



The Wildcat Report

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

Twitter #maquoketavalley

June/July 2021

The 2020-2021 School Year is

Completed!

We made it! This has been an unusual school year to say the least but we made it and have had many successes. Going back to March of 2020, the district has been making plans on how to bring students back to school safely and try to keep the door open all year. Nobody at the federal, state or local level has had to deal with a pandemic like we were experiencing so we used the information available and did our best to keep moving forward. The guidance and rules given to us changed numerous times and we continued to adjust. Our Maquoketa Valley School Community did a great job of being flexible and working together to stay safe and stay in school. We should all be proud of what we accomplished and should take a well-deserved break this summer!

The Maquoketa Valley Middle School was named a 2020 Blue Ribbon School. We were one of six schools in the state of Iowa to receive this award. This award is the result of our school having a caring and supportive culture focused on student growth and development. There is no secret ingredient, no special program or strategy, and no special individual that makes Maquoketa Valley Middle School a National Blue Ribbon school, rather the tireless work ethic of staff with an unwavering belief that each and every student can achieve at high levels. This tremendous environment is enhanced and supported by our parents and community. Congratulations to the entire Maquoketa Valley School Community on this tremendous recognition.



Administration Office

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Fax (563) 922-9502

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M. V. Middle School Delhi Elementary

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Tiersa Frasher,
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Earlville Elementary

Brenda Becker,
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Earlville, IA 52041
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Fax (563) 923-3305

Johnston Elementary

Brenda Becker,
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Board of Directors

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

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

SCHOOL BOARD MINUTES

Regular Board Meeting

May 17, 2021

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

The first summer school session, it will run Monday thru Thursday the weeks from June 14th thru July 1st in the morning at the Delhi campus. The second summer school session will run Monday thru Thursday from July 19th thru August 5th in the morning at the Delhi Campus.

Two open enrollment requests out were approved and two open enrollment requests in were also approved.

The following personnel recommendations were approved:

- Jeff Edwards – resignation as High School Agriculture Teacher
- Jody Montz – employed as Paraprofessional
- Sara Tuetken – resignation as Custodian
- Allison Fisher – resignation as Middle School Volleyball Coach
- Scot Moenck – resignation as Head High School Girls Basketball Coach
- Kylie Siddell – employed as 1st Grade Teacher
- Kurt Palmer – employed as High School Industrial Technology Teacher
- Cole Mather – employed as High School Physical Education Teacher
- Barb Hollinrake – employed as High School Career Counselor (20/21)
- Barb Hollinrake – employed as High School Career Counselor (21/22)

The Board approved the call for bread and milk quotes for the 2021/2022 school year.

The Board approved the following 2021-2022 Teacher Leadership and Compensation Coaches:

- Technology Lead – Ali Scherrman
- 6-12 Intervention Coach – Jackie Moorman
- JK-2 Social Emotional/Behavior Strategist – Taryn Fellingner
- Social Studies/Foreign Language Lead – Steve Huegel
- K-12 Special Education Lead – Sally Groth
- ELA Lead – Audrey Moenck
- Math Lead – Melissa Bush
- Science Lead – Christina Rudd
- CTE Lead – CeAnn Palmer
- K-12 Fine Arts/PE Lead – Travis Ford
- K-12 Counselor Lead – Jill McDermott
- Elementary Grade Level Leads – Melissa Hess, Tracey Reicher, Randene Orr, Jill Besler, Hannah Jahn, Rachel Bonert
- Mentors – CeAnn Palmer, Jason Helle, Sally Groth, Steve Huegel

The Board approved the bus purchase from Hoglund Bus Company in the amount of \$98,499 to be purchased after July 1st using SAVE funds.

The Board discussed the upcoming graduation ceremony as well as the presentation of the 5-Star Award.

The meeting was adjourned at 6:04 p.m.

Back to School Nights

Parents and students: please mark your calendars for **Wednesday, August 18, 2021** and **Thursday, August 19, 2021** plan to be at MV - it will be BIG nights for the schools with these important events happening.

Wednesday, August 18

Johnston

1st and 2nd grades

5:30-6:30

Thursday, August 19

Earlville

5:30-6:30 PS Black, JK, Kindergarten

6:00-7:00 PS Gold & PS White

Delhi

5:30-6:30 3rd - 5th grades

6th Grade Orientation: August 19th (6:00 pm - 6:45 pm)

6:00 pm - Parents & Students pick up schedules and meet in the MS gym

6:05 - 6:15 pm - Mr. Osterhaus welcomes parents, students, and introduces staff

6:15 pm - 6:40 pm - Students run mock schedule with staff and open lockers. Mr. Osterhaus & Mr. Arnold speak to their parents.

6:45 pm - Students meet parents in the gym to be dismissed.

9th Grade Orientation: August 19th (6:30 pm - 7:15 pm)

6:30 pm - 6:45 pm - Parents & Students pick up schedules and walk around to classrooms and open up lockers.

