



The Wildcat Report

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

February 2023

Twitter #maquoketavalley

Superintendent Update

We continue to have many conversations about the construction projects that we are planning for in the coming months. I sent a letter in January with all of the details and that can be found on the "Facility Update" tab on our MV website homepage. We are not planning on expanding our track to eight lanes at this time but we do want to make sure that any future construction projects that take place on the football field and track area will allow that to happen in the future if that is what the district decides. The new bleachers will be set back far enough to accommodate an eight lane track in the future. We hope to receive bids in March and then we can determine a timeline for the project.

The preschool teachers, Ms. Becker and I met to discuss options for the Earlville preschool playground and share our thoughts on the desired types of equipment. We will get some sample designs back in late January or early February and then finalize our plans so we can send them out for bids. This will be a great enhancement for our young Wildcats and we will have numerous features available for students with disabilities as well.

On January 25th, Detective Scott Frank from Ohio presented to our 3-12 students throughout the day in small groups then met with the faculty after school and parents in the evening. Frank was previously a DARE officer and decided to move to internet security crimes because he felt many more students were in harms way due to internet concerns. Frank shared that the internet has 4.5 billion users and at any one time, there are approximately 7 million users who have bad intentions and are out to harm others.

His message to students was centered around them being much more aware of what they are doing online and knowing more about the apps they have downloaded on their phones. Students believe if they delete something it is gone, but the reality is that images and messages live forever and students need to constantly be thinking about how they are representing themselves online.

The message to parents is to get involved in your child's online world. The analogy that came to my mind is that we would never consider sending a bus load of students to Chicago unsupervised because we are all aware of the physical dangers. Likewise, we cannot hand them a phone and turn them loose on the internet with little or no guidance on how to stay safe. He referenced many stories of kids as young as sixth grade who are stressed out because they sent inappropriate photos of themselves and are involved in online relationships with people they have never met. Our kids are not prepared to handle those problem and they need help from parents to never get themselves into those situations.

This topic is overwhelming for many parents because it is difficult to keep up with the technology that changes everyday. However, start with a conversation about what life is like for your kids in the online world. Just start the conversation and see what your kids have to say. You can use this link to learn more from Captain Scott Frank: <https://dlc.digitalempowermentproject.com/>

The password is 2023.

Dave Hoeger
Maquoketa Valley Superintendent

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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.**

Regular Board Meeting

January 23, 2023

The regular meeting of the Maquoketa Valley Board of Education was called to order by President Donna Kunde at 5:30 p.m. on January 23, 2022 in the High School Library in Delhi, Iowa. All motions carried unanimously unless otherwise noted.

Board Members Present – Dabroski, Feldmann, Kunde, Overman, Zietlow
Board Members Absent – None

Staff Present – Supt. Dave Hoeger, Troy Osterhaus, Tiersa Frasher, Brenda Becker and Erika Imler

Visitors Present – None

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

In a motion by Zietlow, seconded by Overman the consent items were approved. All ayes. Carried.

Four open enrollment request out were approved in a motion by Zietlow, seconded by Feldmann.
All ayes. Carried

In a motion by Overman, seconded by Feldmann the Board approved the voluntary early separation request from Doug Steger at the end of the 22-23 school year. All ayes. Carried.

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

Pat Meehan – resignation as Head High School Cross Country Coach

Mike Cook – resignation as Head Baseball Coach

Ella Imler – resignation as MS/HS Assistant Softball Coach

Doug Steger – resignation as Maintenance/Transportation Supervisor (at the end of FY23)

All ayes. Carried.

In a motion by Dabroski, seconded by Zietlow the Board approved the call for garbage bids. All ayes. Carried.

In a motion by Overman, seconded by Feldmann the Board also approved the call for an audit RFP. All ayes. Carried.

In a motion by Overman, seconded by Zietlow it was RESOLVED, that the Board of Directors of the Maquoketa Valley Community School District will levy property tax for the fiscal year 2023-2024 for the regular program budget adjustment as allowed under Iowa Code 257.14. Roll call vote was answered as follows: Dabroski, Feldmann, Kunde, Overman, Zietlow, all ayes. Carried.

