



The Wildcat Report

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

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September 2022

Healthy Tips Nurse Mary

When I sat down to write this article, I was not exactly sure which direction my thoughts would take me. As a health care provider, I wanted to be able to give you easy, useful tips to keep yourself and those you care for healthy. How do I do this without you thinking, 'not this again', or 'I already now how', or 'blah blah blah'? You're right! What I will share is not something new and earth shattering. However, even if you pick one tip, that I share, and run with it, it can be life changing. So, here we go with simple daily tips.

- Find a moving activity that you enjoy and do it for 20-30 minutes
- Eat 4-7 servings of colorful fruits and vegetables
- Drink water-½ your body weight in ounces of water
- Practice dental hygiene at least two times per day
- Learn and practice sleep hygiene- go to bed at the same time each night and wake up at the same time every morning; aim for 6-8 hours of sleep per night for adults and 10-12 hours for youth
- Shut off screen time 1-2 hours before bed. According to the *American Academy of Pediatrics* children less than 18 months old should not participate in screen time except video chatting like Facetime. 18-24 month old children should just begin being introduced to it. Children ages 2-5 should only spend one hour per day viewing high quality screen time. As a child gets older than 5, a one size fits all approach isn't appropriate. Consider applying similar rules that you do in their real world environment: interact with them, teach kindness, be involved in their play, know who they are with and what they are doing, and pay attention to the quality of what they are viewing. While technology assists us in many ways it may also be leading to an increased rate of obesity, altered sleep patterns, behavior problems, delayed language and social skills, violence, attention difficulties, and less time learning , according to *Mayoclinic.org*.

I guess my thoughts were passionate about limiting screen time since that's where most of my writing ended up.

(Continued on next page)

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

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
StreetEarlville, 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

(Continued from front page)

Healthy Tips Nurse Mary

I don't want to leave without giving attention to brain health. While the aforementioned tips will assist in overall brain health, there are a few additional tips that will enhance it. Let's take a look at those.

- Try a new activity-find something that interests you
- Create real, key relationships-people you can truly rely on
- Focus on the silver lining-you may need help seeing it but keep it in the foreground
- Find ways to unwind/decompress-meditate, exercise, chat, kickbox just to name a few
- Know that you ARE enough
- Know that you are NOT alone
- Resources: Lifeline-dial 988, someone will answer 24/7/365 and Your Life Iowa- call 855-581-8111 or text 855-895-8398

Our overall health is simply small choices, strung together, and repeated over and over and over again. Don't try to do them all at the same time. Pick one, conquer it, then add on another until you can do most of them, most of the time. YOU are worth it.

CALLING all Grandparents & Special Friends

GRANDPARENTS/SPECIAL FRIENDS DAY is scheduled for all three MV Elementary Centers. Please mark your calendars now for the following dates: **Sept. 15th and Sept. 16th**

On Thursday, September 15th, **1:30 - 2:30** will be for those that have students in the preschool black or preschool white classes at Earlville Elementary.

On Friday, September 16th, we will be hosting Grandparents at :

Delhi - 10:15 - 11:15
Earlville - 12:30 - 1:30
Johnston - 1:45 - 2:45

Each building will host our guests in an open house style event. You will be able to move from classroom to classroom in each elementary building during the designated times and spend time interacting with your grandchild.

Please look for an invitation and additional information coming home with your child very soon. You may choose to spend the entire time or come and go as your schedule permits. We love having our Grandparents & Special Friends come to visit -- you are some of our most treasured friends! We hope to see you there!

NOTE: Guests arriving before the scheduled time will be invited to wait in our schools' commons area until classrooms are ready.

Regular Board Meeting

August 15, 2022

5:30 p.m. – High School Library – Delhi, Iowa

The regular meeting of the Maquoketa Valley Board of Education was called to order by President Donna Kunde at 5:30 p.m. on August 15, 2022. All motions carried unanimously unless otherwise noted.

Board Members Present –Dabroski, Kunde, Overman

Board Members Absent – Feldmann, Zietlow

Staff Present – Supt. Dave Hoeger, Brenda Becker, Tiersa Frasher, Mary Hayes and Erika Imler

Visitors Present – None

Motion was made by Dabroski, seconded by Overman to approve the meeting agenda as presented. All ayes. Carried

Motion was made by Overman, seconded by Dabroski to approve the consent items. All ayes. Carried.

Four open enrollment requests in and three open enrollment requests out were approved in a motion by Overman, seconded by Dabroski. All ayes. Carried.