6:45 pm - 6:50 pm - Parents and students meet in Auditorium. Mr. Osterhaus introduces staff.

6:50 - 7:15 pm - Mr. Osterhaus speaks to parents and students.



Requirements

All students entering, advancing or transferring into 7th grade and born after September 15, 2004, will need proof of one dose of meningitis vaccine. All students entering, advancing, or transferring into 12th grade and born after September 15, 1999, will need proof of two doses of meningitis vaccine; or 1 dose if received when the student was 16 years of age or older. Proof of this vaccine will need to be provided **PRIOR** to the start of the first day of school or at school registration. In addition to the meningitis vaccine for those entering into 7th grade they will also be required to provide proof of Tdap vaccine. Please contact your health care provider, Delaware County Public Health at 563-927-7551, or Nurse Mary.

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.

For 2021-2022 School Year

Using E-Registration and Online Payment of Fees

Once again the parents will be able to pay their 21-22 school year student fees, submit lunch money and update contact and emergency information on Powerschool.

A link is located on the school website for payment of registration fees and the Powerschool link to update student information. These will be active beginning August 3, 2021.

Information will be mailed to parents about registration..

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.

Items for Sale

Maquoketa Valley Community Schools has the following items for sale:

60 hardbound Composition textbooks
35 hardbound vocabulary books

If you are interested in these items please send a SEALED bid to Erika Imler at PO Box 186, Delhi, IA 52223 by Tuesday, June 8th, 2021.

We reserve the right to reject any or all bids.

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.

Next School Year

2021/2022

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 2021/2022 is

August 23rd, 2021

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.



The MV district will be providing free meals this summer to all children and teens ages 1-18. We ask that you contact Laurie Kramer @lkramer@maquoketa-v.k12.ia.us to sign up so our staff can prepare the correct number of meals. We will be handing out meals from June 7 - August 8. Meals can be picked up at Earlville and Johnston Elementaries and Maquoketa Valley High School from 11:30 am - 12:00 pm, on Monday and Wednesdays. This can be a tremendous help to families so please give this consideration. We want to thank the MV food service staff for all of their work last summer, all school year and again this summer.



2021-22 EPI SCHOOL SUPPLY PACKS

**BE PREPARED
FOR NEXT YEAR**
ORDER YOUR
EPI SCHOOL SUPPLY
PACK TODAY



www.EducationalProducts.com/ShopPacks



Enter Our School ID: **MAQ003**

Order Deadline: **6/25**

MV's Middle School will be offering a learning opportunity for students in 6th-8th grades to practice skills learned throughout the school year and to jump start the brain for the following school year. We will be focusing on the areas of math, reading, and writing.

Our dates and times are as scheduled:

Session Schedule (Monday-Thursday):

- July 19, 20, 21, 22
- July 26, 27, 28, 29
- August 2, 3, 4, 5

Time: 8:30-11:30 a.m.

Transportation:

We are planning to provide transportation to and from the following locations:

Johnston Elementary
Earlville Elementary
Buck Creek Trading Post
Delaware Truck Stop

If you would like to have your student participate, please contact the school (563-922-9411) or email Jackie Moorman (jackiemoorman@maquoketa-v.k12.ia.us).

NHS converted to service organization

Due to affiliation costs and duplication of recognition, MV will discontinue its membership to National Honor Society and will instead begin a service program for students. Students will be made aware of service opportunities, given opportunities to lead service projects, held responsible for tracking their service hours and accomplishments, and recognized publicly at graduation (indication in the program and by a cord/medal).

The goal is to recognize students who have contributed to their community or school by volunteering their time and talents. An increasing number of scholarship applications require applicants to list service experiences. Additionally, volunteer time often leads to employment and future educational opportunities as well as helps students to understand the connection between school, work, and community.

What counts as "service"? Service for this purpose is defined through the voluntary contributions made by a student to the school or community, done without personal compensation or classroom credit. Examples include coaching youth teams, helping at church or community events, managing/keeping stats/video recording an athletic team, setting up for speech or FFA contest or assisting at contest, working on set for drama, volunteering at the public library or fire department, mentoring, serving as a teacher assistant, etc.

This program will begin this summer, and students will be phased into it:

- Class of 2022: 75 hours from June 2021-May 1, 2022
- Class of 2023: 150 hours from June 2021-May 1, 2023
- Class of 2024: 225 hours from June 2021-May 1, 2024
- Class of 2025 and beyond: 300 hours

For further information, please contact Diane Temple at dianetemple@maquoketa-v.k12.ia.us.



