

# West Delaware Newsletter



December 2024

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

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## Hats Off to Our Amazing Volunteers!



Jacque Lahr, West Delaware Volunteer Coordinator  
jacquelahr@w-delaware.k12.ia.us

As we get ready for the hustle and bustle of December and look to wind down 2024, it's good to take a moment to count our blessings. The Beauty and the Beast play was fabulous and wouldn't have been so successful without the countless volunteer hours by our students and members of our community. Our sports team rely on volunteers in every sport season and we know our main focus is academics at West Delaware and there are many hands helping there as well. We have volunteers doing a variety of tasks: working with students, assisting with class/school projects, attending field trips as a chaperone, building sets for high school plays, helping in the concession stands, baking for parent/teacher conferences, various at-home projects, etc... just to name a few. It's easy to sign up and I'm here to help! Here is the link with all of the information you will need to volunteer in our classrooms or for school projects:

<https://www.w-delaware.k12.ia.us/Pages/district/volunteer.html>

The **Academic Booster Club** financially supports, recognizes and celebrates academics at West Delaware! Twice per year teachers can submit a grant request for items that provide additional learning opportunities for their classrooms. This club is always looking for volunteers with creative ideas and ways to fundraise! Please contact WD ABC at westdelawareabc@gmail.com for more information on when they meet next. Stacy Vorwald is the current president of this organization.

The **Athletic Booster Club** supports various athletic and other activities during the school year, including sporting events, tournaments, concession operations, student awards and recognition and improvements to the facilities and equipment. The booster club normally meets on the 1st Wednesday of each month at 6:00. You can contact the current president, Keri Schulte, at keri.schulte@gmail.com for more information on meetings.

The **Friends of Music** provides financial support to our Music Department every year. They also organize 1,000's of volunteer hours by planning for the Red Carpet Gala, sewing costumes, helping set up with Marching Band, chaperoning and driving students to music events, and managing events at the Hanson Auditorium. This is a great organization if you are interested in Fine Arts at West Delaware! They normally meet on the 3rd Wednesday of each month at 7:00 pm in the High School Commons. Contact westdelaware-fom@gmail.com for more information. Rick Seeley is the current president of this organization.

If you want to stay connected with the West Delaware Volunteer Program, please register at the following link: <https://www.w-delaware.k12.ia.us/Pages/district/volunteer.html> or send me an email at: jacquelahr@w-delaware.k12.ia.us. We look forward to having a strong database to support our hard-working teachers and helping our students achieve greatness! Thank you and enjoy all that the upcoming season has to offer!

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

#### Board of Education

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Asst. Principal/AD

#### Buildings, Grounds & Transportation

Gary Fonck Director

#### Director of Technology

Joe Hegland

#### Director of Food Service

Kim Sperfslage

#### Volunteer Coordinator

Jacque Lahr



## From the Superintendent's Desk

As we enter the Winter season please use the checklist below to ensure your family is ready for any impacts the weather may have on school. Please remember that our district covers a large geographic area so your street might look fine but someone else on the other side of the district may not be able to get out of their driveway. We will make the best decision possible given the information we have. We are human though and will most likely make a call at some point, only to learn later we could have had school.

I know we already had an unexpected practice run but let's double check everything on this list as we head into December.

1. **Make sure your contact information is correct in PowerSchool** (click on **Forms** then **School Messenger Information**)
2. Know your source to learn about possible delays (School Messenger, Facebook, KMCH Radio, KCRG, KWVL, KGAN)
3. Have a plan in place in case of an unexpected late start or early dismissal due to weather conditions

On days when on-site instruction is not feasible or safe due to weather conditions or other circumstances, learning may still continue using virtual learning techniques. Teachers will use remote instruction to create learning experiences that are meaningful and address the grade level curriculum. As we have in the past, we likely use the virtual option when we have some lead time and know it is extremely likely that weather is going to force a cancellation of in person classes.

- The information in the tables on pages two and three outline the general guidelines for Virtual Learning days.
- **Remote learning days are REQUIRED learning.** Attendance will be monitored through work completion, grades will be issued, and teachers will be available electronically through Google Classroom, SeeSaw, Zoom, or other electronic meeting to support students.

*Please click this [link](#) to learn more about what Virtual Learning will look like at each grade level.*

*We ask parents to help us with the following:*

- Monitor and support student progress in accessing and completing activities and assignments, as appropriate.
- Communicate questions for teachers via email, voicemail, or Google classroom.
- If your student is unable to participate in a Virtual Learning Day due to an illness, please report contact your school as you normally would
- Upon return to school, students who have been reported absent will follow the school's make-up policy to complete the work missed.