The following personnel recommendations were approved in a motion by Dabroski, seconded by Overman:

Amy O'Connell – employed as Johnston Food Service

Shelley Fiedler – employed as Paraprofessional

All ayes. Carried.

In a motion by Overman, seconded by Dabroski the Board approved the 2022-2023 revised contracts in the amount of \$78,000 for Erika Imler and \$40,560 for Sarah Lown. All ayes. Carried.

In a motion by Dabroski, seconded by Overman the Board nominated Donna Kunde to serve as the delegate for the IASB Delegate Assembly which will take place on September 13, 2022. All ayes. Carried.

In a motion by Overman, seconded by Dabroski the Board approved out of state FFA travel request from Ms. Lau for the World Dairy Expo in Madison, WI on October 4, 2022 and the National FFA Convention & Expo in Indianapolis, IN on October 25-28, 2022. All ayes. Carried.

In a motion by Dabroski, seconded by Overman the Board approved the NICC Concurrent Enrollment Contract for the 2022-2023 school year. The Board also approved the 2022-2023 Johnson Controls Annual Planned Service Renewal in a motion by Overman, seconded by Dabroski. All ayes. Carried.

In a motion by Dabroski, second by Overman the Board approved the 2022-2023 Coaches Handbook and the 2022-2023 Bus Driver Handbook. All ayes. Carried.

The meeting was adjourned at 6:24 p.m. in a motion by Dabroski seconded by Overman. All ayes. Carried.

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.

Retired Citizens

Maquoketa Valley offers a Senior Citizen pass to anyone who is 65 years of age or older and resides in the District (Board Policy 1007.010). This pass entitles senior citizens free admission to all Maquoketa Valley sponsored events held at the school (athletics, drama, music, art, etc.) Events not sponsored by the M.V. District, but held at our school would be sectional or district state tournaments, fund-raising activities by our booster clubs, or any event sponsored by an outside organization. If interested, call the High School Office at 563-922-2091.

School Bus Safety



The Iowa Department of Public Safety and the Iowa Department of Education would like to remind motorists to pay attention to safe driving rules in low-light conditions, particularly in school zones and when approaching bus stops. Watch for children who may be walking or riding their bikes. Never pass a stopped school bus with its stop arm extended and when the yellow or red lights are flashing. The Iowa State Patrol reminds all drivers to please be extra careful as you drive through school zones and on Iowa's roadways. Please stay alert for pedestrian and school bus traffic.

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.



Weather Calls



MV reports their school closings and cancellations to 3 TV stations: KGAN (2), KWWL (7), and KCRG (9), by 6:25 a.m. They also report them to these radio stations: KMCH and KDST. When bad weather hits, please turn to one of these TV or radio stations. Please DO NOT call the school. Their lines will be busy contacting personnel, other schools, bus drivers, etc.

Seat Belts on School Buses

On October 2, 2019 the State of Iowa started to require all NEW school buses bought by an Iowa school district to include lap and shoulder seat belts. Maquoketa Valley currently has two bus routes with buses that have these lap and shoulder seat belts. All new buses purchased in the future by the district will also have lap and shoulder belts. Please note that your child **will be required** to wear seat belts while riding on these buses. Please talk with your child about this requirement. These measures are in place to assist in keeping your child safe while riding the bus! Please call the school if you have any questions!

Picture Day

Pictures will be taken on Friday, Sept. 16th, at Earlville Elementary for Preschool Gold.

On Monday, Sept. 19, Halverson Photography will be taking school pictures at Earlville, Johnston and Delhi Elementaries and Delhi Middle School and High School.

Volunteers Welcome

Maquoketa Valley is always in need of kind, caring adults who want to give their time to help the children at school. If you are interested, please contact any Administrator listed on the cover of this newsletter.



Maquoketa Valley High School will celebrate Homecoming during the week of September 25th – October 1st. The week will start out with powder puff football and iron man volleyball on Sunday, September 25th at 5:00 p.m. Friday, September 30th is a busy day with the class competitions beginning at 1:10 p.m.; parade at 2:00 p.m.; followed by the pep rally and crowing of the 2022 Homecoming King in the high school gym. Game time Friday night is 7:30 p.m. The Maquoketa Valley Wildcats will take on the Clayton Ridge Eagles. Crowning of the 2022 Queen will take place at half-time. A dance will be held to celebrate Homecoming on Saturday, October 1st from 7:30 – 10:00 p.m. in the high school cafeteria. Any business or group interested in being in the parade, please contact Erika Imler in the high school office at 563-922-2091 or email erikaimler@maquoketa-v.k12.ia.us.