MINI YOUTH CHEER CAMP

HOSTED BY THE MAQUOKETA VALLEY CHEER TEAM

WHEN: Camp is Saturday, Sept. 4th
From : 10am - 1pm (Snack provided, Please bring a labeled water bottle)
Performance: Halftime of the Varsity Game. Friday, Sept. 10th

Participants will learn
Cheers, Jumps, Stunts and Pyramids

WHO: JK - Delhi 7th grade / we will break into 4 groups
COST: \$25 includes a Tshirt and camper admission to the game

Campers Name _____ Grade _____

			Shirt Size			
YS	YM	YL	S	M	L	XL

Food Allergy _____

Parent Name _____

Phone number _____

Please return to Coach Teymer by Aug 1st
PO Box 390
Hopkinton, Iowa 52237

Please make checks payable to MV CHEER

Delaware County Conservation

2021 Summer Camps

I Spy; Colors of Nature (Ages 4-5)

2 day camp - June 7 & 8 - 8:30am-12pm

What is your favorite color? Have you seen this color in the outdoors? We will explore all the wonderful colors of plants and animals through nature walks, stories, activities and crafts.

Adult must attend this camp with child.

\$15 registration fee



Some camps will be held around water and hiking trails. Camps will be held rain or shine. Please dress accordingly.

We welcome parents as volunteers during your child's camp but request prior notice.

Birds—Their Beaks & Feathers (Ages 8-9)

2 day camp - June 10 & 11 - 8:30am-12pm

Not all birds are the same! Did you know that birds have different kinds of feathers? Have you ever wondered what they eat? Have you listened to the birds sing? You will meet some live "Birds of Prey". We will use binoculars to discover birds in the woods and grassy areas and listen to bird calls to help identify them. We will discover what birds like to eat and build a bird feeder to take home.

\$20 registration fee



Creatures of our Natural Areas (Ages 6-7)

2 day camp - June 14 & 15 - 8:30am-12pm

Have you ever seen an animal track and wondered what made it? We will discover what animals live in our surroundings and become animal detectives to learn how to identify common Iowa mammal tracks.



\$20 registration fee

Our 1st Residents; Native Americans (Ages 9-12)

2 day camp - June 17 & 18 - 8:30am-12pm

Learn what life in a teepee was like. Did you know that Native Americans once lived in this area! We will get to know their culture and customs. You will even see what it was like to hunt for your food and clothing. Plum Creek Archery will be here for an archery demonstration.

\$20 registration fee



**All camps will be held at the Conservation Center,
Baileys Ford Park
2379 Jefferson Rd, Manchester.
Please check in at the Nature Center office
the day of the camp.**

Fill out registration form and return with the registration fee 1 week prior to the camp. Camp class will be limited so return yours early. Please contact Delaware County Conservation with questions—
563-927-3410 - email delawareccb@gmail.com. - www.delawarecounty.iowa.gov

Cut and Save

As a reminder, check the camp that your child will be attending.

- ☐ June 7 & 8—I Spy; Colors of Nature—Ages 4-5—8:30 am-12 pm
- ☐ June 14 & 15—Creatures of our Natural Areas—Ages 6-7—8:30 am-12 pm
- ☐ June 10 & 11—Birds; Their Beaks & Feathers—Ages 8-9—8:30 am-12 pm
- ☐ June 17 & 18—Our 1st Residents; Native Americans—Ages 9-12—8:30 am-12 pm



We ask that you wear a mask when indoors.

Delaware County Conservation

2021 Summer Camps—Registration

Please register my child for the following program (return with payment):

- ☐ I Spy; Colors of Nature - Ages 4-5 - June 7 & 8 - 8:30am-12pm - \$15 registration fee - Adult must attend with child
☐ Creatures of our Natural Areas - Ages 6-7 - June 14 & 15 - 8:30am-12pm - \$20 registration fee
☐ Birds—Their Beaks & Feathers - Ages 8-9 - June 10 & 11 - 8:30am-12pm - \$20 registration fee
☐ Our 1st Residents; Native American's - Ages 9-12 - June 17 & 18 - 8:30am-12pm - \$20 registration fee

Participant Name: _____	Emergency Contact: _____
Address: _____	Relationship: _____
City State Zip	Phone: _____
Age (at time of camp): _____ Male/Female	
Parent/Guardian: _____	Who will be picking up child if other than parent: _____
Phone: _____ Work: _____	Name: _____
Email: _____	
Medical Consent, Photo Permission and Liability Waiver:	
Allergies: _____	If medications are needed during the program, please list details below:
_____	Medication: _____
Any other medical conditions DCCB should be aware of: _____	Purpose: _____
_____	Time Given: _____

Parental permission must be secured for participants who are under the age of 18 years of age.

