



The Wildcat Report

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

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September 2021

“Prevention is better than Cure” Desiderius Erasmus.

Welcome to the 2021/22 school year. We are so thankful that we have the supportive, MV Wildcat, community to work with and know that it will be a great school year. We just wanted to review some things, from a health perspective, as we begin.

We are still in unusual times, dealing with the Covid 19 virus but we are handling it slightly differently than last year. The symptoms have not changed. They are: *cough, shortness of breath, loss of taste and/or smell, fever, fatigue, muscle/body aches, sore throat, runny/congested nose, nausea, vomiting, or diarrhea.*

If your child is ill, we ask that they stay home until they are feeling better, as we always have. If they have a fever they should remain home until fever free for 24 hours without medication. Again, this is not a change. However, if they have the above symptoms, we do ask you to watch them closely and contact your provider, when appropriate, to determine if an appointment or further testing is needed. If your provider determines that a Covid test is needed we ask that your child stay home pending the results. It is highly recommended that others in your household remain home during this time as well, but it is only a recommendation as long as those household members are not showing symptoms as well.

Last year, if you were considered a direct contact with someone who was positive for Covid 19, you had to quarantine per guidelines. This is still highly recommended. However, as above, if the person, who was a close contact, is not showing symptoms they may continue to come to school.

(Continued on next page)

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

Administration Office

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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
Tiersa Frasher
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

Brenda Becker
Principal
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

“Prevention is better than Cure” Desiderius Erasmus.

Please refer to our Return to Learn plan that was shared with you from Mr. Hoeger. We are continuing to encourage good hand washing, healthy dietary habits, getting enough sleep, and drinking plenty of fluids. We are also keeping students facing the same direction in class when possible, discussing sneezing/coughing into your sleeve, and encouraging them to report when they are not feeling well.

We will remind our community frequently what the signs and symptoms of Covid 19 are and keep them updated with guidance through emails, the newsletter, local radio announcements, and newspaper articles when necessary. Please do not hesitate to contact Nurse [Jill Hoeger](#) at Johnston or Earlville Elementary School or Nurse Mary Ries, if you have questions or concerns.

Retired Citizens

Maquoketa Valley offers a Senior Citizen pass to anyone who is 65 years of age or older and resides in the District (Board Policy 1007.010). This pass entitles senior citizens free admission to all Maquoketa Valley sponsored events held at the school (athletics, drama, music, art, etc.) Events not sponsored by the M.V. District, but held at our school would be sectional or district state tournaments, fund-raising activities by our booster clubs, or any event sponsored by an outside organization. If interested, call the High School Office at 563-922-2091.

School Bus Safety



The Iowa Department of Public Safety and the Iowa Department of Education would like to remind motorists to pay attention to safe driving rules in low-light conditions, particularly in school zones and when approaching bus stops. Watch for children who may be walking or riding their bikes. Never pass a stopped school bus with its stop arm extended and when the yellow or red lights are flashing. The Iowa State Patrol reminds all drivers to please be extra careful as you drive through school zones and on Iowa's roadways. Please stay alert for pedestrian and school bus traffic.

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.



Weather Calls



MV reports their school closings and cancellations to 3 TV stations: KGAN (2), KWWL (7), and KCRG (9), by 6:25 a.m. They also report them to these radio stations: KMCH and KDST. When bad weather hits, please turn to one of these TV or radio stations. Please DO NOT call the school. Their lines will be busy contacting personnel, other schools, bus drivers, etc.

Regular Board Meeting
August 16, 2021

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

At 6:06 p.m., President Donna Kunde declared this to be the time and place to hold the hearing on the proposed ESSER III Budget and the Return to Learn Plan. The District will receive and ESSER III allocation of \$796,150 and these funds will be used to purchase technology and fund teacher salaries for positions that the District added in order to improve student learning. Masks will be required on school transportation only. The documents were reviewed and there being no comments, the Board President declared the hearing closed. Motion by Zietlow, seconded by Feldmann to approve the ESSER III Budget and Return to Learn Plan as presented. A roll call vote was answered as follows: Dabroski, Feldmann, Huber, Kunde, Zietlow; all ayes. Carried.

One open enrollments in and two open enrollment outs were approved.

The Board approved the Superintendent authority to seek the advice of appropriate legal counsel as needed among the firms listed:

- Ahlers, Cooney, Dorweidler of Des Moines
- The Gruhn Law Firm of Cedar Rapids
- Lynch Dallas, P.C. of Cedar Rapids
- Tom Hanson, Manchester
- Iowa Association of School Boards
- School Administrators of Iowa

The Board appointed Erika Imler as the School Board Official for the 2021-2022 school year.

Board policy 106 Discrimination and Harassment was reviewed. The Board approved the waive the second reading and adopted the policy on the first official reading.