Photo and Video Consent

Throughout the school year, there may be times when Maquoketa Valley Community School District staff, the media, or other organizations, with the approval of the school principal, may take photographs of students, audio/videotape students, or interview students for school-related stories. These photographs and video may be used for publicity, promotional, and education purposes including newspaper publications, informational brochures, posts on social media, or posted to the school district's webpage. Names of students are not used in these publications except for team related pictures. If you would prefer that your child's picture not be taken for these purposes, please contact your child's school office. The office will provide you with a form to complete stating this preference.

Guidelines for Volunteers

Maquoketa Valley is always in need of kind, caring adults who want to give their time to be with and help the children at school. The role of a volunteer is an important one, and while enjoyable, requires accepting certain responsibilities. We have developed guidelines to help ensure that Maquoketa Valley students and our volunteers have a safe and rewarding experience while at school. We are asking that all volunteers who are supervising students, who volunteer on a consistent basis, or who are accompanying students at an event to sign a "Guidelines for Volunteer" form and also complete the paperwork for the district's background check. This will help to further protect our students as well as our volunteers. These forms can be picked up in any of our school offices.

FERPA responsibilities

Federal law requires that school districts annually send to parents a notice of rights under the Family Educational Rights and Privacy Act (FERPA) and the Protection of Pupil Rights Amendment (PPRA). The law does not state when the notices are to be sent to parents, but at the beginning of the school year makes the most sense. The U.S. Department of Education provides model notices at the links below. Questions about FERPA or the PPRA should be direct to the Family Policy Compliance Office of the U.S. Department of Education at 202-260-3887 or FERPA@ED.Gov.

Model Notification of Rights under FERPA (sent to families of elementary & secondary students): [FERPA Notice](#)

Model Notification of Directory Information under FERPA: [Directory Information Notification](#)

PPRA Model Notice and Consent/Opt-Out for Specific Activities: [PPRA Consent](#)

Model Notification of Rights under the Protection of Pupil Rights Amendment (PPRA): [PPRA Notice](#)

Recording Devices

The Maquoketa Valley Community School District Board of Directors has authorized the use of recording devices on school district buses. The recording devices will be used to monitor student behavior to maintain order on the school buses to promote and maintain a safe environment. Students and parents are hereby notified that the content of the recording may be used in a student disciplinary proceeding. The content of the recording are confidential student records and will be retained with other student records. Recordings will only be retained if necessary for use in a student disciplinary proceeding or other matter as determined necessary by the administration. Parents may request to view the recording of their child if the recordings are used in a disciplinary proceeding involving their child.

Student Directory

The following information may be released to the public in regard to any individual student of the school district as necessity or desirability arises. Any student, parent, or guardian not wanting this information released to the public must make objection in writing to the principal or other person in charge of the school which the student is attending. It is desirable to renew this objection at the beginning of each school year:

Name, address, telephone listing, electronic mail address, photograph, date and place of birth, major field of study, participation in officially recognized activities and sports, weight and height of members of athletic teams, dates of attendance, degrees and awards received and the most recent previous school or institution attended by the student, student ID number, user ID.

Any high school parent who does NOT wish to have your child's information released to any outside organization or business, please pick a form up in the high school office.

Level One Investigator

According to Iowa Code chapter 281 - 1AC chapter 102, all school boards in Iowa must designate at least one Level One investigator annually to look into allegations of abuse of students by school employees. The Level One investigator for Maquoketa Valley Schools is Administrator, Troy Osterhaus . If you have any questions concerning this subject, please contact Troy Osterhaus at phone number 563-922-2091

Open Enrollment

Application Information If a parent or guardian wishes to open enroll their child or children, they must: • Complete an application (available in any Iowa public school district's central office and on the Iowa Department of Education's [Department] website), • Submit an application for each child in their family, and • Send a copy of the application to both the resident and receiving school districts. Do not send your application to the Iowa Department of Education, as this could result in an untimely filed application.

Current Open Enrolled Students If a current open enrolled student would like to open enroll to a new school district, the parent or guardian must: • File a new application with: The district the student is currently attending and open enrolled into (receiving district), o The resident district, and The district the student wants to attend; and • Indicate on the application that the child is currently open enrolled and would like to open enroll to a new school district. The new district (alternate receiving district) will notify the parent or guardian, the resident district, and the previous receiving district of acceptance or denial (281—IAC 17.8(4)).

Teacher Qualifications

Parents and guardians in the Maquoketa Valley School District have the right to learn about the following regarding their child's teacher's qualifications: state licensure status, special endorsements for grade level / subject area taught and baccalaureate / graduate certification / degree. Parents and guardians may request this information from the Administration Office at 563-922-2091 or be sending a letter of request to the Office of the Superintendent, Maquoketa Valley Schools, 112 3rd Street., P.O. Box 186, Delhi, IA 52223-0186.

