



# The Wildcat Report

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

Twitter #maquoketavalley

June/July 2022

Maquoketa Valley Community,

The 21-22 school year has come to close! We did not have to deal with changing rules and regulations due to COVID this year but we did have many absences among staff and students that impacted us greatly. Hopefully, we can come back in the fall with many of the effects of COVID behind us.

There were several important items that took place at our school board meeting held on Monday, May 16. The school board approved a resolution allowing our residents to vote on a Physical Plant and Equipment Levy (PEEL) on September 13. We are asking voters for support on this resolution so that we can provide additional safety and security measures in our schools and to properly maintain our facilities. We have several big projects that need attention and we will not have the funds to complete them. You can find more information on this topic on our website in the tab titled "PEEL Referendum".

Rick Bojorquez was a school board member and recently moved out of the district. The board approved Pam Overman to fill Rick's position at the May school board meeting. The appointment will last until the next election. Because we will have a special election on September 13, this board position will be on the ballot for residents to vote on this seat. The winner of the election will fill Mr. Bojorquez's original board position until November 2025. Anyone who is interested in running for this board seat must live in Director District #3, which roughly includes the city of Delhi and then east and north to Hwy 20.

I would like to express my sincere gratitude to everyone who has helped Maquoketa Valley experience a successful school year. Along with the teachers who work with students each day, there are so many other staff members that help transport, feed, and support students throughout the day. They truly care about our students and work hard to provide the best possible experience for them. I also thank the parents for sending us your children and supporting our efforts to help education and provide rich experiences in and out of the classroom.

Thanks and have a great summer.

Dave Hoeger

#### **Administration Office**

Dave Hoeger  
Superintendent  
112 3rd St., P.O. Box 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  
Pam Overman - 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**

May 16, 2022

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

Pam Overman was nominated and appointed to fill the vacant board director seat left by Rick Bojorquez. Board Secretary, Erika Imler, administered the Oath of Office to the newly elected Director, Pam Overman.

Five open enrollment requests in were approved and three open enrollment requests out were also approved.

The following personnel recommendations were approved:

Amber Boeckenstedt – employed as Middle School Math Teacher

Shane Kirchoff – employed as Secondary Physical Education

Brad Huber – resignation as Co-Head HS Girls Basketball Coach

Ali Scherrman – resignation as Co-Head HS Girls Basketball Coach

Scot Moenck – employed as Head HS Girls Basketball Coach

Brad Huber – employed as Assistant HS Girls Basketball Coach

Megan McCrary – employed as Musical Director

Sherry Kramer – resignation as Johnston Food Service

CeAnn Palmer – resignation as High School Business Teacher

Trevor Arnold – resignation as High School Boys Golf Coach

Ron Besler – employed as High School Boys Golf Coach

Lesa Parmely – resignation as Yearbook Sponsor

Mary Hayes – employed as High School Business Teacher

The Board reviewed and approved the updated ESSER III Plan as presented. It was noted that there were no significant changes from the original budget approved last May. The revised budget will be posted on the school website.

The 2022-2023 joint sharing agreement for the role of School-Based Counselor and School Social Worker with Keystone AEA was approved. The Driver's Education contract with Northeast Iowa Community College was also approved.

(Continued on next page)

## Regular Board Meeting

May 16, 2022

The Board approved the following PPEL vote resolution:

### RESOLUTION ORDERING ELECTION ON THE QUESTION OF LEVYING A VOTER APPROVED PHYSICAL PLANT AND EQUIPMENT PROPERTY TAX

WHEREAS, this Board has determined that an election should be called on the question of levying a voter approved physical plant and equipment property tax.

NOW, THEREFORE, IT IS RESOLVED BY THE BOARD OF DIRECTORS OF THE MAQUOKETA VALLEY COMMUNITY SCHOOL DISTRICT, IN THE COUNTY OF DELAWARE, STATE OF IOWA:

That an election is called of the qualified electors of the Maquoketa Valley Community School District, in the County of Delaware, State of Iowa, on Tuesday, September 13, 2022. The following Proposition is approved, and the Secretary is authorized and directed to submit and file the Proposition for the Ballot with the Delaware County Commissioner of Elections at least 46 days prior to the election.

#### PROPOSITION

Shall the Board of Directors of the Maquoketa Valley Community School District, in the County of Delaware, State of Iowa, for the purpose of purchasing and improving grounds; constructing schoolhouses or buildings and opening roads to schoolhouses or buildings; purchasing of buildings; purchase, lease or lease- purchase of technology and equipment; paying debts contracted for the erection or construction of schoolhouses or buildings, not including interest on bonds; procuring or acquisition of libraries; repairing, remodeling, reconstructing, improving, or expanding the schoolhouses or buildings and additions to existing schoolhouses; expenditures for energy conservation; renting facilities under Iowa Code Chapter 28E; purchasing transportation equipment for transporting students; lease purchase option agreements for school buildings or equipment; purchasing equipment authorized by law; or for any purpose or purposes now or hereafter authorized by law, be authorized for a period of ten (10) years, to levy annually, a voter-approved physical plant and equipment property tax not to exceed Sixty-Seven Cents (\$0.67) per One Thousand Dollars (\$1,000) of the assessed valuation of the taxable property within the school district commencing with the levy for collection in the fiscal year ending June 30, 2024, or each year thereafter?

