



The WILDCAT REPORT

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

March 2022

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The Solution May Surprise You!!

What if I told you that you could be less stressed in only 20 minutes a day? What if I told you that the secret to sleeping better could be accomplished in only 20 minutes a day? I know what you might be thinking - "I don't have an extra 20 minutes a day!" Or you might be thinking -"I hate exercise!" But if you could be less stressed, sleep better, and even become more empathetic and intelligent, would you be interested in learning more? The solution might surprise you, it isn't exercise - it's READING!!! Reading for just 20 minutes a day is more beneficial than you may have ever imagined!

So let's tackle that first obstacle: I don't have an extra 20 minutes a day! When you stop to think about it, your favorite TV show is probably 30 minutes or more. Many of us are probably guilty of taking in more than one show a night on TV. So what if we read during commercials? What if we had to read before we watched that second show? With these strategies, we could squeeze that 20 minutes of reading in each day.

Have you seen your weekly screen time report lately? The average American adult spends over 3 hours a day looking at their phone screen! Instead of the endless scrolling, what if you used just 20 minutes of that three hours to read? Reduced stress, better sleep, more empathy, and a larger vocabulary could be the result!!!!

Not only is reading beneficial for you as an adult, but if you are able to read with your child, there are even more benefits. Your child will read an average of 1.8 million words a year if they read 20 minutes a day. This time can be a special time for you and your child to focus on each other and enjoy an activity together, which decreases individual isolation and aggression.

With all these benefits, I hope you will consider making reading part of your daily routine. If reading isn't currently part of your day, start slow and begin by adding 5-10 minutes a day and work up to 20 minutes. Once you start, you may be surprised at how much both you and your child will enjoy this special time!

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Board of Directors

Donna Kunde - Area 1
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.**

SCHOOL BOARD MINUTES

Regular Board Meeting
February 21, 2022

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 Library in Delhi, Iowa. All motions carried unanimously unless otherwise noted. Five board members were present. There were two staff present. The agenda and consent items were approved.

Six open enrollment requests in were approved and one open enrollment request out was approved.

The following personnel recommendations were approved:

Allison Fisher – employed as Fall Musical Director

Trevor Arnold – employed as High School Boys Golf Coach

Brianna Kluesner – employed as TLC Mentor

Tim Andrews – employed as TLC Mentor

Sara Dever – resignation as Third Grade Teacher (effective at the end of the 21-22 school year)

Rick Bojorquez was elected as the districts delegate to attend the AEA Director District 5 Convention on March 7th.

Board Policy Series 805.1 Naming School Buildings and Facilities was approved on the first official reading with amendments to the policies noted.

Halverson Photography was approved for the districts photographic services for the 2022-2023 school year.

The March board meeting will be held in Earlville. The April board meeting will be held on April 11th in order for the SBO to certify the budget to the county by the deadline of April 15th.

Supt. Hoeger and Ms. Imler presented several key financial indicators to the board. These included information regarding enrollment trends, unspent authorized budget, solvency ratio and salaries/benefits ratios.

Supt. Hoeger shared information regarding a recent facility report he conducted. The Board discussed projects to consider in the future and how these projects could be funded.

At 7:02 p.m. in a motion by Feldmann, seconded by Zietlow, the Board entered into a closed session pursuant to Chapter 20.17(3) of the Code of Iowa for a collective bargaining strategy session. A roll call vote was answered as follows: Bojorquez, Dabroski, Feldmann, Kunde, Zietlow; all ayes. Carried.

At 7:14 p.m. the Board entered into open session.

At 7:15 p.m. in a motion by Zietlow, seconded by Bojorquez, 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: Bojorquez, Dabroski, Feldmann, Kunde, Zietlow; all ayes. Carried.

At 7:33 p.m. the Board entered into open session.

The meeting adjourned at 7:34 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.



Parent/Teacher Conferences

The dates for the second Parent-Teacher Conferences of this school year are **Tuesday, March 22** and **Thursday, March 24**, from 3 PM - 7 PM both evenings. We will be dismissed at 1:05 both of those days.

