



The WILDCAT REPORT

Maquoketa Valley Community School District's newsletter

Web Site: <http://www.maquoketa-v.k12.ia.us>
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May 2018

Administration Office

Doug Tuetken, Superintendent
112 3rd St., P.O. Box 186
Delhi, IA 52223-0186
Phone (563) 922-9422
Fax (563) 922-9502

M.V. High School

Troy Osterhaus, Principal
107 South Street
P.O. Box 186, Delhi
Phone (563) 922-2091
Fax (563) 922-3026

M. V. Middle School

Delhi Elementary

Troy Osterhaus, MS Principal
Brenda Becker, Elem. Principal
112 3rd St., Box 186
Delhi, IA 52223
Phone (563) 922-9411
Fax (563) 922-9502

Earlville Elementary

Brenda Becker, Principal
226 Prospect Street
Earlville, IA 52041
Phone (563) 923-3225
Fax (563) 923-3305

Johnston Elementary

Ann Norton, Principal &
Director School
Improvement
131 Culver Road
Hopkinton, IA 52237
Phone (563) 926-2701
Fax (563) 926-2093

Board of Directors

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

The Seven Ingredients of Resilience: Information for Parents

You've probably heard of the 3 R's: Reading, Writing, Arithmetic - a focus of education. What about the fourth R - Resilience? Resilience is the ability to bounce back from setbacks, learn from failure, be motivated by challenges, and believe in your own abilities to deal with stress and difficulties in life. Resilience skills are as important as the other 3R's. Why? Because every child's life will be touched by setbacks as well as achievement, pain as well as joy, loss as well as triumph. In order for children to reach their fullest potential, they need to know how to approach life with resilience. What you might not know is that, just like reading, writing, and arithmetic, resilience can be learned. Children can learn - from their parents, teachers, coaches - how to develop the skills of resilience. Resilience enables your child to thrive no matter what life puts in his or her path.

Resilience is not all or nothing. It comes in different amounts, you can be a little resilient, a lot resilient, or resilient in some situations but not others. No matter how resilient your child is today, you can help him or her become more resilient tomorrow. Research has identified a variety of important ingredients of resilience but there are seven that we can most easily teach our children.

Emotion awareness and control. Resilient people - adults and children - are comfortable with their feelings and they express them. They have a good understanding of their own emotions and they feel comfortable talking about what they are feeling with people they trust. Resilient children don't get "stuck" in an emotion. When an emotion is too strong, so strong that it interferes with the person's ability to cope, the resilient person knows how to control her emotions so that she is able to push forward with a plan of action.

Impulse Control. We all have impulses to do things and say things that aren't in our best interest or helpful or kind to others. Resilience doesn't require that you stop having these impulses, but it does require you to stop yourself from acting on every impulse you have. Resilient children have internalized the "stop and think" message and use it to make choices about their actions. The good news is that impulse control can be learned. So even if your child is impulsive, you can learn some simple strategies to teach him to handle situations better.

(continued on next page)

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

The Seven Ingredients of Resilience: Information for Parents

(continued from front page)

Realistic Optimism. Optimism is another key ingredient of resilience. The research on optimism is clear: Optimistic people are happier, healthier, more productive, have better relationships, succeed more, are better problem solvers, and are less likely to become depressed than pessimistic people. Research shows that kids can learn these skills and that optimism and resilience protect children against depression and anxiety. Keep in mind, that we talk about “realistic optimism.” This is important. Resilience is not served by denying problems when they exist, believing that you never make mistakes, and blaming others whenever things go wrong. Resilience is about seeing yourself and situation as optimistically as you can - but within the bounds of reality. Realistic optimism keeps you shooting for the stars without losing sight of the ground below.

Flexible Thinking. Resilient children are flexible thinkers. They view problems from several different perspectives. When a resilient child has a fight with her best friend, she is able to view the situation from the friend's perspective as well as her own. When a resilient child doesn't do well on a test, he is able to come up with a variety of factors that might have led to the poor outcome. Why does this matter? It matters because flexible thinking increases the likelihood that you'll be able to generate a number of different ways to handle the situation so, if your first solution doesn't work, you'll have a Plan B ready.

Self Efficacy. A basic ingredient in resilience is belief in one's self: self-confidence. Resilient children believe that they are effective in the world. They have learned what their strengths and weaknesses are, and they rely on their strengths to navigate the challenges in life. For one child this might mean using his sense of humor to deal with stress; for another child it might mean using her creativity to come up with new ways to handle problems. But don't confuse self-efficacy with self-esteem. Self-esteem is about feeling good about one's self and self efficacy is about affecting change in the world. The road to resilience is through self-efficacy, not self-esteem. If your child is confident and knows how to master what life throws in his path, self-esteem will follow.

Empathy. Resilient children are connected with others. In fact, some of the landmark studies in resilience show that children who have at least one enduring relationship with a caring adult (a parent, a neighbor, a teacher, a coach) do well and can overcome even the most difficult hardships. Empathy is an important component of strong social relationships. Children who care about others, are interested in other people's feelings and experiences, and want to help others through tough times are more likely to have strong, healthy friendships. Empathy serves resilience by facilitating strong relationships. Children who have a strong network of friends and adults who care about them have a support system that they can turn to when they need help.

