



The WILDCAT REPORT

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

Twitter #maquoketavalley

April 2021

Educating our students in a Pandemic

As we begin the final quarter of the 2020-2021 school year we are able to start reflecting back on all of the effects that COVID-19 has had on our school community. As a district we have been fortunate to be able to offer in person learning for students for the entire school year. This is due to all of the support, understanding, and efforts from our entire school community. Our teachers and staff are committed to provide learning that is focused on our students' health and safety, social and emotional needs, and academic success. Making up for missed instruction, due to school closure at the conclusion of the 2019-2020 school year, has required many shifts to how teachers would traditionally educate our students. In order to best meet our students academic needs, teachers have focused instruction on essential standards, have used assessments to make educational decisions, and provided students with re-teaching and interventions as needed.

All of our academic instruction, preschool through twelfth grade, is driven by the common core standards. In recent years each of our teachers has spent countless hours during professional learning opportunities on standards work. They have been aligning the standards to their curriculum, determining which standards are essential, and aligning their assessments to the standards. As a result of all of this standards work, our teachers were prepared to focus on the essential standards at the beginning of this school year. To start this school year, teachers identified what unfinished learning from last year needed to be addressed and then determined the best time to insert the learning into their year long instructional plan. They paired this "just in time" instruction with the essentials standards for their grade or content area to provide instruction that was planned and purposeful. By placing our focus on the essential standards, filling missed instructional gaps just in time and using assessments to guide our instruction, all students will continue to gain access to core instruction and make up for lost instruction.

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Doug Dabroski - Area 2
Chris Huber - Area 3
Mike Feldmann - Area 4
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**Maquoketa Valley Community School District
Ensures High Levels of Learning to Empower All Students For
Lifelong Success.**

Educating our students in a Pandemic

All of our academic instruction, preschool through twelfth grade, is driven by the common core standards. In recent years each of our teachers has spent countless hours during professional learning opportunities on standards work. They have been aligning the standards to their curriculum, determining which standards are essential, and aligning their assessments to the standards. As a result of all of this standards work, our teachers were prepared to focus on the essential standards at the beginning of this school year. To start this school year, teachers identified what unfinished learning from last year needed to be addressed and then determined the best time to insert the learning into their year long instructional plan. They paired this “just in time” instruction with the essentials standards for their grade or content area to provide instruction that was planned and purposeful. By placing our focus on the essential standards, filling missed instructional gaps just in time and using assessments to guide our instruction, all students will continue to gain access to core instruction and make up for lost instruction.

Teachers use formative and summative assessments to guide their instruction, analyze the need for reteaching, and to plan whole and small group interventions. Maquoketa Valley has a strong intervention and support system in place. Teams of teachers meet monthly at all levels to review student progress and determine which students may need additional support in the form of individual re-teaching or a small group intervention. When teachers meet they look at various data points including those from literacy, math, other CORE content areas, and social, emotional, and behavior checklists to make intervention decisions.

Although this year has been challenging in many ways, here at Maquoketa Valley we have accepted these challenges head on. We have embraced the idea of catching students up “just in time” by providing pre-teaching prior to grade level content, we have focused our instruction on the essential standards, we have used our assessment data to guide our instruction, and we have responded to students who have needed additional support through our intervention system.

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.

Calendar Changes Due to Weather Make Up Days

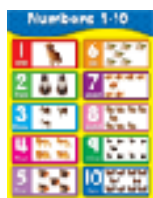
We have made an adjustment to the end of the year because of days missed for weather. The changes are as follows:

May 27 - Dismiss at 3:00

May 28 - Dismiss at 1:05- last day

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.



PRESCHOOL ROUNDUP

Children who will be four years old by September 15th are eligible for our state-funded preschool. If you have a child who will be eligible or know of one, please call Brenda Becker (563-923-3225).

Preschool Roundup will be held April 21st, at the Earlville Center. Letters will be sent April 1st, with information on the times. Due to Covid19 restrictions, only 1 parent will be allowed to attend.



MV Fine Arts Boosters

Join us at the next Fine Arts Booster Meeting, **Monday, April 5th , @ 6:30 PM** in the HS Cafeteria and see what we are all about!!

Junior Kindergarten News!!