Health Curriculum

Senate File 2094, Human Growth and Development, requires annual notification to parents of their right to review all human growth and development curriculum. You may do so by contacting, Tiersa Frasher School Improvement Coordinator, at 563-922-9411. A pupil shall not be required to take instruction in human growth and development as long as the pupil's parents or guardian files with the appropriate principal a written request that the pupil be excused from the instruction.

Medication Policy Update

Medication ordered by a doctor, and over-the-counter medicines may be given at school. In order for medication to be given, the parent will need to obtain a "Drug Release" form from the school office. A supply of these forms will be kept in the elementary offices as well as in the high school office. This form must be signed by the parent or legal guardian. It is the parents' responsibility to bring the form and the medicine to school. Medication must be in the original container. Tell your pharmacist you need a bottle labeled for school. Medications ordered three times per day does not necessarily have to be given at school unless it is specifically ordered at that time. It is possible to give it as home before the child leaves for school, after school, and at bedtime. If you have questions regarding this policy, please call Mary Ries, the M.V. School Nurse at 563-922-9411.

Asbestos and AHERA

The Asbestos Hazard Emergency Response Act of 1986 (referred to as AHERA) was enacted by Congress fourteen years ago. AHERA was created to determine the extent of, and develop solutions for, any problems schools may have with asbestos. During the summer months of 2003 we replaced new ceiling tile in the auditorium with asbestos-free tile. Then in the summer 2004, that same type of tile was replaced in the Family and Consumer Health classroom in the high school building. The summer of 2012 asbestos insulation was removed from around the boilers and pipes. The records of our asbestos reports and removal are on file at the Maquoketa Valley Business Office and can be viewed Monday through Friday, between 8:00 AM and 4:00 PM. Any inquires regarding the plan should be directed to Doug Steger, Maintenance Coordinator.

REQUIRED INFORMATION

USE OF STUDENT RECORDS

School districts are required to give annual notice regarding the rules and regulations they have established regarding the use of student records. What follows is the "Use of Student Records" regulation for the Maquoketa Valley Community School District.

Student records are defined to be all official records, files and data directly related to children, including all material that is incorporated into each student's cumulative record folder, and intended for school use or to be available to parties outside the school or school system; specifically including, but not necessarily limited to: identifying data, academic work completed, level of achievement (grades, standardized test scores; attendance data, scores on standardized intelligence, aptitude, and psychological tests, interests inventory results, health data, family background information, teacher or counselor ratings and observations, and verified reports of serious or recurrent behavior patterns.

The intent of this regulation is to establish procedures for granting request of parents for access to their child's records, use of such data, and procedures for transmittal within 45 days or sooner, if practical.

Access to Records

1. The parent or legal guardian of a student will have access to these records upon written request to the office of the principal, which maintains student records within this school system. If the student is 18 years or older, only the student has the right to determine.

The parent or legal guardian will, upon written request to the office of the principal, have the opportunity to receive an interpretation of the records, have the right to question the data, and if a difference of opinion is noted, shall be permitted to file a letter in the cumulative folder stating the dissenting person's position. If further challenge is made to the records, the normal appeal procedures established by school policy will be followed.

2. School personnel having access to student data are defined as "any person or persons under contract to the school or AEA and directly involved in working toward either the affective or cognitive goals of the school.

Release of Information to Other Persons

No information covered by this policy will be released to any persons or agency without the written consent of the adult student or the parents or guardian of a minor student; with the following exceptions:

1. School personnel with a legitimate educational interest.
2. Officials of other schools in which the student proposes to enroll.
3. Representatives of state and local government when auditing and evaluating Federal and State funded educational programs.

4. In connection with a student's educational financial aid application.
5. Organizations which process and evaluate standardized tests.
6. Accrediting organizations for accrediting purposes.
7. Parents of dependent children, regardless of child's age.
8. In connection with an emergency.
9. In response to a court order or legally issued subpoena.

Procedures

1. Each cumulative student record shall contain a reference to the location of any additional records pertaining to a given student with a notation as to the nature of the information contained therein.
2. Persons, other than school personnel with a legitimate educational interest, who are allowed access to student records under this policy shall make notation therein of their name, position, date, and the purpose for access.
3. In the event that a duly authorized person requests a review of a student record, no information contained therein shall be removed or altered except that additional information may be added as the normal course of school operations shall require.

