

The WILDCAT REPORT

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

March 2021

Twitter #maquoketavalley

Spring-Sweet Anticipation!

As we begin the month of March, we are reminded of the surprises March 2020 held for all of us. The cancellation of school on March 15 of last year brought with it the cancellation of many spring events that would normally create lasting memories for our staff, students, and their families. This spring, things are looking brighter. We have lots of things to look forward to, and memories will be made that will last a life time.

One of the first memories to be made this spring is the girls basketball team participating in the state basketball tournament. Congratulations to everyone who had a hand in helping them achieve this goal. This is an exciting event for the whole community to get behind! Good luck, Wildcats!

Track and golf practices will be underway soon! These sports were definitely missed last spring, so anticipation is high to see what these athletes can accomplish this season.

The Fine Arts are also preparing for some memorable events. Check the activities calendar for numerous fine art events this spring. The Parade of Bands Concert, Middle School Choir, and MV's Got Talent are all scheduled for this month. In addition, students participating in Individual Speech will finish up their competitive season. Many many hours of preparation, practices, and rehearsals are required in the area of fine arts, and the performances reflect all of that hard work. Get out and enjoy them!

We can't forget our little wildcats and the anticipation they bring to the spring season! The amount of daylight is increasing each day which gets them more eager to run, play, and compete. Their excitement and energy is contagious as they practice on the ball diamonds, sprint across the playground, and ride their bikes with friends. What great memories they are making!

There is so much to look forward to this spring! There are so many memories to be made! Take the time to enjoy each moment knowing that the best is yet to come!

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Donna Kunde - Area 1 Doug Dabroski - Area 2 Chris Huber - Area 3 Mike Feldmann - Area 4 John Zietlow Area 5

SCHOOL BOARD MINUTES

Regular Board Meeting

February 15, 2021

The regular meeting of the Maquoketa Valley Board of Education was called to order by President Donna Kunde at 5:30 p.m. in the High Library in Delhi, Iowa. All motions carried unanimously unless otherwise noted. Five board members were present. There were two staff and one visitor present. The agenda and consent items were approved.

Two open enrollment requests out were approved.

The Board tabled reviewing and approving board policies

The following personnel recommendations were approved:

Trevor Arnold – employed as Head High School Softball Coach Abby DeGroot – employed as Head High School Volleyball Coach Morgan Nefzger – employed as Assistant High School Volleyball Coach Creig Dunlap – resignation as Annual Sponsor Hannah Crumpton – resignation as Middle School Volleyball Coach

The Board approved to continue the following operational sharing agreements for the 2021-2022 school year: Superintendent, School Business Official and Transportation Director.

The Board also approved the call for bids on a bus purchase to be purchased after July 1st using SAVE funds.

Negotiation strategies will be discussed at the March board meeting after more information regarding state funding is determined.

Maquoketa Valley will host a joint board work session with North Linn on March 1st beginning at 6:30 p.m. The meeting will be held at St. John's Church.

A budget preparation workshop is scheduled for February 27th. Budget estimates will be discussed at the March meeting.

The regular March board meeting will be held on March 15th at 5:30. The April board meeting will be April 19th with an additional meeting held on April 12th in order for the SBO to certify the budget to the county by the deadline of April 15th.

At 5:55 p.m. in a motion by Feldmann, seconded by Huber the Board entered into a closed session pursuant to Chapter 21.5(1)(i) of the Code of Iowa for the purpose of discussing evaluation of employees not covered by a collective bargaining agreement. A roll call vote was answered as follows: Dabroski, Feldmann, Huber, Kunde, Zietlow; all ayes.

At 6:26 p.m. the Board entered into open session.

The meeting adjourned at 6:27 p.m.

Maquoketa Valley Activity Calendar

This can be found on the website. Please check that for all activities. Cancellations will be updated on the Maquoketa Valley Website.



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.

Text Alert System

The text alert system has been changed. We will be using your information in Power School to alert you. It is important to have your current phone number and email updated. If you have any questions or issues, please call Sarah Lown in the high school office, 563-922-2091.

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.

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.

Join us at the next Fine Arts Booster Meeting, **Wednesday, March 8**, @ 6:30

PM in the HS Cafeteria and see what we are all about!!