The Board reviewed the updated 2023-2024 High School Course catalog. In a motion by Dabroski, seconded by Zietlow the 2023-2024 High School Course Catalog was approved. All ayes. Carried.

In a motion by Feldmann, seconded by Overman the Board approved the \$50,000 initial design fee from OPN for the bleacher project and press box renovation. All ayes. Carried.

Supt. Hoeger updated the Board on the bleacher project and shared some initial drawings. The Board will review and approve final drawings at the February meeting.

Preparation for negotiations with the Teacher Association is underway. Further discussion of this will take place at the February meeting.

The board meeting schedule for 2023-2024 was discussed.

Supt. Hoeger shared some of the updates to the district mission and vision that is currently being revised.

The meeting was adjourned at 6:37 p.m. in a motion by Feldmann, seconded by Dabroski. All ayes.



KINDERGARTEN ROUND-UP

Kindergarten round-up is scheduled for February 16th. In order to start kindergarten next year, children must be five by September 15th, 2023.

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

February 16th Earlville Center Only

Times are:

8:15 - 9:45

10:30- 12:00

1:00 - 2:30

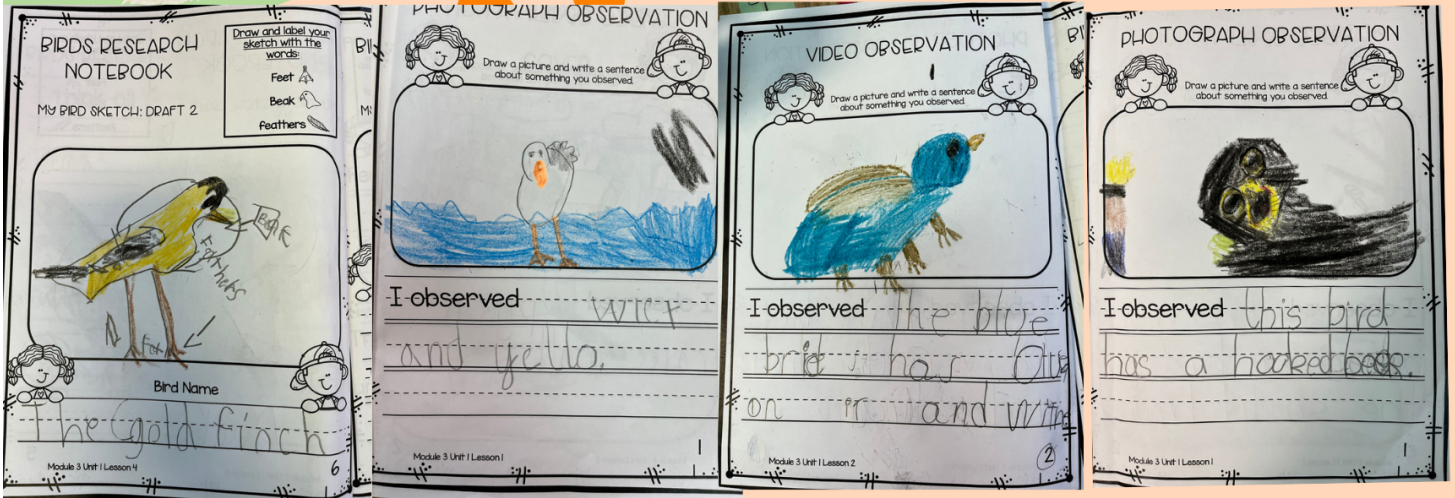
During Round-Up children will be scheduled to spend 90 minutes with our staff. At least one parent per child will need to attend a short meeting at the beginning with Mrs. Becker and at the end of the 90 minute period meet with teachers and pick up their child. Even if you will be requesting Junior Kindergarten, please plan for your child to attend Round-Up and attend the parent meeting. Letters will be mailed in February with specific information about round-up. If you have any other questions please call Earlville Elementary @ 563-923-3225.





1st Grade

Structures and Functions of Birds



First-grade scientists are conducting research through text, photographs, and personal experiences on birds. Students are looking closely at similarities and differences in bird structures (feathers, wings, beaks, feet) while describing their function (protection, food, flying, swimming). First graders are collecting all this data and information in their science journals. This unit also has students utilizing and creating text features. We cannot wait to learn more!

