

West Delaware Newsletter

January 2025



A newsletter for the communities, parents and students of the West Delaware School District

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School Bus Safety

Submitted by Gary Fonck, Buildings, Grounds and Transportation Director

For 26,000,000 students nationwide, the school day begins and ends with a trip on a State inspected yellow school bus. These busses are designed to be the safest mode of transportation for students. According to www.trafficsafetymarketing.gov, riding a bus to school is 13 times safer than riding in the family vehicle. They have flashing lights, giant mirrors, high seat backs and are bright yellow in color. All West Delaware school bus drivers are required to receive special security and medical training, as well as, undergo regular drug and alcohol testing.

Bus stops are the most dangerous part of a student's transportation to and from school. West Delaware's transportation department would like to ask for assistance in helping us prevent bus stop accidents. Many bus stop accidents can be prevented by following these safety rules.

- Learn and obey the "flashing signal lights system" that school bus drivers use to alert motorists of pending actions.
 1. Yellow flashing lights indicate that the bus is preparing to stop to load or unload students. Motorists should slow down and prepare to stop their vehicles.
 2. Red flashing lights and extended stop arms indicate that the bus has stopped, and that students are getting on or off. Motorists must stop their cars and wait until the red lights stop flashing, the extended stop sign is withdrawn, and the bus begins moving before they can start driving again.
- When backing out of driveways or leaving a garage, watch out for students walking or bicycling to and from school or waiting at bus stops.
- Be alert. Students arriving late for the bus may dart into the street without looking for traffic.
- When driving in neighborhoods with school zones, watch out for students who may be thinking about getting to school, but may not be thinking about getting there safely.
- Slow down. Watch for students playing and congregating near bus stops.
- Watch for students walking in the street, especially if there is no sidewalk in their neighborhood.

We would also ask parents to review the following bus stop safety rules with their student(s):

- Get to the bus stop at least 5 minutes before the bus is scheduled to arrive.
- When the bus approaches, stand at least three giant steps away from the curb, and line up away from the street.
- Wait until the bus stops, the door opens, and the bus driver signals that it is ok to enter the bus.
- If you have to cross the street in front of the bus, walk on the sidewalk or along the side of the road to a point at least five giant steps ahead of the bus before you cross. Be sure that the bus driver can see you and signals for you to cross.
- Use the handrails to avoid falls. When exiting the bus, be careful that clothing with drawstrings, and backpacks with straps, do not get caught in the handrails or doors.
- Never walk behind the bus.
- If you drop something near the bus, tell the bus driver. Never try to pick it up because the bus driver may not be able to see you.

In addition to the bus stop safety rules listed above, West Delaware Schools have rider expectations that every student should know. These expectations are posted in all buses, talked about during bus evacuation drills and taught at the schools. They are as follows:

...continued on page 2

West Delaware Schools
701 New Street
Manchester, IA 52057
(563) 927-3515

Mission Statement: The mission of the West Delaware County Community School District, in collaboration with the family and community, is to provide a safe, culturally rich environment in which all students can reach their full potential academically, emotionally, physically and socially.

Vision: Challenging Academics, Relationships, 21st Century Skills

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Director of Technology

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Director of Food Service

Kim Sperfslage

Volunteer Coordinator

Jacque Lahr

BUS RIDER EXPECTATIONS

- Students must swipe their bus pass on and off the bus. This allows us to know who is on the bus in case of an emergency.
- Students shall be seated immediately upon entering the bus.
- Students are not to stand or move from place to place while the bus is in motion.
- Indecent conduct or loud, disruptive or profane language will not be permitted.
- Students are not to behave in any manner, which infringes upon the rights of any other student. This would include any form or type of bullying.
- Students are not to throw objects of any kind on the school bus or out the windows.
- All parts of the student's body shall remain inside the bus at all times.
- Before riding a bus other than the assigned bus, students are to have a written note from their parent or guardian stating their destination and should obtain a bus pass from the office.
- The privilege of riding the school bus may be denied to any student who does not conduct himself/herself in a safe and orderly fashion.
- The bus driver reserves the right to assign seating for any students that are disruptive in any way.

The West Delaware Transportation Department takes great pride in ensuring a safe and pleasurable ride to and from school for your student. If you have any questions or concerns, please do not hesitate to contact us.