I am aware in signing this document that certain risks and dangers exists in the activities in which my child or I may be participating. I acknowledge that while Delaware County Conservation Board (DCCB) staff will make every reasonable effort to teach my child or me proper safety and minimize exposure to known risks, all dangers associated with these activities cannot be foreseen. These risks may include, but are not limited to, the loss or damage of personal property, injury due to inclement weather, slipping, falling, insect bites, falling objects, hyperthermia (heat or cold exposure), or suffering any type of accident or illness in remote areas without immediate access to medical facilities, or while traveling to or from activity sites. I have a personal responsibility to make sure my child and I understand and follow the safety standard, guidelines, and procedures established by the DCCB staff or other medical personnel to treat my child or me in an emergency situation. Also by signing below you will agree to the Delaware County HIPPA privacy report notice because of the Emergency Medical Information you have filled out. The report states that DCCB will not give out any personal information to the public.

If my child will be taking any medications, it will be sent in the prescription bottle with clear instructions as to when it should be taken. The medication shall be in the care of the DCCB staff and will be dispensed as prescribed.

I understand that the programs at DCCB are subject to inclement weather. In the case of necessary changes, I understand a program of equal value will be substituted and my program fee will be used for this purpose. Weather related refunds are not allowed as long as a program continues.

I also agree, unless I explicitly request otherwise, that photographs taken during this program may be used for promotional purposes by DCCB.

Signature (Parent/Guardian if participant is under the age of 18) _____ Date _____

All camps will be held at the Conservation Center, Baileys Ford Park
2379 Jefferson Rd, Manchester
563-927-3410

delawareccb@gmail.com
www.co.delaware.ia.us

Please check in at the Nature Center office the day of the camp.

Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

June Is Hunger Awareness Month



In 2019, more than 35 million people in the United States struggled with hunger. Hunger is the physical sensation of discomfort due to not getting enough food. Every community in the country has families who struggle with food insecurity. Food insecurity is the lack of money or other financial resources for food. The pandemic has only increased the number of people facing food insecurity and hunger.

Living with food insecurity and hunger affects our mental and physical health. For children, hunger makes it difficult to concentrate and learn at school. Long periods of food insecurity can negatively impact growth and development in children and accelerate aging in older adults. Food insecurity increases the risk of infectious disease, chronic disease like diabetes or heart disease, and anxiety and depression.

Ways you can help:

- **Donate**—If you are able, donate money and/or healthy foods to your local food bank or food pantries. Check out options for healthy food pantry donations at <https://bit.ly/38Gmmkv>.
- **Host a Food Drive**—Contact your local food pantry for information on how to start a food drive.
- **Volunteer**—Food banks and pantries can always use extra help. Spending just a few hours once or twice a month volunteering will make you feel great, too.
- **Spread the Word**—Many people are unaware of the resources available in their community or how they can fight hunger.

If you or someone you know needs help, these resources are available:

Iowa Food Assistance Hotline, 855-944-FOOD (3663), to speak with someone about the Food Assistance Application.

2-1-1 connects callers to resources such as food pantries and support for older adults and persons with disabilities (such as home health services).

Source: [Feeding America](https://www.feedingamerica.org), www.feedingamerica.org.

Chewy Granola Bars

Serving Size: 1 bar | Serves: 24

Ingredients:

- 2 cups quick cooking oats
- 2 cups crispy rice cereal
- 20 mini pretzels, crushed
- 3/4 cup pancake syrup, maple syrup, or honey
- 1/2 cup peanut butter
- 1 teaspoon vanilla extract

Directions:

1. Combine oats, cereal, and crushed pretzels in a large bowl. Set aside.
2. Pour syrup or honey into a microwave safe bowl and heat in the microwave for 1 minute. Stir in peanut butter until combined. Microwave for 1 minute more. Stir in vanilla.
3. Pour syrup mixture over oat mixture. Stir until completely coated.
4. Spray a 9x13-inch pan with cooking spray and pour mixture into pan. Press mixture firmly into the pan using waxed paper or the back of a spoon.
5. Allow mixture to cool completely to room temperature. Cut into bars and enjoy!

Tip: Use 1 tablespoon lemon zest and 3 tablespoons fresh lemon juice in place of the 1/3 cup lemon juice.

Nutrition information per serving:

100 calories, 3.5g total fat, 0g saturated fat, 0.5g trans fat, 0mg cholesterol, 85mg sodium, 15g total carbohydrate, 1g fiber, 3g 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 spendsmart.extension.iastate.edu



www.extension.iastate.edu

Labels Lead to Food Waste

Many Americans throw away perfectly good food due to label confusion. This contributes 398,000 tons of food waste each year. “Best by” labels indicate when the manufacturer believes the food should be used for best quality, NOT food safety. “Use by” and “sell by” dates are similar for shelf stable foods; these dates tend to reflect quality, not food safety. However, “use by” and “sell by” dates on refrigerated items do indicate when the food may begin to spoil. Don’t use refrigerated foods that are past the “use-by” or “sell-by” date. If a food product is nearing the indicated date, you may be able to freeze it to extend its life.