If you have any questions, please feel free to reach out!



We are excited to spotlight some of our volunteers every other month in our school newsletter this year. This month we highlight our faithful volunteers who help every week at the Middle School working on math with our 5th graders. We appreciate

Mark Schleisman and Caitlyn Scherbring and their dedication to help our students succeed. We are also grateful for all who help with the BackPack program, which provides food for students to take home who need this support. When tummies are full, kids can focus on their learning. If you'd like to volunteer at West Delaware, please visit our website: <https://www.w-delaware.k12.ia.us/Pages/district/volunteer.html> or contact Jacque Lahr at [jacquelaahr@w-delaware.k12.ia.us](mailto:jacquelaahr@w-delaware.k12.ia.us) or call 563-927-3515 ext. 207.

Lambert students are selling butter braids through December 3rd to raise money for Student Activities. This includes field trips, fun activities and so much more! The delivery date will be after school on December 17th.



Order online:

<https://store.myfundraisingplace.com/471b1955-e74f-42da-bf18-cac7919cd7ff>



# 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!**





# How to beat the WINTER Blues

FROM THE BRAIN HEALTH RETREAT ROOM



Practice mindfulness! [Try out a guided meditation session, linked here.](#)

Expose yourself to light first thing in the morning.

Eat healthy and balanced meals

Exercise daily- create a routine, even if it is a 10 minute walk.

Help is always available. Call 988 if you or a loved one are in need of assistance.

*No Hawk Stands Alone, Together We Are!*

# Welcome to the Counselor's Corner



## December Edition: Holiday Mindfulness

Contrary to common belief, one effective way to cope with the holiday madness is to **SLOW DOWN** and take a little time each day to cultivate and practice mindfulness. Try one of these strategies this holiday season from [The Child Mind Institute.org](http://TheChildMindInstitute.org)

### QUITE SPACE

Even if only for a few minutes, slip away from the commotion, sit in a comfortable position feet flat on the floor, and simply focus on your breath. Do this for a few minutes. Listen to the sound of your breath and notice how your body feels during this time. When thoughts of other moments come racing into your mind, acknowledge them and let them go by as if they are on a conveyor belt, and refocus your attention on your breath again. Do this over and over.

Spend a few minutes each day writing down five things you are thankful for that day.

### WRITING

### WALK OUTSIDE

When you are walking outside, focus on one of your senses. For example, for vision, notice the colors of objects around you or for hearing, listen to the sounds around you and label them non judgmentally (eg "That building is gray," or "I hear a horn honking").

By taking a few minutes each day to be mindful, perhaps even more than once a day, we can give ourselves the space to get in touch with ourselves, to fully experience the meaningful moments that often pass us by, and to take time to practice gratitude for what we have in our lives. Instead, we can experience gratitude daily, reduce our stress, and be more in touch with the little things that make all the difference.



## DON'T FORGET!

DECEMBER 6TH IS  
TOGETHER WE ARE  
THURSDAY





# 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 20<sup>th</sup> (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>





### **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

**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.

**SCHOLARSHIPS CLASS OF 2025:** Seniors - If you have not checked out all the opportunities for FREE money on West Delaware High School's Scholarship page, now would be a great time to start! Many of these are local patrons and community members who are ready to put the spotlight on you. Whether your plans include career or college after high school, there is literally something for everyone. Scholarships are posted as they become available so check back frequently.

# 2024-2025 ACT Test Dates

Register at [act.org](https://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](https://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](mailto: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 participate in Division III sports to register.



# Did You Know?

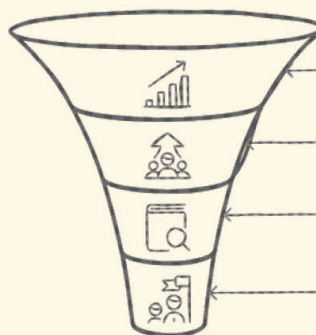
## At the high school...

Early-out  
Wednesdays =  
professional  
development for  
teachers

This includes:

- **Building meetings to work on learning about & implementing the building goals**
- **Professional Learning Community (PLC) meetings**

Educator Collaboration



Ongoing Process

Collective Inquiry

Action Research

Focus on Results

Improved Student  
Learning

## What are PLCs?

Educators work collaboratively in recurring cycles of collective inquiry and action research to achieve better results for the students they serve (Solution Tree, 2024).