Reaching Out. Resilient children take risks. This doesn't mean hurling themselves off mountaintops or riding motorcycles without helmets. It means appropriate, horizon expanding risks. Children who are resilient don't see failure as something to be avoided. They are willing to try new things because deep down they know that by trying new things and taking risks they will learn more, achieve more, and enjoy life more. The risk taking might take the form of signing up for a hard class or talking with someone they've never met before or even just trying a new food. Their optimism fuels them and their self-efficacy gives them the confidence to try, even when that means risking failure.

Challenge yourself to use your resilience strengths more fully and see if you can devote some energy to increasing one of the ingredients you are low on.

Excerpts taken from the National Association of School Psychologists, Pepperidge Farm Fishful Thinking Partnership and from work by Karen Reivich, PhD, U of PA.

MAY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
ATTENTION PARENTS: IT IS VERY IMPORTANT TO KEEP A POSITIVE BALANCE IN YOUR CHILD'S ACCOUNT AT ALL TIMES	1 PORK & GRAVY MASHED POTATOES WG BUTTER SANDWICH COTTAGE CHEESE CORN PEACHES BLUEBERRIES FRENCH TOAST	2 OUT AT 1:00 HAMBURGER ON WG BUN CHEESE FRENCH FRIES WINTER MIX BAKED BEANS FRUIT COCKTAIL APPLES PANCAKES & SAUSAGE	3 SOFT TACO REFRIED BEANS FIESTA SALAD RED PEPPER STRIPS GREEN BEANS RICE MANDARIN ORANGES BREAKFAST BOAT	4 LASAGNA WG GARLIC BREADSTICK ROMAINE LETTUCE FIESTA SALAD TROPICAL FRUIT STRAWBERRIES BREAKFAST CHOICE
7 SENIORS TOP PICKS THIS WEEK BBQ PORK ON WG BUN CHEESY POTATOES MIXED VEGGIES COLESLAW BANANAS APPLESAUCE COMBO	8 CHICKEN PATTY WG SCHOOL ROLL POTATO TRIANGLE WINTER MIX SAVORY CARROTS STRAWBERRIES APPLES PANCAKE ON A STICK	9 HAM WG SCHOOL ROLL BAKED POTATO SWEET POTATO BROCCOLI APPLESAUCE APRICOTS WG CINNAMON ROLL	10 TACO SALAD REFRIED BEANS FIESTA SALAD RED PEPPER STRIPS GREEN BEANS RICE MANDARIN ORANGES SAUSAGE EGG MUFFIN	11 MEATBALL SUB FRENCH FRIES CARROT STICKS HUMMUS APPLES PEARS CARNIVAL COOKIE WAFFLES
14 CHICKEN NUGGETS WG SCHOOL ROLL MASHED POTATOES CHICKEN GRAVY CORN BROCCOLI BLUEBERRIES APPLES BREAKFAST PIZZA	15 WG SPAGHETTI WG GARLIC BREADSTICK ROMAINE LETTUCE CUCUMBER TOMATO STRAWBERRY APPLESAUCE TROPICAL FRUIT BREAKFAST BURRITO	16 HAMBURGER ON WG BUN CHEESE FRENCH FRIES WINTER MIX BAKED BEANS PEARS MIX FRUIT OMELET & TOAST	17 TENDERLOIN ON WG BUN NATURAL CUT FRIES MIXED VEGGIES BAKED BEANS PINEAPPLE PEACHES WAFFLES	18 WG CORN DOG FRENCH FRIES SAVORY CARROTS PEAS PEARS ORANGES PANCAKES & SAUSAGE
21 CHICKEN PATTY WG SCHOOL ROLL POTATO TRIANGLE WINTER MIX SAVORY CARROTS STRAWBERRIES APPLES SAUSAGE EGG MUFFIN	22 MAID RITE ON WG BUN POTATO WEDGES CARROT STICKS BAKED BEANS STRAWBERRY APPLESAUCE KIWI WG CINNAMON ROLL	23 MR. RIB ON WG BUN POTATO PUFFS CALIFORNIA BLEND PEAS ORANGES BLUEBERRIES PANCAKE ON A STICK	24 TACO SALAD REFRIED BEANS RED PEPPER STRIPS GREEN BEANS RICE MANDARIN ORANGES BLUEBERRIES COMBO	25 PIZZA WG GARLIC BREADSTICK ROMAINE LETTUCE COOKS CHOICE VEGGIE COOKS CHOICE FRUIT BREAKFAST CHOICE
28 MEMORIAL DAY		ENJOY YOUR SUMMER		MAQUOKETA VALLEY CSD IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER. EVERY MEAL IS SERVED WITH A 8 OZ MILK ALL MEALS ARE SUBJECT TO CHANGE AT ANYTIME WG= WHOLE GRAIN

Special Board Meeting

April 9, 2018

A special meeting of the Maquoketa Valley Board of Education was called to order by President John Zietlow at 5:15 p.m. on April 9, 2018 in the Middle School Conference Room in Delhi, Iowa. All motions carried unanimously unless otherwise noted.

Board Members Present –Feldmann, Huber, Kunde, Zietlow

Board Members Absent – Dabroski

Staff Present – Supt. Doug Tuetken and Erika Imler

Visitors Present – None

In a motion by Kunde, seconded by Feldmann the meeting agenda as presented. All ayes. Carried.

