



The Wildcat Report

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

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October 2021

The Toughest Job in the World

“Parenting is one of the toughest and most fulfilling jobs in the world- and the one for which you might feel the least prepared,” says Benjamin Mizrahi, EdM. There is a lot of truth to this statement. The pace of the world we live in continues to increase, and there are demands pulling us in all directions. Our Life Connections partner, Briannan Langdon, has pulled together some parenting information to hopefully make this tough job a little bit more manageable.

Sleep Matters

The American Academy of Pediatrics recommends children 3-5 years old get 10-13 hours of sleep a night, that is almost half their day! Children 6-12 years old need 9-12 hours of sleep a night. So think about what time your child needs to wake up in the morning and count back- you might be surprised at what time their heads should hit the pillow for some shut eye. Teenagers need 8-10 hours of sleep. This can be hard to accomplish, but getting the right amount of sleep helps your child feel calm and relaxed, they make better choices, they can pay attention and remember what they learned, and they feel good about themselves. The benefits of a good nights sleep shouldn't be taken lightly.

Screen Time and Children

We live in a technological world. While technology is a necessity in some cases, like many other things, technology needs to be used in moderation. It is important to realize that children 2-5 years old should be limited to one hour a day of screen time, and parents should watch it with their children. At ages 6-12 years, a consistent limit should be set for screen time. It is important that screen time does not take the place of adequate sleep, physical activity, and other daily essentials. For teenagers, parents should designate screen-free times such as meals, in the car, or after a certain time of night. Screen time can be addictive and too much screen time can lead to emotional, social, and attention problems and possible aggression. So limiting your child's screen time, although difficult, is worth the effort.

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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.**

Regular Board Meeting

September 20, 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. Four board members were present. There were eight staff and one visitor present. The agenda and consent items were approved.

Third grade teacher, Heidi Hoeger, and fourth grade teacher, Kris Wilson, presented the Board with an overview of the Eureka Math curriculum they currently use in their classrooms.

One open enrollment request out was approved.

The following personnel recommendations were approved:

Amanda Ludwig – employed as Middle School Paraprofessional

Mary Thuman – employed as Food Service in Delhi

Elizabeth Mueller – employed as Vocal Assistant

Trevor Arnold – resignation as Head Softball Coach

Barbara Wheeler – resignation as High School Custodian

Brenda Becker, Troy Osterhaus and Dave Hoeger were approved as the District Level I Investigators for the 2021-2022 school year.

The Board approved filing the application to the SBRC for Modified Allowable Growth for negative 2020-2021 Special Education balance in the amount of \$160,911.76.

John Zietlow was appointed to the Delaware County Conference Board.

The Board approved the out-of-state travel request of Ms. Lau to attend the World Dairy Expo in Madison, Wisconsin on September 28th.

Fund raising activities for the 2021-2022 school year were approved.

The October board meeting will be held at Johnston.

The annual IASB Convention is currently scheduled for November 17-18th. The Board will need to appoint a representative to the Delegate Assembly.

At 6:25 p.m. in a motion by Feldmann, seconded by Huber the Board entered into a closed session pursuant to Chapter 21.5(1)(i) of the Code of Iowa for the purpose of discussing evaluation of employees not covered by a collective bargaining agreement. A roll call vote was answered as follows: Feldmann, Huber, Kunde, Zietlow; all ayes. Carried.

At 6:41 p.m. the Board entered into open session.

The meeting adjourned at 6:42 p.m.

Special Board Meeting

September 15, 2021

A special meeting of the Maquoketa Valley Board of Education was called to order by Donna Kunde at 8:00 a.m. in the High School Conference Room in Delhi. All motions carried unanimously unless otherwise noted. Five board members were present. There were two staff and no visitors present. The agenda was approved.