It is time to start planning for the 25-26 school year. In an effort to make decisions we are opening the pre-registration process for JK/Kindergarten. Eligible children **must be 5 years old by September 15, 2025**. Please complete the online form below to pre-register for next school year.

https://docs.google.com/forms/d/e/1FAIpQLSeMlrAaLwLwYmsmy7omM0-A5Vuh_1SrqlKXxDjo1xm3VwXltA/viewform



If you have any questions, please call Lambert Elementary School at (563) 927-3515, extension 103.

**WILL YOUR CHILD BE FOUR YEARS
OLD BY SEPTEMBER 15, 2025?**



Check out our outstanding

PRESCHOOL PROGRAM!

Lambert Elementary offers a free full-day program, four days per week. (There's also a two-day option). School bus transportation is available!



Pre-Register Today!



To express your interest for the 2025-26 school year, please complete the preregistration form by scanning the QR code or visiting:

bit.ly/lambertpreschoolprereg2025

Questions?

Call Lambert Elementary School at (563) 927-3515 ext 103.
You can also learn more at w-delaware.k12.ia.us.

WELCOME TO THE H.A.W.K.S

nest

HELPING ALL WITH KNOWLEDGE & SKILLS

The H.A.W.K.S. Nest is a designated study space available to **ALL** high school students! This is a great place to catch up on work, take a missed test, meet as a group for a class project, or simply get work done so you don't have to take it home!



**1:30-3:00
HS LIBRARY**
see dates above



SEMESTER TWO DATES:

January 22nd
February 5th
February 19th
March 5th
March 19th
April 19th
April 23rd
April 30th
May 14th
May 21st
May 28th



**MAKE THE
MOST OF
YOUR
STUDYING
WITH THESE
HELPFUL TIPS!**





FAFSA COMPLETION EVENT

Do You Know How to Pay for College?

West Delaware High School has partnered with Iowa College Access Network (ICAN) and Northeast Iowa Community College Manchester Center to offer a FREE assistance completion event for the Free Application for Federal Student Aid (FAFSA). If you're a West Delaware senior planning for college (or the parent of one), filling out FAFSA is one of the first major steps in college preparation and the planning process. Don't miss this opportunity!

Monday, January 20, 2025

12 noon to 9:00 PM

at

Manchester Center

1200 ½ W Main Street

Manchester, Iowa

(The parking lot and entrance to the Manchester Center is in the back of the Dupaco building. Please do not park in Dupaco's customer spaces.)

REQUIRED: Two accounts need to be set up at least one week prior to January 20th (one account in the student's name and one parent account). If this step is not completed beforehand, the FAFSA cannot be completed. Go to: <http://studentaid.gov/> to set up student and parent accounts.

APPOINTMENT SCHEDULE LINK: <https://calendly.com/ctalbott-ican/fafsa-ready-iowa-event-lab-west-delaware>
After signing up for your appointment, you will receive an email directing you the items needed to be brought to your scheduled appointment time.

This event is by appointment only on a first-come, first-serve basis.
Please allow 30 minutes for your session.

Please contact the High School Counseling Office at 563-927-3515 Ext. 308 for further questions.

The FAFSA is a Free Application for Federal Student Aid that may be completed electronically without professional assistance, at <https://studentaid.gov/h/apply-for-aid/fafsa>

WE WANT TO HEAR FROM
you!

The voice of WDHS Students, Parents,
and Community Members is
important to us.
Have an idea on how we can continue
improve our school community?
Leave a note in our
Virtual Suggestion Box by scanning
the QR Code



RELATIONSHIPS | ACADEMICS | 21ST CENTURY SKILLS

SENIOR AWARDS NIGHT: Mark your calendars to attend a special evening highlighting the Class of 2025 on Wednesday, May 7, 2025 at 7 PM. This event not only features our seniors with scholarships they have applied for, but also includes awards and recognitions for what they have been nominated. Academics, Athletics and Music will also be showcased. Your presence is a great way to thank local community who sponsor awards and patron events for WD students.

EARLY GRADUATION REQUESTS:

Seniors who wish to graduate early, and who have met all graduation requirements, must apply. In order to graduate early, students must have the approval of the principal and WD School Board. Early graduation request forms are available in the High School Office.

