



# The Wildcat Report

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

Twitter #maquoketavalley

**December 2021**

## Weight Room Update

The Wildcat weight room is always busy. On a daily basis there are anywhere from 30+ to 60+ student-athletes that utilize the weight room. Student-athletes from 7th grade through 12th grade are a majority of the athletes that use the weight room but we have a few younger 6th grade siblings that come in as well.

All of our weight room sessions are supervised by myself as the weight room coordinator and/or by a licensed coach. We have various programs for kids who are in-season, off-season and also age appropriate. We have almost as many girls lifting consistently as we do boys.

Recently, we made a joint purchase with the Booster Club to get (3) more Racks, dumbbells, plates and boxes to be able to make our area more efficient. The space is not large so efficiency is key when trying to get 40+ kids through a workout in less than an hour. The new equipment has already helped make the room work better for everyone involved.

We group our athletes by sport in terms of their workout days and also the workouts that they are doing. A few weeks ago we finished up our fall training schedule and now we have started our winter training schedule with Boys Basketball, Girls Basketball and Wrestling, which includes both our JH and HS programs.

Athletes utilize their phone to track individual weight, reps, sets and it also contains a timer for various exercises. As the weight room coordinator, I adjust, update and modify the program to best fit the equipment we have, the space and the amount of athletes working out in that group along with managing the calendar for our athletes who may participate in 1, 2, 3 or 4 sports. Management of the athletes who are in 4 sports is a challenge because they are always practicing and playing except for a few weeks a year. Below is a picture of what the app looks like for our athletes. The old school method of tracking all of it on paper has been replaced by a computer that can give a lot of useful information and allow for adjustments throughout by both the athlete and the coach. This is my 5th year using Volt and it continues to keep getting better each year.

(Continued on next page)

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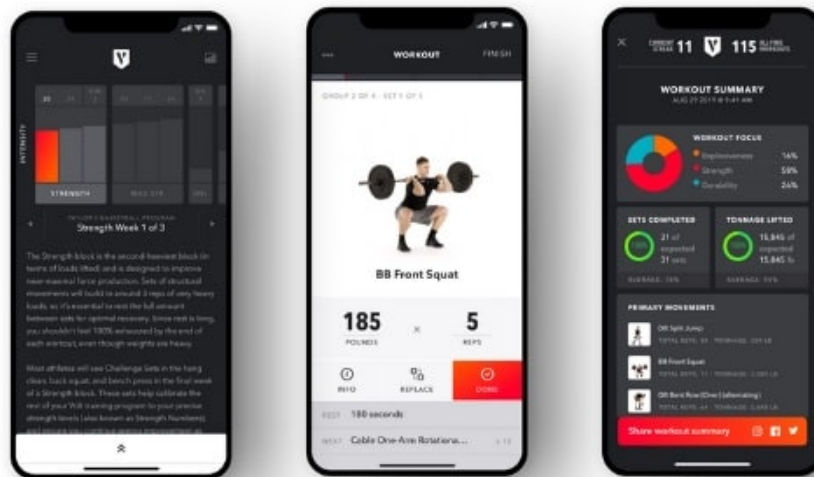
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### Board of Directors

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.**

## Weight Room Update



Like anything, having the facility and showing up are only part of the equation. Continuing to push the athletes to work harder is an always present goal. The best part about what we have going for us right now is our kids are enjoying the weight room and they are doing it in groups. When you are doing it with your teammates and your friends, everything means a little more, motivates you to do things right and hopefully take what they gain from their time in the weight room and transfer it to the field, court, mat or track.

Thank you to the athletes for showing up and taking pride in the facility, coaches for showing up to help supervise and parents who help get their child to the weight room so early in the morning. Like anything in life, you get out of it what you put into it.

## Spirit of Giving



It's hard to believe Christmas is quickly approaching! This year, all of the Maquoketa Valley elementary buildings are encouraging the spirit of giving. Instead of exchanging gifts with classmates during their class party, we are encouraging students to donate specific items for those in need. For those who would like to participate, a holiday tree will be set up in each building to collect non-perishable food, dish soap (no bar soap please), laundry detergent, and winter mittens and gloves so kids can play in the snow. All donations will be given to the Delaware County Food Pantry and HACAP.

We will begin collecting on Monday, November 29 through Wednesday, December 15. We look forward to the excitement the holidays bring, and to encouraging the spirit of compassion and giving.

Maquoketa Valley Elementary Schools  
Delhi, Earlville, and Johnston

## **Regular Board Meeting**

November 15, 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 five staff members and nine visitors present. The agenda and consent items were approved.