Sources:

[National Resources Defense Council](http://www.nrdc.org/food-waste), www.nrdc.org/food-waste

[U.S. Food and Drug Administration](http://www.fda.gov), www.fda.gov

Walk Abouts



We have heard a lot about the benefits of walking, but sometimes it seems boring to walk the same route all the time. There are ways to make it more interesting for everyone. Examples include the following:

- Research community history and explore it on a walk.
- Have you wondered about an interesting house or building in your community? Check with your local public library; they may have information about community history.
- Another idea is to listen to a podcast or an audiobook on your walk. There are many interesting podcasts—some are educational, inspiring, or entertaining. Audiobooks are also available through most public library apps, including Libby and Overdrive, as well as paid services.

Keep these safety tips in mind when walking:

- Let someone know where you are going.
- Take a cell phone.
- Be aware of your surroundings.
- Take a walking buddy for companionship.
- Keep the volume of your headphones at a reasonable level so you can hear others, cars, etc.



News You Can Use

Nutrition Education
with Seniors

June 2021

Senior Farmers Market Nutrition Program

Do you love home grown, fresh fruits and vegetables, but are unable to buy these items from farmers markets due to cost?

The Senior Farmers Market Nutrition Program (FMNP) provides financial aid to adults age 60+ years who wish to buy fresh, locally grown fruits, vegetables, and herbs from farmers markets and farm stands.

To be eligible for Senior FMNP you must be:

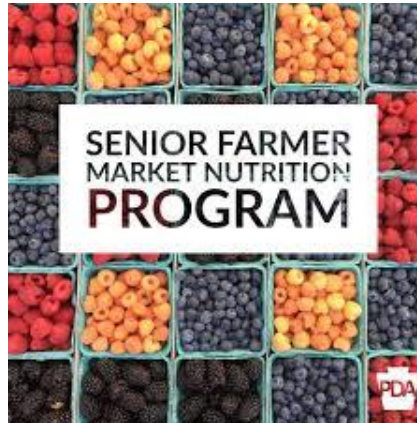
- 60 years or older
- Have a yearly income of less than \$23,607 (for a single person)
- Have a yearly income of less than \$31,895 (for a married couple)

For more information about how to apply, contact the Area Agency on Aging in your community at <https://iowaaging.gov/#area-agency-on-aging-map>.

Eating the Rainbow in Fresh Fruits and Vegetables

Eating a variety of fruits and vegetables helps you get a mix of the vitamins and minerals that your body needs.

- **Red:** Cherries, cranberries, radishes, raspberries, bell peppers, grapes, apples, tomatoes, watermelon
- **Orange:** Squash, apricots, cantaloupe, carrots, pumpkin, sweet potato, oranges, peaches
- **Green:** Asparagus, avocado, broccoli, celery, pears, romaine lettuce, spinach, zucchini, kiwi
- **Purple:** Black berries, blueberries, dates, eggplant, plums, grapes, prunes, figs, cabbage



Peanut Butter

Selection:

- Choose containers without obvious damage; this could mean the **peanut butter** is unsafe to eat.
- Check the "Best by" or "Best if used by" date on the container.

Storage:

- Store **peanut butter** in a cool, clean, and dry place before and after opening.

Nutrition:

- 2 Tbsp of creamy **peanut butter**:
- Provides 188 calories and 7 grams of protein.
- 2 Tbsp of **peanut butter** counts as 2 ounce equivalent of protein on MyPlate.

Uses:

- Pack **peanut butter** in your picnic basket with celery, raisins, and whole wheat crackers for a MyPlate friendly meal.
- Mix **peanut butter** and yogurt for a tasty produce dip.

Budget Friendly Summer Activities!

Being active is great for your mental and physical health! The 2020 Dietary Guidelines for Americans recommends getting 150 minutes of activity every week (~30 minutes daily).



Summertime is the perfect time to move your body more while enjoying the sunshine!

Try these budget-friendly ways to be active outside:

- Enjoy a bike ride
- Go for a walk around your neighborhood or at a nearby park.
- Go swimming
- Go to a local farmers market
- Have a picnic at a park with your family
- Plant a vegetable garden or flower bed
- Play lawn games (bags/corn hole, horse shoes, ladder toss, etc.) with friends, family, and neighbors

NEI3A helps Iowans ages 60 years and older to maximize their quality of life and remain independent.

They offer many programs to keep older Iowans healthy and safe such as:

- Financial assistance
- Caregiving
- Nutrition and wellness

Visit their website or call about the variety of resources they offer!