At 5:16 p.m., President John Zietlow declared this to be the time and place to hold the hearing on the proposed budget for the 2018-2019 school year. The proposed tax rate is \$10.57761. The documents were reviewed and there being no comments, the Board President declared the hearing closed. Motion was made by Kunde, seconded by Huber to approve the budget estimate as presented. All roll call vote was answered as follows: Feldmann, Huber, Kunde, Zietlow; all ayes. Carried.

The following personnel recommendation were approved in a motion by Kunde, seconded by Dabroski:

Eric Conner – resignation as High School Boys Assistant Basketball Coach

Eric Conner – employed as High School Boys Head Basketball Coach

Dan Cassutt – employed as High School Boys Assistant Basketball Coach

Brandie Beaman – employed as Concession Coordinator

All ayes. Carried.

In a motion by Kunde, seconded by Feldmann the Board approved the TEL out of state trip to Orlando, Florida on July 15th through July 20th. All ayes. Carried.

Nominations forms will be distributed for this year's 5-Star Award nominations. The award will be presented at graduation ceremonies on May 16th.

The meeting was adjourned at 5:27 p.m. in a motion by Kunde, seconded by Huber. All ayes. Carried.

Regular Board Meeting

April 23, 2018

The regular meeting of the Maquoketa Valley Board of Education was called to order by Vice President Mike Feldmann at 6:00 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 four staff members present and two visitors present. The agenda and consent items were approved.

The Board approved the 2018-2019 membership dues to Iowa Association of School Boards in the amount of \$2,736.00.

The Board approved the list of 2018 seniors for graduation at Maquoketa Valley Community High School as long as all graduation requirements have been met.

One open enrollment out was approved.

The following personnel recommendation was approved:

Heath Gibbs – employed as Summer Custodial

The Board was presented with information regarding the proposed 2018-2019 collective bargaining settlement. The Board discussed and shared thoughts regarding this settlement. The Board approved the 2018-2019 collective bargaining settlement which equated to a 2.91% increase.

The Dollars for Scholars Senior Award Ceremony will be held on Sunday, May 6th at 3:00 p.m. The Academic Excellence Banquet is scheduled for Wednesday, May 9th beginning at 6:30 p.m.

Supt. Tuetken shared the ten year PPEL and SAVE revenue and expenditure projections with the Board.

At 6:30 p.m. in a motion by Kunde, seconded by Dabroski the Board entered into a closed session pursuant to Chapter 21.9 of the Code of Iowa for the purpose of discussing strategy in matters relating to employment conditions of employees of the school who are not covered by the collective bargaining agreement. A roll call vote was answered as follows: Dabroski, Feldmann, Huber, Kunde; all ayes.

At 6:42 p.m. the Board entered into open session.

The Board approved the following salary adjustments:

Classified Staff: average salary increase of 2.25% plus step movement

Administrative Staff: a pool of \$12,000 will be divided among the Administrative staff

The meeting adjourned at 6:45 p.m.



May 7th-May 11th



Teacher appreciation week is right around the corner, it is May 7th through May 11th. This year we are going to show our teachers how much we truly appreciate them. Below you will find what we are going to do daily for our teachers as a district, so they can feel the love and support of Maquoketa Valley students and families. Also, coming home in your PK-5 students backpacks will be a list of your teachers favorite things. Check your email for our 6-8 teachers, and K-8 specials teachers' list.

You can go above and beyond and do something off of your specific teacher's list, or you can do the daily appreciations that we have planned for the classes, either way is completely up to you.

Mon. 5/7- give a compliment and/or thank your teacher

Tues. 5/8- Wear your teacher's favorite color

Wed 5/9- bring a handwritten note to your teacher

Thurs 5/10.-Bring your teacher's favorite snack/drink

Fri. 5/11-MV colors

Everyday our teachers work so hard to help, love and support our students. This is their week to feel special and appreciated. Show them the love!!

Thank you for your participation!!

6th grade Kindness crew

Item for Sale

Maquoketa Valley Community Schools has the following item for sale:

28 music stands



If you are interested in these items please send a SEALED bid to Erika Imler at the Administration Office, P.O. Box 186 Delhi, IA 52223 by Thursday, May 10, 2018. The sealed bids will be opened on Thursday, May 17, 2018.

We reserve the right to reject any or all bids.

MV FFA GREENHOUSE



Maquoketa Valley High School

107 South St. Delhi, IA 52223

Grand Opening!

May 2 from 3 pm - 6 pm

Other Dates

May 5, 7 am -12 pm

May 9, 3pm - 6 pm

May 12, 7 am - 12 pm



The MV FFA Greenhouse will be open and selling a variety of different plants, such as Marigolds, Coleus, Petunias, Daisies, Vegetables, and more!



Earn Cash for Our School!



Earn Cash for Our School!

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!

Note About Lunch

As of Tuesday, May 1, charging will not be allowed on lunch accounts. You must have money in your account or pay cash to eat. Also, all negative balances **must be paid by Friday, May 11th.**

Calendar Changes Due to Weather Make Up Days

We currently have 2 school days to make up that were lost due to bad weather. They will be made up on:

May 24
May 25

Therefore, at this time, the last day of school for students will be **May 25**. We will have an early dismissal that day - 1:05 pm.

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.

FINE ARTS UPDATE

The Next Fine Arts Booster meeting is May 14th, at 5:30 in the High School commons.

If your child is in Speech, Drama, Music-choir or band you are a member – please help us make the decisions that affect your children.