It's Spring time in Junior Kindergarten, and we are very excited about all the progress we've made this year! We are finishing up our letters and sounds for the year in the coming weeks, and our literacy rotations are in full swing during our literacy block. We participate in small group lessons about rhyming, letters, and sounds, listen to stories on Bookflix, and practice our handwriting skills. We now know how to rotate through our groups like champs!

This year in Math we have learned about identifying numbers, counting to 50, more/less, how to make a ten, making tallies, and strategies for counting objects. We are now finishing out the year learning to write our numbers and how to measure and weigh objects. Our Grow Animal project is a great way to practice these skills, and it's always a favorite with all JK'ers!



Are you ready for camping season? We were here at Johnston Elementary! Every week throughout the month of March students were asked to read each night earning them camping stickers along the way! Each Friday students were able to do a read and feed adding a new camping item each week: a reading buddy, a sleeping bag, a flashlight, and of course some flannel. We then ended the celebration the week of March 29th with lots of fun camping activities and crafts. And who could forget all of the amazing camping decorations around the building. This is such a fun time each



district goals, but we also want to instill the love of reading! No matter what a person chooses to do in life they will need to know how to read and then there are those who also choose to read for joy, entertainment, and of course the love of reading! In early February all of the Title 1 students had a chance to think about what they love about reading. It was really fun to see what students love about reading. How do you encourage the love of reading at home? Please ponder this question. If you are encouraging the love of reading that is fantastic, but if you aren't YET, what are some ways you could encourage the love of reading at home?

In-Person Spring Concert for 3rd through 5th grade

The 3rd through 5th graders are excited to perform in-person for the first time in over a year! The Spring 3-5 Vocal and 5th Grade Band Concert will be held in the High School Gym on Monday, April 5th. Each grade level has their own concert time. For this concert, we are asking that only immediate household members attend this concert. The concert will also be livestreamed and recorded for others who wish to watch the performances. The 3rd Grade will perform at 6:00pm, 4th grade at 6:30pm, and 5th grade band and vocal at 7:00pm. This year's concert theme is *Music! Music! Music!* and will feature songs that describe musical symbols or songs that celebrate the joy music brings to our lives. Students will meet their class in the auditorium 15 minutes before their performance time to line up. Please keep your child's coat and other belongings with you. Audience members are asked to wait in the HS cafeteria if a performance is in progress when you arrive. At the conclusion of the concert, students will be dismissed from the risers by class to join their families. Please exit the gym in a timely manner so the next concert can begin on time. Thank You!



Iowa Assessments

During the weeks of :

April 12 -16 students in grades 6-12

April 19 - 23 students in grades 3-5

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

**Maquoketa Valley
Wraps Up
FOUR Scholastic
Book Fairs:
Books, Books, and More BOOKS!**

The Scholastic Book Fair visited Maquoketa Valley from March 12 through March 26 in Delhi, Earlville, and Hopkinton. Students spent these days 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 took place the week of March 16-19 with the winners earning special prizes as they brought in pennies, nickels, dimes, and quarters. The competition got fierce as each Pre-5 classroom was eager to win privileges such as lunch in the classroom, extra recess, chewing gum in the classroom, read and feed days, and other incentives. The elementary students (Pre-5) were able to raise \$2,948.88 to purchase new books for their classrooms (Earlville: \$403.87; Johnston: 1027.42; Delhi: \$1517.59). The Middle School students (grades 6-8) got excited about a separate bank of prizes: two free WIN times, an unstructured study hall, a movie in the auditorium, and a Teacher vs. Students Competition. For every \$25 earned per grade, the students would cash in on another incentive. The Middle School students were able to raise \$581.75 to purchase new books for their ELA classrooms. This smashed their goal of \$375 and was by far the most earned in the six years that the Middle School has participated in the Coin War! With the money earned over the course of the Coin War, teachers were able to purchase 482 new books for their classrooms (Pre-8), topping the 368 books that were purchased last year (Pre-8). The students were thrilled! Check out the pictures of some of the new classroom books on our MV Facebook page. New this year, students were able to make purchases from the Book Fair during school hours. Using their Wish List to guide them, students came to the Book Fair during the school day and found books that made their hearts and minds happy to read. They were able to walk away from the Book Fair with their new book(s) in-hand to take home! All of this excitement spilled over into the following week when the Book Fair opened to the public for one night during Spring Conferences (March 25). With the profit earned from this year's Book Fair, our district libraries will be able to purchase new books using Scholastic Dollars yet this school year with many more to be purchased during the upcoming 2021-2022 school year. A big "THANK YOU" to the families who donated to the Coin War, to all those who purchased from the Book Fair, and 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!