Deadlines:

Term 2 - January 8, 2025

Term 3 - March 5, 2025

CLASS OF 2025 SENIORS: We hope you had a relaxing break from school and took the time to rejuvenate so you are ready to conquer the rest of your senior year! We also hope you took some time to look at various scholarship and award opportunities on West Delaware High School's Scholarship page. When searching for FREE money, we encourage you to visit this site often for the fast growing list that are just waiting to be claimed! Many are from local patrons and community members who are ready to put the spotlight on you at Senior Awards Night. Scholarships and awards are posted as they become available so check back frequently!

WEST DELAWARE CLASS OF 2025

Class Flower: Daisy (New Beginnings)

Class Colors: Black and Silver

Class Song: One Last Breath by Creed

Class Motto: "That's the beauty of the future. We get to change it." - Seanan McGuire



2024-2025 ACT Test Dates

Register at act.org or contact the High School Counseling Office for further information.

TEST DATE	REGISTRATION DEADLINE
February 8, 2025	January 3, 2025
April 5, 2025	February 28, 2025
June 6, 2025	May 9, 2025
July 7, 2025	June 6, 2025

Do You Need Help With FAFSA?

If you're a senior planning for college (or the parent of one), you need to file the Free Application for Federal Student Aid (FAFSA). Filling out FAFSA is one of the first major steps in college preparation and the planning process. It is important to complete the FAFSA as soon as it becomes available as some types of financial aid may run out if you wait until the last minute to apply.

FAFSA is a free form that may be completed without professional assistance via paper or electronic forms provided by the U.S. Department of Education at www.fafsa.ed.gov. If you are filling out FAFSA and looking for more information, consider looking at the following links:

What is FAFSA? Helpful tips on filling out the FAFSA and additional information on the differences between types of federal aid: <http://www.affordablecolleges.com/resources/fafsa/>

8 Steps to Filling out FAFSA: <https://blog.ed.gov/2016/09/8-steps-filling-fafsa/>

[7 Things needed before Filling out the FAFSA](#)

FREE FAFSA SUPPORT is also available by contacting:

Susan Brown
Manchester/Oelwein RAMS Center Supervisor
844-642-2338 Ext. 7102
brownsu@nicc.edu

High School Students Wanting to Participate in College Athletics:

NCAA Eligibility Center: High School students who hope to participate in college athletics at the NCAA Division I or II levels, must register at <https://www.ncaa.org/sports/2021/2/8/student-athletes-future.aspx>. It is important the student take an active role in this process and start to prepare themselves from high school student athlete to college student athlete.

NAIA Eligibility Center: High School students who hope to participate in college athletics at the NAIA level must register at <https://play.mynaia.org/>. The NAIA requires all student athletes wishing to

LOOKING AHEAD TO SEMESTER 2 at the HIGH SCHOOL

REMINDERS!

Student Cell Phones:

- Should be off and in Chromebook cases
- May only be used during passing time and at lunch
- Parents should contact the office if they need to reach their child.

Student Backpacks:

- Should be in lockers

Lunch:

- Should be eaten in the cafeteria/commons area
- May be brought from home or received from the school
 - No take-out or order-out lunches



LUNCH POLICY

From the student handbook:

Students with parental permission may leave to go home for lunch **if they live within walking distance within the designated radius and permission is cleared with the principal.** It is understood that students leaving during their lunch period will not drive or ride in a motorized vehicle. Lunch permits are available in the high school office. Students who have permission to eat at home must go home and not go to the lunchroom and then go home. Students remaining at school during their lunch period are required to follow all school rules and in addition are required to stay in the cafeteria.

HIGHLIGHTS

Classes:

- Semester 1 ends January 14
- No classes January 15
- Semester 2 begins January 16

Term 3 Parent / Teacher Conferences

- February 19

Powerschool:

- Check your child's grades and attendance.
- Reach out if you need help accessing.

BROUGHT TO YOU BY WD MUSIC DEPARTMENT AND WD FRIENDS OF MUSIC

Dress **SALE** *and Consignment*

JAN. 13 & 14 @ 3:30-6PM DROP OFF

JAN. 15 @ 11AM-3PM SHOP

JAN. 16 & 17 @ 3:30-6PM SHOP

JAN. 18 @ 11AM-4PM SHOP

JAN. 18 @ 4-5PM PICK UP

(MORE INFORMATION ON WEST DELAWARE MUSIC FB PAGE)

**AT STONE CHURCH - 18141 222ND STREET
MANCHESTER, IOWA**

LINK TO PRE-REGISTER YOUR DRESS:
[HTTPS://FORMS.GLE/FPHBF67QM1WLDGRN8](https://forms.gle/fPHBF67QM1WLDGRN8)

ACCEPTING FORMAL & SEMI FORMAL DRESSES
\$5/DRESS TO CONSIGN

SCAN TO PRE-
REGISTER YOUR
DRESS



LIKE WHAT YOU SEE?