Simply...

Teachers regularly work together to improve how they teach and how students learn.



## National Honor Society Induction

*By Kathy Naughton, NHS Advisor*

The Manchester Chapter of the National Honor Society recently held its annual induction ceremony on Monday, November 18, 2024 in Hanson Auditorium. This national organization requires that students who are selected demonstrate outstanding scholarship, character, leadership and service to the school and to the community.

Juniors and seniors at West Delaware with a grade point average of 3.5 are eligible to apply for membership. Along with **SCHOLARSHIP**, the other selection criteria include leadership, character, and service. Applicants are required to submit a National Honor Information Form and a letter of recommendation to be considered for membership.

**LEADERSHIP:** Is characterized by being resourceful in proposing new problems, applying principles, and making suggestions. A leader is a positive influence on peers in upholding school ideals and spirit and exemplifies positive attitudes. Leaders inspire positive behavior in others and demonstrates reliability and dependability.

**SERVICE:** Service is considered as any actions taken in the school or community by the student on behalf of others without direct financial or material compensation to that individual.

**CHARACTER:** A person of character demonstrates six qualities: responsibility, trustworthiness, respect, fairness, caring, and citizenship. After the information forms have been submitted, the names of the applicants are shared with the entire faculty who are encouraged to give their input to the Faculty Council. The Faculty Council is assigned with the task of reading the information submitted by each applicant, reviewing faculty evaluations, and making the final selection decisions. The Faculty Council is made up of five faculty members and one alternate member. Admission to the National Honor Society requires a majority vote of the Faculty Council. The NHS Advisor is ex-officio, non-voting member of the committee.

Once the faculty selection committee had completed the evaluation process, students were officially inducted into the National Honor Society with an Induction Ceremony, where all members were reminded of the criteria of Scholarship, Leadership, Service and Character. A reception for parents and members was held at the conclusion of the Induction Ceremony.

Congratulations and welcome to our new National Honor Society members!

**Current NHS Officers:** President: Evan Dunkel; Vice-President: Jack Buesing; Secretary: Kirstyn Kolbet; Treasurer: Keagan Jackson

**Current Senior Members:** Myka Brooks, Jack Buesing, Addison Burger, Hannah Cantwell, Adam Cook, Maleah Demmer, Evan Dunkel, Jeryn, Funke, Susan Funke, Olivia Halvorson, Keagan Jackson, Seth Jackson, Abby Kass, Kennedy Kolbet, Kirstyn Kolbet, Brooke Krogman, Nick Lewis, Trudy Loecke, Kennedy Loesche, Claire Manson, Josie McMahon, Jax Miller, Sam Ogden, Gwenith Pasker, Owen Pettlon, Ali Robinson, Jaidyn Ronnebaum, Amelia Schnieders, Anna Sickels, Caleb Stocks, Nickolas Uthe, Braden Wenger, Kate Wenger, Paige Woellert, Andrea Wubben, and Brent Yonkovic

**New NHS Members inducted at the ceremony include:**

**SENIORS:** Parker Peterson, Aubrey Wilson. **JUNIORS:** Rachel Anderson, Brooklin Ante, Alaina Bardgett, Cirra Cooksley, Isabelle Demmer, Madie Deutmeyer, Sophia Hegland, Maleigha Hildebrand, Jayden Hillers, Vedah Langel, Lauren LeClere, Erin Mensen, Colson Mersch, Anna O'Rear, Ben Palas, Kyle Pasker, Maya Pennington, Ella Pettlon, Lena Petlon, Norah Peyton, Malorie Putz, Reagan Reeder, Emma Schmidt, Grace Slepser, Ethan Timmerman, Molly Waterhouse, Jaxson Weber, Karlee Wright. Kinnick Weis has also joined the West Delaware chapter, transferring in from Central City.

NHS Juniors



NHS Seniors



# LIKE WHAT YOU SEE?

## WEST DELAWARE HIGH SCHOOL 2024-2025 YEARBOOK

### More Than Storage

&gt;&gt; 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 Hensstead (12) & Ameka Schneider (12)  
• Clay Mathen (12)  
• Nathan Hanson (11)

### Orientation

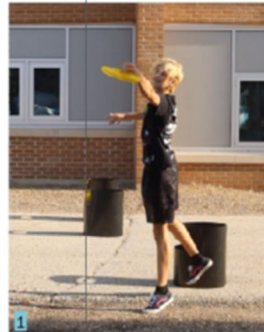
*Welcomes Students*


>> "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 Rove (10), Jay Georgan (10), Harley Metricka (10), and Lucas Seley (10). 3. Jayla Hamilton (10), Vanessa McClane (10), and Isabella Richmond (10) look over their chalk drawing. 4. On the first day of school, Andrea Wieders (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," Wieders said.