-- Audrey Moenck, Teacher Librarian (audreymoenck@maquoketa-v.k12.ia.us)





PROM is Saturday, April 24th from 8pm-11pm

At the Delhi Legion Hall. The winning theme this year

Is A Starlit Night. Everyone must be checked in by

8:15 pm. Remember, Prom is formal wear, NO JEANS.

Tickets will be available to purchase April 5th

\$10 each (unless otherwise informed)

Tickets may be purchased in the HS office

Photo forms may be picked up at that time as well

NO middle school dates or people over the age of 20 will be admitted.

If you have a date from another school, a form must be completed from that school principal.

No bringing of alcoholic drinks, firearms or dangerous weapons.

Grand March will take place in the Middle School gym at 3pm

The doors will open at 2:30pm to the public. Admission to the Grand March is \$1.00

Professional photos will be taken at that time.

Post Prom will take place in the Middle School gym following the Prom.

Turn in the form and payment to the office.

If you are ordering a shirt and mask from post prom Deadline is March 30.

Post Prom Contracts must be turned in by April 8 to the office for all students and guests

Students must arrive no later than 11:10 pm.

Parents will be called if anyone arrives after 11:15 pm

or leaves prior to 2:00 am.

No bags will be allowed to be brought to Post Prom. If students plan to change out of prom attire, they must bring a bag to the office by Friday, April 23.

All bags need to be labeled and will be checked by school staff.

Games, food, prizes and fun will be provided!

Behind the Scenes at the Delaware County Fair!

Get an insider look at the Delaware County Fair!
Take an exclusive tour of the fair, learn about the livestock animals, make a project of your own, catch a show, learn about carnival rides, and MORE!

Tuesday, July 13th

Grades: 2nd-5th

Pick up/Drop off: front of the West Delaware Middle School, we will ride a trolley to the fairgrounds.

The Day Camp will be held at the Community Center and various locations on the fairgrounds.

7:45 am – 3:00 pm

Cost: \$25 (Lunch at the 4-H Foodstand & T-shirt included!)