WEST DELAWARE HIGH SCHOOL 2024-2025 YEARBOOK

More Than Storage

>> Lockers are back



>> With the start of the new school year, students had to store their supplies in their lockers, rather than bring their backpacks into the classrooms. This resulted in more opportunities for students to communicate with their peers.

From Top:
• Avery Rausch (12), Kendi Henscheid (12) & Ameka Schneider (12)
• Clay Mathen (10)
• Nathan Hanson (11)

Orientation

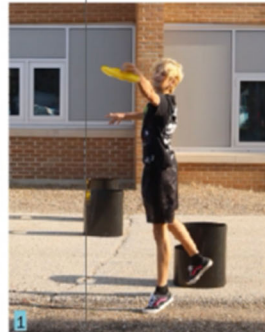
Welcomes Students


>> "With getting to know some students over the summer and how nice everyone was, I was excited to start this year at a new school." • Macy Vance (10)



Back For More

Top Left: At orientation, FFA adviser Rachel Findling talks to FFA members about the upcoming year. FFA members introduced themselves to new students. Top Right: Anna O'Rear (11) and Addison Burger (12) talk with Alivia White (9) about joining girls wrestling. Bottom Left: Parents and students enter the building for orientation. Bottom Right: Macy Vance (10) and the new superintendent Beth Vance gather information from teacher Marianne Sandburg about French club.



One Hour of Fun, Games to Kick-start Year

"I had a lot of fun with my friends that I didn't see over the summer. It was a good start to my junior year." • Maggie Lyness (11)

"I enjoyed coming back to school. I was a little nervous for sophomore year, new classes, and school events." • Myliss Backlund (10)

"I enjoyed playing cornhole with my friends on the first day." • Alissa Steger (9)

1. Garrett Taylor (11) plays Han Jan on the first day of school. "It was a great day to go outside and play fun games with my friends," Taylor said. 2. A group of sophomores play a game of Spike ball. From left: Dylan Schrauf (10), Hunter Rowe (10), Jay Georgan (10), Harley Metrick (10), and Lucas Seley (10). 3. Isabella Richmond (10) looks over their chalk drawing. 4. On the first day of school, Andrea Watters (12) draws with chalk during the hour-long homeroom. "It was fun to draw with sidewalk chalk because it is something I haven't done since I was a kid," Watters said.



Max McDowell (9) Roman Reeder (9) & Abigail Coleman (9) Aiden Chopard (11) Karly Ogden (9) & Ava Twomey (9)

4 • By Avery Rausch & Sydney Shover

More Connection, Less Distraction

The rules changed for the 24-25 school year. Students could no longer have their phones during class.

Students were highly motivated to follow the new rule because after the second offense the phone was sent to the office for their parents to pick up. After the first quarter of the year, only four parents were called to retrieve their child's phone.

Sophomore Avery Ungs likes the new phone rule. "It makes me focus more on my school work," Ungs said. Senior Aubrey Wilson said it has helped her stay more engaged. "I feel I've grown stronger relationships with my peers," Wilson said.

ORDER YOURS TODAY

VISIT JOSTENS.COM

#madefor more

ORDERS
DUE
FEB 1ST



WEST DELAWARE

Middle School



MEMORY BOOK

Orders Due by March 1st 2025

https://www.jostens.com/apps/store/product-Browse/1071603/West-Delaware-Middle-School/2025-Yearbook/2024071804294567089/CATALOG_S-HOP/



EAT BREAKFAST AT SCHOOL**Start the Day (and the Year) Right!**

Make giving your kids a healthy breakfast every day one of your New Year's resolutions. If you don't have much time in the morning or your kids aren't hungry when they wake up, send them to school for breakfast. Healthy food choices are available every morning in the cafeteria for ALL students. We cannot wait to see them there. Help your kids to make this semester a success - encourage them to eat breakfast!



Learn more about school meals at West Delaware!