The Board approved the 2021-2022 Coaches Handbook. The Board also approved the 2021-2022 Bus Driver Handbook.

The Board also approved the 2021-2022 NICC Concurrent Enrollment Contract. The 2021-2022 Life Connections Contract was also approved.

The Board approved the purchase of a 2019 12-passenger van from J's Auto for a price not to exceed \$40,000.

The Board discussed holding meetings at both Johnston and Earlville for the upcoming year. It was determined the Board will meet at Johnston in October and in Earlville in March.

The meeting adjourned at 6:29 p.m.

Maquoketa Valley Activity Calendar

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

News from Mrs. Orr's 2nd Grade Classroom

The first week of school has been a great one for our classroom! We have been getting to know one another with various activities and games. We have started reviewing make-ten facts and different strategies in math. We even added a piggy bank to our daily calendar as we begin to identify coins and what they are worth. We are excited to start a unit in reading about "Schools around the World"! The second graders' main focus during the first week was becoming the best readers we could be by doing the following: finding the best book to read, finding the best spot to read, and practicing what it looks like to be REAL readers!

Our year is off to a great start!



CALLING all Grandparents & Special Friends

GRANDPARENTS/SPECIAL FRIENDS DAY is scheduled for all three MV Elementary Centers. Please mark your calendars now for the following dates: **Sept. 16th and Sept. 17th**

On Thursday, September 16th, **1:30 - 2:30** will be for those that have students in the preschool gold or preschool white classes at Earlville Elementary.

On Friday, September 17th, we will be hosting Grandparents at - **Delhi - 10:15 - 11:15**
Earlville - 12:30 - 1:30
Johnston - 1:45 - 2:45

Please look for an invitation and additional information coming home with your child very soon. You may choose to spend the entire time or come and go as your schedule permits. We love having our Grandparents & Special Friends come to visit -- you are some of our most treasured friends! We hope to see you there!

Photo and Video Consent

Throughout the school year, there may be times when Maquoketa Valley Community School District staff, the media, or other organizations, with the approval of the school principal, may take photographs of students, audio/videotape students, or interview students for school-related stories. These photographs and video may be used for publicity, promotional, and education purposes including newspaper publications, informational brochures, posts on social media, or posted to the school district's webpage. Names of students are not used in these publications except for team related pictures. If you would prefer that your child's picture not to be taken for these purposes, please contact your child's school office. The office will provide you with a form to complete stating this preference.

Guidelines for Volunteers

Maquoketa Valley is always in need of kind, caring adults who want to give their time to be with and help the children at school. The role of a volunteer is an important one, and while enjoyable, requires accepting certain responsibilities. We have developed guidelines to help ensure that Maquoketa Valley students and our volunteers have a safe and rewarding experience while at school. We are asking that all volunteers who are supervising students, who volunteer on a consistent basis, or who are accompanying students at an event to sign a "Guidelines for Volunteer" form and also complete the paperwork for the district's background check. This will help to further protect our students as well as our volunteers. These forms can be picked up in any of our school offices.

FERPA responsibilities

Federal law requires that school districts annually send to parents a notice of rights under the Family Educational Rights and Privacy Act (FERPA) and the Protection of Pupil Rights Amendment (PPRA). The law does not state when the notices are to be sent to parents, but at the beginning of the school year makes the most sense. The U.S. Department of Education provides model notices at the links below. Questions about FERPA or the PPRA should be direct to the Family Policy Compliance Office of the U.S. Department of Education at 202-260-3887 or FERPA@ED.Gov.

Model Notification of Rights under FERPA (sent to families of elementary & secondary students): [FERPA Notice](#)

Model Notification of Directory Information under FERPA: [Directory Information Notification](#)

PPRA Model Notice and Consent/Opt-Out for Specific Activities: [PPRA Consent](#)

Model Notification of Rights under the Protection of Pupil Rights Amendment (PPRA): [PPRA Notice](#)

Recording Devices

The Maquoketa Valley Community School District Board of Directors has authorized the use of recording devices on school district buses. The recording devices will be used to monitor student behavior to maintain order on the school buses to promote and maintain a safe environment. Students and parents are hereby notified that the content of the recording may be used in a student disciplinary proceeding. The content of the recording are confidential student records and will be retained with other student records. Recordings will only be retained if necessary for use in a student disciplinary proceeding or other matter as determined necessary by the administration. Parents may request to view the recording of their child if the recordings are used in a disciplinary proceeding involving their child.

Open Enrollment

Parents/guardians considering the use of the open enrollment option to enroll their child/ren in another public school district in the state of Iowa should be aware of the following dates.

March 1, 2022 - Last date for regular open enrollment requests for the 2022-2023 school year.