Summer Hours

The Maquoketa Valley Administration will be working throughout the summer. Hours will be 8:00 AM until 4:00 PM each week, Monday through Thursday. The school office will be CLOSED on Fridays during the summer. This will begin the week of June 4th and run until the week of July 23rd.

Report Cards

Report cards for students in grades 7-12 will be available to students or their parents beginning June 11th. You may pick these items up from the Administration at the Delhi Elementary / Middle School Building. If you do not wish to take the time to come to school or do not wish to drive to Delhi, send a self-addressed, stamped envelope to the school's address (P.O. Box 186, Delhi, IA 52223) and the report card will be mailed to you after June 5th. This is the best way to get your child's report card.

Next School Year

2018-2019

The Maquoketa Valley school calendar for next year is now available on our website at :

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

The first day of school for 2018-2019 is

August 23rd, 2018

Zzzzz...

By: Kaelynn Clark and Kennedy Ott

Speech and Drama Awards Night

The Speech and Drama Awards Night will be held Friday, May 11th at 6:30 p.m. in the high school auditorium. Students who were involved in the musical, large group speech, individual speech, and/or the spring play will be receiving recognition for their participation. Freshmen & sophomores are asked to bring a dessert. These juniors are asked to also bring a dessert: Alex Digman, Blake Becker, Brian Heims, Brooke Wilson, Brooklyn Sands, Chloe Roling, Daniel Hunter, Emma McDowell, Evan Hoefer, Faith Hunt, Hannah Lahr, Izabel Niehaus, Jon Seibert, Kara Leibold, & Katilyn Deutmeyer. The following juniors are asked to bring a gallon jug of Hawaiian Punch to share with everyone after the awards ceremony: Kelly Winter, Kelsey Ries, Kristin Lucas, Lane Coyle, Lucas Johnson, Lucas Rumbo, Maci Freiburger, Maddy Naab, Maddy Anderegg, Maddie Lahr, Madison McIntyre, Megan Rausch, Norman Wilson, Sam Wall, & Tate Trenkamp.

National Honor Society and Academic Excellence Banquet

On May 9th, the High School will be celebrating and recognizing those students that have excelled in the classroom and have displayed the established pillars of scholarship, service, leadership and character. The banquet will begin at 6:30 in the high school cafeteria and then after supper the awards will be presented in the high school auditorium.

Have you ever thought about how much time your kids spend on their phone at night when they should really be fast asleep? "30 percent of kids under 11 and more than half of teenagers get less sleep at night than what is recommended." We were doing research and we found that two year olds that were put to bed earlier were found at age 8, 62% less likely to have attention problems, and 81% less likely to have aggression problems (Moyer).

You're probably thinking your tv is what keeps you up at night, but actually, it has a light called a "yellow light" that actually puts you to sleep rather than keeping you awake like your phone. Your phone has a "blue light" on it at all times which keeps the brain working, and causes you to stay awake. Apple products actually have yellow light apps that you can download. This app allows you to be on your phone without keeping you awake.

Over the past 2 weeks, a few other students and I from Maquoketa Valley have been doing a sleeping experiment where on school nights we get 2-10 hours of sleep. Our experiment included, two eighth grade boys, three eighth grade girls (including ourselves), one seventh grade girl, and one seventh grade boy to help me conquer this experiment. We found that 6 hours of sleep made us irritable and even dizzy. Eight to ten hours of sleep made us more academically aware what was going on in the classroom.

Boys tend to run on a smaller amount of sleep while girls need more sleep to fully function. In our experiment, we will be proving and testing why boys need less sleep than girls and making a reasonable claim on why that is true or false.

After our experiment was over we had learned that girls in middle school tend to need more sleep because of hormones, athletics, and just social issues in general. When doing this experiment we noticed that the girls said more things about how it affects them emotionally, whereas the guys did not mention anything about how they felt. This raised questions of how sleep affects emotions for boys and girls. After doing this sleeping experiment, we have come to a conclusion that how many hours of sleep a student gets a night can have an effect on them emotionally, academically, and physically.

We have a few recommendations that could help bedtime at your home. Have you ever heard of a phone docking station? Amazon has a great one that can plug up to six devices at the same time. Putting their phones on the station at night could help prevent lack of sleep. We know that some kids might be able to sneak their phones with them to bed, but you could instal an app to assure you that they won't be up too late. Most phones allow to download a free app called, "Yellow light". With the app you won't be as tempted to stay up or be on your phone because the light actually puts you to sleep. Again, some kids are tricky and can delete the app or figure out how to turn off the timer. What we recommend is to put the app in with the most commonly used apps in their phone but make sure that you can only see the app if you swipe left on the apps. This trick tends to work better if you have a Apple product. If this is not working try talking to your local technological advisor.



SENIOR AWARDS



Maquoketa Valley

High School Senior Awards Night will be held in the Middle School Multipurpose Room on **Sunday, May 6, 2018, at 3 p.m.** Dollars for Scholars scholarships and other awards and scholarships will be presented at this time.

Baccalaureate

Sunday, May 6th, 2018

1:30 p.m.

High School Auditorium

Thank You

The **MV Post Prom Committee** would like to say **Thank You** to the Junior Class parents, volunteers, and school staff that gave of their time in preparing for, and working at the Post Prom party. From all the meetings, set up and the planning stages to the cleanup afterwards, you helped to make the night a success!