Visit www.w-delaware.k12.ia.us

Food Services has their own page on our website. You can find the link under the District tab. Menus, free/reduced application, links to the lunch program and RevTrack, and info about Food Services can all be found on our webpage.

Free and Reduced Priced School Meals

Your children may qualify for free or reduced priced meals.

You can apply for these benefits at any time during the school year.

You can find more information and an application on our website under the District tab select Food Services <https://www.w-delaware.k12.ia.us/Pages/district/food.html> or you can contact Laurie Buchheit in the Central Office at 563-927-3515, extension 406 or email Laurie at lauriebuchheit@w-delaware.k12.ia.us.

Families already receiving free or reduced-price meals do not need to reapply, your benefits are good for the entire school year.

Free/Reduced Applications are now online!





Notes from the Nurse

Hearing screenings will be performed on all kindergarten and 1st grade students on Jan 21st and February 4th and all 5th graders on January 20th and February 3rd. Any concerns or issues with your child's hearing will be reported to families by the Keystone Audiologist following the exams.

Cold and flu season is upon us. As a reminder, students with a temperature 100 degrees or greater cannot return to school until they are fever free (without the use of Tylenol or Ibuprofen) for 24 hours. When a fever is present, they are considered most contagious and can pass the illness on to their peers.

Please make sure your preferred contact person and phone number are up to date in PowerSchool. The school needs a reliable number to contact families if a student is ill or injured. If you need assistance updating your information, please contact the Health Office. We can help you!

Winter weather is definitely here! As the weather turns colder, please remember to send coats, hats, gloves/mittens, and boots with your student.

Congratulations to the following 8th grade students for being selected for the Northeast Iowa Bandmasters Association Honor Band and performing a fantastic concert in December. Lydia Scott, Reagan Cummings, Caleb Crane, Sadie Schnieders, Avril Portzline. Avril was also selected for the All-Iowa 8th Grade Honor Band that will take place in Des Moines this coming May.

The image shows five students standing in a hallway. From left to right: a girl in a black dress holding a flute, a girl in a green shirt and black skirt holding a flute, a boy in a blue and black jacket holding a flute, a girl in a pink dress holding a flute, and a girl in a yellow and black jacket holding a large brass instrument, likely a tuba or euphonium. They are all smiling and looking at the camera.

Welcome to the Counselor's Corner

January Edition:



Are Mental Health Days a Good Idea?

Every adult has had those mornings when they wake up and think, "I just want to stay home from work today".

Like us, our students from time to time experience the same thing and come to you asking "please can I just stay home from school today?" We know that there are times when we all need to take some time to rest, recharge, and take care of ourselves, however finding that balance between self care and avoidance can be a hard one to find. The following information from Child Mind Institute talks about how to address when students refuse to go to school, and find a balance to meet the brain health needs of students.

ARE MENTAL HEALTH DAYS A GOOD IDEA?

It is no shock that today's students are facing new challenges many of us can not relate to from our time as teenagers. The term "Mental Health Day" has become more and more prevalent. Mental Health Days are when an individual stays home from school or work to care for their mental health like they would take a sick day to care for their physical health. There is no doubt that taking time for mental health can be a vital tool to supporting our overall well being, but finding the balance between when taking time for our brain health and using coping skills to help overcome uncomfortable feelings can be tricky.

Before you decide to let your child take a day away from school it is important to take the following into consideration:

- Have a conversation with your student about why they feel they need a mental break before making the decision to let them stay home. Often talking about what is bothering them and brainstorming together may make the issue more bearable.
- Is the need for a break due to an ongoing issues or situation based? Make sure that a day away is not a bandaid to a more complex situation.
- Is this an attempt to get out of a task that is anxiety provoking? Allowing avoidance behavior may increase anxious feelings.
- Will the amount of work they are missing that day make the situation better or worse? Reminding students that if they miss a day of school for any reason, that there will be work to make up and that may create a more stressful situation than the one they are currently facing.
- Remind your students of the supports they have at school and help them communicate their feelings to teachers and counselors at school. We all have tough days and teachers and counselors understand and want to help students through them.
- As an adult is ok to push your child outside of their comfort zone, especially when you have their best interested in mind. If your child is not responding to gentle pressure, be sure to take a step back again and look at what the key issue is.