April 2021 Elementary Mind & Body Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Health Observances <ul style="list-style-type: none"> National Autism Awareness Month National Minority Health Month National Distracted Driving Awareness Month Stress Awareness Month April 7: World Health Day 	5 Mindful Snack When eating a snack today, really pay attention to the taste, feel, sound, smell and look of the snack you're eating. What do you notice?	6 Teacup Tip-ups Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.	7 World Health Day Did you know regular, moderate-intensity physical activity can help prevent diabetes? Go for a walk with an adult & discuss other ways to prevent diabetes.	1 Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax & clear your mind.	2 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	3 Crane Pose Here's a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows.
4 4 Walls Face each wall in a room and do a different exercise for 30 seconds -side shuffle -grapevine to left then right -wide stance punches -vertical jumps	12 Fish Pose Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds	13 Play Catch Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.	14 Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x	8 Musical Frogs This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).	9 Bear Walk With your bottom in the air, step forward with your right hand & step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.	10 Before Bed Breathing While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.
11 Dribble Challenge Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?	18 Inchworms Keeping your legs straight place your hands on the ground, walk them into push-up position, and walk your legs up.	20 Rock Paper Scissors Tag Meet in the middle, shoot, loser chases the winner back to safe zone. If tagged, join the other team.	21 Commercial Break Can you hold a plank for an entire TV commercial break?	15 Mindful Senses What do you notice around you? Find: 5 things you see 4 things you feel 3 things you hear 2 things smell 1 thing you taste	16 Crawl Like a Seal Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.	17 How Fast Can You Go? Pick a distance and see how fast you can run the distance.
25 Jump, Jump Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.	26 Put your favorite song on and make up a dance or fitness routine!	27 Paper Plate Planks In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest	28 Step Jumps Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.	22 Wake and Shake As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.	23 Chair Pose Hold for 30 seconds, relax then repeat.	24 Positive Talk Be sure to talk to yourself today like you would talk to someone you love.
29 Jump, Jump Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.	29 A Gratitude Attitude Write down something you're thankful for and why.	30 Try Savasana again. Use this to relax and wind down all year!				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>National Health Observances</p> <ul style="list-style-type: none"> National Autism Awareness Month National Minority Health Month National Distracted Driving Awareness Month Stress Awareness Month April 7: World Health Day 	<p>5 Mindful Snack</p> <p>When eating a snack today, really pay attention to the taste, feel, sound, smell and look of the snack you're eating. What do you notice?</p>	<p>6 Balance</p> <p>Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling repeat 10 times then switch sides.</p> <p>Yoga photos from www.forteyoga.com</p>	<p>7 World Health Day</p> <p>Did you know regular, moderate-intensity physical activity can help prevent diabetes? Go for a walk with an adult & discuss other ways to prevent diabetes.</p>	<p>8 10 Jump Lunges</p> <p>Complete a right leg lunge, while in the down position jump up landing in a lunge position on the left leg.</p>	<p>2 Star Jumps</p> <p>Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>3 Crane Pose</p> <p>Here's a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows.</p> 
<p>4 4 Walls</p> <p>Face each wall in a room and do a different exercise for 30 seconds</p> <ul style="list-style-type: none"> -side shuffle -grapevine to left then right -wide stance punches -vertical jumps 	<p>11 Dribble Challenge</p> <p>Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?</p> 	<p>13 Card Fitness</p> <p>Take a deck of cards, flip the top card. Complete exercises based on the suit & number on the card.</p> <p>Face cards are worth 15.</p> <p>Spades- jumping jacks, Clubs- squats, Hearts- mountain climbers, Diamonds- Your choice</p>	<p>14 Wild Arms</p> <p>As fast as you can complete:</p> <ul style="list-style-type: none"> 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's <p>Repeat 3x</p>	<p>15 Mindful Senses</p> <p>What do you notice around you? Find:</p> <ul style="list-style-type: none"> 5 things you see 4 things you feel 3 things you hear 2 things smell 1 thing you taste 	<p>16 Jump rope to music!</p> <p>Can you jump to an entire song without stopping?</p>	<p>17 How Fast Can You Go?</p> <p>Pick a distance and see how fast you can run the distance.</p>
<p>18 Slide, Slide, Sprint</p> <p>Slide to your left for 10 steps, slide to right for 10 steps then face forward and sprint for 10 seconds.</p>	<p>19 Garland Pose</p> <p>Practice your balance with this pose!</p> 	<p>20 Tabata</p> <p>Tuck Jumps</p> <p>20 seconds of work</p> <p>10 seconds of rest</p> <p>8 rounds</p>	<p>21 Commercial Break</p> <p>Can you hold a plank for an entire TV commercial break?</p>	<p>22 Nighttime Note</p> <p>Empty your mind before you go to bed by writing a note about what you're thinking and leave it for tomorrow.</p>	<p>23 Chair Pose</p> <p>Hold for 30 seconds, relax then repeat.</p> 	<p>24 Positive Talk</p> <p>Be sure to talk to yourself today like you would talk to someone you love.</p>
<p>25 Jump, Jump</p> <p>Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.</p>	<p>26</p> <p>Put your favorite song on and make up a dance or fitness routine!</p>	<p>27 Paper Plate Planks</p> <p>In plank position with paper plates under your feet. Complete 30s each:</p> <ul style="list-style-type: none"> -mountain climbers -in and out feet -knees to chest 	<p>28 Step Jumps</p> <p>Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</p>	<p>29 A Gratitude Attitude</p> <p>Write down something you're thankful for and why.</p>	<p>30</p> <p>Try Savasana again. Use this to relax and wind down all year!</p> 	

Interested in More?!

stay up to date on our latest youth programs and events!

Follow us on Social Media!



ISU Extension and Outreach-Delaware County
Delaware County Iowa 4-H



ISUExtDelawareCo
Delco4-H



isudelawareco
delco4h

Check out our website:
extension.iastate.edu/delaware

Join 4-H Or Clover Kids!

