



The WILDCAT REPORT

Maquoketa Valley Community School District's newsletter

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

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January 2022

Maquoketa Valley's Professional Learning

This school year, Maquoketa Valley teachers have continued to learn about various aspects of education during our professional development early outs and full learning days. Our focus has centered around social-emotional & behavioral health, assessment for learning, and student-centered learning.

In the area of Social Emotional & Behavioral Health (SEBH), our district professional learning goal is to create a culture where children and adults have self-awareness, self-management, responsible decision making skills, relationship skills, and are socially aware in the PK-12 classroom settings. Pat Lehmann, a school improvement consultant from Keystone AEA, has supported our learning in this area by focusing on the five areas of the CASEL (Collaborative for Academic, Social, and Emotional Learning) framework.



This learning time has offered self-reflection in each of our personal and professional lives, while also finding various teaching strategies to implement in our classrooms to increase our students' own self-awareness, self-management, responsible decision-making, relationship skills, and social awareness.
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Board of Directors

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Doug Dabroski - Area 2
Rick Bojorquez - Area 3
Mike Feldmann - Area 4
John Zietlow Area 5

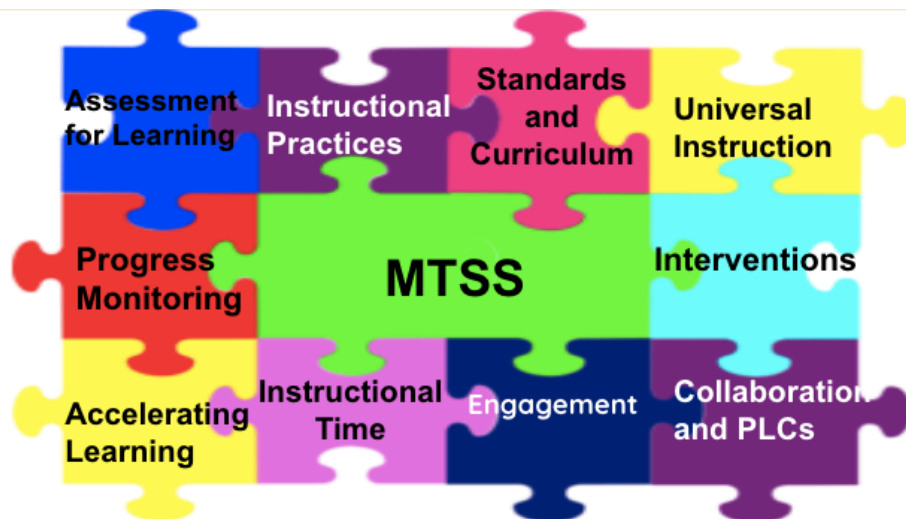
**Maquoketa Valley Community School District
Ensures High Levels of Learning to Empower All Students For Lifelong Success.**

(continued from front page)

In the area of Assessment for Learning, our professional learning goals states that MV will provide students with a guaranteed and viable universal instruction and curriculum that reflects:

- What do we want all students to know and be able to do? (universal instruction)
- How will we know if they learn it? (formative & summative assessments)
- How will we respond when some students do not learn? (differentiated instruction of universal instruction and / or the intervention system)
- How will we extend the learning for students who are already proficient? (differentiated instruction of universal instruction and / or the intervention system)

Donna Heying and Shauna Lange, both AEA School Improvement Facilitators, have shared resources around universal instruction and provided strategies for teachers to use to help meet the needs of our learners. We have learned about the components of a Multi-Tiered System of Supports (MTSS) and how we can use differentiated instruction to meet the various student interests, readiness and learning styles.



Sarah Seick, an AEA School Improvement Facilitator in the area of math, has also been supporting our PK-12 grade math teachers. They have been discussing mathematical discourse and what that looks and sounds like in a math classroom. Mathematical discourse is a set of tools and practices that make both learners' and teachers' thinking visible. How learners talk about mathematics reflects in part what they understand about mathematics. This work in math aligns with our continued learning with universal instruction and meeting the needs of our learners.