Notice of Rights

The school administration shall notify students and parents annually, through the Students Handbook or similar publication, of the rights accorded students and parents under this policy.

Review and Removal

Student records are reviewed and inappropriate material removed periodically, but at a minimum when a student moves from elementary school to junior high school. Those records not of permanent importance are destroyed within five years of graduation or discontinued attendance.

Responsibility for Student Records

1. The superintendent or the superintendent's designee shall be the custodian of all student records maintained at the district level.
2. The principal or his/her designee shall be the custodian of all student records at the building level and shall make maximum provision for protection of student records from review by unauthorized personnel and for maximum physical security of such student records.

Family Rights & Privacy

The Family Rights and Privacy Act of 1974 requires annual notification to parents of children enrolled in special education instructional programs, operated by this school district of their rights to review the special educational records of their children.

This federal law allows the parent or guardian the following: (1) a review of your child's special education records; (2) to obtain copies at a nominal fee; (3) to write a response to materials in the record; (4) to challenge the content of the records on the grounds of inappropriateness or inaccuracy.

You also have the right to have such records explained to you by a professional staff member if you so desire. If you desire further information, contact the Superintendent of Schools or the School Board Secretary at Maquoketa Valley Community Schools, Delhi, Iowa 52223, phone 563-922-2091.

Notice of Nondiscrimination

It is the policy of the Maquoketa Valley Community Schools not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, disability, religion in its programs, activities, or physical or mental disability in its programs, activities, or employment practices as required by the Iowa Code Sections 216.9 and 19B.11, Titles VI and VII of the Civil Rights Act of 1964 (42 U.S.C. §2000d and §2000e), the Equal Pay Act of 1973 (29 U.S.C. §206 et seq.), Title IX (Educational Amendments, 20 U.S.C. §1681-1688), Section 504 (Rehabilitation Act of 1973, 29 U.S.C. §794), and the Americans with Disabilities Act (42 U.S.C. §12101, et seq.). Students are educated in the programs that foster knowledge of, and respect and appreciation for, the historical and contemporary contributions of diverse cultural groups, as well as men and women, to society. Students who feel they have been discriminated against are encouraged to report it to the school district Equity Coordinator. The Equity Coordinator is Dave Hoeger, Maquoketa Valley Community Schools, PO Box 186, Delhi, IA 52223, 563-922-2091.

The Rehabilitation Act

Section 504 of the Rehabilitation Act of 1973 prohibits discrimination against persons with a disability in any program receiving federal financial assistance. In order

to fulfill obligations under Section 504, the Maquoketa Valley Community School District has the responsibility to avoid discrimination in policies and practices regarding its personnel and students. No discrimination against any person with a disability should knowingly be permitted in any of the program and practices of the school system.

The Maquoketa Valley Community School District has the responsibility under Section 504 to identify, evaluate, and if the student is determined to be eligible under Section 504, to afford access to appropriate educational services.

If the parent or guardian disagrees with the determination made by the professional staff of the school district, he/she has a right to a hearing with an impartial hearing officer.

No Child Left Behind

Parents/guardians in the Maquoketa Valley Community School District have the right to learn about the following qualifications of their child's teacher, state licensure requirements for the grade level and content areas taught, the current licensing status of your child's teacher, and baccalaureate/graduate certification/degree. You may also request the qualifications of an instructional paraprofessional who serves your students in a Title I program or if your school operates a school wide Title I program. Parents/Guardians may request this information from the Office of the Superintendent by calling Mr. Dave Hoeger at 563-922-2091 or sending a letter of request to Superintendent, Maquoketa Valley Community School District, P. O. Box 186, Delhi, IA 52223-0186. The Maquoketa Valley Community School District ensures that parents will be notified in writing if their child has been assigned, or has been taught by a teacher for four or more consecutive weeks by a teacher who is not considered highly qualified.

Statement on Sportsmanship

REQUIRED INFORMATION

Notice on Restraint

This message is from our Conference principals and activity directors regarding spectator conduct at our events. We are running this message to remind all of us adults that our children will imitate our behavior at these events, so please take a moment to read this message.

The Tri-Rivers Conference has great schools, full of terrific kids, supported by caring and concerned parents and committed communities. As administrators, in general we feel very positive about our schools and the relationships between our schools. We do strongly believe that the sportsmanship displayed at our games by the majority of our fans, players and coaches is something in which we can all take pride. Granted there are some exceptions, and on occasion we have to address sportsmanship issues on the part of a player, coach or student fan. These relatively rare situations are dealt with as they arise.