September 1, 2022 - Last date to open enrollment requests for students entering kindergarten for '22-23

Parents should be aware that only "good cause" reasons will be considered past the deadline. Parents/guardians of open enrollment students whose income falls below 160% of the federal poverty guidelines are eligible for transportation assistance. This may be in the form of actual transportation or in the form of a cash stipend.

Parents should be aware that open enrollment may result in the loss of athletic eligibility. If an original request to open enroll was based on repeated acts of harassment or a serious health condition of a student, parents have the right to appeal to the State Board of Education if the request to open enroll was denied.

For further details, and appropriate forms, contact the school administration office at 563-922-2091.

Student Directory

The following information may be released to the public in regard to any individual student of the school district as necessity or desirability arises. Any student, parent, or guardian not wanting this information released to the public must make objection in writing to the principal or other person in charge of the school which the student is attending. It is desirable to renew this objection at the beginning of each school year:

Name, address, telephone listing, electronic mail address, photograph, date and place of birth, major field of study, participation in officially recognized activities and sports, weight and height of members of athletic teams, dates of attendance, degrees and awards received and the most recent previous school or institution attended by the student, student ID number, user ID.

Any high school parent who does NOT wish to have your child's information released to any outside organization or business, please pick a form up in the high school office.

Level One Investigator

According to Iowa Code chapter 281 - 1AC chapter 102, all school boards in Iowa must designate at least one Level One investigator annually to look into allegations of abuse of students by school employees. The Level One investigator for Maquoketa Valley Schools is Administrator, Troy Osterhaus . If you have any questions concerning this subject, please contact Troy Osterhaus at phone number 563-922-2091

Teacher Qualifications

Parents and guardians in the Maquoketa Valley School District have the right to learn about the following regarding their child's teacher's qualifications: state licensure status, special endorsements for grade level / subject area taught and baccalaureate / graduate certification / degree. Parents and guardians may request this information from the Administration Office at 563-922-2091 or be sending a letter of request to the Office of the Superintendent, Maquoketa Valley Schools, 112 3rd Street., P.O. Box 186, Delhi, IA 52223-0186.

Health Curriculum

Senate File 2094, Human Growth and Development, requires annual notification to parents of their right to review all human growth and development curriculum. You may do so by contacting, Tiersa Frasher School Improvement Coordinator, at 563-922-9411. A pupil shall not be required to take instruction in human growth and development as long as the pupil's parents or guardian files with the appropriate principal a written request that the pupil be excused from the instruction.

Medication Policy Update

Medication ordered by a doctor, and over-the-counter medicines may be given at school. In order for medication to be given, the parent will need to obtain a "Drug Release" form from the school office. A supply of these forms will be kept in the elementary offices as well as in the high school office. This form must be signed by the parent or legal guardian. It is the parents' responsibility to bring the form and the medicine to school. Medication must be in the original container. Tell your pharmacist you need a bottle labeled for school. Medications ordered three times per day does not necessarily have to be given at school unless it is specifically ordered at that time. It is possible to give it at home before the child leaves for school, after school, and at bedtime. If you have questions regarding this policy, please call Mary Ries, the M.V. School Nurse at 563-922-9411.

Asbestos and AHERA

The Asbestos Hazard Emergency Response Act of 1986 (referred to as AHERA) was enacted by Congress fourteen years ago. AHERA was created to determine the extent of, and develop solutions for, any problems schools may have with asbestos. During the summer months of 2003 we replaced new ceiling tile in the auditorium with asbestos-free tile. Then in the summer 2004, that same type of tile was replaced in the Family and Consumer Health classroom in the high school building. The summer of 2012 asbestos insulation was removed from around the boilers and pipes. The records of our asbestos reports and removal are on file at the Maquoketa Valley Business Office and can be viewed Monday through Friday, between 8:00 AM and 4:00 PM. Any inquiries regarding the plan should be directed to Doug Steger, Maintenance Coordinator.

REQUIRED INFORMATION

USE OF STUDENT RECORDS

School districts are required to give annual notice regarding the rules and regulations they have established regarding the use of student records. What follows is the "Use of Student Records" regulation for the Maquoketa Valley Community School District.

Student records are defined to be all official records, files and data directly related to children, including all material that is incorporated into each student's cumulative record folder, and intended for school use or to be available to parties outside the school or school system; specifically including, but not necessarily limited to: identifying data, academic work completed, level of achievement (grades, standardized test scores; attendance data, scores on standardized intelligence, aptitude, and psychological tests, interests inventory results, health data, family background information, teacher or counselor ratings and observations, and verified reports of serious or recurrent behavior patterns.

The intent of this regulation is to establish procedures for granting request of parents for access to their child's records, use of such data, and procedures for transmittal within 45 days or sooner, if practical.