In a motion by Feldmann, seconded by Zietlow the Board approved the following resolution:

RESOLUTION APPROVING REVENUE PURPOSE STATEMENT, ORDERING AN ELECTION ON A REVENUE PURPOSE STATEMENT TO AUTHORIZE EXPENDITURES FROM REVENUE RECEIVED FROM THE STATE SECURE AN ADVANCED VISION FOR EDUCATION FUND, AND ORDERING THE PUBLICATION OF A NOTICE OF ELECTION

A roll call vote was answered as follows: Dabroski, Feldmann, Huber, Kunde, Zietlow; all ayes. Carried.

The meeting was adjourned at 8:08 a.m.



Preschool News from Mrs. Ludovissy's Room:



The preschoolers have been very busy learning through play! We completed our Back to School, All About Me, and Family Units. We learned our friends' name by singing songs, we enjoy playing with friends at recess and center time, and we continue to work on sharing and taking turns. We read the stories "We Are All Alike, We Are All Different" and "I like Me" and discussed the similarities and differences between our friends. We also read the stories, "Clifford's Family" and "What Mommies Do Best" and shared stories on things we enjoy doing with our family. The preschoolers are sharing their "All About Me" bags on their favorite items from home. We are also creating a "This is Us" book that includes pictures of the preschoolers' families and things the preschoolers enjoy. Each day, we sing and dance to our good morning song and during our dance breaks, sing a finger play, complete an art project, or PE. In October, we will start to learn our letters by building letters with playdough, tracing letters in sand or rice, and writing letters in shaving cream. We will also start to learn our numbers, creating patterns, sorting, and counting. At centers, the kids independently rotate between our art center, sensory table, ABC/123, dramatic play, blocks, library, trains, and writing. At recess, the preschoolers enjoy playing: on our playground, basketball, stepping stones, and riding our trikes. Throughout our preschool day, the kids work on social skills by gaining a peer's attention, asking friends to play, sharing, taking turns, and giving a play idea. I cannot wait to see the preschoolers continue to grow!



Open with ▼



First grade has had an exciting start to the school year! We have a new reading curriculum that includes hands on activities to help students better understand content. Our first unit is about doing work. Students began lessons by exploring different kinds of tools. They were then given challenges and had to decide on the best tool to complete the challenge. After learning about tools, we focused on three habits of character that can help us do work (collaboration, initiative, and perseverance). Students had to work as a team to create the tallest tower with cups, build shapes with jump ropes, untangle crossed arms, and many other fun activities. After the challenges, we discussed how we used each of those habits. In addition to our reading curriculum, we have had fun experimenting with sound in science, celebrated grandparent's day, and cheered at the parade. We are having so much fun!



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.

MV Fine Arts Boosters

Welcoming ALL parents who want to be involved with their kids!

You are already a member and it is free!

Supporting kids from **Band, Choir, Speech, Drama,** and any other fine arts at Maquoketa Valley.

Join us at the next Fine Arts Booster Meeting, **October 11th, @ 6:30 PM** in the HS library and see what we are all about!!

Save the Date

The 42nd annual
CRAFTS & VENDOR SHOW
sponsored by the
MV Athletic Booster Club
will be

Sunday, October 24
from 9:00 AM to 2:00 PM

For information, please call:
Heather Intorf 563-920-9666
Becky Offerman 563-920-2226

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. at Delhi Landing (the back room) Please consider sharing your time & talents so that we may continue to provide the needed assistance to our athletic programs.



Halloween Parades

Friday, October 29th

1:00 - Earlville

1:45 - Johnston

2:30 - Delhi

Items for Sale

Maquoketa Valley Community School has the following items for sale:

(2) Square Backboards that were removed from the HS gym

(1) set of Port-A-Phone Communication Head Sets with (3) working headsets

If you are interested in these items, please send a SEALED bid to Erika Imler at PO Box 186, Delhi, IA 52223 by Tuesday, October , 12th, 2021.

We reserve the right to reject any or all bids.



November 2 and November 4

Conferences will be held at all centers.

Conferences time will be 3:00 - 7:00

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.

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.

Creative & Educational Ways to Stay Busy at Home



Watch a TED Talk:

Pick an interesting idea and have a family discussion afterward.