Our third professional development goal is focused on student-centered learning. Our goal is to increase student achievement by increasing educator capacity to improve student engagement, equity, and accessibility to learning. We continue to work together in our Professional Learning Communities at the PK-5th level and our Content Teams at the 6th-12th grade level. Teachers are working on improving their curriculum and teaching strategies, while focusing on increasing student engagement and technology integration in the classrooms. We continue to meet regularly to discuss student needs at the elementary student of concern meetings and also our kidtalk meetings at the secondary level.

Our professional learning days and our Wednesday early out time help us to learn, plan, revise, and plan ways for implementation for our student tasks and instruction. Our overall goal is to meet the academic, behavioral, and social-emotional needs of our students. This work continues to make Maquoketa Valley a great place to learn!

Regular Board Meeting
December 20, 2021

The regular meeting of the Maquoketa Valley Board of Education was called to order by Vice President John Zietlow at 5:30 p.m. in the High School Library in Delhi, Iowa. All motions carried unanimously unless otherwise noted. Three board members were present. There were nine staff members present and 19 visitors present. The agenda and consent items were approved.

The CTE Team of CeAnn Palmer, Karla Downs, Kurt Palmer and Haylee Lau presented the Board with information regarding things they have been doing in their classroom this fall.

Three open enrollment requests in and one open enrollment request out were approved.

The following personnel recommendations were approved:

Matt DeVore – resignation as Fall Musical Director

Debbie DeVore – resignation as Fall Musical Director

Eric Conner – resignation as Assistant High School Football Coach

Emily Ludovissy – employed as Head High School Softball Coach

The Board approved the 2022-2023 SBRC Modified Allowable Growth for Dropout Prevention. The Board approved the maximum amount allowed by state law which is \$186,138. Roll call vote was answered as follows: Dabroski, aye; Feldmann, aye; Zietlow, aye. Carried.

The Board approved the following Resolution for the Delaware County Hazard Mitigation Plan:

WHEREAS the Delaware County Board of Supervisors (Board) recognizes the threat that natural hazards pose to people and property within Delaware County; and

WHEREAS the Maquoketa Valley School Board has prepared a multi-hazard mitigation plan, hereby known as the “2022 Delaware County, Iowa Multi-Jurisdiction Multi-Hazard Mitigation Plan Update” in accordance with the Disaster Mitigation Act of 2000; and

WHEREAS the “2022 Delaware County, Iowa Multi-Jurisdiction Multi-Hazard Mitigation Plan” identifies mitigation goals and actions to reduce or eliminate long-term risk to people and property in Delaware County from the impacts of future hazards and disasters; and

WHEREAS adoption by the Maquoketa Valley School Board has demonstrated their commitment to the hazard mitigation and achieving the goals outlined in the “2022 Delaware County, Iowa Multi-Jurisdiction Multi-Hazard Mitigation Plan Update.”

NOW THEREFORE, be it resolved by the Maquoketa Valley Board of Education, approves and adopts the “2022 Delaware County, Iowa Multi-Jurisdiction Multi-Hazard Mitigation Plan Update” as an official plan.

The Board approved updated board policy 401.7 Employee Travel Compensation on the first official reading.

The Board will begin discussing ideas for the Academic Excellence speaker. The banquet will be held on Wednesday, May 4th at 6:30 p.m.

The meeting adjourned at 6:07 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.



Kindergarten

Melissa Hess

German Friedrich Froebel founded Kindergarten in 1837. The word Kindergarten comes from the German language. Kinder means children and garten means garden. Froebel felt that children needed to be nurtured and cared for like plants in a garden. This is exactly how the Kindergarten team feels our littlest wildcats need to be cared for as well. Currently, in our little garden, we have been tending our little "seeds" with a lot of care. Helping them learn to play, talk to others, express their feelings, and begin in the early stages of reading and writing by learning our sounds, letters, and how all of those sounds work together to make a word. When we return from break our little seeds will begin to sprout. It is quite amazing to watch these little flowers begin to grow. Some grow quite rapidly and others take their time. No matter how they grow, they all become beautiful little flowers come May. Kindergarten is a magical time in a child's life. Watching little people begin to read and write on their own is pretty magical. A whole new world is opened up to them. Miss Kintzle, Mrs. Zietlow, and I consider ourselves quite lucky to tend to a garden of beautiful little learners and we are anxious to watch our garden bloom in 2022!