Erika Imler reported the official results of the Board election that was held on November 2<sup>nd</sup>. Election results reported were as follows: in Director District #2, Doug Dabroski received 481 votes and was duly elected for the office of Maquoketa Valley School Board Director District #2 for a term of four years; in Director District #3, Manuel Ricardo Bojorquez received 451 votes and was duly elected for the office of Maquoketa Valley School Board Director District #3 for a term of four years; in Director District #4, Mike Feldmann received 456 votes and was duly elected for the office of Maquoketa Valley School Board Director District #4 for a term of four years. In a motion by Zietlow, seconded by Feldmann the canvas of results was approved. All ayes. Carried.

FY21 books were examined and settled.

Supt. Hoeger, along with the entire Board, expressed appreciation to Chris Huber for her service and dedication to the Maquoketa Valley Community School District for the past 12 years. They wished her good luck on her future endeavors.

The meeting was adjourned at 5:44 p.m.

## **Organizational Board Meeting**

November 15, 2021

The organizational meeting of the Maquoketa Valley Board of Education was called to order by Superintendent Hoeger at 5:45 p.m. in the High School Conference Room in Delhi, Iowa. All motions carried unanimously unless otherwise noted. There were five board members were present. Five staff members and nine visitors were also present.

Erika Imler administered the Oath of Office to the newly elected Board Members.

The first order of business was to elect the officers for the 2021-2022 school year. Supt. Hoeger called for nominations for President of the Board of Directors. Donna Kunde was elected as President and John Zietlow was elected as Vice-President.

## **Organizational Board Meeting**

November 15, 2021

The Board set the monthly meeting date and time for the 2021-2022 year as the third Monday of each month. Meetings will begin at 5:30 p.m.

Several students from the FFA program presented the Board with information regarding their recent trip on Indianapolis for the National FFA Convention. The dairy team consisting of Alia Domeyer, Lane Domeyer, Haley Ronnebaum and Courtney Goedken placed third in their dairy judging event and invited to the Royal Highland Show in Scotland.

Three open enrollment requests out and two open enrollment requests in were approved.

The following personnel recommendation was approved:

Macey Anderegg – resignation as Assistant High School Softball Coach

The Board approved the appointment of Supt. Dave Hoeger to the Greater Delaware County Community Foundation.

Agenda item number 12 was amended to include additional fundraising activities. The Board then approved the Miss Lau's out-of-country travel request and additional fundraising activities for the FFA students. The students will be conducting additional fundraising activities to help fund their trip to Scotland for the Royal Highland Show.

The 2021-2022 SBRC Application for Increasing Enrollment, Open Enrollment Out and LEP Instruction Beyond Five Years for \$120,701.80 was approved. This will allow the district to increase spending authority and to levy dollars if needed.

The 2021-2022 Voluntary Early Separation of Certified Staff was approved. The Board approved a separation package of \$57,000 for Certified Staff. These funds will be paid out in three equal installments into a Health Reimbursement Arrangement account. The first installment will begin in August of 2022.

The Enrollment Express Contract was approved.

In informational and discussion items, it was noted that the hourly sub rate for non-certified staff was increased from \$11.00 to \$13.00 effective October 1<sup>st</sup>.

Plan for the upcoming IASB Convention were discussed.

A legislative forum has been set on November 29<sup>th</sup> beginning at 6:00 p, m. in Edgewood.

Post Prom will be teaming with Heims Awards to do an additional fundraiser. They will be selling tumblers, cutting boards and other engraved items.

Supt. Hoeger updated the Board on the pending employee vaccination requirements that are set to be enforced as of December 6<sup>th</sup>.

The meeting was adjourned at 6:40 p.m.



With winter and the cold weather upon us, we remind you that our building temperatures are set at 65 degrees. Parents are encouraged to dress your children appropriately. It is perfectly acceptable for your child to wear a sweater or sweatshirt in class in order to stay comfortable.

MV reports their school closings and cancellations to 3 TV stations: KGAN (2), KWWL (7), and KCRG (9) by 6:25 am. 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.

## 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.

## 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.**

## Greetings from 5th Grade Math

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The 5th grade has been working very hard throughout the entire 1st quarter. We started by developing a better understanding of place value and the relationship of each place value compared to the others. This knowledge has helped to improve our ability to multiply and divide numbers mentally. We are currently working on using standard algorithm to multiply decimals by whole numbers and will move to multiplying decimal by decimal. Our math tool box has really grown throughout the 1st quarter and the students have multiple strategies to attack the same math problem. It has been a great start and we look forward to what the rest of the year has in store for us. The 5th grade hoped you all had a wonderful Thanksgiving and want to wish you the very best Holiday season.