Helpful Resources

**Allamakee County
Extension**

563.568.6345

**Like us on Facebook;
Iowa State University
Extension and
Outreach - Allamakee
County**

www.extension.iastate.edu/allamakee/

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Peanut Butter Balls

Serves: 25 | Serving Size: 2 balls (makes 50 balls)

INGREDIENTS

1 can (15 ounces) great northern beans (drained and rinsed)
1/3 cup honey
1 Tbsp vanilla
1 1/4 cup peanut butter
1 1/2 quick cooking oats

INSTRUCTIONS AND TIPS

1. Mash great northern beans with a fork in a bowl until smooth.
2. Add honey and vanilla. Stir.
3. Add peanut butter. Stir until blended.
4. Stir in oatmeal.
5. Wash hands. Use a tablespoon to scoop up the mixture and shape into a ball.

Tip

Alternate Peanut Butter Balls with washed fresh fruit (e.g. kiwi slices, grapes, strawberries, etc.) on a tooth pick or kebab stick

Storage

Store leftover balls in an airtight container in refrigerator for 3-4 days, or freeze on a cookie sheet until solid, then place them in a freezer bag for several weeks.

Nutritional analysis (2 peanut butter balls): 130 calories, 7g fat, 1g saturated, 100mg sodium, 12g carbohydrates, 2g fiber, 5g sugar, 4g protein. This recipe is adapted from

<https://spendsmart.extension.iastate.edu/recipe/peanut-butter-balls/>

Maquoketa Valley School Supply list 2021-2022

Preschool - Earlville

- 2 - 8ct. box regular size basic Crayons
- 4 Dixon/Ticonderoga Pencils
- 2 Elmers small purple glue sticks
- 1 set Crayola washable watercolor paint
- Pencil box (approx. 5 x 8)
- 1 box Kleenex tissues
- 1 container disinfecting wipes
- Hand sanitizer
- One oversize T-shirt for painting
- 1 full size book bag or backpack that can fit a folder
- 1 nap mat (preferably plastic, 5/8"x19x45) suggested
- 1 complete change of clothing in a labeled gallon bag,
(Pants, shirt, socks & underwear to keep at school)

Jr. Kindergarten - Earlville

- 4 - 8ct boxes of regular size Crayola crayons
- 1 - 24ct box of Crayola crayons (for art class)
- 2 Expo dry erase markers
- 12 wooden #2 pencils (Dixon/Ticonderoga brand)
- 1 pencil box
- 1 large rectangular pink eraser
- 1 watercolor paint set
- 2 Elmers glue sticks
- 1 pair Fiskars 5" blunt scissors
- 1 container of disinfecting wipes
- 1 bottle of hand sanitizer
- 1 box 200 ct. tissues (Puffs/Kleenex brand)
- Ziplock bags, Boys - 1 box gallon / Girls - 1 box quart
- 1 nap mat (preferably plastic)
- 1 book bag or backpack
- 1 large box or bag of snack crackers or pretzels
- 1 complete change of clothing in a labeled gallon bag,
(Pants, shirt, socks & underwear to keep at school)

Kindergarten Earlville

- 3 - 24ct boxes Crayola crayons
- 2 boxes Crayola washable markers (one for art class)
- 12 Ticonderoga #2 pencils
- 1 pair Fiskars 5" blunt scissors
- 1 pencil box
- 1 pink erasers
- 1 - 2-pocket folder
- 4 Elmers glue sticks
- 1 - 4pk Expo dry erase markers
- 1 inch 3-ring binder
- 1 box tissues 200ct. (Puffs/Kleenex)
- 1 container disinfecting wipes
- 1 bottle of hand sanitizer
- 1 set of headphones (not earbuds)
- 1 box of quart, slider top, freezer bags, (boys only)
- 1 box of gallon, slider top, freezer bags, (girls only)
- 1 beach-size towel for naps
- 1 book bag or backpack
- 1 complete change of clothing in a labeled gallon bag,
(Pants, shirt, socks & underwear to keep at school)

1st Grade Johnston Elem.

- 1 yellow, blue, green, and red **PLASTIC** double
pocket folder with **holes and brads**
- 4 lg. Elmers extreme glue sticks (1 for Art)
- 2 boxes 24 count Crayola crayons
- 2-10ct Crayola markers
- 24 sharpened pencils (Dixon or Ticonderoga)
- 4 Expo markers, (no red please)
- 2 highlighters
- 2 rectangular pink erasers
- 1 pair Fiskars 5" scissors
- 2 Mead wide ruled composition books
- 1 -1" three ring binder with clear pocket on front
- 1 pencil box
- 1 bottle hand sanitizer
- 2- 200 ct box tissues kleenex or puffs
- 1 set of headphones (no earbuds)
- 1 container disinfecting wipes
- 1 box of gallon ziplock bags, no sliders please- Boys
- 1 box of quart ziplock bags, no sliders please- Girls
- 1 complete change of clothing in a labeled gallon bag,
(Pants, shirt, socks & underwear to keep at school)

2nd Grade Johnston

1 box of Crayola crayons
24 pencils (Ticonderoga)
10ct Crayola Markers
2 highlighters, any color
1 large eraser
1 pkg. 50-100 multi colored pipe cleaners
(for Art class)
20 pack of pencil top erasers
4 glue sticks
1 pair Fiskars scissors
8 Expo dry erase markers
1 dry erase eraser
small dry erase board
3 composition notebooks,
4 PLASTIC double pocket folders
(red, yellow, blue, green)
2 boxes 200 ct. tissues
Hand sanitizer
pencil box
1 set headphones (no earbuds)
1 container of disinfecting wipes

3rd Grade Delhi Elem.