KINDERGARTEN ROUND-UP

Parents of our 2022–2023 kindergarten students, please complete and send a registration form for your child (found in this newsletter) to one of our elementary schools. In order to start kindergarten next year, children must be five by September 15th, 2022.

The following date has been set for Kindergarten Round-up:

February 17 Earlville Center Only

Times are:

8:15 - 9:45

10:30 - 12:00

1:00 - 2:30

As more details become available we will share them on the Maquoketa Valley Facebook page. A letter will be mailed to parents of potential Kindergarteners the beginning of February with all the details for Round-Up.

MV Fine Arts Boosters

Join us at the next Fine Arts Booster Meeting,

Wednesday, Jan 10, @ 6:30 PM in the

HS Library

Masks are required.

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.

INFORMATION FOR PARENTS AND SCHOOL AGED YOUTH

If you, your family, or someone you know lives in the following situation:

- In a shelter, motel, vehicle, or campground
- On the street
- In an abandoned building, trailer, or other inadequate accommodations, or
- Doubled up with friends or relatives because you cannot find or afford housing

Then you, your family, or someone you know have certain rights or protections under the McKinney-Vento Homeless Education Assistance Act of 2001.

You, your family, or someone you know have the right to:

Go to school, no matter where you live or how long you have lived there. They must be given access to the same public education, including preschool education provided to other children.

Continue in school they attend before you became homeless or the last school they attended, if that is your choice and it is feasible. If a school sends your child to a school other than the one requested by you, the school must provide you with a written explanation and offer you the right to appeal that decision.

Receive transportation to the school they attend before you, your family, or someone you know became homeless or the last school attended if transportation is requested.

Attend a school and participate in school programs with children you are not homeless. Children cannot be separated from the regular program because they are homeless.

Enroll in school without giving a permanent address. Schools cannot require proof of residence that might prevent or delay school enrollment.

Enroll and attend classes while the school arranges for the transfer of school and immunization records or any other documents required for enrollment.

Enroll and attend classes in the school of your choice even while the school and you seek to resolve a dispute over enrolling your children.

Receive the same special programs and services, if needed, as provided to all other children served in these programs.

Receive transportation to school and to school programs.

When you, your family, or someone you know move, the following should be done:

Contact the district's local liaison for homeless education (School Superintendent, 563-922-2091) for help in enrolling you, your child(ren) or someone you know, to continue in his or her former school. (Or someone at a shelter, social services office, or the school can direct you to the person you need to contact.)

Contact the school and provides any information you think will assist the teachers in helping you, your child(ren) adjust to new circumstances.

Ask the local liaison for homeless education, the shelter provider, or a social worker for assistance with clothing and supplies, if needed.

If you need further assistance, call the State Coordinator at the Department of Education at 515-281-3966 or the National Center for Homeless Education at the toll-free Helpline number: 1-800-308-2145

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 _____

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.

Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

Eat Protein for Good Health

Food	Serving size	Protein (grams)
Steak/Fish/Chicken	3 oz.	21
Eggs	1 large	6
Milk	1 cup	8
Cheese	1.5 oz.	7
Yogurt	1 cup	11
Almonds	1 oz.	6
Beans	1/2 cup	8

Protein is essential to building our skin, hair, blood, bones, and so much more.

How much do you need? [MyPlate](https://www.myplate.gov/), www.myplate.gov/, recommends eating about 5 to 6.5 ounces (~66 to 80 grams) of protein foods daily for adults ages 18 years and older.