Thanks also to the students that attended the party. You are what made it all come alive for us!

MS & HS Concerts

On Tuesday, May 1st, the **MV High School** Spring Music Awards Concert will be in the Middle School Multipurpose Room at 7:00 PM.



On Monday, May 21st, the **Middle School** Music Department will hold its spring concert at 1:30 PM in the Middle School Multipurpose Room. Performing will be the bands from the 6th, 7th and 8th grades, the 6th grade chorus, and the 7th and 8th grade choruses.

Be sure to mark your calendars and plan to attend these end-of-the-year concerts to show your support for our musicians.



Spring Play

The Maquoketa Valley Drama Department will present Jeremy Bloom's ***Wilde Tales*** on **May 4 (Friday) and May 5 (Saturday) at 7 p.m.** Bloom took five of Oscar Wilde's stories as well as some of his later work to create this adaptation.

"The Happy Prince"

The "happy prince" is a beautiful golden statue, decorated with jewels. During the prince's lifetime, he was happy because he didn't know what life was like outside of his palace. Only after he died and became a statue did he learn of the poor people's struggle. The Happy Prince asks a swallow to help assist a few of the many poverty-stricken people.

"The Nightingale and the Rose"

A nightingale discusses with a young student his fears about losing the girl he loves. The girl will dance with him if he gives her a red rose. Pitying the student, the nightingale sacrifices in order to get a red rose for the young man. However, the sacrifice is in vain.

"The Selfish Giant"

A giant builds a wall around his garden to keep children out. As a result, winter settles in on his garden and will not leave while he's being selfish. One day, he learns compassion from the children.

"The Devoted Friend"

A momma duck & her ducklings tell this story to a water rat. In the story, the rich Miller is a "devoted friend" of poor Hans. Really, he takes advantage of Hans, who always does everything that the Miller asks him to do. Hans is afraid he will lose the Miller's friendship or offend him.

"The Remarkable Rocket"

Remarkable Rocket is an arrogant firework. He believes he's better than all of the other characters with whom he interacts. He also criticizes them for not appreciating him because he's "great." He fails in his true purpose.

"Come through the garden gate to a world where swallows, statues, and fireworks speak with all the wit of Oscar Wilde" (Playscripts.com). Stop by for a night filled with messages of love, compassion, loss, and self-importance Tickets (\$5 a piece) can be picked up at the high school office beginning April 30 (Monday), or you can call the office and reserve your ticket.



Baseball Says Thank You



As the month of May is here, baseball is in the air. We have officially begun practice as of April 30th. We have high hopes for this season as we return a solid nucleus of players. We will continue to work through the month of May to fine tune things in order to achieve some of our season goals. With that being said, there are some thank-you's from the off-season that need to be made.

First, I would like to thank our Athletic Booster Club yet again. For those of you who don't know, the Booster Club purchased an indoor batting cage that has been installed in the gym in Earlville. The batting

cage retracts from the ceiling and allows all activities to go on as normal in the gym in Earlville. Along with the batting cage, there was a roll of indoor turf that was purchased by the Booster Club as well that protects the gym floor and allows us to use real baseballs while using the cage. This project totaled over \$10,000 with the cage and the turf and would not have been possible without the help of the Booster Club. This project definitely would not have been made possible without the help of some individuals to get the cage up and running. Terry Elgin, Brad Tucker, Ed Gibbs, Tyson Tucker, Trevor Elgin, Cole Willenbring and Heath Gibbs all helped out on a Saturday to install the cage. We appreciate everything that you guys did to help out that day!



There will be some positive changes at the baseball complex this summer as you come to some home games. Thanks to the Delhi Little League, the area that is currently sand by the batting cage will now be field turf. This will allow for better footing for our athletes who are using this area of the complex, as well as being less messy in damp temperatures. This being said, we do ask that when you are attending games at the complex, whether they be baseball, softball or little league games, that you ask your children be kind of this area and to keep rocks and trash off of the turf. This will help with the longevity of the turf and it will keep the area clean of clutter. A thank you to Jeff Frasher as well for donating his time and equipment to prep the sand area for the turf. We appreciate all of the help in making our facility top notch!

Our baseball team held a breakfast fundraiser in April to allow us to assist with some of the costs of the turf at the baseball field, as well as doing a couple projects of our own. A couple of additions that are currently not underway at the time of this writing, but will be starting once the weather turns nicer are an addition to the baseball press box for storage and a wider track area in front of our dugouts and behind home plate. In addition to these, we have also purchased a new indoor mound to use with our pitchers and some other equipment upgrades. We are still planning to do our cookie dough fundraiser in May to assist in the purchase of backstop padding to add to the fence behind home plate which will total more than \$2,500.