1st Grade Celebrates Day 100

The 100th day of school is literally the 100th day of the school year. More importantly it is a great way for students and teachers to celebrate the different math concepts that can be taught using the number 100. From the very first day of school, we begin keeping track of the number of days we've been in school in anticipation of the 100th day. This is actually the first math lesson, as the days are marked using popsicle sticks, ten of which become a "ten bundle", paving the way to counting by tens and ones. We make (add) and break (subtract) numbers each day as a part of calendar time.

Early in February, we were able to celebrate the 100th Day of School. The first graders brought in collections of 100 things. The collections were counted and sorted many different ways. We had everything from pennies to legos to sucker bouquets. Throughout the day students built towers using toothpicks and 100 marshmallows, and pyramids using plastic cups. They also flipped a coin 100 times and rolled dice to get to 100. It was a fun and exciting day for everyone!





Parent/Teacher Conferences

The dates for the second Parent-Teacher Conferences of this school year are **Thursday**, **March 25** and **Tusday**, **March 30**, from 3 PM - 7 PM both evenings. We will be dismissed at 1:05 both of those days.

These times are the same for all three elementary centers, the Middle School and High School.

There will be NO SCHOOL on Wednesday, March 31st, Thursday, April 1st, and Friday, April 2nd.

This spring we are planning to give parents the option to come into the building for face to face parent teacher conferences **or** to have the conference virtually using Zoom like we did in the fall. Face to face conferences will be held in the building your child attends, and face masks will be required. All preschool, JK, and kindergarten conferences will be held at Earlville Elementary. All 1st and 2nd grade conferences will be at Johnston Elementary. All 3rd-8th grade conferences will be held at Delhi Elementary and High School conferences will be held at the High School.

Kindergarten, 3rd & 4th Grade Title Reading News

As parents, you might wonder how does a Title Reading teacher help my Kindergarten child?

For starters, there is a great deal of communication between the classroom teachers and myself. We look at lots of different types of data, including observations made within the classroom. We collaborate as a team and look for skill patterns our students are struggling with and intervene with research-based activities to improve the predetermined skill deficit.

The literacy skill we have focused on since the beginning of the year is letter recognition and letter sounds, while supporting our Jolly Phonics curriculum. We've also practiced sight words and high frequency words in isolation and also within the text.

Recently our kindergarteners have begun segmenting sounds within words to blend together and READ!! It is simply amazing how these little Wildcats have learned and caught onto the skills of reading and are truly enjoying their new adventures as kindergarteners!

**One way to help your kindergartener at home is to read out loud to your child and continue to practice the Literacy bag activities that are sent home from their kindergarten teacher.

Our 3rd & 4th grade Wildcats came back from winter break eager to set some reading goals for 2021! The goals we came up with together are:

- *Tracking where we're reading with our eyes, finger, or a bookmark.
- *Reading through the whole word. "Does it look right, sound right, make sense?"
- *Pay attention to punctuation as I read
- *Stay focused..."TUNE-IN" to reading
- *Smooth reading...not too fast, not too slow, just right!
- *Be a careful & quick reader
- *Re-Read if the text does not make sense
- *STOP, THINK, & WONDER before turning the page

The week of January 18th began our winter FAST screening. The students have shown growth in the areas of fluency, accuracy, and comprehension since their previous screening last fall. All their hard work in the classroom and reading at home has shown positive growth in all 3 of these areas. Our teachers and myself are very proud of our students' hard work, dedication, and perseverance the 1st semester of school. Keep up the GREAT work Wildcats!

Here's a 'Shout Out' to all of you from Nurse Mary and Nurse Jill.

We both just want to take this opportunity to say a GIGANTIC thank you to all MV staff, students and parents. This school year has been an extremely unique experience for all of us. There have been challenges for everyone and as usual the MV Family proves why we use the saying 'MV Strong'.

We ask that you continue to do all the 'little things': wear your mask, wash your hands frequently, cover your coughs and sneezes in your sleeves, stay home when you are ill, try to avoid large gatherings and if you can not avoid them wear masks, and finally contact one of us if you have any questions. These things are making a difference. We have completed 26 weeks, at this writing, and that is because of everything that you are doing!

Words can not fully express our gratitude for all of you, but THANK YOU SO VERY MUCH!