24 ct Crayola crayons
1 box of Crayola colored pencils
1 box of washable markers, bold tip, basic colors
8 Expo dry erase markers
1 Expo dry eraser for white board
1 pair Fiskars scissors 7" or larger
36 Ticonderoga pencils-no mechanical-
(12 for art class)
1 big eraser
1 pkg. 3x3 Post-it sticky notes
2 Elmers glue sticks
1 pencil box or bag
2 Kleenex tissues
1 pair of earbuds - good quality
2 - Red, PLASTIC, two-pocket folders w/ 3 prongs
2 - Blue, PLASTIC, two-pocket folders w/ 3 prongs
1 - Yellow, PLASTIC, two-pocket folders w/ 3 prongs
1 - Green, PLASTIC, two-pocket folders w/ 3 prongs
1 pkg of 12 clear protector sheets
1 composition notebook
Hand sanitizer

4th Grade Delhi Elem.

24 #2 pencils, Ticonderoga
1 ink pen, any color
2 large pink eraser
2 highlighters, different colors
1 box of Ziplock gallon bags (for Art class)
8 Expo dry erase markers
1 dry erase eraser
2 spiral notebooks
4 double-pocket folders
2 packages wide-ruled loose leaf paper
1-1" three ring binder
2 - Kleenex tissues
2 Elmers glue sticks
24ct. Crayola crayons
Box of Crayola colored pencils
Crayola markers
Pencil box or bag
1 -7" Fiskar scissors
2 - 3x3 Post it note pads
1 container of disinfecting wipes
Hand sanitizer
1 pair earbuds, good quality

5th Grade Delhi Elem

12 wooden # 2 pencils, (Ticonderoga)
2 - erasers
2 - red correcting pens
2 - Black sharpies, (for art class)
24ct. Crayola crayons
1 - 12ct box of pre-sharpened, colored pencils
4 Expo dry erase markers (any color)
4 highlighters (all different colors)
1 "Extreme" large glue stick
1 - 7" Fiskars scissors
zippered case for pencils and pens
1 - 1" 3-ring binder
3 - wide ruled 70-page spiral notebooks
(blue, black, green)
4 - 2-pocket folders -(red, blue, black, green)
1 pkg. wide ruled, loose leaf paper
1 kleenex tissue
1 container disinfecting wipes
Hand sanitizer

6th, 7th and 8th Grade

24 #2 pencils, Ticonderoga
6 mechanical pencils
12ct pre-sharpened, colored pencils
1 highlighter - any color
8 Expo dry erase markers
6 pens
1 large eraser
2 black Sharpies
1 Elmers glue stick
1 bottle liquid glue
Fiskars 7.25" scissors
Zippered pencil bag
2 rolls of clear tape
12" metric/standard ruler
1 pkg. Loose leaf paper, college ruled
1 yellow 3-subject notebook
1 spiral purple notebook
2 pocket folders (yellow & purple)
2 - 1" 3-ring hardback binders (for science and math)
2 boxes 200 count Kleenex
1 Hand sanitizer
1 pair of earbuds
Scientific calculator

All 7th grade FCS and Health Classes -

Mrs. Downs

1 bottle of Dawn Dish Soap
1 box of parchment paper
1 box of quart or gallon ziplock bags
3 glue sticks OR 1 bottle of glue or rubber cement
1 bottle of hand sanitizer or 1 box of Kleenex

Vocal Music - Ms. Huber

7th & 8th Grade Choir

1-3 ring hardback binder, any color

High School

1 - 1" black 3-ring binder

MV High School

Every student please bring a box of tissues to the office

Every family please bring one bottle of hand sanitizer to office

Algebra I, Algebra II, Statistics, Pre-Calculus, Calculus and AP Physics

High school Math students are required to provide their own graphing calculators for the above mentioned classes. The calculator that is required is the Texas Instrument TI-83 Plus or TI-84 Plus, CAS will NOT be allowed. The calculator must have the word Plus on it. All of the calculators are available at Walmart, Target, and Best buy. Some good deals may also be available on-line. If you have any questions/concerns please contact Mr. DeVore, Mrs. Lewin, and Mrs. Bush.