-Mrs. Fellingner



Greetings from 5th Grade Math

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The 5th grade has been working very hard throughout the entire 1st semester. We have been filling our tool boxes with the skills to solve problems that involve whole number/decimal addition, subtraction, multiplication and division. Each student has multiple tools in each case. The students have learned what works best for each of them. They have developed the best strategies for them to answer each problem. Our next step is to review the skills they have developed to add and subtract fractions in previous years. After our review, we will apply new skills toward adding and subtracting fractions as well as skills toward multiplying and dividing fractions. Our goal is to constantly fill our tool box so that when we are given a math problem we can choose an appropriate tool to solve the problem. The end of the year will be focused on using all our tools to solve real world situations.

Stop and Think Before you Post

In this day and age, we have so many options for communication. We can have face to face conversations, write a letter or send a card, e-mail, text, call and utilize social media sites. Choosing the best option based on the content of the conversation can be difficult. No matter what needs to be communicated, it is important to stop and think before we speak or post.

Common Sense is a nonprofit organization that is dedicated to helping kids and families navigate the digital world. Below is a top ten list of things they recommend we think about before we post. Take the time to review these things with your children to ensure their online presence is a positive one!

1. **Remember the golden rule-** If you wouldn't want it said about you, don't post it about someone else.
2. **Don't Brag-** If the purpose of your post is to brag and/or get people to envy you, delete it.
3. **Avoid TMI (Too Much Information)** Stop and think, is it necessary to post personal information?
4. **Think about the reader-** Think about the reader when you are sharing. Will they think this is interesting? Am I posting too much?
5. **Keep relationship details to yourself-** A moment is meaningful even if you do not post about it.
6. **Don't be cryptic-** Be up front with what you are posting about. This eliminates the readers need to guess or fill in with their own thoughts.
7. **Quit complaining-** By posting a complaint, will it help me feel better or make the problem worse?
8. **Curate your photos-** Don't post pictures you would not want a loved one to see aka grandma, parent etc. Be cautious if you are posting pictures that include friends too.
9. **Change your settings-** Make sure only people you know and want can see your posts.
10. **Post Smart!** Spread kindness and friendship with what you post!

Top 10 list taken from www.commonsense.org



Rockwell? Delta Wood Lathe



CBR Welder 1 (needs leads)



Delta Wood lathe



Arco Welder



Dewalt Radial Arm Saw



Miller Welder

Misc Items (drills, and sanders)



Auto Body Cabinet



Automotive Cabinet Misc items

Items for Sale

Maquoketa Valley Community School has the above items for sale:

If anyone would like to view the items they can contactkurtpalmer@maquoketa-v.k12.ia.us

If you are interested in these items, please send a SEALED bid to Erika Imler at PO Box 186, Delhi, IA 52223 by Tuesday, February 7th, 2023.

We reserve the right to reject any or all bids.

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.



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

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

Text Alert System

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.



Use of Video Cameras

The Maquoketa Valley Community School District Board of Directors has authorized the use of video cameras on school district buses. The video cameras 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 videotapes may be used in a student disciplinary proceeding. The content of the videotapes are confidential student records and will be retained with other student records. Videotapes 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 videotapes of their child if the videotapes are used in a disciplinary proceeding involving their child.



Words on Wellness

Handling Leftovers and Food Safety



Often when we cook at home or eat in a restaurant, we have leftovers. To ensure that leftovers are safe to eat, make sure the food is cooked to a safe temperature and stored correctly. Safe handling of leftovers is important to reduce foodborne illness. Use these tips to store leftovers:

- **Freezing.** Almost any food can be frozen. Freezing leftovers is easy to do and simplifies meal planning and preparation. If you know you will be short on time next week, freezing your favorite recipe this week is a good option.
- **Wrap leftovers well.** You can wrap food in freezer paper; place in freezer bags, making sure to let all the air out; or place in freezer-safe storage containers. This helps keep bacteria out and preserve moisture.
- **Label and date.** Label and date all leftovers so you know what is in the package and how long you can safely store it before throwing it away.
- **Storage.** Leftovers should be eaten, frozen, or thrown away after four days. If frozen, use leftovers within three to four months for the best quality.
- **Thaw.** Safe ways to thaw leftovers include the refrigerator, cold water, and the microwave oven.
- **Reheat.** Reheat leftovers in the microwave to 165°F in a microwave safe container and add liquid if needed. Stir the food halfway through the reheating process. Check the temperature of the food in several places before serving it as dense food needs more time to cook.