A roll call vote was answered as follows: Dabroski, aye; Feldmann, aye; Kunde, aye; Overman, aye; Zietlow, aye. Carried.

The Board approved the 2022-2023 HACAP contract. HACAP operates the Head Start program that is located in the Earlville center.

The Board reviewed Board Policy 705.4 Public Purpose and Recognition of Board of Directors, Employees & Volunteers. This policy provides the district guidance and authorizes the expenditure of district funds for district officers, directors, employees, contractors and volunteers when they are assisting the district. The Board approved the first reading of Board Policy 705.4 and waived the second reading.

The Board did not approve the 2022-2023 Teacher Leadership and Compensation Positions as presented. These positions will be updated and approved at the June meeting.

The list of seniors was divided among the directors for the purpose of diploma distribution.

The meeting was adjourned at 6:45 p.m.

# Back to School Nights

Parents and students: please mark your calendars for **Monday, August 22, 2022** and plan to be at MV - it will be a BIG night for the schools with these important events happening.

## **Monday, August 22**

### **Earlville**

5:00-6:00

PS Black, PS Gold & PS White  
JK, and Kindergarten

### **Johnston**

5:30-6:30

1st and 2nd grades

### **Delhi**

5:30-6:30

3rd, 4th, and 5th grades

## **6th Grade Orientation:**

**August 22nd(6:00 pm - 6:45 pm)**

6:00 pm - Parents & Students pick up schedules and meet in the MS gym

6:05 - 6:15 pm - Mr. Osterhaus welcomes parents, students, and introduces staff

6:15 pm - 6:40 pm - Students run mock schedule with staff and open lockers. Mr. Osterhaus & Mr. Arnold speak to their parents.

6:45 pm - Students meet parents in the gym to be dismissed.

## **9th Grade Orientation:**

**August 22nd (6:30 pm - 7:15 pm)**

6:30 pm - 6:45 pm - Parents & Students pick up schedules and walk around to classrooms and open up lockers.

6:45 pm - 6:50 pm - Parents and students meet in Auditorium. Mr. Osterhaus introduces staff.

6:50 - 7:15 pm - Mr. Osterhaus speaks to parents and students.



## **Requirements**

All students entering, advancing or transferring into 7th grade and born after September 15, 2004, will need proof of one dose of meningitis vaccine. All students entering, advancing, or transferring into 12th grade and born after September 15, 1999, will need proof of two doses of meningitis vaccine; or 1 dose if received when the student was 16 years of age or older. Proof of this vaccine will need to be provided PRIOR to the start of the first day of school or at school registration. In addition to the meningitis vaccine for those entering into 7th grade they will also be required to provide proof of Tdap vaccine. Please contact your health care provider, Delaware County Public Health at 563-927-7551, or Nurse Mary.

# 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.**

## For 2022-2023 School Year

### Using E-Registration and Online Payment of Fees

Once again the parents will be able to pay their 22-23 school year student fees, submit lunch money and update contact and emergency information on Powerschool.

A link is located on the school website for payment of registration fees and the Powerschool link to update student information. These will be active beginning August 1, 2022.

Information will be mailed to parents about registration.



## Text Alert System

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.

## Extended Deadline

Don't Miss Out on Your Teacher-Approved School Supply Pack



**SHOP NOW**

Extended Order Deadline:

**6/26**

Our School ID:

**MAQ003**

[www.EducationalProducts.com/ShopPacks](http://www.EducationalProducts.com/ShopPacks)

## Summer Hours

The Maquoketa Valley Administration will be working throughout the summer. Hours will be 8:00 AM until 4:00 PM each week, Monday through Thursday. The school office will be CLOSED on Fridays during the summer.

## Next School Year

2022/2023

The Maquoketa Valley school calendar for next year is now available on our website at :

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

The first day of school for 2022/2023 is

**August 23rd, 2022**





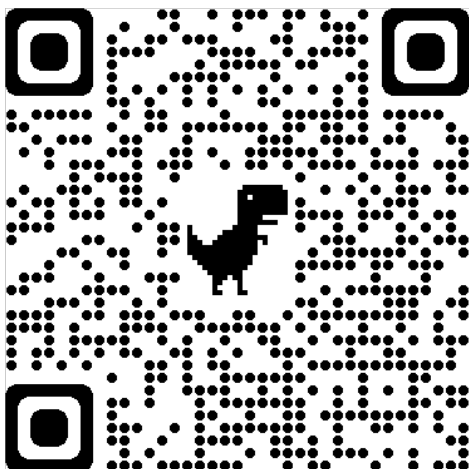
The MV district will be providing free meals the month of June to all children and teens ages 1-18. We ask that you contact Laurie Kramer @[lkramer@maquoketa-v.k12.ia.us](mailto:lkramer@maquoketa-v.k12.ia.us) to sign up so our staff can prepare the correct number of meals. We will be handing out meals on June 7, June 14, June 21, and June 28. Meals can be picked up at Johnston Elementaries and Maquoketa Valley High School from 11:30 am - 12:00 pm, on **Tuesdays**. This can be a tremendous help to families so please give this consideration. We want to thank the MV food service staff for all of their work last summer, all school year and again this summer.