There are many necessary thank-you's for the breakfast. First and foremost, Terry Elgin deserves a HUGE thank-you for coming up with the idea and spearheading the whole process. Terry ordered all of the food and arranged the equipment and workers for cooking the food. Again, thank you Terry for all of your help with the whole process. Patty Wilson donated her time to be our kitchen help for the day. She was vital in her assistance in running the ovens and dishwasher as well as helping with organization in the kitchen throughout the day. We appreciate your help Patty! Members of the Earlville Fire Department donated their time as well to cook the food for our breakfast. This day would not have been possible without the help of those cooking the food. Thank you to the Earlville Fire Dept. for all of the help! To my players and their parents, thank you so much for all your hard work throughout the day. Coach Cassutt and I were blown away with the amount of parent and player help that we received. It was really great to see everything come together and work out the way that it did. Lastly, I would like to thank all of the people who supported Maquoketa Valley Baseball by attending the breakfast or donating to our baseball team. Without this support, we would not be able to give our athletes the advantage that we feel they have over our competition. We had three banks donate styrofoam cups and napkins to us to use at the breakfast. Thank you to Community Savings Bank, Heritage Bank and Citizen State Bank for the cups and napkins that were used. Lastly, I would like to thank all of the people who supported Maquoketa Valley Baseball by attending the breakfast or donating to our baseball team. Without this support, we would not be able to give our athletes the advantage that we feel they have over our competition. This is a great community and it showed with the amount of support we received at our breakfast and all of our fundraisers!



Maquoketa Valley Baseball Baseball Camp



Who: Current Grades 1 - 6 (1-3 Together, 4-6 Together)

When:

- June 4th - June 7th (Friday June 8th will be used as a rain day if needed)
- June 4th and 5th - Grades 1-3 - 9:00 - 10:30 AM
- June 6th and 7th - Grades 4-6 - 9:00 - 10:30 AM

Where: Delhi Baseball Complex

What: Baseball Camp that will encompass offensive and defensive skills of baseball.

What to Bring: Sweatpants, glove, cleats, hat, t-shirt and sweatshirt (in case of cool weather).

Please Turn the Bottom Form and Payment into Office by Friday, May 18, 2017

Cost: \$35

Make Checks Payable to MV Baseball

All proceeds from the camp will be put back into the Maquoketa Valley Baseball Fund. The players who attend the camp will be assisted by the Maquoketa Valley Baseball Coaches and high school players learning about the game of baseball. There will be give-away items throughout the week, and each player who attends the camp will have their name put into a drawing to receive an Akadema glove.

=====

Name of Player: _____ Grade: _____

Name of Parent(s)/Guardian: _____

Emergency Contact Information: _____

T-Shirt Size: _____

I _____, understand that baseball is a sport where injuries sometimes occur. I will not hold Maquoketa Valley or it's personnel responsible for any injury that may occur to my son(s) while at this pitching clinic. I also grant permission for the people who are in charge to seek/administer medical help for any injury that may occur. I also understand that I will be notified for any injury as soon as possible.

Parent Signature: _____ Date: _____

2018 MAQUOKETA VALLEY BOOSTER CLUB TRACK MEET

TRACK MEET DATE: Sunday, May 6th

LOCATION: Maquoketa Valley HS Track, 107 South St, Delhi, IA 52223

DIVISIONS: Boys & Girls Divisions--Grades 1 through 6

AWARDS: Medals for top three places in each division-ribbons for 4-6 place finishers.
Participation ribbons for anyone not receiving medal or place ribbon.

CHECK IN: 11:00 am to Noon, First event will be 800 M run, followed by field events.

**Entry Fee: \$10.00 – Registrations must be received by
Wednesday, May 2nd.**

\$15.00 – Walk-in registration on event day by 11:30.

Admission: Adults: \$4.00; Non-participating students - \$1.00; 5 & under – free

Food: A concession stand will be available. *Please no carry-ins.*

For inclement weather, please tune into KMCH, no rain date, no refunds

.....
REGISTRATION

Name: _____ Grade: _____ Boy: _____ Girl: _____

Address: _____

Phone: home _____ cell _____

Circle up to 3 events (including relay race) you wish to enter:

Individual Race

50 Meter Dash

100 Meter Dash

200 Meter Dash

400 Meter Dash

800 Meter Dash (2 times @ track)

Field Events

Long Jump

Softball Throw (Girls)

Football Throw (Boys)

4 x 100 Relay _____, _____,

_____, _____
(Please list names of relay runners, must be from same school, can “run
up a grade, but not down”

_____ has my permission to compete in the Maquoketa Valley Booster Club 1st-
6th Grade track meet. I hereby accept full responsibility for his/her behavior & for his/her participation. I
waive all claims for damages, losses or injury. I understand the MV Athletic Booster Club & the
Maquoketa Valley Schools cannot be held responsible for lost items or for accidents. All participants are
responsible for their own insurance.

Parent/Guardian Signature: _____ Date: _____

Send Registration form & entry fee to: **MV Booster Club/Brett & Barb Wall**

Allow at least 2 days mail time. PO Box 325, Delhi, IA 52223

Please call 563-920-6244 or 319-480-0543 or email bwall1@iowatelecom.net with any questions.

All Maquoketa Valley students can turn your registration and fee into your school office by
Wednesday, May 2nd.