PARADE OF BANDS CONCERT

The MV band program is excited to finally perform for a live audience! The Parade of Bands concert will be **Tuesday, March 9 at 6:15 pm and 7:00 pm** in the **High School Gym**. The concert is traditionally performed with the entire Maquoketa Valley Band program 5th grade through 12th grade participating, however, this year the concert is being divided into 2 performances to alleviate capacity constraints within the gym.

The first Parade of Bands concert will feature the 5th and 6th grade bands at 6:15 pm the second concert will feature the 7/8th grade band, HS band, and HS Jazz band and will begin at 7:00 pm. Each student is allowed to invite the number of their household + 4 additional guests to attend the concert in person. Please support our students in person or virtually (on our MV Facebook Page) and enjoy a fantastic night of music!

Elementary Spring Concert

We will be having an in-person 3rd-5th grade concert with limited attendance on April 5. More information will be coming out closer to the concert date. We will not be having a JK-2 concert.



Maquoketa Valley will hold FOUR Scholastic Book Fairs in MARCH!

Reading is the most important skill you can teach a child. Giving kids access to good books and the opportunity to choose books will motivate them to read more. And like most acquired skills, the more kids practice reading, the better they'll get.

We invite you to visit our **Scholastic Book Fair** and experience a celebration of reading!

Book Fair Dates: March 12th through March 27th Location: All Elementary/MS Libraries Shopping Hours: Online 24/7 from March 7th-20th

School hours for students only (money can be sent) In-person March 25th from 3-7pm (during conferences)

If you cannot make it to our Book Fair in-person on Thursday, March 25th from 3-7pm, you can **shop online** from March 7th - March 20th. Your order will **ship for FREE** to the school. And with orders of **\$25 or more**, items will **ship to your house for FREE**! You may also send money to school with your student to shop during school hours. Students will fill out a Wish List with their classroom teachers that will be sent home so that parents can decide which items, if any, to purchase from the Book Fair.

Earlville Elementary Online Book Fair: https://www.scholastic.com/bf/earlvilleelementaryschool

Johnston Elementary Online Book Fair: https://www.scholastic.com/bf/johnstonelementaryschool3

Delhi Elementary Online Book Fair: http://www.scholastic.com/bf/maqvalleyschools

Delhi Middle School Online Book Fair: https://www.scholastic.com/bf/delhimiddleschool2

A note will go home with your student (grades Preschool - 8) during the month of March that will contain details about the Coin War days, Coin War incentives, Book Fair preview days, and a flyer highlighting a few of the books on this year's Fair.

We look forward to having you participate in our Scholastic Book Fair, and remember: **all online and in-person purchases** benefit our school – both in the classroom and in our libraries.

Please email with any questions you have about the Book Fair: audreymoenck@maquoketa-v.k12.ia.us .

Thank you for your support!
Audrey Moenck
Teacher Librarian/Media Specialist

Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

Personalize Your Plate



March is National Nutrition Month. This year's theme is "Personalize Your Plate." There is no one-size-fits-all when it comes to nutrition. Everyone is unique! Each of us has different tastes, traditions, and budgets.

Personalize your plate to make sure every bite counts by choosing "nutrient-dense" foods. Nutrient-dense foods are those that are high in nutrients, such as vitamins and minerals, but not very high in calories. The 2020 Dietary Guidelines for Americans suggests the following:

- 1. Start with personal preferences. When choosing nutrient-dense foods, be sure to think about the healthy foods you and your family truly enjoy. If you and your family enjoy the food you eat, you will be more likely to retain your healthy eating habits over time.
- Celebrate your food traditions! For example, if your family traditionally enjoys eating spaghetti and meatballs, make the same dish using less sodium and saturated fat. Use low-sodium sauce. Use leaner beef or ground turkey for the meatballs. Choose whole grain pasta. With a few small changes, you can still enjoy any traditional dish.
- 3. Consider your budget. Healthy eating can be budget friendly and delicious. The ISU Spend Smart. Eat Smart. website, spendsmart.extension.iastate.edu, is a great source for easy, low-cost recipes.

Sources:

Eat Right, bit.ly/3tHoP6T.

Dietary Guidelines for Americans 2020-2025, bit.ly/3jw8NIv.