### Wildcat Star Service Award Recipients

The inaugural recipients of the Wildcat Star Service Award are Lane Domeyer, Noah DeVore, Adrienne Freiburger, Amaya Hunt, Carlie Lewin Emma Richter, and Leah Ries. These students were recognized at graduation for their commitment to volunteer work. Each of them documented at least 75 hours of service work in the last year.

The program is designed to promote volunteerism for high school students. Each May, students can submit their volunteer logs with the goal of accumulating a set number of hours throughout high school. This program is being phased in, so the class of 2023 will need 150 hours total, the class of 2024 will need 225 hours, and the classes of 2025 and beyond will need 300 hours.

More information about the program and service opportunities can be found by using this QR code.



**2022 Wildcat Star Service Award Recipients**

Amaya Hunt, Leah Ries, Lane Domeyer, Carlie Lewin,  
Noah DeVore, Adrienne Freiburger, Emma Richter

This is a summer learning choice board full of summer learning and resources for parents and students!

[M.V. Summer Choice Board](#)

## Items for Sale

Maquoketa Valley Community Schools has the following items for sale:

### # of copies:

9 - The View from the Cherry Tree  
28 - Nothing But the Truth  
4 - Things Not Seen  
26 - Bearstone  
9 - Treasure Island  
28 - The Adventures of Tom Sawyer  
26 - The Phantom of the Opera  
24 - Sounder  
22 - Around the World in Eighty Days  
19 - The Glory Field  
10 - Lupita Manana  
28 - Farewell to Manzanar  
5 - The Clay Marble  
6 - Messenger  
6 - Also Known as Rowan Pohl  
6 - Thin Wood Walls  
5 - The Skull of Truth  
6 - Mercy on These Teenage Chimps  
10 - Nineteen Minutes by Jodi Piccoult

If you are interested in these items please send a SEALED bid to Erika Imler at PO Box 186, Delhi, IA 52223 by Tuesday, June 8th, 2022.

We reserve the right to reject any or all bids.

## NHS converted to service organization

Due to affiliation costs and duplication of recognition, MV will discontinue its membership to National Honor Society and will instead begin a service program for students. Students will be made aware of service opportunities, given opportunities to lead service projects, held responsible for tracking their service hours and accomplishments, and recognized publicly at graduation (indication in the program and by a cord/medal).

The goal is to recognize students who have contributed to their community or school by volunteering their time and talents. An increasing number of scholarship applications require applicants to list service experiences. Additionally, volunteer time often leads to employment and future educational opportunities as well as helps students to understand the connection between school, work, and community.

What counts as "service"? Service for this purpose is defined through the voluntary contributions made by a student to the school or community, done without personal compensation or classroom credit. Examples include coaching youth teams, helping at church or community events, managing/keeping stats/video recording an athletic team, setting up for speech or FFA contest or assisting at contest, working on set for drama, volunteering at the public library or fire department, mentoring, serving as a teacher assistant, etc.

This program will begin this summer, and students will be phased into it:

- Class of 2023: 150 hours from June 2021-May 1, 2023
- Class of 2024: 225 hours from June 2021-May 1, 2024
- Class of 2025 and beyond: 300 hours

For further information, please contact Diane Temple at [dianetemple@maquoketa-v.k12.ia.us](mailto:dianetemple@maquoketa-v.k12.ia.us).

# Maquoketa Valley School Supply list 2022-2023

## Preschool - Earlville

- 2 - 8ct. box regular size basic Crayons
- 4 Dixon/Ticonderoga Pencils
- 2 Elmers small purple glue sticks
- 1 set Crayola washable watercolor paint
- Pencil box (approx. 5 x 8)
- 1 box Kleenex tissues
- 1 container disinfecting wipes
- Hand sanitizer
- 1 full size book bag or backpack that can fit a folder
- 1 nap mat (preferably plastic, 5/8"x19x45) suggested
- 1 complete change of clothing in a labeled gallon bag,  
(Pants, shirt, socks & underwear to keep at school)

## Jr. Kindergarten - Earlville

- 4 - 8ct boxes of regular size Crayola crayons
- 1 - 24ct box of Crayola crayons ( for art class)
- 2 Expo dry erase markers
- 12 wooden #2 pencils (Dixon/Ticonderoga brand)
- 1 pencil box
- 1 large rectangular pink eraser
- 1 watercolor paint set
- 2 Elmers glue sticks
- 1 container of disinfecting wipes
- 1 bottle of hand sanitizer
- 1 box 200 ct. tissues (Puffs/Kleenex brand)
- Ziplock bags, Boys - 1 box gallon  
Girls - 1 box quart
- 1 nap mat (preferably plastic)
- 1 book bag or backpack
- 1 large box or bag of snack crackers or pretzels
- 1 complete change of clothing in a labeled gallon bag,  
(Pants, shirt, socks & underwear to keep at school)