These times are the same for all three elementary centers, the Middle School and High School.

There will be **NO SCHOOL** on **Friday, March 25**.

All preschool, JK, and kindergarten conferences will be held at Earlville Elementary.

All 1st and 2nd grade conferences will be at Johnston Elementary.

All 3rd-8th grade conferences will be held at Delhi Elementary.

All High School conferences will be held at the High School.

A note will be sent home with the scheduled conference times for elementary and middle school students. We will be using the fall conference times.

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 Sunday of every month** (except July) at 6:30 p.m. in the high school commons. Please consider sharing your time & talents so that we may continue to provide the needed assistance to our athletic programs.

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, **Monday, March 14 , @ 5:30 PM** in the HS Cafeteria and see what we are all about!!

Kindergarten, 3rd & 4th Grade Title Reading News

As parents, you might wonder how does a Title Reading teacher help my Kindergarten child? For starters, there is a great deal of communication between the classroom teachers and myself. We look at lots of different types of data, including observations made within the classroom. We collaborate as a team and look for skill patterns our students are struggling with and intervene with research-based activities to improve the predetermined skill deficit.

The literacy skill we have focused on since the beginning of the year is rhyming, letter recognition, and letter sounds while supporting our Jolly Phonics curriculum. Recently our kindergarteners have begun segmenting sounds within words to blend together and READ!! It is simply amazing how these little Wildcats have learned and caught onto the skills of reading and are truly enjoying their new adventures with reading!

One way to help your kindergartener at home is to read out loud to your child and continue to practice the Literacy bag activities that are sent home from their kindergarten teacher. Thank you for investing in your child's education!

Our 3rd & 4th grade Wildcats came back from winter break eager to set some reading goals for 2022! The goals we came up with together are:

- *Tracking where we're reading with our eyes, finger, or a bookmark.
- *Reading through the whole word. "Does it look right, sound right, make sense?"
- *Pay attention to punctuation as I read
- *Stay focused..."TUNE-IN" to reading
- *Smooth reading...not too fast, not too slow, just right!
- *Be a careful & quick reader
- *Re-Read if the text does not make sense
- *STOP, THINK, & WONDER before turning the page

The week of January 10th began our winter FAST screening. The students have shown growth in the areas of fluency, accuracy, and comprehension since their previous screening last fall. All their hard work in the classroom and reading at home has shown positive growth in all 3 of these areas. Our teachers and myself are very proud of our students' hard work, dedication, and perseverance the 1st semester of school. Keep up the GREAT work Wildcats!



**“Books Bring Us Together”:
Maquoketa Valley will hold a
Scholastic Book Fair in MARCH!**

Reading is the most important skill you can teach a child. Giving kids access to good books and the opportunity to choose books will motivate them to read more. And like most acquired skills, the more kids practice reading, the better they’ll get.

We invite you to visit our **Scholastic Book Fair** and experience a celebration of reading!

Book Fair Dates: March 21 - March 25 (**during school hours**)
March 22 (Tuesday) & March 24 (Thursday)
Location: All Centers
Shopping Hours: 3pm – 7pm (**during conferences**)

If you cannot make it to our Book Fair, you can **shop online** from March 21 - April 3.
With orders of **\$25 or more**, items will **ship to your house for FREE!**

Online Book Fair:

Earlville <https://www.scholastic.com/bf/earvilleelementaryschool>

Johnston <https://www.scholastic.com/bf/johnstonelementaryschool3>

Delhi Elementary <https://www.scholastic.com/bf/maqvalleyschools>

Delhi Middle School <https://www.scholastic.com/bf/delhimiddleschool2>

A note will go home with your student (grades Preschool - 8) during the month of March that will contain more details along with a flyer highlighting a few of the books on this year’s Fair.

We look forward to having you participate in our Scholastic Book Fair, and remember: **all online and in-person purchases** benefit our school – both in the classroom and in our libraries.