# Christmas Concerts

It's the most wonderful time of the year in music class and in 5th grade band! Everyone is working hard to prepare for our upcoming Christmas concert in December. This year's theme for the 3-5 grade will be *Glow*. Each of the songs selected for the concert are songs that are about the Light and energy that comes with the Christmas season and songs that capture the glow of the Christmas lights we see each year. You will hear a few traditional Christmas songs, as well, from the junior kindergarten through 2nd grade classes. Their concert will focus on traditional Christmas songs and carols. We look forward to sharing some energetic music with our families, friends, and teachers. We hope we can get everyone in the mood for the holidays!

Please put **Thursday, December 16** on your calendar for the MV Elementary Christmas concerts this year. Also, please keep in mind that parking will be at a premium prior to both concerts that evening so plan accordingly. More information will follow with details for dropping off and picking up students at designated locations. Feel free to email or call Mrs. Fisher with any questions you may have.

**JK-2nd Grade Christmas Concert: Thursday, December 16 @ 6:15pm in the Delhi MS multipurpose room**

**3-5 Grade Music & 5th Grade Band Christmas Concert: Thursday, December 16 @ 7:15pm in the Delhi MS multipurpose room**



The MV Middle School Music Department will present our holiday program on **Monday, December 20th at 1:30 pm in the Middle School Gym**. This concert will feature both our 6th Grade and 7/8th Grade Band, as well as our 7/8th Grade Choir, who will all be presenting the music we've been working on so far this quarter. Admission is free to the public. We hope you join us for a great concert that afternoon!

The MV High School Music Department is excited to present our annual holiday concert! The high school band and choir will perform their program on **Monday, December 13th at 7:00 pm in St. John's church in Delhi**. The performance is free and open to the public. Come join us for a wonderful evening of music!

# LOOKING for KINDERGARTNERS

We ask your assistance in compiling our list of children that will be entering kindergarten in the fall of 2022. Remember a child must be five years old on/before September 15, 2022 in order to be eligible to attend Kindergarten or Junior Kindergarten next fall. All of our Kindergarten and Junior Kindergarten students attend school at Earlville Elementary. Please list your own youngster and those of any of your friends or neighbors you believe may have not received this newsletter form. Please complete the form and drop it off or mail it to Maquoketa Valley Schools, 226 Prospect Street Earlville, IA 52041. Thank you!

Child's Name \_\_\_\_\_ Boy or Girl \_\_\_\_\_

Date of Birth \_\_\_\_\_

Mother's name \_\_\_\_\_ Phone Number \_\_\_\_\_

Address \_\_\_\_\_ Email \_\_\_\_\_

Father's name \_\_\_\_\_ Phone Number \_\_\_\_\_

Address \_\_\_\_\_ Email \_\_\_\_\_



## LOOKING for 4-Year Olds

We also need your assistance in compiling a list of children that will be FOUR years old on/before September 15, 2022 in order to be eligible for Maquoketa Valley's Pre-School program to start next fall. All of our Pre-School students attend school at Earlville Elementary. Please list your own youngster and if you know of any other families that have a 4-year-old, please contact them. Simply complete this form and drop it off or mail it to Maquoketa Valley Schools, 226 Prospect Street, Earlville, IA 52041. Thank you!

Child's Name \_\_\_\_\_ Boy or Girl \_\_\_\_\_

Date of Birth \_\_\_\_\_

Mother's name \_\_\_\_\_ Phone Number \_\_\_\_\_

Address \_\_\_\_\_ Email \_\_\_\_\_

Father's name \_\_\_\_\_ Phone Number \_\_\_\_\_

Address \_\_\_\_\_ Email \_\_\_\_\_



# NOVEMBER 2021

## Mindfulness & The Power of Yet

This year, first grade students have been introduced to the idea of mindfulness.

Each week, we continue to learn new activities and techniques that we can use to help us focus on the moment. Some of the techniques we have learned include "Rooted Trees," mindful stretching, belly breathing, and the Power of Yet. Mrs. Feller has reinforced the concept of mindfulness during guidance lessons while teaching students about fixed and growth mindsets. Thank you, Mrs. Feller!



## Turkey Trouble

Turkey? What turkey? Miss Siddell's first graders read the story *Turkey Trouble*. After reading, they knew they had to help disguise and save the turkey from being eaten at Thanksgiving dinner. A special thank you to Mrs. Teymer and Mrs. Arnold for joining in on the fun. What do you think... Will these disguises be enough to keep the turkey safe?