4-H is the largest youth development organization in America! The goal of 4-H is to develop citizenship, leadership, responsibility and life skills of youth through experiential learning programs and a positive youth development approach. Delaware County has the 3rd largest program in the state of Iowa. To learn more and to join visit:
extension.iastate.edu/delaware/page/join-4-h

Clover Kids is a fun 4-H program specifically designed for children in kindergarten through third grade. The focus is on hands-on cooperative learning in small groups. Clover Kids participate in activities, games, and other positive experiences in a supportive, creative, challenging, and fun environment. To learn more and to join visit:
extension.iastate.edu/delaware/content/join-clover-kids



A complete guide to a summer of FUN, hands-on, educational programs for youth hosted by ISU Extension and Outreach Delaware County!

Day Camps are one-day programs beginning at 8:00 a.m. (early drop off at 7:45 a.m.) and ending at 3:00 p.m. (late pick-up is available if needed).

Cost is \$20 per person (financial assistance is available)

Please bring a sack lunch, drink (or refillable water bottle), and sunscreen.
Snacks will be provided!

Registration is due to the Delaware County ISU Extension and Outreach Office one week prior to each day camp start date. Online registration is available at:
extension.iastate.edu/delaware/content/youth-summer-day-camps
Questions? 563-827-4201.

Summer Day Camps

Dirt, Worms, & Food

Wednesday, June 2nd
Grades: 1st-4th
Seibert Park, Manchester
Curious kids will learn about soil, composting, and planting while getting their hands dirty and having fun outdoors!



Fizz, Bubbles, Goo!

Wednesday, June 8th
Grades: K-3rd
Seibert Park, Manchester
Crazy concoctions will fill your day as you explore bubbles, fizz, and goo! You'll learn all about chemical reactions and things that make you say WOW!

Art Attack

Wednesday, June 18th
Grades: K-3rd
Seibert Park, Manchester
Art is a BLAST when you have the opportunity to discover your creative side! Come learn how to paint with shaving cream, make playdoh, design a canvas and MUCH more! Wear washable play clothes



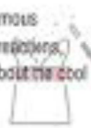
Tinker Time

Wednesday, June 23rd
Grades: K-4th
Seibert Park, Manchester
Tinker, fiddle and play... that's what you'll do all day. Come learn how to use simple tools and create solutions to all types of problems.



Magician's Laboratory

Wednesday, June 30th
Grades: K-3rd
Seibert Park, Manchester
Write with invisible ink, learn the secret behind the famous table cloth trick, and discover many fantastic magic tricks and famous magicians. Explore gravity, magnets, optical illusions, and learn about the cool science behind magic!



Snack Attack

Wednesday, July 28th
Grades: 1st-5th
Seibert Park, Manchester
Cut, chop and blend... come learn to make many different snacks that are both delicious and nutritious!



Under the Sea

Wednesday, August 4th
Grades: 1st-5th
Seibert Park, Manchester
Join us for an underwater dive into the deep ocean and all of the creatures who call it home!