Please email with any **questions** you have about the Book Fair:
audreymoenck@maquoketa-v.k12.ia.us .

Thank you for your support!
Audrey Moenck

Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

Take a Tastebud Adventure



Thai Curry Chicken

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 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. (*This dish is spicy. For less spice, use less curry paste or add a little more coconut milk.)
5. Simmer for 5-10 minutes until vegetables are tender, stirring frequently.
6. Stir in spinach. Simmer for 3 minutes more, stirring frequently.
7. Serve curry over brown rice.

Nutrition information per serving:

890 calories, 7g total fat, 3g saturated fat, 0g trans fat, 85mg cholesterol, 390mg sodium, 29g total carbohydrates, 3g dietary fiber, 5g total sugars, 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](https://bit.ly/3AR0Bek)

March is National Nutrition Month. This year the focus is "Celebrate a World of Flavors." While food patterns are influenced by family traditions and ethnic or cultural groups, it is also wonderful to try and explore new foods. Here are four reasons to try new foods.

1. Gain Appreciation for Other Cultures. Trying foods from other areas of the country or world can give you a greater appreciation and understanding of a different culture. Try nearby restaurants that serve cuisine you've never tried before. Go to a specialty grocery store (such as an Asian market or bodega) to buy something to try at home. Cook a new recipe. Explore the [USDA Culture and Food](https://bit.ly/3AR0Bek) website, <https://bit.ly/3AR0Bek>.
2. Expand Your Options. By being adventurous and trying new foods, you'll increase your meal options. This will help stop meal prep boredom of cooking the same meals or going to the same restaurants.
3. Improve Nutrition. Eating and enjoying a wider variety of food also means that you'll get more nutritional variety. This means finding new sources of essential vitamins, minerals, and other nutrients in which your current food patterns may be lower.
4. Find Common Ground. A common social activity across nearly all cultures is eating. Mealtimes is an opportunity for people to gather lowering feelings of loneliness and enhancing happiness.

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Words on Wellness



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Put the Freeze on Spoiled Food

Freezing is quick and easy. It helps preserve the nutritive quality more closely to fresh food than any other food preservation method used today. When freezing foods, the goal is to keep ice crystals as small as possible. Large ice crystals can cause an undesirable soft, mushy texture.

Foods to be frozen must be packaged in a way that protects them from the dry freezer climate and excludes as much air as possible. Ideal containers for freezing must be

- expandable or sealed with sufficient headspace for expansion;
- moisture-vapor resistant;
- durable and leak proof;
- resistant to cracking and brittleness at low temperatures;
- resistant to oil, grease, and water;
- protective of foods from absorption of off flavors and odors; and
- easy to seal and label.

Avoid using waxed paper, paper or cardboard cartons, any rigid carton with cracks or poorly fitting lid, or re-used plastic dairy containers (e.g., cottage cheese or yogurt containers). These do not resist moisture enough to be suitable for long-term freezer storage.

To learn more about freezing and other food preservation methods, register for [Preserve the Taste of Summer 101](https://bit.ly/34pVrjQ), <https://bit.ly/34pVrjQ>.

CHAIR WORKOUT

SPEND SMART. EAT SMART.

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Move It

To promote health and well-being, healthy adults should get 150 minutes of moderate intensity physical activity weekly. Although spring is around the corner, it still may not be warm enough to get moving outside. Get moving in the comfort of your home with Spend Smart. Eat Smart.® physical activity videos. You can access these at [Spend Smart. Eat Smart](https://bit.ly/3ol6oE6), <https://bit.ly/3ol6oE6>.