Learn a new Skill: Consider things like knitting, sewing, coding, or woodwork.

Watch Animals at the Aquarium:

Tune in to live video of animals at the aquarium.

Dance Party: Crazy loud music, weird outfits and half an hour of dancing to get the wiggles out



Take a Virtual Tour of a Zoo or Museum:

Explore amazing museums without having to leave the house.

Read a New Book: We're guessing you haven't read every book at your house.

Family Photoshoot: Use a phone or camera to take lasting photos of the family around the house or yard.

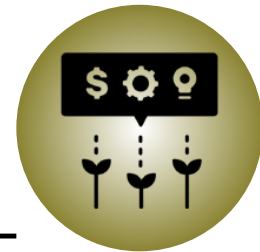
Try a New Recipe: You can even input the ingredients you have to see what you can make.

Write a Letter to a Friend or Family Member:
The old way of staying connected.

Exercise: Either inside or at a safe distance from others outside.

Design Your Own Schedule:

Print this schedule and have each kid plan out their own day.



Make Fun Videos: Instagram, TikTok, YouTube or just for your own home.

Build something: Legos or Lincoln Logs can be a great way to get creative.

Gather Old Clothes for Donating: Take time as a family to think about what you can give away.

Play a Boardgame or Work on a Crossword:
Dust off that monopoly set or exercise your mind

Create Personal Moodboards:

Form ideas and photos encompassing moods or concepts you like.



Click [here](#) for EVEN MORE ideas of ways to keep busy



Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

Craving Comfort Foods



In the fall, we crave warm, hearty foods like cheesy casseroles and hearty soups. Often, though, these “comfort foods” are high in fat, sodium, and calories.

The next time you make your favorite “comfort foods,” try these tips to make them healthier and even more enjoyable:

- Add extra vegetables of all types—dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables—without added sauces, fats, or salt. Double the vegetables in a soup or casserole recipe to add extra vitamins, minerals, and fiber.
 - Switch up your grains, making at least half of your grains whole grain. Like rice? Try replacing white rice with brown rice in your recipe. This month’s recipe uses brown rice.
 - Choose reduced-fat dairy foods, including fat-free or low-fat milk, yogurt, and cheese, in casseroles and cream soups. Reduced-fat cheeses, for example, have less fat but just as much flavor and melt just like full-fat cheese.
 - Use lean protein foods, including lean meats, poultry, and eggs; seafood; beans, peas, and lentils; and nuts, seeds, and soy products. Cooking on a budget? Canned meats are just as nutritious, cheaper, and easier to use in casseroles.
- Source: [Dietary Guidelines for Americans 2020-2025](#), bit.ly/3k7ZS4.

Thai Chicken Curry

Serving Size: 1 cup chicken curry, 1/3 cup rice | Serves: 4

Ingredients:

- 1 cup instant brown rice
- 1 pound boneless, skinless chicken
- 1 onion, chopped (about 1 cup)
- 2 carrots, chopped (about 1 cup)
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon salt
- 2 tablespoons Thai red curry paste
- 1 cup light coconut milk (about 1/2 of a 13.5-ounce can)
- 1 cup chopped spinach

Directions:

1. Cook instant brown rice according to package directions. Set aside.
2. Cut chicken into 1-inch pieces.
3. Spray a large frying pan with nonstick cooking spray. Add chicken, onion, carrots, ground black pepper, and salt. Cook over medium-high heat for 8 minutes.
4. Reduce heat to medium low. Stir in curry paste and coconut milk. Simmer for 5–10 minutes until vegetables are tender, stirring frequently.
5. Stir in spinach. Simmer for 3 more minutes, stirring frequently.
6. Serve curry over brown rice.

Nutrition information per serving:

290 calories, 7g fat, 3g saturated fat, 0g trans fat, 85mg cholesterol, 390mg sodium, 29g total carbohydrate, 3g fiber, 5g sugar, 28g 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

Words on Wellness



www.extension.iastate.edu

Fall Home Food Preservation

Apples, winter squash, and pumpkin may still be on your home food preservation to-do list.