### 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.



Max McDowell (9)

Roman Reeder (9) &amp; Abigail Coleman (9)

Aiden Chopard (11)

Karlly Ogden (9) &amp; Ava Twomey (9)

# ORDER YOURS TODAY!

VISIT JOSTENS.COM

#madeformore



# 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\\_Shop/](https://www.jostens.com/apps/store/product-Browse/1071603/West-Delaware-Middle-School/2025-Yearbook/2024071804294567089/CATALOG_Shop/)





**Author & Illustrator Matthew Cordell visited Lambert Elementary on November 12, 2024.** Matthew Cordell is the 2018 Caldecott Award Winner for the illustrations in his book *Wolf in the Snow*. Leading up to the visit, National Honor Society students read the first chapter of Cordell's book *Cornbread and Poppy* for the Win and did some group activities surrounding the book including the group activity "Are you Cornbread or Poppy," story discussion, and creation of related artwork. On the day of his visit, Matthew Cordell signed books, shared his love of reading and writing with Lambert students during two assemblies, and was the special guest with a Mr. Rogers theme featuring his authorized biography *Hello Neighbor: The Kind and Caring World of Mister Rogers* at Lambert Reading Night for families including 80 who attended.

Lambert is grateful for a Theisen's More for Your Community Grant which provided a *Cornbread and Poppy for the Win* book for each Lambert family to read together. Prizes were drawn daily for two weeks for students' written responses to the book. The theme of friendship and how our differences make life interesting and our journey better together has been an ongoing theme and point of celebration with reading!



# DECEMBER

## Lambert Parent Newsletter

It's the most wonderful time of the year!!

### FUN FAMILY ACTIVITIES FOR WINTER BREAK

- #1 TIDY UP AND DONATE
- #2 HOT CHOCOLATE MOVIE NIGHT
- #3 KIDS KITCHEN TAKEOVER
- #4 FAMILY TALENT SHOW
- #5 SCAVENGER HUNT
- #6 MAKE GINGERBREAD HOUSES
- #7 COLOR OUTSIDE THE LINES
- #8 ICE SKATING OR SLEDDING
- #9 TROPICAL STAYCATION
- #10 MERMAID SALON

\*DETAILS IN- Winter break activities

### Skill of the Month- The Power of Nonverbals

The nonverbals we use are 70-93% more important than the words we use.

Paralinguistics refers to vocal communication that is separate from actual language. This form of nonverbal communication includes factors such as tone of voice, loudness, inflection, and pitch.

### DRESS UP DAYS 16-20TH

MONDAY- CANDY CANE LANE (WEAR RED & WHITE)

TUESDAY- CHRISTMAS HAIR DON'T CARE (WILD HAIR DAY)

WEDNESDAY- WINTER WONDERLAND (WEAR BLUE & WHITE)

THURSDAY- LONG WINTER'S NAP (WEAR PJS OR COMFY CLOTHES)

FRIDAY- FESTIVE FRIDAY (FESTIVE/BLINGED OUT FUN)

BREAK BEGINS DEC 20TH  
CLASSES RESUME JAN 6TH



Enjoy  
your  
break!



## 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](mailto: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](mailto:shelbypierschew-delaware.k12.ia.us) for more information/support.



## EAT BREAKFAST AT SCHOOL

### School Breakfast Facts

A great breakfast program is offered at school every day. Here are some fun facts about school breakfast:



- It's easy! Instead of running around in the morning trying to make sure your children eat a healthy meal, let us do the work. They can get a great breakfast at school, and there will be no dishes for you to wash.
- It's affordable! If qualified, your child may be able to get breakfast at a reduced price or for free. If your child already eat a free or reduced price lunch, they automatically qualify for a free or reduced price breakfast.
- It's tasty! Schools now have more variety to choose from when deciding what to offer your children for breakfast. Request a menu so you can view what your child may be eating at school.
- It's good for the brain! Research suggest that not having breakfast can affect children's intellectual performance.

