>JVBB @ Central City 4:45</p> <p>VBB @ Central City 6:15</p>	<p><b>14</b></p>	<p><b>15</b></p> <p>FFA Soup Supper 4:00-8:00 HS Café</p> <p>JVBB – Ed-Co Home 4:45</p> <p>VBB –Ed-Co Home 6:15</p> <p>JV/V WR @ Midland (Mid, Lis, NL) @ 6:30</p>	<p><b>16</b></p>	<p><b>17</b></p> <p>Lg Gr TRC Speech @ Springville</p> <p>WR @ Cascade 9:00 am</p>
<b>18</b>	<p><b>19</b></p> <p><b>NO SCHOOL</b>  <b>(Staff Prof Develop)</b></p> <p>HSBand @ TRC Festival Home</p> <p>JHBoysBB @ Cascade 4:00</p> <p>School Board Mtg 6:00 St. John's</p>	<p><b>20</b></p> <p>Preschool/JKdg @ UNI/Cedar Falls</p> <p>JVBB – Springville Home – 4:45</p> <p>VBB –Springville Home - 6:15</p>	<p><b>21</b></p>	<p><b>22</b></p> <p>JHBoysBB @ Ed-Co 4:00</p> <p>JVBB – Starmont Home – 4:45</p> <p>VBB – Starmont Home - 6:15</p> <p>JV/V WR @ Lisbon (Lis, EB) 6:30</p>	<p><b>23</b></p> <p>JVBB – Cedar Valley Christian - Home 4:45</p> <p>VBB – Cedar Valley Christian - Home 6:15</p>	<p><b>24</b></p> <p>Lg Gr District Speech @ Cascade</p> <p>AB Mini Cat Wrestling Tournament - HOME</p>
<b>25</b>	<p><b>26</b></p> <p>HSBand – State Jazz Band Festival</p> <p>JHBoysBB – East Buchanan – Home 4:00</p>	<p><b>27</b></p> <p>JVBB – Lisbon Home – 4:45</p> <p>VBB –Lisbon Home - 6:15</p>	<p><b>28</b></p>	<p><b>29</b></p> <p>JHBoysBB @ Nlinn 4:00</p> <p>JV/V WR @ Maquoketa (CPU, Maq, Mid) 6:00</p>	<p><b>30</b></p> <p>JVBB @ EBuchanan 4:45</p> <p>VBB @ EBuchanan 6:15</p>	<p><b>31</b></p> <p>HSVocal Jazz @ Meistersinger/ Wartburg</p> <p>K-8 Dance Camp 8:00-12:00 HS Gym</p> <p>VWR @ TRC Tourney Midland – 12:00</p> <p>Dance Team &amp; Camp Performance 5:30 pm HS Gym</p>

# ~ February 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 JHBoysBB – Lisbon Home 4:00	3 JVBB @ North Linn 4:45  VBB @ North Linn 6:15	4 <b>Early Dismiss @ 1:05 (Prof Develop)</b>  Athletic Boosters Mtg 6:30 pm HSCafe  District FFA Review/ Officer Interviews @ Midland	5 JHBoysBB @ CCity 4:00  FFA Officer Mtg – 7:00	6 Kdg – 4 <sup>th</sup> Grade @ "Skipperty Jones" UNI/Cedar Falls  JVBB @ Alburnett 4:45  VBB @ Alburnett 6:15	7 VWR @ Sectionals North Linn – 12:00  Lg Gr State Speech @ Decorah
8	9 JHBoysBB – Starmont Home 4:00  Vocal Jazz State Fest Home – 4:30  Fine Arts Boosters Mtg 5:30 pm HSCafe	10 JHBoysBB – Monticello Home 4:00  JVBB @ Easton Valley 4:45  VBB @ Easton Valley 6:15	11	12 JHBoysBB @ Alburnett 4:00	13 PP FUN Nite MS Gym  PP MS Dance HS Cafe	14   VWR @ Districts Jesup – 12:00
15	16 JHBoysBB @ CV Christian 4:00  School Board Mtg 6:00  FFA Monthly Mtg - MVHS 7:30	17	18	19 JHBoysBB – Springville Home 4:00	20 <b>NO SCHOOL (Staff Prof Develop)</b>	21 Lg Gr All-State Speech @ ISU/Ames
22	23 JHBoysBB – Ed/Co Home 4:00  Individual TRC Speech @ Lisbon	24 FFA @ Subdistrict Contest	25	26	27 Vocal Jazz @ SWCC Fox Fest/Creston	28 Individual Speech @ Districts – Independence

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# Words on Wellness

Your extension connection to nutrition and fitness

## New Labeling Requirements for Menus and Vending Machines

The U.S. Food and Drug Administration (FDA) finalized two rules that will require chain restaurants, vending machines, and similar retail food establishments to inform consumers of calorie information on menus and menu boards.

### Rule 1: Menu Labeling

This rule requires:

- The calories of the menu items be placed on the menu or menu board, and it applies to larger restaurants and similar retail food establishments (e.g., part of a chain of 20 or more locations, doing business under the same name, and offering the same menu items).
- Calorie labeling for certain alcoholic beverages and certain foods sold at entertainment venues such as movie theaters and amusement parks.
- Menus and menu boards include the following statement: "2,000 calories a day is used for general nutrition advice, but calorie needs vary."
- Covered establishments provide, upon customer request, written nutrition information about total calories, total fat, calories from fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrates, fiber, sugars, and protein.

Restaurants and similar retail establishments that are covered will have one year from the date of publication of the menu labeling final rule to comply with the requirements. Foods purchased in grocery stores or other retail stores intended for more than one person and requiring additional preparation before consuming are not covered by this rule.

### Rule 2: Vending Machines

This rule requires that vending machine operators who own or operate 20 or more vending machines disclose calorie information for food sold from vending machines, subject to certain exceptions. Vending machine operators that are covered will have two years from the date of publication of the vending machine labeling final rule to comply with the requirements.

For more information about these new rules please visit

[www.fda.gov/Food/NewsEvents/ConstituentUpdates/ucm423987.htm](http://www.fda.gov/Food/NewsEvents/ConstituentUpdates/ucm423987.htm).



## Beef and Bean Chile Verde

Serves 4

Serving Size: 1 1/2 cups each

### Ingredients

- 1 pound 93%-lean ground beef
- 1 large red bell pepper, chopped
- 1 large onion, chopped
- 6 cloves garlic, chopped
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1/4 teaspoon cayenne pepper
- 1 16-ounce jar green salsa, green enchilada sauce or taco sauce
- 1/4 cup water
- 1 15-ounce can pinto or kidney beans, drained and rinsed

### Preparation

1. Cook beef, bell pepper, and onion in a large saucepan over medium heat, crumbling the meat with a wooden spoon, until the meat is browned, 8 to 10 minutes.
2. Add garlic, chili powder, cumin, and cayenne; cook until fragrant, about 15 seconds. Stir in salsa (or sauce) and water; bring to a simmer.
3. Reduce heat to medium-low, cover, and cook, stirring occasionally, until the vegetables are tender, 10 to 15 minutes.
4. Stir in beans and cook until heated through, about 1 minute.

**Nutrition Per Serving:** 307 Calories; 8 g Fat; 3 g Sat; 3 g Mono; 64 mg Cholesterol; 29 g Carbohydrates; 27 g Protein; 6 g Fiber; 516 mg Sodium; 641 mg Potassium

**Source:** [http://www.eatingwell.com/recipes/beef\\_bean\\_chile\\_verde.html](http://www.eatingwell.com/recipes/beef_bean_chile_verde.html)

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