 SCHOLASTIC

Maquoketa Valley's SCHOLASTIC BOOK FAIR

The Scholastic Book Fair visited Maquoketa Valley on March 20 & March 22 during Spring Conferences in Delhi, but the excitement didn't start there. Students spent the week before the Book Fair creating Wish Lists, previewing the Book Fair, and participating in a Pre-8 Coin War. The hallways were buzzing with an eagerness to earn some new books for our district classrooms and libraries. The Coin War winners also earned special prizes throughout the week. The competition got fierce as each Pre-5 classroom was eager to win privileges such as storytime with Mrs. Moenck (Teacher Librarian/Media Specialist), Chalk the Walk at the Delhi City Park, a crazy dress up day, lunch in the classroom, and other incentives. The elementary students (Pre-5) in all buildings (Delhi, Johnston, Earlville) were able to raise \$2,281.54 to purchase new books for their classrooms. The Middle School students (grades 6-8) got excited about a separate bank of prizes: Technology Promotion (featuring Follett Shelf and Code.org), Hat Day, Free WIN Time, and Movie Day. For every \$25 earned per grade, the students would cash in on another incentive. The Middle School students were able to raise \$212.26 to purchase new books for their ELA classrooms. With the money earned over the course of the Coin War, teachers were able to purchase 335 new books for their classrooms (Pre-8). The students were thrilled! All of this excitement spilled over into the following week when the Book Fair opened to the public during Spring Conferences. The district sold over 1,300 books in just 2 days! With the profit earned from this year's Book Fair, our district libraries have already been able to purchase 484 new books with many more to be purchased during the upcoming 2018-2019 school year. A big "Thank You" to everyone who contributed to the success of MV's Scholastic Book Fair this year -- our classrooms, libraries, teachers, and students benefit greatly from your support!

**Career and Technical Advisory Committee Meeting
Maquoketa Valley Community Schools
Thursday April 5th, 2018 (11:30 am)**

Members Present:

Wanda Hillers	Julie Kloser	Laura Holtz	Ann Wilson Grant
Jennifer Zumbach	Tana Guetzko	Dan Glew	Holly Mauer
Kevin Funke	Randy Hillers	Terry Elgin	Mike Stahlberg
Linda Jay	Jody Hatfield	Kris Supple	Kayla Pins
Jade Hargrafen	Donna Kunde	Mike Feldmann	Troy Osterhaus

CTE Instructors Present:

Greg Drew	Karla Downs	Vicki Spellerberg	Dawn Mausser
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Maquoketa Valley High School Students Present:

Brody Severt	Trevor Elgin	Mitchell Neuzil	Cassi Westhoff
Amanda Engelken	Cole Kruse	Alex Elgin	Danielle Schumann
Chad Neuzil	Mason Lubben	Brittany Sabers	Chance Downs
Derek Mensen	Derek Becker		

Meeting Notes:

The 2018 CTE Advisory Committee meeting was held in room 109, the Family and Consumer Science classroom. Individuals from Mrs. Downs Advanced Foods class prepared the meal, set the tables, and students from other FCS courses helped to set up, serve, and clean all dishes for all those in attendance.

Mr. Osterhaus welcomed the community members and business leaders and thanked them for attending. Mr. Osterhaus communicated to the members the reason for the CTE advisory committee meeting, and explained the process to provide needed and wanted constructive feedback for each of our CTE programs. Mr. Osterhaus thanked the students for their help and the CTE instructors for their dedication to the students and their programs.

During the meal, each CTE instructor had a dedicated time to share program information. Mrs. Spellerberg spoke first regarding the aligned program of study for business content, course descriptions, course competencies, and technical skills assessments. High School students Brittany Sabers and Danielle Schuman elaborated on the benefits of the job shadowing part of

(Continued on next page)

Career and Technical Advisory Committee Meeting Maquoketa Valley Community Schools Thursday April 5th, 2018 (11:30 am)

the Business program. Mrs. Spellerberg also discussed her pending retirement and provided information about the new business teacher and some of the courses that will be offered next school year. The job shadowing program will also continue.

Mr. Drew introduced the Industrial Technology aligned program of study, course descriptions, and course competencies. High School students Brody Sevart, Mitchell Neuzil, and Trevor Elgin spoke in more detail pertaining to each course offered and the skills and concepts they have gained through their experiences with the Industrial Technology program.

Mrs. Mausser introduced the Agricultural Education aligned program of study, course descriptions, and course competencies. High School students Cassie Westhoff, Amanda Engelken, Cole Kruse, and Alex Elgin spoke in more detail pertaining to each course offered and the skills and concepts they have gained through their experiences with the Agricultural Education program.

Mrs. Downs introduced the Family and Consumer Science aligned program of study, course descriptions, and course competencies. High School students Chance Downs, Danielle Schuman, Mason Lubben, Derek Becker, Chad Neuzil, Brittany Sabers, and Derek Mensen spoke in more detail pertaining to each course offered and the skills and concepts they have gained through their experiences with the FCS program.

Throughout the meeting questions were welcomed and asked by several members of the committee.

The advisory board reviewed and approved the critical competencies and technical skill assessments for the Business, Industrial Technology, Agricultural Education, and Family and Consumer Science programs of study.

Mr. Osterhaus thanked the CTE teachers and the advisory committee members for taking their time to be part of the CTE advisory board.