Energy Bites

Serving Size: 1 energy bite | Serves: 25

Ingredients:

- 1 1/2 cups oats (old fashioned or quick)
- 1/2 cup unsweetened coconut flakes
- 1/4 cup chia seeds
- 1/4 cup mini chocolate chips
- 1/2 cup creamy peanut butter
- 1/3 cup honey
- 1 teaspoon vanilla extract

Directions:

- Stir all ingredients together in a medium sized bowl.
- 2. Cover a cookie sheet with foil or parchment paper. Drop mixture by tablespoonfuls onto the cookie sheet.
- 3. Refrigerate 1 hour.
- 4. Roll each drop of mixture into a ball. Place in an airtight container. Store in the refrigerator.

Nutrition information per serving:

90 calories, 5g total fat, 1.5g saturated fat, 0g trans fat, 0mg cholesterol, 25mg sodium, 10g total carbohydrate, 2g fiber, 5g sugar, 2g protein

This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit <u>spendsmart.extension.iastate.edu</u>



Words on Wellness



www.extension.iastate.edu

Practicing Food Safety Each Day Keeps Foodborne Illness Away

One in six people get food poisoning—also known as a foodborne illness—every year in the United States. Young children, pregnant women, and older adults have a higher risk of foodborne illness.

Pregnant women are at high risk for listeriosis, a type of foodborne illness that causes miscarriage. Lower the risk by doing the following:

- Cook meat, seafood, poultry and eggs thoroughly.
- Do not eat cold deli meats or hot dogs. Heat sliced deli meats and hot dogs to 165°F or until steaming.
- Avoid raw bean sprouts, unpasteurized milk, or cheese made from unpasteurized milk.

Adults ages 60 years and older are at higher risk for foodborne illness because the immune system weakens with age. Likewise, young children are at higher risk because their immune systems haven't fully developed yet.

Keep everyone safe by following these food safety practices.

- **1. Clean:** Wash your hands thoroughly. Clean and sanitize food preparation surfaces.
- **2. Separate:** Keep raw meats apart from other foods that may be eaten without cooking, such as fruits and vegetables.
- **3. Cook:** Cook foods to the correct temperature. Use this handout on food thermometers, bit.ly/2YXooHu, for more information.
- 4. Chill: Don't leave food out of the fridge for more than two hours.

For more information on food safety in the kitchen, visit <u>Ten Steps to a Safe Kitchen</u>, bit.ly/3rh2r24.

Source: <u>Ten Steps to a Safe Kitchen</u>, bit.ly/3rh2r24.

Moving More = Better Health

Our bodies are built to move. There are many benefits to being active throughout the day. Moving your body for just 3–5 minutes every 30–60 minutes improves nearly every system in the body.

Studies show that moving for a few minutes every 30 minutes or so

- Improves digestion,
- Increases energy levels,
- Enhances mood,
- · Promotes better blood flow,
- Improves posture, and
- Increases focus.

Get your body moving by taking a stroll away from your work area. Stretch muscles that feel tense. Shake your arms and legs or do simple exercises in your workspace. For example, you could do wall push-ups, repeatedly standing from your chair.

Print this useful infographic on desk exercises, bit.ly/36X4kte!

Source: <u>Time to Move</u>, https://hr.umich.edu/benefits-wellness/health-well-being/mhealthy/faculty-staff-well-being/physical-activity/time-move.

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According to the CDC, ADHD, behavior problems, anxiety, and depression are the most commonly diagnosed mental disorders in children.

-9.4% of children aged 2-17 years (approximately 6.1 million) have received an ADHD diagnosis.

- -7.4% of children aged 3-17 years (approximately 4.5 million) have a diagnosed behavior problem.
 - -7.1% of children aged 3-17 years (approximately 4.4 million) have diagnosed anxiety.
 - -3.2% of children aged 3-17 years (approximately 1.9 million) have diagnosed depression.