## Kindergarten Earlville

- 3 - 24ct boxes Crayola crayons
- 1 box Crayola washable markers
- 1 pencil box
- 1 pink eraser
- 1 - 2-pocket folder
- 1 bottle of Elmer's white glue (for Art)
- 4 Elmers glue sticks
- 1 - 4pk Expo dry erase markers
- 1 inch 3-ring binder
- 1 set of headphones (not earbuds)
- 1 box of quart, slider top, freezer bags, (boys only)
- 1 box of gallon, slider top, freezer bags, (girls only)
- 1 beach-size towel for naps
- 1 book bag or backpack
- 1 complete change of clothing in a labeled gallon bag,  
(Pants, shirt, socks & underwear to keep at school)

## 1st Grade Johnston Elem.

- 1 yellow, blue, green, and red **PLASTIC** double  
pocket folder with **holes and brads**
- 3 lg. Elmer's extreme glue sticks
- 2 boxes 24 count Crayola crayons
- 2 - 10ct Crayola markers
- 1 box of washable Crayola markers (for Art class)
- 24 sharpened pencils (Dixon or Ticonderoga)
- 6 Expo markers, (no red please)
- 2 highlighters
- 2 rectangular pink erasers
- 1 pair Fiskars 5" scissors
- 2 Mead wide ruled composition books
- 1 pencil box
- 1 bottle hand sanitizer
- 1 - 200 ct box tissues kleenex or puffs
- 1 set of headphones (no earbuds)
- 1 container disinfecting wipes
- 1 box of gallon ziplock bags, no sliders please
- 1 complete change of clothing in a labeled gallon bag,  
(Pants, shirt, socks & underwear to keep at school)



## **2nd Grade Johnston**

1 box of Crayola crayons  
24 #2 Ticonderoga pencils  
10ct Crayola Markers  
2 highlighters, any color  
1 large eraser  
2 Black sharpies (for Art class)  
20 pack of pencil top erasers  
4 glue sticks  
1 pair Fiskars scissors  
8 Expo dry erase markers  
1 dry erase eraser  
small dry erase board  
3 composition notebooks,  
4 PLASTIC double pocket folders  
(red, yellow, blue, green)  
2 boxes 200 ct. tissues  
Hand sanitizer  
pencil box  
1 set headphones (no earbuds)  
1 container of disinfecting wipes

## **3rd Grade Delhi Elem.**

24 ct Crayola crayons  
1 box of Crayola colored pencils  
1 box of washable markers, bold tip, basic colors  
8 Expo dry erase markers  
1 Expo dry eraser for white board  
1 pair Fiskars scissors 7" or larger  
24 #2 Ticonderoga pencils, no mechanical  
1 big eraser  
1 pkg. 3x3 Post-it sticky notes  
2 Elmers glue sticks  
1 Elmer's Extreme Glue stick (for art class)  
1 pencil box or bag  
2 Kleenex tissues  
1 pair of earbuds - good quality  
1 - Red, PLASTIC, two-pocket folders w/ 3 prongs  
1 - Blue, PLASTIC, two-pocket folders w/ 3 prongs  
1 - Yellow, PLASTIC, two-pocket folders w/ 3 prongs  
1 - Green, PLASTIC, two-pocket folders w/ 3 prongs  
1 pkg of 12 clear protector sheets  
1 composition notebook  
Hand sanitizer

## **4th Grade Delhi Elem.**

24 #2 Ticonderoga pencils  
1 ink pen, any color  
1 Black Sharpie  
2 large pink erasers  
4 highlighters, different colors  
8 Expo dry erase markers  
1 dry erase eraser  
2 spiral notebooks  
4 double-pocket folders (red, yellow, blue, green)  
1 package wide-ruled, loose leaf paper  
1-1" three ring binder  
Binder tabs 5pk.  
2 - Kleenex tissues  
2 Elmers glue sticks  
24ct. Crayola crayons  
Box of Crayola colored pencils  
1 box of Crayola markers  
1 box of Crayola, washable markers (for Art class)  
Pencil box or bag  
1 -7" Fiskar scissors  
3 - 3x3 Post it note pads  
1 container of disinfecting wipes & 1 Hand sanitizer  
1 pair earbuds, good quality

## **5th Grade Delhi Elem**

12 #2 Ticonderoga pencils  
2 - erasers  
2 - red correcting pens  
2 - Black sharpies, (for art class)  
24ct. Crayola crayons  
1 - 12ct box of pre-sharpened, colored pencils  
4 Expo dry erase markers (any color)  
4 highlighters (all different colors)  
1 "Extreme" large glue stick  
1 - 7" Fiskars scissors  
zippered case for pencils and pens  
1 - 1" 3-ring binder  
3 - wide ruled 70-page spiral notebooks  
(blue, black, green)  
4 - 2-pocket folders -(red, blue, black, green)  
1 pkg. wide ruled, loose leaf paper  
1 pair of earbuds  
1 kleenex tissue and 1 hand sanitizer  
1 container disinfecting wipes