DON'T FORGET!
JANUARY 9TH IS
TOGETHER WE ARE
THURSDAY





Lambert SEBH Newsletter 2025 IS IT BULLYING?

If your child tells you they are being bullied, have a conversation with them and make sure it actually is bullying. Often, it's teasing, a conflict, or a mean moment. Whichever it is, help your child remember to **tell an adult** at school if someone is being unkind to them. Below is a chart to help you and your student decide.



Is it bullying? What is it?

Teasing	Conflict
<ul style="list-style-type: none">• Everyone is having fun• No one is getting hurt• Everyone is participating equally	<ul style="list-style-type: none">• No one is having fun• There is a possible solution to the disagreement• Equal balance of power
Mean Moment	Bullying
<ul style="list-style-type: none">• Someone is being hurt on purpose• Reaction to a strong feeling or emotion• An isolated event (does not happen regularly)	<ul style="list-style-type: none">• Someone is being hurt on purpose• Repetitive (happens regularly)• Imbalance of power





From the Brain Health Retreat Room:

Instead of setting realistic goals, we tend to give ourselves huge expectations that would completely change our lives. The stress of this can show up in many different ways and increase anxiety. Challenge yourself to make realistic goals, be kind to yourself, and get support from people you care about.

NO MORE CLIPPING



SCAN
YOUR RECEIPT
SEE HOW AT
BTFE.COM

If you see this label on a product, you can use the Box Tops app to scan your receipt. The app will find participating products purchased at any store and instantly add cash to your school's earnings online. Please note that some Box Tops products are not labeled; check our product list for a complete list of [participating products](#).



CONVENIENT - Redeem anywhere, anytime within 14 days of purchase



EASY TO USE - Automatically finds Box Tops products on your receipt



REAL TIME - Your school's earnings are updated online with every scan



EXTRA CASH - Access special bonus offers on top of your Box Tops earnings



Friends of Music POP CAN FUNDRAISER

Proceeds Support Marching Band, Show Choir, and all Music Programs

Drop Off Cans at the **CAN SHED** on East Main and request money to go to Friends of Music

HOST FAMILIES NEEDED!

LANGUAGE AND FRIENDSHIP, INC.
Family Stay Programs/Hosting In The U.S./Travel Abroad

Our community has the chance to welcome teenagers this summer from France and Spain. This kind of experience can make such an impact, not only on the visiting students, but also on the whole family and our entire school community! Students want to practice their English and live as part of an American family for a short time. Host families provide room (shared room is fine but they must have their own bed), meals, and the willingness to include their visitor as a part of the family, including them in all aspects of your summer schedule. For more information, contact Mrs. Sandberg at mariannesandberg@w-delaware.k12.ia.us

Homeless Children and Youth Information

The federal McKinney Vento Act was designed to ensure that all students experiencing homelessness have educational rights and protection. Under this act, homelessness is defined as:

- sharing housing due to a loss of housing, economic hardship, or a similar reason
- living in hotels, motels, trailer parks, or camping grounds due to a lack of alternative adequate housing
- living in emergency or transitional shelters
- living in a public or private place not designated for, or normally used as, a regular sleeping accommodation for human beings
- living in cars, parks, public spaces, abandoned buildings, substandard housing, bus or train stations, or similar places;
- living in one of the above circumstances and who are migratory

If you, or someone you know is experiencing any of these situations, we are here to help.

Contact Shelby Piersch, West Delaware CCSD Local Homeless Liaison by phone at 563-927-3515 ext. 306 or email at shelbypierschew-delaware.k12.ia.us for more information/support.

Words on Wellness

Fiber: Your Health's Best Friend



Fiber plays a key role in many different body functions. Yet, most adults in the United States only get about half of the suggested amount for daily fiber intake. The current Dietary Guidelines recommend that adults consume 22 to 34 grams of fiber each day, depending on age and sex. Fiber is mainly found in fruits, vegetables, whole grains, beans, and peas. The main functions of fiber include the following:

Controlling blood sugar —Fiber helps reduce blood sugar spikes, which is especially important for people with prediabetes or diabetes.

Heart Protection —Including fiber in a healthy diet may lower cholesterol and reduce your risk of heart disease.

Maintaining digestive health — Fiber aids in a regular and healthy digestive system, reduces constipation, and may reduce your risk of colon cancer.

Feeling Full —Fiber slowly works through the digestive system to help keep you feeling full for a longer time. This can also help with weight loss or weight maintenance.