AP Physics

1 - 3 ring binder - along with the graphing calculator

Physical Science

Calculator (does not need to be a graphing calculator)
1 - 2 pocket folder
1 dry erase marker

Earth Science

1 - 2 pocket folder
1 dry erase marker

Also for Algebra I, Algebra II and Pre-Calculus

1 ruler or protractor, straight edge

Geometry - Mrs. Lewin

compass
20 sheets quarter inch graph paper
Scientific Calculator- be sure it has keys that say sin, cos and tan-above those keys it should say sin-1, cos-1 and tan-1

All HS FCS and Health Classes -

Mrs. Downs

1 bottle of Dawn Dish Soap
1 box of parchment paper
1 box of sandwich, quart or gallon ziplock bags
1 bottle of hand sanitizer OR 1 box of Kleenex

Interior Design - Mrs. Downs

Items from FCS & Health list above, also:
6 pcs. large white poster board

Fashion Design - Mrs. Downs

1 pkg. universal sewing machine needles
2 spools all purpose thread - neutral color,
white, black, tan, brown or navy
1 - 45mm rotary blade (can get when we shop for
fabric 2nd quarter)

English I / Am. Lit. - Mrs. DeVore

1 book cover
1 notebook
1 pkg. sticky notes
1 glue stick or roll of scotch tape
2 highlighters (different colors)
At least 3 different colored pencils or pens

Eng. II - Mrs. DeVore

1 notebook
1 folder
1 pkg. sticky notes, any color
2 highlighters (different colors)
At least 3 different colored pencils or pens

Eng. III - Mrs. Moenck

1 folder
1 notebook
1 pkg. sticky notes
1 highlighter
1 pkg. of blank "thank you" notes, 6-8 count

**Please note that brand name items are
not a requirement, please purchase what
you can. Thank you!**

Creative Writing I/II - Mrs. Moenck

1 folder
1 notebook/Composition notebook
1 pkg. sticky notes
1 pkg. lined note cards
1 highlighter or colored pen

Speech - Mrs. DeVore

note cards
poster board for expository speech

Biology: Ms. Droeszler

1 -3 ring binder with 10 index binder dividers
1 folder
1 spiral notebook

Chemistry: Ms. Droeszler

1 - 3 ring binder with 10 index binder dividers
1 folder
1 spiral notebook
Scientific calculator

Anatomy and Physiology: Ms. Droeszler

1 - 3 ring binder with 10 index binder dividers
1 folder
1 spiral notebook

AP U.S. History - Mr. Huegel

1 - 3 ring binder
Notebook/Loose-leaf paper
Highlighter
Folder

All History/Social Studies classes-Huegel

Highlighter
Notebook/Loose-leaf paper
Folder - to be used only for Social Studies classes

ALL Spanish classes - Mrs. Ries

1 spiral notebook, for Spanish class notes only
1 folder, for Spanish class only
Loose leaf paper for Vocab. work
(separate from notes)
Note cards for Vocab. or study use

Maquoketa Valley 2021-22 School Calendar

Calendar Legend

Begin/End
2:05 Early Dismissal
1:05 Early Dismissal for PT Conference
Teacher PD - No School
Holiday
Vacation Days
Teacher Comp Day

Student School Day

Start Time: 8:00am

Dismissal Time: 3:20 pm

Holidays

Labor Day - 9/6

Thanksgiving - 11/25

Christmas - 12/25

New Year's - 1/1

Easter - 4/17

Memorial - 5/30

School Phone Number

563-922-2091

School Website Address

www.maquoketa-v.k12.ia.us

Facebook

Maquoketa Valley Community
School District

August				
M	T	W	Th	F
16	17	18	19	20
23	24	25	26	27
30	31			
September				
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	
October				
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29
November				
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			
December				
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31
January				
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				
February				
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28				
March				
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	
April				
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29
May				
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			
June				
		1	2	3
6	7	8	9	10

Aug. 16 - 20 Teacher Learning

Aug. 23 Begin First Semester -

August 25 2:05 Dismissal

Sept. 6 Labor Day (No School)

Sept. 22 Teacher Learning (No School)

Oct. 20 Teacher Learning (No School)

Nov. 2 & 4 1:05 Dismiss - PT Confs. 3:00-7:00

Nov. 5 No School

Nov. 23 1:05 Dismiss

Nov. 24-26 No School - Thanksgiving Holiday

Dec. 8 Teacher Learning (No School)

Dec. 22 1:05 Dismiss

Dec. 23 - Jan 2 Winter Break (No School)

Jan. 3 Resume 2nd Semester

Jan. 14 End of 1st Semester

Jan. 17 No School - MLK Day - Teacher Learning

Jan. 18 Begin 2nd Semester

Feb. 21 No School - President's Day

Mar. 9 Teacher Learning (No School)

Mar. 18 End of 3rd Qtr.

Mar. 22 & 24 1:05 Dismiss - PT Confs. 3:00-7:00

March 25 No School

Apr. 14, 15 & 18 No School - Spring Break

May 18 Graduation

May 24 1:05 Dismiss - Last Day

May 30 Memorial Day