Access to Records

1. The parent or legal guardian of a student will have access to these records upon written request to the office of the principal, which maintains student records within this school system. If the student is 18 years or older, only the student has the right to determine.

The parent or legal guardian will, upon written request to the office of the principal, have the opportunity to receive an interpretation of the records, have the right to question the data, and if a difference of opinion is noted, shall be permitted to file a letter in the cumulative folder stating the dissenting person's position. If further challenge is made to the records, the normal appeal procedures established by school policy will be followed.

2. School personnel having access to student data are defined as "any person or persons under contract to the school or AEA and directly involved in working toward either the affective or cognitive goals of the school.

Release of Information to Other Persons

No information covered by this policy will be released to any persons or agency without the written consent of the adult student or the parents or guardian of a minor student; with the following exceptions:

1. School personnel with a legitimate educational interest.
2. Officials of other schools in which the student proposes to enroll.
3. Representatives of state and local government when auditing and evaluating Federal and State funded educational programs.

4. In connection with a student's educational financial aid application.
5. Organizations which process and evaluate standardized tests.
6. Accrediting organizations for accrediting purposes.
7. Parents of dependent children, regardless of child's age.
8. In connection with an emergency.
9. In response to a court order or legally issued subpoena.

Procedures

1. Each cumulative student record shall contain a reference to the location of any additional records pertaining to a given student with a notation as to the nature of the information contained therein.

2. Persons, other than school personnel with a legitimate educational interest, who are allowed access to student records under this policy shall make notation therein of their name, position, date, and the purpose for access.

3. In the event that a duly authorized person requests a review of a student record, no information contained therein shall be removed or altered except that additional information may be added as the normal course of school operations shall require.

Notice of Rights

The school administration shall notify students and parents annually, through the Students Handbook or similar publication, of the rights accorded students and parents under this policy.

Review and Removal

Student records are reviewed and inappropriate material removed periodically, but at a minimum when a student moves from elementary school to junior high school. Those records not of permanent importance are destroyed within five years of graduation or discontinued attendance.

Responsibility for Student Records

1. The superintendent or the superintendent's designee shall be the custodian of all student records maintained at the district level.

2. The principal or his/her designee shall be the custodian of all student records at the building level and shall make maximum provision for protection of student records from review by unauthorized personnel and for maximum physical security of such student records.

Family Rights & Privacy

The Family Rights and Privacy Act of 1974 requires annual notification to parents of children enrolled in special education instructional programs, operated by this school district of their rights to review the special educational records of their children.

This federal law allows the parent or guardian the following: (1) a review of your child's special education records; (2) to obtain copies at a nominal fee; (3) to write a response to materials in the record; (4) to challenge the content of the records on the grounds of inappropriateness or inaccuracy.

You also have the right to have such records explained to you by a professional staff member if you so desire. If you desire further information, contact the Superintendent of Schools or the School Board Secretary at Maquoketa Valley Community Schools, Delhi, Iowa 52223, phone 563-922-2091.

Notice of Nondiscrimination

It is the policy of the Maquoketa Valley Community Schools not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, disability, religion in its programs, activities, or physical or mental disability in its programs, activities, or employment practices as required by the Iowa Code Sections 216.9 and 19B.11, Titles VI and VII of the Civil Rights Act of 1964 (42 U.S.C. §2000d and §2000e), the Equal Pay Act of 1973 (29 U.S.C. §206 et seq.), Title IX (Educational Amendments, 20 U.S.C. §1681-1688), Section 504 (Rehabilitation Act of 1973, 29 U.S.C. §794), and the Americans with Disabilities Act (42 U.S.C. §12101, et seq.). Students are educated in the programs that foster knowledge of, and respect and appreciation for, the historical and contemporary contributions of diverse cultural groups, as well as men and women, to society. Students who feel they have been discriminated against are encouraged to report it to the school district Equity Coordinator. The Equity Coordinator is Dave Hoeger, Maquoketa Valley Community Schools, PO Box 186, Delhi, IA 52223, 563-922-2091.

The Rehabilitation Act

Section 504 of the Rehabilitation Act of 1973 prohibits discrimination against persons with a disability in any program receiving federal financial assistance. In order

to fulfill obligations under Section 504, the Maquoketa Valley Community School District has the responsibility to avoid discrimination in policies and practices regarding its personnel and students. No discrimination against any person with a disability should knowingly be permitted in any of the program and practices of the school system.

The Maquoketa Valley Community School District has the responsibility under Section 504 to identify, evaluate, and if the student is determined to be eligible under Section 504, to afford access to appropriate educational services.

If the parent or guardian disagrees with the determination made by the professional staff of the school district, he/she has a right to a hearing with an impartial hearing officer.