### 6th, 7th and 8th Grade

24 #2 Ticonderoga pencils  
6 mechanical pencils  
12ct pre-sharpened, colored pencils  
1 highlighter - any color  
8 Expo dry erase markers  
6 pens  
1 large eraser  
2 black Sharpies  
1 Elmers glue stick  
1 bottle liquid glue  
Fiskars 7.25" scissors  
Zippered pencil bag  
4 rolls of clear tape  
12" metric/standard ruler  
1 pkg. Loose leaf paper, college ruled  
1 yellow 3-subject notebook  
1 spiral purple notebook, college ruled  
1 spiral blue notebook, college ruled  
2 pocket folders (yellow & purple)  
2 - 1" 3-ring hardback binders (for science and math)  
2 boxes 200 count Kleenex  
1 Hand sanitizer  
1 pair of earbuds  
Scientific calculator

### All 7th grade FCS and Health Classes -

#### Mrs. Downs

1 bottle of Dawn Dish Soap  
1 box of parchment paper OR a box of quart or  
gallon ziplock bags  
1 box of Kleenex

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### MV High School

Every student please bring a box of  
tissues to the office

Every family please bring one bottle of  
hand sanitizer to office

### Algebra I, Algebra II, Statistics, Pre-Calculus, Calculus and AP Physics

High school Math students are required to provide their own graphing calculators for the above mentioned classes. The calculator that is required is the Texas Instrument TI-83 Plus or TI-84 Plus. CAS will NOT be allowed. The calculator must have the word Plus on it. All of the calculators are available at Walmart, Target, and Best buy. Some good deals may also be available on-line. If you have any questions/concerns please contact Mr. DeVore, Mrs. Lewin, and Mrs. Bush.

#### AP Physics - Mrs. Besler

1 - 3 ring binder  
1 dry erase marker  
Graphing calculator

#### Physical Science - Mrs. Besler

Calculator (does not need to be a graphing calculator)  
1 - 2 pocket folder  
1 dry erase marker

#### Earth Science - Mrs. Besler

1 three ring binder  
1 dry erase marker

#### Algebra A & B

1 ruler or protractor, straight edge  
Calculator (can be scientific, does not need to be graphing)

#### Also for Algebra I, Algebra II and Pre-Calculus

1 ruler or protractor, straight edge

#### Geometry - Mrs. Lewin

compass  
20 sheets quarter inch graph paper  
Scientific Calculator- be sure it has keys that say sin, cos and tan-above those keys it should say sin-1, cos-1 and tan-1

### **All HS FCS and Health Classes -**

#### **Mrs. Downs**

- 1 bottle of Dawn Dish Soap
- 1 box of parchment paper **OR** a box of sandwich, quart or gallon ziplock bags
- 1 box of Kleenex

### **Interior Design - Mrs. Downs**

- Items from FCS & Health list above, also:
- 6 pcs. large white poster board

### **Fashion Design - Mrs. Downs**

- 1 pkg. universal sewing machine needles
- 2 spools all purpose thread - neutral color, white, black, tan, brown or navy
- 1 - 45mm rotary blade (can get when we shop for fabric 2nd quarter)

### **English I / Am. Lit. - Mrs. DeVore**

- 1 book cover
- 1 notebook
- 1 pkg. sticky notes
- 1 glue stick or roll of scotch tape
- 2 highlighters (different colors)
- At least 3 different colored pencils or pens

### **Eng. II - Mrs. DeVore**

- 1 notebook
- 1 folder
- 1 pkg. sticky notes, any color
- 2 highlighters (different colors)
- At least 3 different colored pencils or pens

### **Eng. III - Mrs. Moenck**

- 1 folder
- 1 notebook
- 1 pkg. sticky notes
- 1 highlighter
- 1 pkg. of blank "thank you" notes, 6-8 count

**Please note that brand name items are not a requirement, please purchase what you can. Thank you!**

### **Creative Writing I/II - Mrs. Moenck**

- 1 folder
- 1 notebook/Composition notebook
- 1 pkg. sticky notes
- 1 pkg. lined note cards
- 1 highlighter or colored pen

### **Speech - Mrs. DeVore**

- note cards
- poster board for expository speech

### **Biology: Ms. Droeszler**

- 1 - 3 ring binder with 10 index binder dividers
- 1 folder
- 1 spiral notebook

### **Chemistry: Ms. Droeszler**

- 1 - 3 ring binder with 10 index binder dividers
- 1 folder
- 1 spiral notebook
- Scientific calculator

### **Anatomy and Physiology: Ms. Droeszler**

- 1 - 3 ring binder with 10 index binder dividers
- 1 folder
- 1 spiral notebook

### **AP U.S. History - Mr. Huegel**

- 1 - 3 ring binder
- Notebook/Loose-leaf paper
- Highlighter
- Folder

### **All History/Social Studies classes-Huegel**

- Highlighter
- Notebook/Loose-leaf paper
- Folder - to be used only for Social Studies classes

### **ALL Spanish classes - Mrs. Ries**

- 1 spiral notebook, for Spanish class notes only
- 1 folder, for Spanish class only
- Loose leaf paper for Vocab. work

# Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

## Fermented Foods Support Your Health



People have been fermenting foods for nearly 10,000 years. Fermented foods we eat today include sourdough bread, yogurt, kefir, sauerkraut, kimchi, and kombucha.