**Learn more about school meals at West Delaware!**

Visit [www.w-delaware.k12.ia.us](http://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.

## Online Free/Reduced Application



# Words on Wellness

## Stay Healthy This Winter: Support Your Immune Health



A strong immune system is key to good health. When our immune systems are well, it's easier to fight bacteria, viruses, or anything else trying to make us sick. A healthy diet keeps our immune system in top shape. When we combine healthy eating with good hydration, getting plenty of sleep, exercising regularly, consuming alcohol in moderation, and managing stress, we set up our immune system to be at its best—and hopefully set ourselves up to be sick less often or be able to fight off an illness when we do get sick.

A few foods that provide nutrients to keep our immune system healthy are the following:

- Yogurt—provides protein, calcium, and live, active bacteria for a healthy gut
- Red bell peppers and oranges—high antioxidant vitamin C content, which plays a role in immune function
- Almonds—high in the antioxidant vitamin E
- Spinach—multiple antioxidants and iron that produce white blood cells to help fight off infections

All antioxidants support the immune system. They help fight free radicals, which can cause damage to our cells. Spinach provides antioxidant vitamins A, C, and E. Pair these healthy food choices with other wellness practices above to boost your immune system and stay strong this winter.

Source: Adapted from: *Today's Dietitian*, January 2022

## Pomegranate Ginger Mocktail

Serving Size: 8 ounces | Serves: 4



### Ingredients:

- 1 cup pomegranate juice
- 1 tsp agave syrup (or to taste)
- 1 tsp freshly ground ginger root
- 3 cups sparkling water, plain
- 1/2 pomegranate, seeded, for garnish

### Directions:

1. Place the juice, agave syrup, and ginger root in a shaker over ice. Shake hard for 30 seconds, then pour into a large pitcher. Add the sparkling water and stir.
2. Serve in a martini glass. Garnish with pomegranate arils.

### Nutrition information per serving:

81 calories, 1g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 7mg sodium, 17g total carbohydrate, 1.5g fiber, 4g sugar, 1g protein  
This recipe can be found in *Today's Dietitian*, Vol 25, No 3, pg 18

## Safe Food Practices When Volunteering at Food Pantries

Volunteering at a food pantry is a great way to help others. Keeping food safe and handling food safely at the food pantry is the top job of every volunteer. Food pantry volunteers must read, understand, and follow the food safety policies outlined in the food pantry handbook.

Food safety starts before the volunteer arrives at the food pantry. Don't volunteer if you are ill; call the food pantry and tell them you won't be in. Hands encounter many contaminants, so proper handwashing is key. Wet hands, apply soap, and scrub for 10–15 seconds, rinse fully, and dry with a paper towel. Always wear gloves when handling food and change gloves after touching nonfood items. Cover your mouth and nose with a tissue when you sneeze or cough, dispose of the tissue, and wash hands well. Cell phones are not clean; it is best practice not to use them while volunteering. If cell phone use is necessary, remember to wash your hands after use.

Source: Adapted from [Food Bank of Iowa](https://www.foodbankiowa.org/), foodbankiowa.org/



## Delicious Holiday Mocktails

A growing trend is choosing to go alcohol free at social events and celebrations with drinks called mocktails. Mocktails are cocktails without alcohol. The growing demand for alcohol-free beverages is driven by younger drinkers who are focusing on a more healthful lifestyle. Everyone can enjoy holiday mocktails, which feature seasonal flavors like apple, cinnamon, sage, and more. This month's featured recipe is Pomegranate Ginger Mocktail, a flavorful, festive beverage that gets its fizz from sparkling water and zing from ginger. Other delicious holiday mocktails are the Cranberry-Orange Punch and Apple-Ginger Moscow Mule Mocktail. These drinks are so tasty they are sure to become a regular part of your annual holiday get-together. Find recipes at [Eating Well](https://www.eatingwell.com), [www.eatingwell.com](https://www.eatingwell.com).

Source: Adapted from *Today's Dietitian*, Vol 25, No 3, pg 18

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*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*



Wednesday, December 18th from  
4:30 – 6:30pm at Manchester Public  
Library (all ages are welcome)! There  
will be food and drinks, bracelet making,  
music bingo, and games! Call  
(563)927-3719, with any questions!

lover 13

MANCHESTER PUBLIC LIBRARY

## ABSTRACT ART EXPLORATION

EXPERIMENT WITH MARKMAKING IN A  
JUDGEMENT-FREE ZONE!

WELCOME TO ANY SKILL LEVEL!