Where do you get protein? Protein is found in meat, poultry, pork, fish/seafood, dairy products, nuts, beans, legumes, and some fortified grains. These foods provide B vitamins (immunity, eyesight), iron (blood health), zinc (immunity), and magnesium (muscle and bone health).

Do you need a protein supplement? Most healthy adults do not need a protein supplement. Those who may need a protein supplement are those with health conditions (e.g., cancer or major wounds [bed sores, broken bones, surgery]), that prevent their bodies from using the proteins they eat. When choosing a supplement, consider its purpose. If wanted for muscle development, try whey protein after exercising. If needed to prevent muscle loss, use casein protein before bedtime.

Before increasing your protein intake, be sure to talk with your health care provider.

To learn more, visit [Stay Independent: A healthy aging series](https://www.extension.iastate.edu/humansciences/stay-independent), www.extension.iastate.edu/humansciences/stay-independent.

Sources: [The Scoop on Protein Powder](https://bit.ly/3EMmGvz), bit.ly/3EMmGvz.
[Protein Supplements...Are They for You?](https://bit.ly/3bDUwGt), bit.ly/3bDUwGt.

Quick Turkey Rice Soup

Serving Size: 1 1/2 cups | Serves: 6

Ingredients:

- 2 teaspoons vegetable oil
- 1 cup chopped onions
- 1 cup sliced fresh white mushrooms
- 1 clove garlic, minced
- 1 15-ounce can diced tomatoes
- 3 14-ounce cans low sodium chicken broth
- 1 10.75-ounce can reduced sodium cream of chicken soup
- 1 cup uncooked instant brown rice
- 2 cups chopped broccoli
- 2 cups chopped cooked skinless turkey
- 1/2 teaspoon ground black pepper

Directions:

1. Heat oil in large saucepan over medium high heat.
2. Add onions, mushrooms, and minced garlic (if using); cook, stirring often, until onion is tender (about 5 minutes).
3. Add tomatoes, broth, soup, and rice. Cover and cook until rice is nearly tender (15 to 20 minutes).
4. Stir in the broccoli and turkey; return to boil.
5. Reduce heat and simmer, partially covered, until broccoli is tender and turkey is heated through (about 5 minutes).
6. Remove from heat; stir in freshly ground black pepper.

Nutrition information per serving:

310 calories, 7g total fat, 2g saturated fat, 0g trans fat, 40mg cholesterol, 510mg sodium, 40g total carbohydrate, 4g fiber, 5g sugar, 23g 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

Strength Training for Strong Muscles

Current physical activity guidelines recommend strength training, which helps to prevent or reverse sarcopenia. Sarcopenia is the decline of skeletal muscle tissue, or muscle mass, as we age. Doing strength exercises at least twice a week keeps your muscles strong, so that you can do everyday activities such as lifting groceries and rising from a chair.

Visit the National Institute on Aging [Go4Life exercise videos](https://www.go4life.org/exercise-videos), bit.ly/3ocqDmy, on YouTube for strength-training exercises, [7 tips for a safe and successful strength-training program](https://www.go4life.org/7-tips-for-a-safe-and-successful-strength-training-program), bit.ly/3GNZQ8p, or download the [Prevent Sarcopenia](https://store.extension.iastate.edu/product/14826) handout, store.extension.iastate.edu/product/14826.



Safe Food at Potlucks

Potluck meals are a fun, low-cost way to celebrate the holidays with friends and family. They are also linked with the spread of foodborne illness. Follow these tips to keep food safe:

- If you or someone in your home has “stomach flu” or symptoms of a foodborne illness, don’t prepare food.
- Don’t mix salads, such as potato or a tossed lettuce salad, with your bare hands. Use utensils or wear gloves instead.
- To keep cold foods cold (40°F or lower), remove items from the refrigerator just before leaving home and put them in a cooler with ice or a freezer gel pack. Remove hot food items from the oven or cooktop and place in containers such as insulated bags to keep foods hot (140°F or above).
- To prevent cross-contamination, cover your car seat with a clean sheet or large towel before placing the food container on it and don’t transport food with animals in your car.