TIPS FOR TALKING **ABOUT MENTAL HEALTH**

- -SET TIME ASIDE WITH NO DISTRACTIONS
- T THEM SHARE AS MUCH OR AS LITTLE AS THEY WANT
- -DON'T TRY TO DIAGNOSE OR SECOND GUESS THEIR FEELINGS
- -LISTEN TO WHAT THEY ARE SAYING
- -NFFFR HELP IN ACCESSING MENTAL HEALTH SERVICES

WARNING SIGNS

-PERSISTENT SADNESS — TWO OR MORE WEE

-HURTING ONESELF OR TALKING ABOUT HURTING ONESI

-TALKING ABOUT DEATH OR SUIC

-DRASTIC CHANGES IN MOOD. BEHAVIOR OR PERS

-AVOIDING OR MISSING SCHOOL

Information provided by **Life Connections Mental** Health & Behavioral **Health Services**

927 N. 2nd St Clinton, IA 52732 http://life-connections.org

- -NATIONAL SUICIDE PREVENTION HOTLINE
- -CRISIS TEXT LINE. TEXT TO 741741
- YOUNG ADULT COMMUNITY)

866-488-7386

-RAPE, ABUSE, AND INCEST NATIONAL NFTWORK



MARCH 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 CHEESEBURGER FRENCH FRIES BAKED BEANS MANDARIN ORANGES	2 ORANGE CHICKEN RICE STEAMED BROCCOLI PEACHES	3 OUT AT 1:00PM OMELET CHEESE/ CROISSANT SMILEY POTATOES YOGURT W/BLUEBERRIES APPLES	4 PIZZA BREADSTICK MARINARA CORN MIXED FRUIT	5 MAC & CHEESE BREADSTICK PEAS & CARROTS STR. APPLESAUCE
COMBO/WG BUN	SAUSAGE/EGG/BISCUIT	PANCAKE ON A STICK	I FRENCH TOAST	BREAKFAST BURRITO
8 CHICKEN PATTY/WG BUN POTATO TRIANGLE MIXED VEGGIES STRAWBERRIES	9 WALKING TACO LETTUCE/CHEESE TOMATOES GRAPES	NO SCHOOL TODAY	11 SPAGHETTI GARLIC TOAST LETTUCE ORANGES	12 BOSCO STICK STRING CHEESE MARINARA CARROTS PEACHES
BREAKFAST PIZZA	WG CINNAMON ROLL		OMELET/TOAST	BREAKFAST CHOICE
15 CHICKEN NUGGETS MASHED POTATOES CHICKEN GRAVY CORN APPLES	16 LASAGNA SOUP BOSCO STICK CARROTS APPLESAUCE	17 OUT AT 1:00PM TENDERLOIN/WG BUN HASHBROWN BROCCOLI PEARS Happy St Patrick's Day!	18 CHICKEN TETRAZZINI BREADSTICK PEAS PEACHES	19 SHRIMP WG DINNER ROLL (9-12) FRENCH FRIES CHEESY BROCCOLI STRAWBERRIES & BANANAS
PANCAKE ON A STICK	OMELET/CROISSANT	LONG JOHN	BREAKFAST BURRITO	WAFFLES
22 CHICKEN STRIPS WG DINNER ROLL (9-12) CURLY FRIES CORN STR. APPLESAUCE	23 SUB ON WG BUN SUN CHIPS CARROTS APPLES	24 OUT AT 1:00 PM CORN DOG TATER TOTS CELERY PEARS	25 OUT AT 1:00 PM. MR. RIB ON WG BUN STEAK FRIES GREEN BEANS PINEAPPLE	26 PIZZA DIPPERS MARINARA WINTER MIX ORANGES
сомво	WG CINNAMON ROLL	SAUS/EGG BISCUIT	BREAKFAST CHOICE	FRENCH TOAST
29 GRILLED CHICKEN/WG BUN POTATO TRIANGLE PEAS & CARROTS APPLES	30 OUT AT 1:00 PM CHICKEN POPPERS WAFFLE FRIES GREEN BEANS APPLESAUCE	31 NO SCHOOL TODAY PARENTS: YOUR CHILD CAN RECEIVE 1 FREE BREAKFAST AND LUNCH EVERYDAY THIS SCHOOL YEAR. SECONDS (EXTRA LUNCH ENTREE) EXTRA MILK AND STRING CHEESE COST YOU	ATTENTION PARENTS: IT IS VERY IMPORTANT TO KEEP A POSITIVE BALANCE IN YOUR STUDENTS ACCOUNT AT ALL TIMES (9-12) = HS ONLY WG= WHOLE GRAIN	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER. EVERY MEAL IS SERVED WITH A 8 OZ MILK ALL MEALS ARE SUBJECT TO CHANGE AT ANYTIME.
BREAKFAST PIZZA	LONG JOHN	THE PARENT.		TO STRATE AT ANY TIME.