TEENS AND ADULTS

DECEMBER 3RD, 2024 @ 5:00PM-6:30PM

REGISTER TODAY:

CALL US! (563) 927-3719

[WWW.MANCHESTERLIBRARYIA.ORG](http://WWW.MANCHESTERLIBRARYIA.ORG)

SUPPLIES  
PROVIDED!



## DECEMBER

Wrap the World in the Warmth of Kindness. Kindness is the  
best gift to give and receive. #Manchesterkind

## DROP EVERYTHING AND READ

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

Join the Manchester Public Library staff  
on Tuesday, December 10th at 4:30 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!



# Middle School & Lambert Activities

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1 <b>D</b>	2 7/8 Boys Wrestling at Cedar Falls 4:00  GBB vs Williamsburg 4:15 8th home 7th away	3 7/8 Boys Wrestling at Alburnett 4:30	4 Early Out 1:25 PM MS & Lambert	5 7/8 Boys Wrestling at Independence 4:15  GBB vs CPU 4:15 8th away 7th home	6	7
8 <b>e</b>	9 GBB vs Marion 4:15 8th home 7th away  School Board Mtg 5:00 HS Library	10 7/8 Boys Wrestling home 4:15	11 Early Out 1:25 PM MS & Lambert	12 GBB vs Independence 8th away 4:15 7th away 5:15  5th & 6th Band and Vocal Concert 6:30 Hanson Aud	13 Boys Wrestling home 4:15	14
15 <b>c</b>	16 7th & 8th Band and Vocal Concert 6:30 Hanson Aud	17	18 Early Out 1:25 PM MS & Lambert	19 GBB vs Mt Vernon 4:15 8th away 7th home	20	21
22 <b>m</b>	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28
29 <b>b</b>	30 NO SCHOOL	31 NO SCHOOL	Jan 1 NO SCHOOL	Jan 2 NO SCHOOL	Jan 3 NO SCHOOL Teacher Prof Dev	Jan 3
30 <b>e</b>						
31 <b>r</b>						



22

Hawk Highlights

[www.w-delaware.k12.ia.us](http://www.w-delaware.k12.ia.us)

# High School Activities

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

D

2

B&G Bowling at  
Independence 4:009th Boys BB at  
Ed-Co 6:00

3

B&G Basketball  
at West Dbq 4:30Girls Wrestling at  
Elkader 5:00

4

Early Out  
1:15 PM  
High School

5

Boys Wrestling at  
Charles City 6:00

6

B&G Basketball  
home 4:30

7

NEIBA Honor  
Band at OelweinBoys Wrestling  
home 8:00

8

e

9

Girls Wrestling at  
Williamsburg 4:00School Board Mtg  
5:00 HS LibraryBand & Vocal  
Concert 7:30  
Hanson Aud

10

B&G BB at  
Xtream Arena in  
Coralville 4:30

11

Early Out  
1:15 PM  
High SchoolParent/Teacher  
Conferences  
3:30-6:30

12

B&G Wrestling at  
CPU 6:00

13

B&G Bowling  
home 4:00B&G BB home  
4:30B&G Wrestling at  
South Winn 5:30

14

Girls Bowling at  
Cedar Rapids 1:00Girls BB at Loras  
College 2:30

15

e  
m

16

9th Boys Wrestling  
home 5:00

17

B&G BB at  
Marion 4:30Girls Wrestling  
home 6:00

18

Early Out  
1:15 PM  
High School

19

Girls Wrestling  
Battle of W'loo  
9:00Boys Wrestling  
home 6:00

20

Var Boys  
Wrestling at Battle  
of W'loo 9:00B&G BB home  
4:30JV Boys Wrestling  
at Clayton Ridge  
4:30

21

Var Boys  
Wrestling at Battle  
of W'loo 9:00Girls Wrestling at  
East Buchanan  
10:00Boys Bowling at  
Cedar Rapids 1:00

22

b  
e

23

NO SCHOOL

24

NO SCHOOL

25

NO SCHOOL

26

NO SCHOOL

27

NO SCHOOL

28

29

r

30

NO SCHOOL

31

NO SCHOOL

Jan 1

NO SCHOOL

Jan 2

NO SCHOOL

B&G BB at  
Beckman 6:00

Jan 3

NO SCHOOL  
Teacher Prof DevGirls BB home  
6:00

Jan 4

JV Girls Wrestling  
at CPU 10:00



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

**Address Service Requested**