1. In fermentation, Lactobacilli, which are natural bacteria found in fresh vegetables, feed on carbohydrates and excrete lactic acid. The lactic acid helps preserve the vegetables and gives foods a bright color and tangy flavor.
2. Fermented foods have many health benefits. They give the body needed probiotics. Probiotics are microorganisms that live in the gut. They improve digestion, lower inflammation, and strengthen the immune system.
3. To add more fermented foods in your diet, consider the following:
  - Eat yogurt for breakfast or a snack. Enjoy it alone, with fruit, or made into a smoothie.
  - You can also use kefir to make a smoothie. This tangy dairy beverage provides a different variety of Lactobacilli than most yogurts do.
  - Toss a little sauerkraut (fermented cabbage) into a sandwich or wrap.
  - Enjoy tempeh or miso, which are fermented soybeans. Tempeh has a nutty, hearty, mushroom-like flavor. Add it to a noodle bowl with vegetables.
  - Have naturally fermented dill pickles as a snack or a hamburger topping. Most pickles at the grocery store have been packed in vinegar and spices, not fermented. Be sure to buy “naturally fermented” pickles. You can also make your own fermented pickles. For recipes, see the [ISU canning pickles instructions](https://bit.ly/3r7P4yQ), <https://bit.ly/3r7P4yQ>.

Source: [Taking a New Look at Fermented Foods](https://bit.ly/36haJl), [bit.ly/36haJl](https://bit.ly/36haJl).

**IOWA STATE UNIVERSITY**  
Extension and Outreach

## Words on Wellness



[www.extension.iastate.edu](http://www.extension.iastate.edu)

## Tend a Garden to Make Your Health Bloom

Spring is finally here, and many families are enjoying the warmer weather by planning their gardens. The fresh produce from gardens certainly improves our diets. As a bonus, gardening helps us be active! The Centers for Disease Control considers gardening a moderate intensity activity. Gardening helps get us the recommended 2 1/2 hours of activity we need each week. Working in a garden allows us to get vitamin D from the sun. It helps relieve stress. It might even lower our risk of dementia!

To learn more health benefits of gardening, listen to the *Sow, Grow, Eat, and Keep* [videos](https://bit.ly/3JiahSB), [bit.ly/3JiahSB](https://bit.ly/3JiahSB).

## Spring Clean Your Refrigerator



A well-organized refrigerator helps reduce food waste and save money. You should aim to deep clean your refrigerator every three to four months. Follow these steps to clean and organize your refrigerator:

1. Remove everything. Throw out food that has spoiled or expired and leftovers more than four days old.
2. Put perishables, such as milk, cheese, yogurt, meat, and eggs, in a cooler with ice or ice packs to keep cold while cleaning the refrigerator.
3. Wash all shelves, drawers, and walls with hot soapy water. Rinse with clean, hot water and let air dry. Replace drawers and shelves once they are dry.
4. Make sure the refrigerator temperature is 40°F or below, so your food is safe to eat.
5. Group similar foods together as you put them back in the refrigerator. Label and date all foods.
  - Crisper drawers: Keep fruits and vegetables.
  - Deli drawers: Store deli meats and cheeses.
  - Lowest shelf: Place raw meats on a plate, so they do not drip onto other foods.
  - Back of refrigerator: Keep milk and eggs, so they stay cold.
  - Door: Store sauces and condiments.
6. Once a year, clean the back and bottom of the fridge. This helps it to operate efficiently.

For more information, watch the *Organize Your Fridge* [video](https://bit.ly/3CT20IS), [bit.ly/3CT20IS](https://bit.ly/3CT20IS), on the Spend Smart. Eat Smart. website.

## Tzatziki and Pita Chips

Serving Size: 1/4 cup tzatziki with 6 pita chips | Serves: 8

### Ingredients:

- 1 cucumber (cut in half lengthwise)
- 1 teaspoon garlic (peeled and minced) (about 1–2 cloves)
- 2 containers (6 ounces each) plain Greek yogurt
- 1 teaspoon dried dill and/or fresh mint
- 1/4 teaspoon salt
- 1 tablespoon olive oil
- Dried basil, parsley, garlic powder (optional)

### Directions:

1. Use a spoon to scrape out seeds from the cucumber. Dice the cucumber into small pieces or shred with a grater.
2. Spread cucumber on paper towels on top of a clean kitchen towel. Roll up the towels and squeeze to remove excess liquid. Transfer dry cucumber to a large bowl.
3. Add the garlic, yogurt, dried dill or fresh mint, salt, and olive oil. Mix. Cover and refrigerate until served.
4. Serve with baked pita chips.

### Nutrition information per serving:

210 calories, 7g total fat, 4g saturated fat, 0g trans fat, 5mg cholesterol, 5mg sodium, 29g total carbohydrate, 4g fiber, 2g sugar, 8g protein. This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart.

For more information, recipes, and videos, visit [spendsmart.extension.iastate.edu](https://spendsmart.extension.iastate.edu)



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## News You Can Use

Nutrition Education  
with Seniors

May 2022

### Get the Most Bang for Your Nutritional Buck

Getting the proper nutrients in our diet is important for health. The key is to pick foods that are packed with vitamins and minerals but not a lot of extra fats, sugar, or sodium.