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MARCH 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>PARENTS: YOUR CHILD CAN RECEIVE 1 FREE BREAKFAST AND LUNCH EVERYDAY THIS SCHOOL YEAR.</p> <p>STRING CHEESE, EXTRA MILK AND SECONDS (EXTRA LUNCH ENTREE) COST YOU THE PARENT.</p>	<p>1 CHICKEN STRIPS CURLY FRIES CORN STRAW. APPLESAUCE MIXED FRUIT</p> <p>BREAKFAST PIZZA</p>	<p>2 FISH DINNER ROLL HASH BROWN PATTY GREEN BEANS PEARS</p> <p>FRENCH TOAST</p>	<p>3 MR. RIB ON WG BUN STEAK FRIES PEAS APRICOTS BERRY BLAST CUP</p> <p>CINNAMON ROLL</p>	<p>4 PIZZA DIPPERS MARINARA CHEESY BROCCOLI CARROTS STRAWBERRIES</p> <p>OMELET/CROISSANT</p>
<p>7 GR. CHICKEN/WG BUN POTATO TRIANGLE WINTER MIX APPLES TROPICAL FRUIT COOKIE</p> <p>BREAKFAST PIZZA</p>	<p>8 WALKING TACO REFRIED BEANS FIESTA SALAD RED PEPPER STRIPS GREEN BEANS RICE MANDARIN ORANGES</p> <p>PANCAKE ON A STICK</p>	<p>9</p> <p>NO SCHOOL TODAY</p>	<p>10 HOT HAM & CHEESE FRENCH FRIES MIXED VEGETABLES KIWI APPLESAUCE</p> <p>SAUSAGE EGG BISCUIT</p>	<p>11 CHEESE PIZZA WG BREADSTICK MARINARA LETTUCE TOMATOES SIDEKICK</p> <p>CINNAMON ROLL</p>
<p>14 HAMBURGER/WG BUN CHEESE SLICE FRENCH FRIES BAKED BEANS ORANGES PEACHES</p> <p>OMELET/CROISSANT</p>	<p>15 CHICKEN NUGGETS WG DINNER ROLL (9-12) MASHED POTATOES CHICKEN GRAVY CORN APPLES</p> <p>PANCAKES/SAUSAGE</p>	<p>16 CHILI WG BREADSTICK CARROTS CELERY PEARS</p> <p>BREAKFAST CHOICE</p>	<p>17 PIZZA WG BREADSTICK MARINARA FRESH BROCCOLI APPLESAUCE BANANA</p> <p>FRENCH TOAST</p> 	<p>18 MAC & CHEESE WG CINNAMON ROLL YOGURT LETTUCE PEAS ORANGES</p> <p>LONG JOHN</p>
<p>21 CHICKEN PATTY/WG BUN POTATO TRIANGLE CHEESY BROCCOLI STRAWBERRIES</p> <p>BREAKFAST PIZZA</p>	<p>22 OUT AT 1:05 MAIDRITE ON WG BUN STEAK FRIES BAKED BEANS PEACHES COOKIE</p> <p>WAFFLES</p>	<p>23 TACO SALAD REFRIED BEANS GREEN BEANS RED PEPPER STRIPS RICE MAND. ORANGES</p> <p>COMBO ON A WG BUN</p>	<p>24 OUT AT 1:05 MEATBALL SUB CURLY FRIES CARROTS/CELERY SIDEKICK APPLES</p> <p>PANCAKE ON A STICK</p>	<p>25</p> <p>NO SCHOOL TODAY</p>
<p>28 WG PIG N BLANKET POTATO SMILES CARROTS APPLES PEACHES</p> <p>PANCAKE ON A STICK</p>	<p>29 BBQ PORK ON WG BUN CHEESY POTATOES BAKED BEANS APPLESAUCE CRAISINS</p> <p>CINNAMON ROLL</p>	<p>30 TETRAZZINI WG GARLIC BREADSTICK PEAS BROCCOLI MANDARIN ORANGES</p> <p>SAUSAGE EGG BISCUIT</p>	<p>31 TENDERLOIN/WG BUN FRENCH FRIES CHEESY WINTER MIX VEG. ORANGES</p> <p>BREAKFAST CHOICE</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</p> <p>WG = WHOLE GRAIN</p>
<p>EVERY MEAL IS SERVED WITH A 8 OZ. MILK</p>		<p>ALL MEALS ARE SUBJECT TO CHANGE AT ANYTIME.</p>		

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