No Child Left Behind

Parents/guardians in the Maquoketa Valley Community School District have the right to learn about the following qualifications of their child's teacher, state licensure requirements for the grade level and content areas taught, the current licensing status of your child's teacher, and baccalaureate/graduate certification/degree. You may also request the qualifications of an instructional paraprofessional who serves your students in a Title I program or if your school operates a school wide Title I program. Parents/Guardians may request this information from the Office of the Superintendent by calling Mr. Dave Hoeger at 563-922-2091 or sending a letter of request to Superintendent, Maquoketa Valley Community School District, P. O. Box 186, Delhi, IA 52223-0186. The Maquoketa Valley Community School District ensures that parents will be notified in writing if their child has been assigned, or has been taught by a teacher for four or more consecutive weeks by a teacher who is not considered highly qualified.

Statement on Sportsmanship

REQUIRED INFORMATION

Notice on Restraint

This message is from our Conference principals and activity directors regarding spectator conduct at our events. We are running this message to remind all of us adults that our children will imitate our behavior at these events, so please take a moment to read this message.

The Tri-Rivers Conference has great schools, full of terrific kids, supported by caring and concerned parents and committed communities. As administrators, in general we feel very positive about our schools and the relationships between our schools. We do strongly believe that the sportsmanship displayed at our games by the majority of our fans, players and coaches is something in which we can all take pride. Granted there are some exceptions, and on occasion we have to address sportsmanship issues on the part of a player, coach or student fan. These relatively rare situations are dealt with as they arise.

We want to make you as parents, our wider community, aware of another more difficult sportsmanship issue. Unlike the scenario at hand above, where an administrator deals with a player, coach or student fan who has displayed inappropriate sportsmanship; this situation is both more common and more difficult to deal with in that the offenders are the adults in our stands. While the vast majority of the parents and other adult fans in the stands conduct themselves in a positive fashion, a very small, but vocal minority chose to ride the referees on nearly every call, taunt other players and coaches and make loud critical comments about our own players and coaches. Some even seem to feel it is OK to use abusive or even foul language. We, as administrators, address these issues when we can; but the reality is that we really shouldn't have to tell adults how to behave. We ought to be able to count on all the adults to conduct themselves in such a way as to serve as a role model for the students in the stands. Again, remember that the vast majority of the adults do take their responsibility in regard to sportsmanship seriously. We just need everybody to do that.

A basic truth in competition is that in every game someone wins and someone loses; but when we focus on that essential fact instead of the learning process we are losers no matter which team comes out on top. High School Officials make mistakes and that is another essential truth. It also is indisputable that everyone reading this letter also makes mistakes. Those occasional errors on the part of the referees do not change the fact that our officials do their best to call a fair, safe and well regulated game. The fact that an adult paid the admission price should not give them the right to use abusive language or continually harass the officials. I doubt there has ever been a single time where an official changed a call because a fan was screaming at him or her. We just need all of our fans to think about why we are here - it is for the kids and the competition and more importantly what that competition can teach our students about life. High School activities are focused on preparing students for the really important roles that they are going to play long after they leave the court or field for the last time, lessons about citizenship, parenting and moral fiber. If we focus on that, then we can all say we are serving as proper role models for our children and putting sportsmanship in its proper place, a place first and foremost in our hearts and minds. Thank you for your consideration of these matters.

State law forbids school employees from using corporal punishment against any students. Certain actions by school employees are not considered corporal punishment. Additionally, school employees may use "reasonable and necessary force, not designed or intended to cause pain" to do certain things, such as prevent harm to persons or property.

State law also places limits on school employees' abilities to restrain, confine and detain any student. The law limits why, how, where and for how long a school employee may restrain or confine and detain a child. If a child is restrained or confined and detained, the school must maintain documentation and must provide certain types of notice to the child's parent.

If you have any questions about this state law, please contact your school. The complete text of the law and additional information is available on the Iowa Department of Education's web site: www.iowa.gov/educate.

Authorization for Student Refusal of School Internet Usage

Maquoketa Valley Community Schools Network (MVCSnet) is a local area network connected to other local, national and worldwide networks. Its purpose is to meet the mission of the Maquoketa Valley Community Schools. It is also to advance and enhance student's access to educational resources, improve teacher resource and training, collaboration and dissemination of successful district and student materials, educational practices and methods. With this accessibility comes a need for appropriate and responsible use. The goal of providing access to teachers and students is to further educational excellence by facilitating resource sharing, innovation, and communication. The use of MVCSnet must be in support of education and research, consistent with student achievement goals and objectives of the Maquoketa Valley Community School District.