For more information watch [How to Freeze Leftovers](https://go.iastate.edu/VT3C71), go.iastate.edu/VT3C71, or download the How to Freeze Leftovers [Handout](https://go.iastate.edu/VA6EY2), go.iastate.edu/VA6EY2.

Slow Cooker Pork Chili

Serving Size: 1 1/4 cups | Serves: 6

Ingredients:

- 2 pounds boneless pork butt, roast, or shoulder
- 1 cup bell pepper (any color), diced (1 medium pepper)
- 1 cup onion, diced (1 medium onion)
- 1 ½ cups salsa
- 1 can (15 ounces) low sodium pinto beans
- 1 can (14.5 ounces) low sodium diced tomatoes

Directions:

1. Trim the visible fat from the pork. Cut into 2-inch chunks. Place in the slow cooker.
2. Add the pepper, onion, and salsa.
3. Cook on a low setting for 6 hours or a high setting for 3 hours.
4. Pull the meat apart into shreds with a fork. You should have about 4 cups.
5. Put half (2 cups) of the shredded pork in the refrigerator or freezer. This could be used for the Shredded Pork Sandwich, spendsmart.extension.iastate.edu. Freeze pork if it will not be used within 4 days.
6. Return the rest of the pork to the slow cooker.
7. Add the pinto beans and diced tomatoes.
8. Cook another 30 minutes until hot.

Nutrition information per serving:

240 calories, 9g total fat, 3g saturated fat, 0g trans-fat, 40 mg cholesterol, 490mg sodium, 21g total carbohydrate, 7g fiber, 6g sugar, 18g 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

The Joy of Physical Activity

The weather outside may be frightful, but that does not have to make your winter any less delightful! Planning workouts ahead of time allows for consistent exercise habits. Setting goals and keeping track of your progress can be good motivators.

This time of year, there are many advertisements for workout challenges. You can even design your own 30-day challenge. You can create your own 30-day challenge using free online videos on the ISU Extension and Outreach SpendSmart. EatSmart. [website](https://go.iastate.edu/Q6EUYK), go.iastate.edu/Q6EUYK. Aim for 150 minutes of moderate physical activity weekly using a variety of aerobic, strength training, and stretching routines.

Make Better Choices Easier

Old habits can be hard to break but through repetition, it is possible to form and maintain new habits! Building good habits can be achieved by putting yourself in situations where you are more likely to engage in the desired behavior. Below are a few suggestions on how to get started building these habits.

- **Plan.** Identify unhealthy patterns and triggers. Set realistic goals and identify steps to help you achieve them.
- **Change your surroundings.** Find ways to make healthy choices the easy choice. For example, precut vegetables so they are quick and easy to eat for snacks.
- **Ask for support.** Find friends, family, neighbors, or coworkers to join you.
- **Track your progress.** Record how things are going to help you stay on track.
- **Reward yourself.** Give yourself a non-food reward, such as a new piece of workout clothing, a new cookbook, or a new notebook for tracking your progress, when you have achieved a small goal.

Things may not go as planned and that is okay. Improvement takes time and setbacks happen. Focus on progress being made rather than perfection.



Find our fitness resources at:
go.iastate.edu/Q6EUYK

Here for you.
Now.
Always.

Iowa State University Extension and Outreach

AnswerLine

Call 1-800-262-3804

extension.iastate.edu/answerline

Spend Smart. Eat Smart.®

spendsmart.extension.iastate.edu

Human Sciences

[extension.iastate.edu/](https://extension.iastate.edu/humansciences)

[humansciences](https://extension.iastate.edu/humansciences)



If you or someone you know is skipping meals, going hungry, or choosing between food and medicine, call 1-855-944-3663 to apply for assistance today.