We want to make you as parents, our wider community, aware of another more difficult sportsmanship issue. Unlike the scenario at hand above, where an administrator deals with a player, coach or student fan who has displayed inappropriate sportsmanship; this situation is both more common and more difficult to deal with in that the offenders are the adults in our stands. While the vast majority of the parents and other adult fans in the stands conduct themselves in a positive fashion, a very small, but vocal minority chose to ride the referees on nearly every call, taunt other players and coaches and make loud critical comments about our own players and coaches. Some even seem to feel it is OK to use abusive or even foul language. We, as administrators, address these issues when we can; but the reality is that we really shouldn't have to tell adults how to behave. We ought to be able to count on all the adults to conduct themselves in such a way as to serve as a role model for the students in the stands. Again, remember that the vast majority of the adults do take their responsibility in regard to sportsmanship seriously. We just need everybody to do that.

A basic truth in competition is that in every game someone wins and someone loses; but when we focus on that essential fact instead of the learning process we are losers no matter which team comes out on top. High School Officials make mistakes and that is another essential truth. It also is indisputable that everyone reading this letter also makes mistakes. Those occasional errors on the part of the referees do not change the fact that our officials do their best to call a fair, safe and well regulated game. The fact that an adult paid the admission price should not give them the right to use abusive language or continually harass the officials. I doubt there has ever been a single time where an official changed a call because a fan was screaming at him or her. We just need all of our fans to think about why we are here - it is for the kids and the competition and more importantly what that competition can teach our students about life. High School activities are focused on preparing students for the really important roles that they are going to play long after they leave the court or field for the last time, lessons about citizenship, parenting and moral fiber. If we focus on that, then we can all say we are serving as proper role models for our children and putting sportsmanship in its proper place, a place first and foremost in our hearts and minds. Thank you for your consideration of these matters.

State law forbids school employees from using corporal punishment against any students. Certain actions by school employees are not considered corporal punishment. Additionally, school employees may use "reasonable and necessary force, not designed or intended to cause pain" to do certain things, such as prevent harm to persons or property.

State law also places limits on school employees' abilities to restrain, confine and detain any student. The law limits why, how, where and for how long a school employee may restrain or confine and detain a child. If a child is restrained or confined and detained, the school must maintain documentation and must provide certain types of notice to the child's parent.

If you have any questions about this state law, please contact your school. The complete text of the law and additional information is available on the Iowa Department of Education's web site: www.iowa.gov/educate.

Authorization for Student Refusal of School Internet Usage

Maquoketa Valley Community Schools Network (MVCSnet) is a local area network connected to other local, national and worldwide networks. It's purpose is to meet the mission of the Maquoketa Valley Community Schools. It is also to advance and enhance student's access to educational resources, improve teacher resource and training, collaboration and dissemination of successful district and student materials, educational practices and methods. With this accessibility comes a need for appropriate and responsible use. The goal of providing access to teachers and students is to further educational excellence by facilitating resource sharing, innovation, and communication. The use of MVCSnet must be in support of education and research, consistent with student achievement goals and objectives of the Maquoketa Valley Community School District.

Maquoketa Valley Community Schools intends to fully comply with the Neighborhood Children's Internet Protection Act. Compliance includes a technology protection measure in the form of a filter to block, at a minimum, visual depictions deemed as obscene, child pornography, social networks, or harmful to minors.

Any parent/guardian has the right of refusal on respect to their student usage of the MVCSnet provided that the parent/guardian contact the school district in writing to the school district and contact the school district guidance office to complete a notice form.

If you have no objection to the use of MVCSnet, you **do not** need to take any action.