Maquoketa Valley Community Schools intends to fully comply with the Neighborhood Children's Internet Protection Act. Compliance includes a technology protection measure in the form of a filter to block, at a minimum, visual depictions deemed as obscene, child pornography, social networks, or harmful to minors.

Any parent/guardian has the right of refusal on respect to their student usage of the MVCSnet provided that the parent/guardian contact the school district in writing to the school district and contact the school district guidance office to complete a notice form.

If you have no objection to the use of MVCSnet, you **do not** need to take any action.

Healthy Kids Act Snacks

Wrigley's Spearmint Chewing Gum 1 stick
Trident Tropical Twist Gum 1 stick
Rice Krispies Treats 37g and 22g
Kettlecorn Popcorn 1oz
Nature Valley Oats & Honey Granola bar 1.5 oz
Snyders of Hanover Mini Pretzels 1.5 oz
Keebler Iced Animal Cookies 1.4 oz
Animal crackers 16 crackers per serving, 74 serv/container
Austin Zoo Animal Crackers 1 oz (28g)
3 Musketeers Max Chocolate Brownie
3 Musketeers Max S'mores
Lays Baked Sour Cream & Onion Chips 1 1/8 oz
Lays Baked Chips 1 1/8 oz
Honey w/whole grain Belly Bears 1 oz
Cinnamon w/whole grain Belly Bears 1 oz
Cheetos Atroids 100 calorie pack
Nature Valley Maple Brown Sugar Granola Bar 21g
Quaker Chewy Granola Bar Ragin' Oatmeal Raisin 24g
Quaker Chewy Granola Bar Chompin Chocolate Chunk 24g
Quaker Chewy Granola Bar Peanut Butter Chocolate Chip Granola Bar
Quaker Granola Bar Low Fat Chocolate Chunk 24g
Quaker Granola Bar Low Fat S'mores 24g
Quaker Granola Bar Peanut Butter Chocolate Chip 24g
Baked Cheetos Crunchy Cheese Flavored Snacks 100 calorie pack
Baked Crunchy Cheetos
Baked Ruffles Plain
Cheddar Sun Chips
Baked Doritos-Nacho Cheese
Smartfood Popcorn White Cheddar Flavored Popcorn 100 calorie pack
Sun Chips Harvest Cheddar 100 calorie pack
Austin PB&J Crackers 1 pkg. (39g)
Austin Peanut Butter Crackers 1 pkg. (39g)
Austin Cheddar Cheese Crackers 1 pkg. (39g)
Austin Chocolatey Peanut Butter Crackers 1 pkg. (39g)
Del Monte Strawberry Fruit Chillers 2 oz tube
Great Value Cherry Pop Tarts 1 pastry 52g
Great Value Blueberry Pop Tarts 1 pastry 52gm
Great Value Strawberry Pop Tarts 1 pastry 52gm
Great Value Chocolate Fudge Pop Tarts 1 pastry 52gm
Strawberry Toast Ums 1 pastry 52gm
Chocolate Fudge Toast Ums 1 pastry 52gm
Wild Berry Toast Ums 1 pastry 52gm
Kellogg's Strawberry Pop Tarts 1 pastry 52gm
Stauffers Whales 33 crackers per serving (1# bag)
All Yogurt/Gogurt-prefer lowfat or light
Juicy Juice 100% Juice, Juice boxes
Capri Sun 100% Juice, Juice pouches
All Fresh Fruit

String Cheese single serving
Johnny Rapp's Kettle Korn 1 oz
Cinnamon Toast Crunch Crisps 28gm
Kellogg's Special K Vanilla Crisp Bar 22gm
Fruit By the Foot Tie Dye 21gm
Fruit By the Foot Variety Flavors 21gm
Cereal Bars: Nutrigrain, Honey Nut Cheerio, Cinnamon Toast
Crunch, Cocoa Puffs, Trix Bars
Special K Cracker Chips Cheddar 90 calories
Special K Cracker Chips Southwest Ranch 90 calories
Special K Cracker Chips Sea Salt 90 calories
Special K Cracker Chips Sour Cream and Onion 90 cal
Special K Popcorn Chip Sweet and Salty 90 calories
Cheez-It Crackers Original Scrabble Junior .75 oz
Cheez-It Crackers Reduced Fat 1.5 oz
Kellogg's Crunchy Blends Low Fat Granola with Raisins 1.5 oz
Kellogg's Berry Chewy Cereal Bar 1.27 oz
Rice Krispies Chewy Cereal Bar Apple Cinnamon 1.2 oz
Cocoa Krispies Chewy Cereal Bar Chocolate 1.27 oz
Right Bites Cheez-It Crackers 0.77 oz
Right Bites Cheez-It Extra Cheesy Party Mix 0.74oz
Special K Bar Honey Nut 0.8 oz
Special K Bar Vanilla Crisp 0.8 oz
Special K Snack Bites Chocolatey Crunch 0.8 oz
Special K Snack Bites Strawberry 0.8 oz
Kashi TLC Chewy Granola Bar Peanut Butter 1.2 oz
Kashi GOLEAN Crunchy Bar Chocolate Peanut 1.76 oz
Kashi TLC Chewy Granola Bar Honey Almond Flax
Kashi TLC Chewy Granola Bar Trail Mix 1.2 oz
All-Bran Fiber Bar Apple Cinnamon Streusel 1.4 oz
All-Bran Fiber Bar Strawberry Drizzle 1.4 oz
Keebler Honey Grahams
Keebler Gripz Cinnamon Grahams 0.9 oz
Keebler Scooby-Doo Bones Cinnamon Grahams 1 oz
Keebler Elf Grahams Cinnamon 1 oz
Keebler Elf Grahams Original 1 oz
Keebler Bug Bites Cinnamon Grahams 1.1 oz
Bottled Water
Milk (any skim or 1% low fat option)
Single serving gold fish
Salsa For Dipping
Pre-packaged Trail Mix
Low Fat/FF Apple Dip
Fruit Bowls/ Applesauce single
Low Fat/FF Crm Cheese
Dried Fruit
Single serving cans of Tomato Juice or V8
Low fat or sugar free pudding cups, single serving
100 % fruit snacks
Frozen 100 % juice bars

Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

September Is Breakfast Month!



Breakfast is often considered the most important meal of the day. Yet many skip it. If you're someone who skips breakfast, try to change that as you get into your fall routine.

Breakfast provides the following:

- mental alertness
- important nutrients
- reduction of chronic disease risk

Remember, a meal is simply a combination of foods from at least three food groups. Thus, breakfast doesn't have to be huge. Here are some simple, nutrient-rich ideas:

- Yogurt parfait with berries and low fat granola.
- Whole wheat tortilla spread with peanut butter rolled around a banana.
- Coffee Cup Scramble with eggs, milk, and cheese ([Recipe](#), iowaegg.org, from Iowa Egg Council). Enjoy with a slice of toast and a cup of juice.
- Whole grain cereal, topped with fruit and low-fat milk.

Check out more ideas from the Academy of Nutrition and Dietetics, [6 Tips for Better Breakfasts](#), eatright.org.

Source: [Breakfast in Human Nutrition: The International Breakfast Research Initiative](#), mdpi.com.

Scrambled Egg Muffins

Serving Size: 1 muffin | Serves: 6

Ingredients:

- 2 cups vegetables (washed and diced) (broccoli, red or green peppers, onion)
- 6 eggs
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon garlic powder
- 1/2 cup low fat cheddar cheese, shredded

Directions:

1. Preheat oven to 350°F. Spray muffin tin with nonstick spray.
2. Add chopped vegetables to muffin tin.
3. Beat eggs in a bowl. Stir in salt, ground black pepper, and garlic powder.
4. Pour eggs into the muffin tin and bake for 20 to 25 minutes. Remove the tin from the oven during the last 3 minutes of baking. Sprinkle the cheese on top of the muffins and return the tin to the oven.
5. Bake until the temperature reaches 160°F or a knife inserted near the center comes out clean.

Tips: Use other vegetables such as mushrooms, tomato, or spinach instead of broccoli and peppers. Diced means to cut into small pieces (1/4 inch or less).

Nutrition information per serving:

110 calories, 6g total fat, 2.5g saturated fat, 0g trans fat, 190mg cholesterol, 200mg sodium, 4g total carbohydrate, 1g fiber, 2g sugar, 8g protein

This information is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit [Spend Smart. Eat Smart.](#), spendsmart.extension.iastate.edu.



www.extension.iastate.edu

Vegetable Safety Tips

Vegetables are part of a healthy diet. However, they can also be a source of bacteria that can cause foodborne illness. Use these food safety tips to protect yourself and your family.

1. Always wash hands with soap and water before you start to prepare vegetables.
2. Use clean equipment, including cutting board and knives.
3. Wash all produce even if the skin will be peeled. If a produce item is labeled ready to eat, washing is not recommended and could increase risk of illness.
4. Wash produce under running water. A scrub brush can help in cleaning produce. Soap and vegetable rinses are not necessary. If soaking is required to loosen dirt, make sure to finish by rinsing under cool or warm running water.
5. Store any washed produce in the refrigerator.