Aim to eat more fruits, vegetables, whole grains, and lean proteins.

It can be stressful to think about how to make changes to your diet. Remember, small changes add up to big health benefits. Here are some ideas to help you get moving in the right direction.

#### Make the Switch

INSTEAD OF ...	TRY...
Butter	Olive oil
Fried chicken	Oven fried chicken
Milk shake	Fruit smoothie
Potato chips	Air popped popcorn
Refined grain foods	Whole wheat or whole grain foods
Soda pop	Sugar free/diet pop or sparkling water

Adapted from: <https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/chapter-1/a-closer-look-inside-healthy-eating-patterns#food-groups>



Whole Wheat Pasta

#### Selection:

- Choose boxes or packages without obvious damage. This could mean the **pasta** is unsafe to eat.
- Check the "Best by" or "Best if used by" date on the package.
- Look for "whole wheat" on the package.

#### Storage:

- Store unopened boxes of **whole wheat** pasta in a cool, clean, and dry place.
- Once cooked, place **pasta** in an airtight container and store in refrigerator for up to 4 days.

#### Nutrition:

- 1/2 cup cooked **whole wheat pasta**
- Counts as 1 ounce equivalent of grains in MyPlate
- Provides 3g of fiber

#### Uses:

- Make a MyPlate friendly pasta salad with **whole wheat pasta**, chopped vegetables, diced tomatoes, your favorite lean protein, and light salad dressing.

### Food Safety in 4 Simple Steps

Spoiled food is not always obvious. Food that looks, smells, or tastes normal may contain bacteria or viruses that can make you sick. Follow these four simple steps to make sure your food is safe to eat!

#### Step 1: Clean

- Wash your hands and prep surfaces often.
- Wash and sanitize cutting boards and countertops.
- Wash produce.

#### Step 2: Separate

- Prevent cross contamination by separating raw meat, poultry, fish, etc. from other foods in shopping carts, grocery bags, and refrigerator.
- Place raw meats at the bottom of the refrigerator so their juices don't drip on other foods.
- Never place cooked food on the same plate or cutting board that held raw meat, poultry, fish, etc.

#### Step 3: Cook to safe temperatures

- Use a food thermometer to measure internal temperature of cooked foods
- Bring sauces, soups, and gravy to a boil when reheating. Reheat other leftovers to 165°F.

#### Step 4: Chill

- Refrigerate or freeze meat, poultry, and other perishables within two hours of cooking or purchasing.

Adapted from: <https://www.fda.gov/media/83744/download>

### Pasta Salad

Serves: 6 | Serving Size: 1 cup

#### INGREDIENTS

- 4 cups whole wheat pasta, cooked
- 1 cucumber, chopped
- 1 tomato, chopped
- 1/2 green pepper, chopped
- 1/2 red onion, chopped
- 1/3 cup reduced fat Italian salad dressing

#### INSTRUCTIONS AND TIPS

- Combine all ingredients in a large bowl. Mix well.
- Cover and refrigerate.
- Toss before serving.

**Tips:** Try adding seasonal vegetable (e.g., asparagus, zucchini). Start with 2 cups of uncooked pasta to get 4 cups cooked.

**Storage:** Keep in an airtight container for up to 4 days.

Nutritional analysis (1 cup): 170 calories, 2g fat, 0g saturated fat, 125mg sodium, 31g carbohydrates, 4g fiber, 4g sugar, 5g protein.

Recipe adapted from: <https://spendsmart.extension.iastate.edu/recipe/pasta-salad/>

#### Cook to Perfection

It is important to cook meats to the proper cooking temperature. This lowers the risk for foodborne illness.

Make sure your food is cooked to the internal temperatures listed below.

**Ground Beef:** 160°F

**Ground Poultry:** 165°F

**Poultry:** 165°F

**Seafood:** Cook until opaque. ~145°F

**Leftovers:** 165°F

#### Helpful Resources

Allamakee County Extension  
563.568.6345  
Like us on Facebook:  
Iowa State University Extension and Outreach - Allamakee County  
[www.extension.iastate.edu/allamakee/](http://www.extension.iastate.edu/allamakee/)

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[extension@iastate.edu](mailto:extension@iastate.edu)





## DELHI SOCCER 2022

Delhi Soccer League will have four groups as in the past. A group for students **entering** K, 1st & 2nd grade, 3rd & 4th grade, 5th & 6th grade and 7/8th with high school. Practices will be held in Delhi near Maquoketa Valley school grounds. Games will be held in Delhi, Edgewood or Manchester (Games can be on Monday, Tuesday or Thursday Nights). Practices tentatively will begin on Monday August 1st and will be on Monday and Wednesday nights from 5:30-7p.m. Games will start late August and will conclude by the end of September/beginning of October. It is a short season. Our goal as a league is to teach kids good sportsmanship and the rules of soccer!

Players will require shin guards, tennis or rubber cleated shoes (NO football or baseball cleats), team soccer shirt and a bottle of water for practice and games. We are looking for parents to help at practices. You do not need to know how to play, we teach as we go along. It's easy!