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May 2018						
◀ April						June ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Preschool Spring Bash JHGT @ CCity – 4:15 JHBT @ CCity – 4:15 Senior Awards Concert @ 7:00	2 1:05 Dismissal Staff Professional Development Athletic Boosters Mtg @ 6:30 pm	3 FFA @ District Agronomy Nursery – Waterloo HSGT – TRC Meet @ Central City – 4:00 HSBT – TRC Meet @ Central City – 4:00 HSGolf @ Three Elms GC – 4:00	4 Spring Play “Wilde Tales” Auditorium – 7:00 FFA “Drive 4UR Committee” MVHS Parking Lot – 3-6 pm	5 Spring Play “Wilde Tales” Auditorium – 7:00 HS State Large Group Music Contest @ Cedar Falls AB Baseball Tourney
6 AB Mini Cat Track Meet Baccalaureate – Auditorium – 1:30 DFS Senior Awards MSMPR – 3:00	7 TRC Girls Golf @ Pin Oak – 9:00 FFA Senior Farewell Mtg @ Beckman – 7:00	8 FFA District Food & Floriculture Contest @ Waterloo AP Physics Exam Library - (12-4:30) JHBT – TRC Meet @ HOME – 4:00 JHGT – TRC Meet @ Ed/Co – 4:00	9 Gr. 3-5 Health Fair MSMPR 2:00-3:00 Academic Excellence & National Honor Society Banquet – Café/Aud 6:30 pm	10 6 th Gr. Field Trip @ Dubuque	11 HSBoys Golf Sectional TBA – 9:00 AP US History Exam Library – (8-1:00) Speech & Drama Awards Café/Aud	12 AB Softball Tourney
13	14 HSGirls Golf Regional TBA – 9:00 5 th Gr. Band Concert MSMPR 12:45 Fine Arts Mtg @ 5:30	15 AP Calculus Exam Library (8-1:00)	16 4 th Gr. Field Trip @ Osborne Nature Ctr Commencement HS Gym – 7:30	17	18	19
20	21 MS Spring Music Concert MSMPR – 1:30 VBSB @ CCity (DH) 5:00 VSB @ CCity (DH) 5:00	22 JVBSB – WDelaware (DH) Home – 5:00 JVSB –CCity (DH) Home – 5:00 VSB @ CtPt/Urbana (DH) 6:00	23	24 VBSB – EBuchanan (DH) Home – 5:00 VSB – EBuchanan (DH) Home – 5:00	25 Last Day of School 1:05 Dismissal JVBSB – Don Bosco(DH) Home – 5:00 VSB –Cascade (DH) Home – 5:00	26
27	28 NO SCHOOL Memorial Day	29 FFA @ State Vet Science Contest VBSB @ Easton Valley (DH) – 5:00	30 JVBSB – Easton Valley (DH) Home – 10:00 JVSB –Easton Valley (DH) Home – 5:00 VBSB @ Jesup (DH) 5:00 7/8SB @ Ed/Co – 5:00 7/8BSB @ Ed/Co – 5:00	31 VBSB @ Midland (DH) 5:00 VSB @ Midland (DH) 5:00		

June 2018						
◀ May						July ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 VSB @ NFayette Tourney – 10:00	2 VSB @ NFayette Tourney – 9:00
3	4 JHSB- NLinn (H) - 10:00 JHBSB-NLinn (H) – 10:00 VSB @ NLinn – 5:00 VBSB @ NLinn – 5:00	5 JVSB @ NLinn – 5:00 JVBSB @ NLinn- 5:00	6 JHSB – Starmont (H) - 11:00 JHBSB – Starmont (H) – 11:00 JVSB @ Lisbon – 9:00	7 FFA @ State Agronomy/ Ag Mechanics/Food Service – Ames JHSB @ Alburnett – 10:00 JHBSB @ Alburnett – 10:00 VSB – Alburnett (H) – 5:00 VBSB – Alburnett (H) – 5:00	8 JVBSB @ Cascade – 10:00 VSB @ Jesup Tourney – 9:00	9
10	11 Cross Country Camp 8:30-10:30 (6/11 – 6/15) Silver Lake Park, Delhi JHSB – EBuchanan (H) 10:00 JHBSB – Ebuchanan (H) 10:00 VSB @ Ed/Co – 5:00 VBSB @ Ed/Co – 5:00	12 FFA @ State Horse/ Nursery/Floriculture – Kirkwood/CRapids	13 JVSB @ Ed/Co – 5:00 JVBSB @ Ed/Co – 5:00	14 JHSB – Ed/Co (H) – 10:00 JHBSB – Ed/Co (H) – 10:00 VSB – Springville (H) – 5:00 VBSB – Springville (H) – 5:00	15 VSB @ West Delaware Tourney – 10:00 JV/V BSB – Nfayette (H) 5:00	16 VSB @ West pDelaware Tourney – 9:00
17	18 JHSB @ Starmont – 10:00 JHBSB @ Starmont – 10:00 JVBSB – Independence (H) – 10:00 VSB @ Lisbon – 5:00 VBSB @ Lisbon – 5:00	19 JVSB @ Lisbon – 5:00	20 JVBSB @ Lisbon – 5:00	21 JHSB @ NLinn- 10:00 JHBSB @ NLinn- 10:00 JVSB @ WDubuque – 12:00 VBSB – Prince of Peace (H) – 5:00	22	23
24	25 JHSB – Alburnett (H) – 10:00 JHBSB –Alburnett (H) – 10:00 VSB @ Marquette Catholic - 5:00 VBSB @ Marquette Catholic - 5:00	26 JVSB @ Marquette Catholic – 5:00 JVBSB @ Marquette Catholic – 5:00 VSB – Monticello (H) 5:00	27 JHSB – Jesup (H) – 10:00 JHBSB – Jesup (H) – 10:00	28 JHSB @ EBuchanan – 10:00 JHBSB @ EBuchanan – 10:00 VSB – Cal/Wheatland (H) 5:00 VBSB – Cal/Wheatland (H) 5:00	29 JV/V BSB @ Cascade – 5:00	30