There are many tasty ways to get more fiber. Eat oatmeal with nuts and berries. Pick whole grains like brown rice or whole wheat pasta and bread. Add more nonstarch veggies to meals. Include beans or peas in casseroles or soups. Choose whole fruits like apples and raspberries instead of juice.

Sources: [CDC](https://www.cdc.gov/), go.iastate.edu/7MJYMV
[Academy of Nutrition and Dietetics](https://www.academyofnutritionanddietetics.org/), go.iastate.edu/X1WNIA
[Dietary Guidelines for Americans](https://www.dietaryguidelines.gov/), go.iastate.edu/CH0N8W

Pumpkin Oatmeal

Serving Size: 1 cup | Serves: 2

Ingredients:

- 1 cup milk
- 1/2 cup oats (old fashioned or quick cooking)
- 1/2 cup pumpkin puree
- 1/2 teaspoon cinnamon
- 3 tablespoons chopped or sliced nuts (almonds, pecans, walnuts)
- 4 teaspoons maple or pancake syrup

Directions:

1. In a large, microwave safe bowl, stir together milk, oats, pumpkin puree, and cinnamon.
2. Cook in microwave for 3 minutes, stirring every minute.
3. Stir in nuts and syrup. Let cool for 2 minutes.

Tips:

Serve with extra nuts on top or a spoonful of chia seeds stirred in. Substitute dried fruit for the nuts. Freeze leftover pumpkin in an airtight container.

Nutrition information per serving:

250 calories, 9g total fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 55mg sodium, 35g total carbohydrate, 5g fiber, 9g 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



Just Keep Swimming

Water-based exercises have low impact and can improve physical and mental health. Many people find water exercise to be more enjoyable and easier on their joints than working out on land. In addition, you do not need to be a strong swimmer to enjoy being active in the water. Try these water exercise ideas the next time you find yourself at your local pool:

- Group water aerobics class
- Water walking
- Deep-water walking or treading water
- Arm exercises using hand webs or water weights
- Leg exercises with a noodle
- Resistance exercise with a kickboard or water weights

Get active in the water to improve your health while having fun at any age or fitness level!

Sources: [CDC](https://www.cdc.gov/), go.iastate.edu/KP3AUV
[Mayo Clinic](https://www.mayoclinic.org/), go.iastate.edu/6JQTPC



Live Healthy Iowa 10-Week Wellness Challenge? Bring it on!

It can be hard to feel motivated to exercise during the long winter months. The Live Healthy Iowa 10 Week Wellness Challenge may be the answer! This 10-week challenge includes tracking activity minutes and/or weight loss with a team (2–10 people). The challenge occurs January–March 2025 and costs \$25 per participant. This is an affordable and simple way for all Iowans to boost their health while enjoying fun and friendly competition with others. Participants receive a t-shirt, a personalized online dashboard, a free magazine subscription, weekly motivational messages, discounts on the Live Healthy Iowa 5K, and a chance to win prizes! Grab your family, friends, or coworkers and [register today](https://livehealthyiowa.org/10-challenge/) at livehealthyiowa.org/10-challenge/!

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PM 2099 January 2025

**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/
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.



COMMUNITY EVENTS & ANNOUNCEMENTS

These announcements are provided as a courtesy to our community.
The events are not sponsored by nor affiliated with West Delaware Community Schools.

YEAR OF KINDNESS

#MANCHESTERKIND

Celebrating Kindness in Our Community

JANUARY - Wrap the World in the Warmth of Kindness. Resolve to be kind all year long.
#Manchesterkind

Manchester Public Library

ALL THE SCHOOL KIDS CLUB

K-5TH GRADE

2-3 PM

EVERY 4TH WED

JAN
22ND

SHRINKY DINKS

Learn how to design and make your own Shrinky Dink projects!

CODE & GO ROBOT MOUSE

Learn coding concepts with mouse bots!

FEB
26TH

MAR
26TH

PERLER BEADS

Learn how to design and make your own fuse bead projects!

PEEPS PARACHUTE CHALLENGE

Design, craft & launch your own Peep parachute.

APR
23RD

REGISTER NOW:

MANCHESTERLIBRARYIA.ORG

**DROP
EVERYTHING
AND READ**

Who's favorite class in school was DEAR
(Drop Everything and Read)?