**REGISTRATION DATE TBD... FIND US ON [FACEBOOK DELHI SOCCER LEAGUE](#)**

Registration fee is \$20 for all players. A trophy will be awarded at the end of the season. We will be using the same T-shirt style as last year. If you need to purchase a new Tshirt the cost is \$15.00. ( May increase to \$20 depending on supplies available)

*\*\*\*A 5.00 late fee will be added to registrations received after July 4th. \**

Please message me with any questions: Heather Schnittjer Cell phone# 563-920-4555

2363 Jones Delaware Rd Hopkinton, IA 52237

Email: [DelhiSoccer@yahoo.com](mailto:DelhiSoccer@yahoo.com)

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Player's name \_\_\_\_\_ Grade (fall 2022) \_\_\_\_\_

Parent or Guardian name(s) \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_ Email \_\_\_\_\_

I have a gold t-shirt from the previous year \_\_\_\_\_

I need a new gold t-shirt (circle size) (note that these sizes tend to run small) Youth S(6-8) M(10-12) L(14-16) Adult S(34-36) M(38-40) L(42-44) XL(46-48)

I, \_\_\_\_\_ give permission for my child to participate in the Delhi soccer program. I will not hold the organizers, coaches, referees, property owners or any individual liable for injuries sustained or accidents occurring to players and/or spectators participating in soccer related activities. It is understood that registration does not include insurance coverage. Each person is responsible for personal medical coverage.

Signature of Parent / Guardian \_\_\_\_\_

I am be interested in coaching or assisting with coaching (reg. fee waived for child on team coached)

# *MINI YOUTH CHEER CAMP*

## *HOSTED BY THE MAQUOKETA VALLEY CHEER TEAM*

WHEN: Camp is Saturday, September 10th  
From : 10am - 1pm ( Snack provided, Please bring a labeled water bottle )  
Performance: Halftime of the Varsity Game. Friday, Sept. 16th

*Participants will learn*  
*Cheers, Jumps, Stunts and Pyramids*

WHO: JK - Delhi 7th grade / we will break into 4 groups  
COST: \$25 includes a Tshirt and camper admission to the game

-----  
Campers Name \_\_\_\_\_ Grade \_\_\_\_\_

			Shirt Size			
YS	YM	YL	S	M	L	XL

Food Allergy \_\_\_\_\_

Parent Name \_\_\_\_\_

Phone number \_\_\_\_\_

Please sign up by Aug 26th



# HOME OF THE WILDCATS

## MAQUOKETA VALLEY

### Community School District

## 2022 - 2023 District Calendar

### CALENDAR LEGEND

First & Last Day	
2:05 Early Dismissal	
1:05 Early Dismissal	
Teacher PD/No School	
Holiday	
Vacation Days	
Teacher Comp Day	

### STUDENT SCHOOL DAY

Start Time: 8:00am  
Dismissal Time: 3:20pm

### HOLIDAYS

Labor Day	9/5
Thanksgiving	11/24
Christmas	12/25
New Year's	1/1
Easter	4/9
Memorial Day	5/29

### SCHOOL PHONE NUMBER

563-922-2091

### SCHOOL WEBSITE ADDRESS

[www.maquoketa-v.k12.ia.us](http://www.maquoketa-v.k12.ia.us)

### FACEBOOK

Maquoketa Valley Community  
School District

August				
M	T	W	Th	F
15	16	17	18	19
22	23	24	25	26
29	30	31		
September				
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30
October				
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				
November				
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		
December				
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30
January				
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			
February				
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28			
March				
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31
April				
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
May				
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		
June				
			1	2
5	6	7	8	9

Aug. 16 New Teachers to the Profession/District

Aug. 17-22 Teacher Learning

Aug. 23 Begin First Semester

Aug. 24 2:05 Dismissal

Sept. 5 Labor Day (No School)

Sept. 21 Teacher Learning (No School)

Oct. 19 Teacher Learning (No School)

Oct. 21 End of 1st Quarter

Nov. 1 & 3 1:05 Dismiss - PT Confs. 3:00 - 7:00

Nov. 4 No School

Nov. 22 1:05 Dismiss

Nov. 23-25 No School - Thanksgiving Holiday

Dec. 7 Teacher Learning (No School)

Dec. 22 1:05 Dismiss

Dec. 23 - Jan. 2 Winter Break (No School)

Jan. 3 Resume 2nd Quarter

Jan. 13 End of 1st Semester

Jan. 16 No School - MLK Day - Teacher Learning

Jan. 17 Begin 2nd Semester

Feb. 20 No School - President's Day

Mar. 8 Teacher Learning (No School)

Mar. 17 End of 3rd Quarter

Mar. 21 & 23 1:05 Dismiss - PT Confs. 3:00 - 7:00

Mar. 24 No School

Apr. 6, 7 & 10 No School - Spring Break

Apr. 26 Teacher Learning (No School)

May 17 Graduation

May 24 1:05 Dismiss - Last Day

May 25 Teacher Learning (No School)

May 29 Memorial Day



Ensures High Levels of Learning to Empower All Students for Lifelong Success