Call Iowa 2-1-1 or Iowa Lifelong Links, 1-866-468-7887, for additional resources.



FEBRUARY 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>ATTENTION PARENTS: IT IS 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>1 OUT AT 2:05PM CHICKEN NUGGETS DINNER ROLL (9-12) MASHED POTATOES CHICKEN GRAVY GREEN BEANS PEACHES</p> <p>COMBO ON WG BUN</p>	<p>2 CHILI/CRACKERS WG CINNAMON ROLL CARROTS/CELERY FRESH BROCCOLI APPLESAUCE</p> <p>SAUS/EGG/BISC.</p>	<p>3 PIZZA WG GARL. BREADSTICK MARINARA LETTUCE CRAISINS PEARS</p> <p>BREAKFAST CHOICE</p>
<p>6 CHICKEN PATTY WG BUN POTATO TRIANGLE CHEESY WINTER MIX STRAWBERRIES BROWNIE</p> <p>PANCAKE ON A STICK</p>	<p>7 CHEESY GARLIC BREAD LETTUCE CARROTS APPLES</p> <p>WG CINNAMON ROLL</p>	<p>8 OUT AT 2:05 PM MAID RITE/WG BUN NATL. CUT FRIES BAKED BEANS APRICOTS PEARS</p> <p>OMELET/CROIS.</p>	<p>9 SOFT SHELL TACO REFRIED BEANS GREEN BEANS TOMATOES RICE MAND. ORANGES</p> <p>FRENCH TOAST</p>	<p>10 MEATBALL SUB CURLY FRIES CARROTS/CELERY ORANGES SIDE KICK</p> <p>BREAKFAST CHOICE</p>
<p>13 WEINER WINK FRENCH FRIES GREEN BEANS APPLES KIWI</p> <p>COMBOS</p>	<p>14 BBQ PORK ON WG BUN CHEESY POTATOES COLESLAW CORN STRAWBERRIES COOKIE</p> <p>HAM/EGG/CHEESE BISC.</p>	<p>15 OUT AT 2:05PM CHICKEN TETTRAZZIN WG GARLIC BREADSTICK LETTUCE PEAS APPLESAUCE</p> <p>PANCAKES/SAUSAGE</p>	<p>16 TENDERLOIN/WG BUN HASH BROWN PATTY BAKED BEANS GRAPES PEACHES</p> <p>SAUS/EGG/BISC.</p>	<p>17 HAMBURGER ON WG BUN FRENCH FRIES CARROTS PEARS CRAISINS</p> <p>LONG JOHN</p>
<p>20</p> <p>NO SCHOOL TODAY</p>	<p>21 CHICKEN POPPERS WAFFLE FRIES CORN MIXED FRUIT BROWNIE</p> <p>BREAKFAST PIZZA</p>	<p>22 OUT AT 2:05PM MAC & CHEESE WG CINNAMON ROLL LETTUCE PEAS APPLES</p> <p>LONG JOHN</p>	<p>23 TACO SALAD REFRIED BEANS GREEN BEANS TOMATOES RICE APPLESAUCE</p> <p>FRENCH TOAST</p>	<p>24 BOSCO STICK MARINARA YOGURT LETTUCE BLUEBERRIES PEARS</p> <p>OMELET/CROISSANT</p>
<p>27 CHICKEN STRIPS DINNER ROLL CURLY FRIES CORN STR. APPLESauce</p> <p>COMBO</p>	<p>28 MR. RIB ON WG BUN POTATO WEDGES CARROTS APPLES</p> <p>BREAKFAST CHOICE</p>		<p>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.</p> <p>EVERY MEAL IS SERVED WITH A 8 OZ. MILK.</p> <p>ALL MEALS ARE SUBJECT TO CHANGE AT ANYTIME.</p>	<p>SALAD IS OFFERED EVERYDAY FOR 7-12 GRADE</p> <p>STRING CHEESE, EXTRA MILK AND EXTRA ENTREE COST YOU THE PARENT.</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.