Join the Manchester Public Library staff
on Wednesday, January 8th at 4:00 pm
to do just that. Come to read, but stay
for the free coffee, tea, or cider. If you
can't join us, share a picture from
wherever you are!

Teen Anime Club

Manchester
Public Library
Wednesday,
January 15th at
2 - 3:30 pm.
Open to Grades 6-12.

Come join
us for anime-watching,
manga reading, crafting,
activities, and snacks.



Middle School & Lambert Activities

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1
NO SCHOOL

2
NO SCHOOL

3
NO SCHOOL
Teacher Prof Dev

4

5

6
Classes Resume

7

8
Early Out
1:25 PM
MS & Lambert

9

10

11

12

13
Boys Basketball vs
Marion 4:15
8th home
7th away

School Board Mtg
6:00 HS Library

14
7th Grade Ski Trip
to Galena

15
NO SCHOOL
Teacher Work Day

16
Boys Basketball vs
CPU 4:15
8th away
7th home

17
7&8 Girls Wres-
tling at Solon 4:15

18

19

20

21
7&8 Girls Wres-
tling at Lisbon
4:30

22
Early Out
1:25 PM
MS & Lambert

23
Boys Basketball vs
Independence 4:15
8th away
7th home

24
7&8 Girls
Wrestling home
4:15

25

26

27
Solo/Ensemble
Band Festival at
home 4:00

Boys Basketball vs
Solon 4:15
8th away
7th home

28
Solo/Ensemble
Band Festival at
home 4:00

7&8 Girls
Wrestling at
Independence 4:15

Boys Basketball vs
Benton 4:15
8th home
7th away

29
Early Out
1:25 PM
MS & Lambert

30
Boys Basketball vs
Vinton 4:15
8th home
7th away

31

Feb 1



22

Hawk Highlights

www.w-delaware.k12.ia.us

High School Activities

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January

**HAPPY
NEW
YEAR!**

1
NO SCHOOL

2
NO SCHOOL
B&G Basketball at
Beckman 4:30

3
NO SCHOOL
Teacher Prof Dev
Girls Basketball
home 6:00

4
JV Girls Wrestling
at CPU 10:00

5

6
Classes Resume

7
Esports 4:00
B&G Basketball at
Vinton 4:00
B&G Bowling at
New Hampton
4:00

8
Early Out
1:15 PM
High School

9
Esports 4:00
B&G Wrestling at
Vinton 5:30

10
B&G Basketball
home 4:30

11
Boys Wrestling at
Benton 8:00
B&G Bowling at
Muscatine 2:00
Var Boys Basket-
ball at Loras Col-
lege 6:00

12

13
School Board Mtg
6:00 HS Library

14
End of Semester
Esports 4:00
B&G Basketball
home 4:30

15
NO SCHOOL
Teacher Work Day

16
Begin 2nd
Semester
Esports 4:00
B&G Wrestling at
Benton 5:30

17
B&G Bowling
home 4:00
B&G Basketball
home 4:30

18
JV Boys Wrestling
at Independence
9:00
Var Boys
Wrestling at Perry
9:30
Girls Bowling at
Cedar Rapids 1:00

19

20
Large Group
Speech WaMaC
East Division at
home 4:30

21
Esports 4:00
B&G Basketball
home 4:30
JV Boys Wrestling
at North Linn 6:00

22
Early Out
1:15 PM
High School

23
Esports 4:00
B&G Wrestling
home 5:00

24
B&G Bowling
home 4:00
B&G Basketball
home 4:30
Girls Wrestling
WaMaC Meet at
Mt Vernon 5:00

25
Boys JV Wrestling
at Marshalltown
9:00
Boys Var Wres-
tling at CPU 9:00
B&G Bowling
9:00
Large Group
Speech at Cascade

26

27
Boys JV Wrestling
WaMaC Meet at
CCA 5:00

28
Esports 4:00
B&G Basketball at
Mt Vernon 4:30

29
Early Out
1:15 PM
High School

30
Esports 4:00
Var B&G
Basketball at
Independence 6:00

31
B&G Bowling
home 4:00

Feb 1
Var Boys
Wrestling WaMaC
Meet at Benton
10:00
10/Var Boys
Basketball at
Monticello 2:00

**West Delaware County Community School District
701 New Street
Manchester, Iowa 52057**

Address Service Requested