Healthy Kids Act Snacks

Wrigley's Spearmint Chewing Gum 1 stick
Trident Tropical Twist Gum 1 stick
Rice Krispies Treats 37g and 22g
Kettlecorn Popcorn 1oz
Nature Valley Oats & Honey Granola bar 1.5 oz
Snyders of Hanover Mini Pretzels 1.5 oz
Keebler Iced Animal Cookies 1.4 oz
Animal crackers 16 crackers per serving, 74 serv/container
Austin Zoo Animal Crackers 1 oz (28g)
3 Musketeers Max Chocolate Brownie
3 Musketeers Max S'mores
Lays Baked Sour Cream & Onion Chips 1 1/8 oz
Lays Baked Chips 1 1/8 oz
Honey w/whole grain Belly Bears 1 oz
Cinnamon w/whole grain Belly Bears 1 oz
Cheetos Atroids 100 calorie pack
Nature Valley Maple Brown Sugar Granola Bar 21g
Quaker Chewy Granola Bar Ragin' Oatmeal Raisin 24g
Quaker Chewy Granola Bar Chompin Chocolate Chunk 24g
Quaker Chewy Granola Bar Peanut Butter Chocolate Chip Granola Bar
Quaker Granola Bar Low Fat Chocolate Chunk 24g
Quaker Granola Bar Low Fat S'mores 24g
Quaker Granola Bar Peanut Butter Chocolate Chip 24g
Baked Cheetos Crunchy Cheese Flavored Snacks 100 calorie pack
Baked Crunchy Cheetos
Baked Ruffles Plain
Cheddar Sun Chips
Baked Doritos-Nacho Cheese
Smartfood Popcorn White Cheddar Flavored Popcorn 100 calorie pack
Sun Chips Harvest Cheddar 100 calorie pack
Austin PB&J Crackers 1 pkg. (39g)
Austin Peanut Butter Crackers 1 pkg. (39g)
Austin Cheddar Cheese Crackers 1 pkg. (39g)
Austin Chocolatey Peanut Butter Crackers 1 pkg. (39g)
Del Monte Strawberry Fruit Chillers 2 oz tube
Great Value Cherry Pop Tarts 1 pastry 52g
Great Value Blueberry Pop Tarts 1 pastry 52gm
Great Value Strawberry Pop Tarts 1 pastry 52gm
Great Value Chocolate Fudge Pop Tarts 1 pastry 52gm
Strawberry Toast Ums 1 pastry 52gm
Chocolate Fudge Toast Ums 1 pastry 52gm
Wild Berry Toast Ums 1 pastry 52gm
Kellogg's Strawberry Pop Tarts 1 pastry 52gm
Stauffers Whales 33 crackers per serving (1# bag)
All Yogurt/Gogurt-prefer lowfat or light
Juicy Juice 100% Juice, Juice boxes
Capri Sun 100% Juice, Juice pouches
All Fresh Fruit

String Cheese single serving
Johnny Rapp's Kettle Korn 1 oz
Cinnamon Toast Crunch Crisps 28gm
Kellogg's Special K Vanilla Crisp Bar 22gm
Fruit By the Foot Tie Dye 21gm
Fruit By the Foot Variety Flavors 21gm
Cereal Bars: Nutrigrain, Honey Nut Cheerio, Cinnamon Toast
Crunch, Cocoa Puffs, Trix Bars
Special K Cracker Chips Cheddar 90 calories
Special K Cracker Chips Southwest Ranch 90 calories
Special K Cracker Chips Sea Salt 90 calories
Special K Cracker Chips Sour Cream and Onion 90 cal
Special K Popcorn Chip Sweet and Salty 90 calories
Cheez-It Crackers Original Scrabble Junior .75 oz
Cheez-It Crackers Reduced Fat 1.5 oz
Kellogg's Crunchy Blends Low Fat Granola with Raisins 1.5 oz
Kellogg's Berry Chewy Cereal Bar 1.27 oz
Rice Krispies Chewy Cereal Bar Apple Cinnamon 1.2 oz
Cocoa Krispies Chewy Cereal Bar Chocolate 1.27 oz
Right Bites Cheez-It Crackers 0.77 oz
Right Bites Cheez-It Extra Cheesy Party Mix 0.74oz
Special K Bar Honey Nut 0.8 oz
Special K Bar Vanilla Crisp 0.8 oz
Special K Snack Bites Chocolatey Crunch 0.8 oz
Special K Snack Bites Strawberry 0.8 oz
Kashi TLC Chewy Granola Bar Peanut Butter 1.2 oz
Kashi GOLEAN Crunchy Bar Chocolate Peanut 1.76 oz
Kashi TLC Chewy Granola Bar Honey Almond Flax
Kashi TLC Chewy Granola Bar Trail Mix 1.2 oz
All-Bran Fiber Bar Apple Cinnamon Streusel 1.4 oz
All-Bran Fiber Bar Strawberry Drizzle 1.4 oz
Keebler Honey Grahams
Keebler Gripz Cinnamon Grahams 0.9 oz
Keebler Scooby-Doo Bones Cinnamon Grahams 1 oz
Keebler Elf Grahams Cinnamon 1 oz
Keebler Elf Grahams Original 1 oz
Keebler Bug Bites Cinnamon Grahams 1.1 oz
Bottled Water
Milk (any skim or 1% low fat option)
Single serving gold fish
Salsa For Dipping
Pre-packaged Trail Mix
Low Fat/FF Apple Dip
Fruit Bowls/ Applesauce single
Low Fat/FF Crm Cheese
Dried Fruit
Single serving cans of Tomato Juice or V8
Low fat or sugar free pudding cups, single serving
100 % fruit snacks
Frozen 100 % juice bars