Source:

[Food Safety: Potluck Parties](https://www.foodsafety.gov/potluck-parties), bit.ly/3ohLFAI.



JANUARY 2022



Monday	Tuesday	Wednesday	Thursday	Friday
3 TETRAZZINI WG GARLIC BREADSTICK PEAS BROCCOLI MANDARIN ORANGES LONG JOHN	4 WG PIG N BLANKET POTATO SMILES CARROTS APPLES PEACHES COMBO	5 BBQ PORK ON WG BUN CHEESY POTATOES BAKED BEANS APPLESAUCE OMELET/CROISSANT	6 LASAGNA SOUP BOSCO STICK CARROTS/CELERY PEARS PANCAKE ON A STICK	7 TENDERLOIN/WG BUN FRENCH FRIES GREEN BEANS ORANGES FRENCH TOAST
10 CHICKEN POPPERS WAFFLE FRIES CORN MIXED FRUIT CRAISINS BROWNIE BREAKFAST PIZZA	11 HAM BAKED POTATO CHEESE SAUCE WG DINNER ROLL BROCCOLI PEACHES PANCAKES & SAUSAGE	12 CORN DOG HASH BROWN PATTY PEAS & CARROTS FRESH PINEAPPLE WG CINNAMON ROLL	13 MAND. ORANGE CHICKEN RICE BROCCOLI APPLES MAND. ORANGES SAUSAGE EGG BISCUIT	14 PIZZA WG BREADSTICK MARINARA LETTUCE TOMATOES SIDEKICK BREAKFAST CHOICE
17 NO SCHOOL TODAY	18 CHICKEN STRIPS WG DINNER ROLL (9-12) CURLY FRIES CORN STRAW. APPLESAUCE APPLE CRISP PANCAKE ON A STICK	19 SUB ON WG BUN FRENCH FRIES CARROTS/CELERY CRAISINS APPLES WAFFLES	20 MR. RIB ON WG BUN STEAK FRIES CHEESY BROCCOLI PEARS APRICOTS OMELET/CROISSANT	21 PIZZA DIPPERS MARINARA WINTER MIX CARROTS STRAWBERRIES BREAKFAST PIZZA
24 GRILLED CHICKEN/WG BUN POTATO TRIANGLE BAKED BEANS APPLES COOKIE COMBO ON WG BUN	25 SPAGHETTI WG GARLIC BREADSTICK LETTUCE ORANGES PINEAPPLE PANCAKES/SAUSAGE	26 HAMBURGER GRAVY MASHED POTATOES BUTTER SANDWICH COTTAGE CHEESE SAVORY CARROTS PEACHES CINNAMON ROLL	27 WALKING TACO REFRIED BEANS FIESTA SALAD RED PEPPER STRIPS GREEN BEANS RICE MANDARIN ORANGES FRENCH TOAST	28 HOT HAM & CHEESE FRENCH FRIES MIXED VEGETABLES KIWI APPLESAUCE BREAKFAST CHOICE
31 HAMBURGER ON WG BUN CHEESE SLICE FRENCH FRIES BAKED BEANS ORANGES BREAKFAST PIZZA	PARENTS: YOUR CHILD CAN RECEIVE 1 FREE BREAKFAST & LUNCH EVERYDAY THIS SCHOOL YEAR. STRING CHEESE, EXTRA MILK AND SECONDS (EXTRA LUNCH ENTREE) COST YOU THE PARENT.	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.	ATTENTION PARENTS: IT IS IMPORTANT TO KEEP A POSITIVE BALANCE IN YOUR STUDENTS ACCOUNT AT ALL TIMES. (9-12) = HS ONLY WG = WHOLE GRAIN	SALAD IS OFFERED EVERYDAY FROM 7-12 GRADE. OTHER BREAKFAST CHOICES: CEREAL BAGEL PB&J YOGURT

DUE TO SUPPLY CHAIN DISRUPTIONS, ITEMS ON MENU MAY CHANGE AT ANYTIME. THANKS FOR UNDERSTANDING.