- Always use tested recipes and procedures. Use publications from the [National Center for Home Food Preservation](https://www.nationalcenterforhomefoodpreservation.org), nchfp.uga.edu/, and ISU Extension and Outreach’s [Preserve the Taste of Summer](https://www.extension.iastate.edu/Preserve), store.extension.iastate.edu/.
- Canning apple pie filling requires Clear-Jel. This is the only thickener that holds up to canning. It is not available in stores but you can purchase it online. Do not substitute Instant Clear-Jel or any other thickener for home-canned pie filling.
- You can pressure-can squash and pumpkin safely if you cut them in cubes. However, you **cannot** safely puree squash and pumpkin. The density of the pureed squash/pumpkin can prevent adequate heat processing, even in a pressure canner.
- There are no tested recipes for home-canned pumpkin butter. You can freeze pumpkin butter or store it in the refrigerator.

Physical Activity Primer

Feeling tired, slow, and sluggish? People often don’t feel their best when they are not getting enough physical activity. But how much is enough? Experts say, for most of us, at least 150 minutes of physical activity every week promotes health and well-being. For the best results, aim for a combination of aerobic, muscle-strengthening, and flexibility activities each week.



Ideally, we need 150 minutes of aerobic activities weekly. **Aerobic activities** increase your breathing and heart rate and improve heart and lung fitness. Jogging, brisk walking, biking, and swimming are examples.

Muscle-strengthening activities build and maintain both muscles and bones. Lifting weights, using a resistance band, or doing weight-bearing activities such as push-ups, squats, or yoga are all examples. Aim to do these twice weekly, in addition to your aerobic activity.

Flexibility activities help joints to move through their full range of motion. You should enjoy stretching exercises such as yoga and Tai Chi two to three times weekly.

Source: Iowa State University Extension and Outreach [Spend Smart. Eat Smart.](https://spendsmart.extension.iastate.edu/physical-activity/), spendsmart.extension.iastate.edu/physical-activity/.

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Are you or someone you know experiencing a mental health emergency or family crisis?

Mobile Crisis Outreach

If you are concerned about a youth or adult in crisis, MCO can meet with you to discuss options. Issues we can help with include **depression, self-harm, family conflict, substance abuse and thoughts of suicide.**

Call the Mobile Crisis Outreach team 24/7/365 at Foundation 2 Crisis Services: 319-247-0030.



Immediate Crisis Response

Call our **24/7 Mobile Crisis Response line at 319-247-0030.** We serve adults and kids of ALL ages in Benton, Bremer, Buchanan, Delaware, Jones and Linn counties. When you call, a Foundation 2 Mobile Crisis Outreach team will rapidly respond to your home, school, church, agency or business...anywhere on-site support is needed!



On-Site Crisis Intervention

MCO counselors will arrive at your location within about 1 hour to defuse the crisis and stabilize the situation. MCO is certified by the American Association of Suicidology to perform suicide risk assessments, and can provide transportation to a crisis stabilization unit, shelter, or hospital if necessary. MCO provides support and advocacy for those awaiting inpatient psychiatric committal, and serves as an alternative to ER visits, involvement with law enforcement or DHS services.



Free Case Management

The day after you meet with our counseling team, our case managers will call you to help with immediate coordination of resources by connecting you with local programs that can assist with preventing psychiatric hospitalization or out-of-home placement. MCO collaborates with a network of local therapists and agencies to assist you with getting a counseling appointment as soon as possible.



Referrals to Other Services

Our case managers can provide referrals to long-term supports including therapy, family counseling, medication management, support groups, shelters, and in-home behavioral health intervention services.



Foundation 2

Crisis Services

For more information, call
Foundation 2 at 319-247-0030 or
visit foundation2.org.

OCTOBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<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>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>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>SALAD IS OFFERED EVERYDAY FOR 7-12 GRADE.</p> <p>OTHER BREAKFAST CHOICES: CEREAL BAGEL PBJ YOGURT</p>	<p>1 FISH DINNER ROLL FRENCH FRIES SAVORY CARROTS TROPICAL FRUIT</p> <p>BREAKFAST CHOICE</p>
<p>4 CHICKEN STRIPS DINNER ROLL (9-12) CURLY FRIES CORN STRAWBERRY APPLESauce</p> <p>BREAKFAST PIZZA</p>	<p>5 SUB ON WG BUN SUN CHIPS CARROTS CELERY APPLES</p> <p>PANCAKES & SAUSAGE</p>	<p>6 TENDERLOIN ON WG BUN HASH BROWN PATTY BAKED BEANS PEACHES PUMPKIN BAR</p> <p>WG CINNAMON ROLL</p>	<p>7 MR. RIB ON WG BUN STEAK FRIES GREEN BEANS PEARS</p> <p>SAUSAGE EGG BISCUIT</p>	<p>8 PIZZA DIPPERS MARINARA CHEESY WINTER MIX ORANGES</p> <p>FRENCH TOAST</p>
<p>11 GRILLED CHICKEN/WG BUN POTATO TRIANGLE BAKED BEANS APPLES COOKIE</p> <p>PANCAKE ON A STICK</p>	<p>12 SPAGHETTI WG GARLIC BREADSTICK LETTUCE ORANGES PINEAPPLE</p> <p>LONG JOHN</p>	<p>13 HAMBURGER GRAVY MASHED POTATOES BUTTER SANDWICH COTTAGE CHEESE SAVORY CARROTS PEACHES</p> <p>WAFFLES</p>	<p>14 HOT HAM & CHEESE FRENCH FRIES MIXED VEGETABLES KIWI APPLESAUCE</p> <p>OMELET/CROISSANT</p>	<p>15 WALKING TACO REFRIED BEANS RED PEPPER STRIPS GREEN BEANS RICE MANDARIN ORANGES</p> <p>BREAKFAST PIZZA</p>
<p>18 HAMBURGER ON WG BUN CHEESE SLICE FRENCH FRIES BAKED BEANS ORANGES</p> <p>COMBO ON WG BUN</p>	<p>19 MAC & CHEESE WG CINNAMON ROLL YOGURT ROMAINE LETTUCE PEAS APPLES</p> <p>PANCAKES/SAUSAGE</p>	<p>20 NO SCHOOL TODAY</p>	<p>21 CHICKEN NUGGETS WG DINNER ROLL (9-12) MASHED POTATOES CHICKEN GRAVY CORN PEACHES BANANA</p> <p>FRENCH TOAST</p>	<p>22 PIZZA WG BREADSTICK MARINARA LETTUCE TOMATOES STRAWBERRIES & BANANAS</p> <p>BREAKFAST CHOICE</p>
<p>25 CHICKEN PATTY ON WG BUN POTATO TRIANGLE CHEESY BROCCOLI GRAPES TROPICAL FRUIT</p> <p>B REAKFAST PIZZA</p>	<p>26 TACO SALAD REFRIED BEANS GREEN BEANS TOMATOES RICE MANDARIN ORANGES</p> <p>WAFFLES</p>	<p>27 MAIDRITE ON WG BUN STEAK FRIES BAKED BEANS PEARS APRICOTS COOKIE</p> <p>SAUSAGE EGG BISCUIT</p>	<p>28 COUNTRY FRIED STEAK WG DINNER ROLL (9-12) MASHED POTATOES GRAVY PEAS & CARROTS ORANGES</p> <p>WG CINNAMON ROLL</p>	<p>29 WITCHES EYES WITH BLOODY SAUCE (MEATBALL SUB) CURLY NAILS (CURLY FRIES) BROOMSTICKS (CELERY/CARROT) EEKS (SIDEKICK/ORANGE CREAM)</p> <p>FRENCH TOAST</p>