September 22

Monday	Tuesday	Wednesday	Thursday	Friday
<p>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.</p> <p>SECONDS (EXTRA LUNCH ENTREE) EXTRA MILK & STRING CHEESE COST YOU THE PARENT.</p> <p>(9-12) = HS ONLY WG= WHOLE GRAIN</p>	<p>ATTENTION PARENTS: IT IS VERY IMPORTANT TO KEEP A POSITIVE BALANCE IN YOUR STUDENTS ACCOUNT AT ALL TIMES.</p> <p>EVERY MEAL IS SERVED WITH A 8 OZ. MILK</p> <p>ALL MEALS ARE SUBJECT TO CHANGE AT ANYTIME.</p>		<p>1 SUB SANDWICH SUN CHIPS CARROTS WATERMELON CRAISINS</p> <p>SAUSAGE EGG BISCUIT</p>	<p>2 WALKING TACO REFRIED BEANS GREEN BEANS RED PEPPER STRIPS RICE MAND. ORANGES</p> <p>PANCAKE ON A STICK</p>
<p>5</p> <p>NO SCHOOL TODAY</p>	<p>6 CHICKEN NUGGETS WG DINNER ROLL (9-12) MASHED POTATOES CHICKEN GRAVY CORN PEACHES</p> <p>FRENCH TOAST</p>	<p>7 OUT AT 2:05 PM PIZZA WG BREADSTICK MARINARA LETTUCE CARROTS TROPICAL FRUIT</p> <p>CINNAMON ROLL</p>	<p>8 MAC & CHEESE WG CINNAMON ROLL YOGURT LETTUCE PEAS APPLES</p> <p>OMELET/CROISSANT</p>	<p>9 HAMBURGER/WG BUN CHEESE SLICE FRENCH FRIES BAKED BEANS GRAPES</p> <p>BREAKFAST CHOICE</p>
<p>12 CHICKEN PATTY/WG BUN POTATO TRIANGLE CHEESY BROCCOLI STRAWBERRIES</p> <p>PANCAKE ON A STICK</p>	<p>13 MAIDRITE/WG BUN NTL CUT FRIES BAKED BEANS APRICOTS PEARS COOKIE</p> <p>COMBO ON WG BUN</p>	<p>14 OUT AT 2:05PM MEATBALL SUB CURLY FRIES CARROTS/CELERY CRAISINS APPLESAUCE</p> <p>OMELET CROISSANT</p>	<p>15 TACO SALAD REFIRED BEANS GREEN BEANS TOMATOES RICE MAND. ORANGES</p> <p>BREAKFAST PIZZA</p>	<p>16 CHEESY GARLIC BREAD CARROTS PINEAPPLE APRICOTS</p> <p>WAFFLES</p>
<p>19 CHICKEN TETRAZZINI WG GARLIC BREADSTICK LETTUCE PEAS ORANGES CRAISINS</p> <p>LONG JOHN</p>	<p>20 TENDERLOIN ON WG BUN HASHBROWN PATTY BAKED BEANS PEACHES</p> <p>WG CINNAMON ROLL</p>	<p>21</p> <p>NO SCHOOL TODAY</p>	<p>22 BBQ PORK ON WG BUN CHEESY POTATOES COLESLAW CORN APPLESAUCE</p> <p>SAUSAGE EGG BISCUIT</p>	<p>23 PIZZA CRUNCHERS MARINARA LETTUCE CARROTS WATERMELON PEARS</p> <p>BREAKFAST CHOICE</p>
<p>26 CHICKEN POPPERS WAFFLE FRIES CORN MIXED FRUIT BROWNIE</p> <p>BREAKFAST PIZZA</p>	<p>27 HAM WG DINNER ROLL CHEESY POTATOES GREEN BEANS STRAWBERRIES</p> <p>COMBO ON WG BUN</p>	<p>28 OUT @ 2:05 PM HOTDOG ON WG BUN FRENCH FRIES CARROTS/ HUMMUS PEACHES PINEAPPLE</p> <p>OMELET/CROISSANT</p>	<p>29 TURKEY W/ GRAVY WG DINNER ROLL MASHED POTATOES SAVORY CARROTS STR. APPLESAUCE</p> <p>PANCAKE ON A STICK</p>	<p>30 HOMECOMING BOSCO STICK STRING CHEESE LETTUCE FRESH BROCCOLI APPLES SIDEKICK</p> <p>CHICKEN BISCUIT SANDWICH</p>

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