# DECEMBER 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<b>ATTENTION PARENTS:</b> <b>IT IS VERY IMPORTANT TO</b> <b>KEEP A POSITIVE BALANCE</b> <b>IN YOUR STUDENTS</b> <b>ACCOUNT AT ALL TIMES</b>  <b>(9-12) = HS ONLY</b> <b>WG = WHOLE GRAIN</b>	<b>THIS INSTITUTION IS AN</b> <b>EQUAL OPPORTUNITY</b> <b>PROVIDER AND</b> <b>EMPLOYER.</b>  <b>EVERY MEAL IS SERVED</b> <b>WITH A 8 OZ. MILK</b>  <b>ALL MEALS ARE SUBJECT</b> <b>TO CHANGE AT ANYTIME.</b>	<b>1</b> <b>HAMBURGER GRAVY</b> <b>MASHED POTATOES</b> <b>BUTTER SANDWICH</b> <b>COTTAGE CHEESE</b> <b>SAVORY CARROTS</b> <b>PEACHES</b>  <b>PANCAKES/SAUSAGE</b>	<b>2</b> <b>WALKING TACOS</b> <b>REFRIED BEANS</b> <b>RED PEPPER STRIPS</b> <b>GREEN BEANS</b> <b>RICE</b> <b>MAND. ORANGES</b>  <b>CINNAMON ROLL</b>	<b>3</b> <b>HOT HAM &amp; CHEESE</b> <b>FRENCH FRIES</b> <b>MIXED VEGETABLES</b> <b>KIWI</b> <b>APPLESAUCE</b>  <b>WAFFLES</b>
<b>6</b> <b>HAMBURGER ON WG BUN</b> <b>CHEESE SLICE</b> <b>FRENCH FRIES</b> <b>BAKED BEANS</b> <b>PEACHES</b>  <b>BREAKFAST PIZZA</b>	<b>7</b> <b>MAC &amp; CHEESE</b> <b>WG CINNAMON ROLL</b> <b>YOGURT</b> <b>ROMAINE LETTUCE</b> <b>PEAS</b> <b>APPLES</b>  <b>EGG WRAP</b>	<b>8</b>  <b>NO</b> <b>SCHOOL</b> <b>TODAY</b>	<b>9</b> <b>CHICKEN NUGGETS</b> <b>WG DINNER ROLL (9-12)</b> <b>MASHED POTATOES</b> <b>CHICKEN GRAVY</b> <b>CORN</b> <b>BANANA</b>  <b>SAUSAGE EGG BISCUIT</b>	<b>9</b> <b>PIZZA</b> <b>WG BREADSTICK</b> <b>MARINARA</b> <b>LETTUCE</b> <b>TOMATOES</b> <b>STRAW. APPLESauce</b>  <b>PANCAKE ON A STICK</b>
<b>13</b> <b>MEATBALL SUB</b> <b>CURLY FRIES</b> <b>CARROTS</b> <b>CELERY</b> <b>PEACHES</b>  <b>OMELET/CROISSANT</b>	<b>14</b> <b>TACO SALAD</b> <b>REFRIED BEANS</b> <b>GREEN BEANS</b> <b>TOMATOES</b> <b>RICE</b> <b>PINEAPPLE</b>  <b>LONG JOHN</b>	<b>15</b> <b>MAIDRITE ON WG BUN</b> <b>STEAK FRIES</b> <b>BAKED BEANS</b> <b>PEARS</b>  <b>PANCAKES/SAUSAGE</b>	<b>16</b> <b>CHICKEN PATTY ON WG BUN</b> <b>POTATO TRIANGLE</b> <b>CHEESY BROCCOLI</b> <b>STRAWBERRIES</b>  <b>FRENCH TOAST</b>	<b>17</b> <b>HAM</b> <b>DINNER ROLL</b> <b>CHEESY POTATOES</b> <b>CORN</b> <b>SIDE KICK</b> <b>COOKIE</b>  <b>BREAKFAST CHOICE</b>
<b>20</b> <b>CHICKEN STRIPS</b> <b>DINNER ROLL (9-12)</b> <b>CURLY FRIES</b> <b>CORN</b> <b>STRAW. APPLESauce</b>  <b>BREAKFAST PIZZA</b>	<b>21</b> <b>CHILI</b> <b>WG GARLIC BREADSTICK</b> <b>CARROTS</b> <b>CELERY</b> <b>PEARS</b>  <b>WAFFLES</b>	<b>22 OUT AT 1:05 PM</b> <b>PIZZA DIPPERS</b> <b>MARINARA</b> <b>COOKS CHOICE VEG.</b> <b>COOKS CHOICE FRUIT</b>  <b>COMBO ON A WG BUN</b>	<b>23</b>  <b>NO</b> <b>SCHOOL</b> <b>TODAY</b>	<b>24</b>  <b>HAPPY</b> <b>HOLIDAYS</b> <b>ENJOY YOUR</b> <b>BREAK</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>PARENTS: YOUR CHILD CAN</b> <b>RECEIVE 1 FREE</b> <b>BREAKFAST AND LUNCH</b> <b>EVERYDAY THIS SCHOOL</b> <b>YEAR.</b>  <b>STRING CHEESE, EXTRA</b> <b>MILK AND SECONDS (EXTRA</b> <b>LUNCH ENTREE) COST YOU</b> <b>THE PARENT.</b>