APRIL 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>ATTENTION PARENTS: IT IS VERY IMPORTANT TO KEEP A POSITIVE BALANCE IN YOUR STUDENTS ACCOUNT AT ALL TIMES</p> <p>(9-12) = HS ONLY WG = WHOLE GRAIN</p>	<p>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.</p> <p>EVERY MEAL IS SERVED WITH A 8 OZ. MILK</p> <p>ALL MEALS ARE SUBJECT TO CHANGE AT ANYTIME.</p>	<p>PARENTS: YOUR CHILD CAN RECEIVE 1 FREE BREAKFAST AND LUNCH EVERYDAY THIS SCHOOL YEAR.</p> <p>SECONDS (EXTRA LUNCH ENTREE), EXTRA MILK AND STRING CHEESE COST YOU THE PARENT.</p>	<p>1</p> <p>NO SCHOOL TODAY</p>	<p>2</p> <p>NO SCHOOL TODAY</p>
<p>5 CHEESEBURGER/WG BUN FRENCH FRIES BAKED BEANS MANDARIN ORANGES</p> <p>COMBO</p>	<p>6 CHICKEN STRIPS WG ROLL (9-12) CURLY FRIES GREEN BEANS APPLES</p> <p>WAFFLES</p>	<p>7 OUT AT 1:05PM FRENCH TOAST/SYRUP SAUSAGE SMILEY POTATOES ORANGES</p> <p>SAUS/EGG/BISCUIT</p>	<p>8 MAC & CHEESE BREADSTICK PEAS STRAWBERRIES</p> <p>WG CINNAMON ROLL</p>	<p>9 PIZZA BREADSTICK MARINARA BROCCOLI STRAW. APPLESAUCE</p> <p>PANCAKE ON A STICK</p>
<p>12 CHICKEN PATTY ON WG BUN POTATO TRIANGLE MIXED VEGGIES PEACHES</p> <p>OMELET/CROISSANT</p>	<p>13 FISH WG ROLL (9-12) FRENCH FRIES CHEESY BROCCOLI APPLES</p> <p>LONG JOHN</p>	<p>14 OUT AT 1:05 PM HOT DOG ON WG BUN FRENCH FRIES GREEN BEANS MIXED FRUIT</p> <p>PANCAKES/SAUSAGE</p>	<p>15 WALKING TACO LETTUCE/CHEESE CARROTS GRAPES</p> <p>FRENCH TOAST</p>	<p>16 BOSCO STICK STRING CHEESE MARINARA CELERY PEARS</p> <p>BREAKFAST CHOICE</p>
<p>19 CHICKEN NUGGETS MASHED POTATOES CHICKEN GRAVY CORN ORANGES</p> <p>BREAKFAST PIZZA</p>	<p>20 TENDERLOIN ON WG BUN TRI TATER PEAS & CARROTS APPLESAUCE</p> <p>WAFFLES</p>	<p>21 OUT AT 1:05PM HOT HAM & CHEESE TATER TOTS GLAZED CARROTS APPLES</p> <p>WG CINNAMON ROLL</p>	<p>22 CHICKEN TETRAZZINI BREADSTICK PEAS PEACHES</p> <p>PANCAKE ON A STICK</p>	<p>23 MAIDRITE STEAK FRIES GREEN BEANS PEARS</p> <p>OMELET/TOAST</p>
<p>26 CHICKEN STRIPS WG DINNER ROLL (9-12) CURLY FRIES CORN STR. APPLESAUCE</p> <p>COMBO/WG BUN</p>	<p>27 SUB ON WG BUN SUN CHIPS CARROTS APPLES</p> <p>LONG JOHN</p>	<p>28 OUT AT 1:05PM CORN DOG TATER TOTS WINTER MIX PEARS</p> <p>FRENCH TOAST</p>	<p>29 MR. RIB ON WG BUN STEAK FRIES BAKED BEANS PINEAPPLE</p> <p>SAUS/EGG/MUFFIN</p>	<p>30 PIZZA DIPPERS MARINARA BROCCOLI ORANGES</p> <p>BREAKFAST CHOICE</p>

2021 MAQUOKETA VALLEY MINI CAT TRACK MEET

TRACK MEET DATE: Sunday, May 2nd

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

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

AWARDS: Medals for top three places in each division-ribbons for 4th-6th place finishers.

Participation ribbons for anyone not receiving a medal or place ribbon.

CHECK IN: 11:00 a.m. to Noon. The first event will start at noon.

First event will be the 800 M run, followed by field events.

Entry Fee: \$20.00

Registrations must be received by Monday, April 26th.

\$25.00 – Walk-in registration on event day by 11:30 a.m.

Admission: Adults & Non-participating students:\$2.00 / 5 & under – free

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

In case of inclement weather: Please tune into KMCH 94.7. There will be no rain date and no refunds.

REGISTRATION

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

Address: _____

Phone: _____ Email: _____

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 Mini Cat 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 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: **Maquoketa Valley Track % Coach Dunlap**

Allow at least 3 days mail time. **107 South Street**

Delhi, IA 52223

Please call 563-922-2091 or email creigdunlap@maquoketa-v.k12.ia.us with any questions.

All Maquoketa Valley students can turn your registration and fee into your school office by Monday, April 26th.