Source: [Fresh Vegetable Guide](http://store.extension.iastate.edu/product/12599), store.extension.iastate.edu/product/12599

No Excuses to Moving More

Many people say they don't have the time, energy, or resources needed to be active. Here are ways to overcome these barriers:

- Lack of time. Find two or three time slots of 10–15 minutes each day to schedule short bursts of activity, such as going for a walk. You can even find time to get active while you are at your desk. Try Desk Fit, 20 Essential Desk Exercises, nasa.gov.
- Motivation. Make activity a social event. Ask friends or family to join an activity. Encourage each other! This will benefit everyone, both physically and emotionally.
- Low energy. Many people feel tired after work or doing household chores. Consider being active at the start of your day. This will keep other things from crowding out the opportunity later in the day. Moving your body first will improve your ability to manage whatever daily tasks you have ahead of you.
- Fear of injury. Visit your health care provider to make sure activity is safe. Look for activities with low risk, such as walking or riding a stationary bicycle. SpendSmart. EatSmart has a chair workout, strength training, and stretching videos to use at home. See Physical Activity Videos, spendsmart.extension.iastate.edu.
- Cost. Look for outdoor fitness equipment and recreation trails in your community. Libraries may offer exercise DVDs. Senior centers sometimes have free programs or equipment.



Source: [Overcoming Barriers to Physical Activity](http://cdc.gov), cdc.gov.

SEPTEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
ATTENTION PARENTS: IT IS VERY IMPORTANT TO KEEP A POSITIVE BALANCE IN YOUR STUDENTS ACCOUNT AT ALL TIMES (9-12) = HS ONLY WG = WHOLE GRAIN	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER. EVERY MEAL IS SERVED WITH A 8 OZ. MILK ALL MEALS ARE SUBJECT TO CHANGE AT ANYTIME.	1 CORN DOG TATER TOTS WINTER MIX PEARS APPLE CRISP PANCAKES/SAUSAGE	2 WALKING TACOS REFRIED BEANS RED PEPPER STRIPS GREEN BEANS RICE MAND. ORANGES MINI PANCAKES	3 SHRIMP DINNER ROLL COTTAGE CHEESE PEAS WATERMELON WAFFLES
6 NO SCHOOL TODAY	7 HAMBURGER ON WG BUN CHEESE SLICE FRENCH FRIES BAKED BEANS MIXED FRUIT BREAKFAST PIZZA	8 MAC & CHEESE WG CINNAMON ROLL YOGURT ROMAINE LETTUCE PEAS APPLES SAUS/EGG/BISCUIT	9 CHICKEN NUGGETS WG DINNER ROLL (9-12) MASHED POTATOES CHICKEN GRAVY CORN PEACHES WG CINNAMON ROLL	9 PIZZA WG BREADSTICK MARINARA LETTUCE TOMATOES STRAW. APPLESAUCE PANCAKE ON A STICK
13 MEATBALL SUB CURLY FRIES CARROTS CELERY PEACHES OMELET/CROISSANT	14 CHICKEN PATTY ON WG BUN POTATO TRIANGLE CORN STRAWBERRIES LONG JOHN	15 MAIDRITE ON WG BUN STEAK FRIES BAKED BEANS PEARS cARNIVAL COOKIE PANCAKES/SAUSAGE	16 COUNTRY FRIED STEAK WG DINNER ROLL (9-12) MASHED POTATOES GRAVY PEAS & CARROTS ORANGES FRENCH TOAST	17 TACO SALAD REFRIED BEANS GREEN BEANS TOMATOES RICE PINEAPPLE BREAKFAST CHOICE
20 WG PIG N BLANKET POTATO SMILES CARROTS APPLES BREAKFAST PIZZA	21 CHICKEN TETRAZZINI WG GARL. BREADSTICK LETTUCE PEAS PEACHES WAFFLES	22 NO SCHOOL TODAY	23 BBQ PORK ON WG BUN CHEESY POTATOES BAKED BEANS COLESLAW APPLESAUCE PANCAKE ON A STICK	24 LASAGNA WG GARLIC BREAD LETTUCE RED PEPPER STRIPS ORANGES OMELET/TOAST
27 CHICKEN POPPERS WAFFLE FRIES CORN MIXED FRUIT CHERRY TURNOVER BAR COMBO/WG BUN	28 HAM BAKED POTATO CHEESE SAUCE WG DINNER ROLL BROCCOLI PEACHES LONG JOHN	29 MAND. ORANGE CHICKEN RICE BROCCOLI PINEAPPLE APPLES FRENCH TOAST	30 CHICKEN FAJITA REFRIED BEANS RED PEPPER STRIPS GREEN BEANS RICE MANDARIN ORANGES SAUS/EGG/MUFFIN	PARENTS: YOUR CHILD CAN RECEIVE 1 FREE BREAKFAST AND LUNCH EVERYDAY THIS SCHOOL YEAR. SECONDS (EXTRA LUNCH ENTREE) EXTRA MILK AND STRING CHEESE COST YOU THE PARENT.