

West Delaware Newsletter



February 2025

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

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Keeping Students Safe on Social Media: Ways Parents Can Help!

Submitted by Jacqueline Lahey, Middle School Principal

Social media can help students with healthy development but can also create risks. Psychological research shows it's critically important to focus on how students use social media and the type of content they see. As a parent or caregiver, you are the expert on your child. You know what experiences will fit with their strengths and areas of vulnerability. These recommendations are based on research and will help you and your student be smart users of social media, avoiding the harms, and gaining maximum benefits.

1. **Recognize that developing brains may be especially vulnerable to specific social media features.**

Communicating with friends on social media can be helpful for child development, including a chance to learn new social skills and complex relationships. But the like button and use of artificial intelligence to promote excessive scrolling may be dangerous for developing brains. Adolescent brain development generally starts before puberty, around age 10, and lasts through early adulthood. This is an important phase of growth during which the brain undergoes dramatic developmental changes. In early adolescence, brain regions associated with a desire for attention from peers become increasingly sensitive. Meanwhile, brain areas important for self-control don't fully develop until early adulthood. When thinking about the use of social media in your family, it's important to recognize the unique vulnerabilities of adolescent brains. Your guidelines around social media use should evolve as children mature.

What to do: Limit social media use on platforms that include counts of likes. Use screen time settings available on most devices and platforms to help teens set limits and learn self-control. Prohibit screen time that interferes with at least 8 hours of sleep a night to ensure healthy brain development.

2. **Monitor and discuss your child's social media use.**

Parents should take a multistep approach to social media management, including time limits, parental monitoring and supervision, and ongoing discussions about social media. Limiting chat functions and limiting exposure to adult content is also recommended. Parents may consider allowing social media use only when children are at home so that parents can keep a closer eye on their online activities. Adult monitoring of social media postings and content viewed is advised, especially in early adolescence. Unsupervised social media use is more likely to expose children to potentially harmful content and features of social media. Scientific studies demonstrate it is also critical for parents to engage in ongoing discussions with adolescents about how to use social media in safe and helpful ways.

...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

Board of Education

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Director of Food Service

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What to do: Talk to your child weekly about how social media platforms work so they feel safe telling you about their experiences without judgment. Ask them what they saw on social media, how they understand what was posted, and pose hypothetical questions to them to learn how they would respond to various situations they might encounter online.

3. **Model healthy social media use.**

Research studies show kids learn some social media behavior and attitudes from their parents. It is important for adults to model healthy social media use in their own lives. To model good digital behavior, avoid using social media when at the dinner table or engaging in family time, and make sure your conversations about social media reflect the ways you want them to feel about social media use.

What to do: Discuss how and why you use social media with your children. Set limits for social media use for yourselves and encourage your children to follow your example. Take social media holidays as a family and discuss the challenges and temptations you all experience when away from social media for a long time.

4. **Watch for problematic social media use.**

Keep an eye out for signs your child may be using social media in unhealthy ways. Your child's social media use might be causing problems if:

- It interferes with their daily routines and commitments, such as school, work, friendships, and extracurricular activities.
- They often choose social media over in-person social interactions.
- It prevents them from getting at least 8 hours of quality sleep each night.
- They keep using social media even when they express a desire to stop.
- They experience strong cravings to check social media.
- They lie or use deceptive behavior to spend time online

What to do: Ask your child if any of these statements above are true for them. If you are concerned your child is dependent on social media or using it in unhealthy ways, consider enforcing new limits around accessing this technology. If you suspect your child is experiencing psychological harm or you are having difficulty managing your child's social media use, a mental health professional may be able to help you find healthier ways to engage with the digital world.

At West Delaware Middle School, we teach social media literacy through our media and advisory classes, but it takes more than that to keep our students safe. Please have a conversation with your student about ways to keep them safe on their devices.



We are excited to spotlight some of our volunteers every other month in our school newsletter this year. This month we highlight our Pig Heart dissection volunteers. This project is done every February with our 5th graders and we rely on our volunteers with a medical background to assist to answer questions as they arise. So far this year for February 28th, we have John and Linda Armstrong, Lisa and Pete Reicks, Nik May, Clint Cummings, McKenna Hon, KeriAnne Schmidt, and Josiah Polito signed up. If you'd like to volunteer for this project, or any other project here at West Delaware, please visit our website: <https://www.w-delaware.k12.ia.us/Pages/district/volunteer.html> or contact Jacque Lahr at jacquelaehr@w-delaware.k12.ia.us or call 563-927-3515 ext. 207.

Keizel Rivera Lopez took 1st place out of 302 investment teams in the Iowa Stock Market game for the fall 2024 session! Keizel's investment portfolio out-earned his nearest competition by more than \$10,000! Keizel's rate of return for his investments was 32.05%! For his winnings Keizel received a \$100 gift card and banner to display. Amazing job Keizel!



IN NEED OF A WINTER HAT?

Thanks to the generosity of Brain Health Now- the Brain Health Retreat Room is stocked with winter hats for high school students.



Please encourage your child to stop by the BHRR if they are in need of a winter hat and I would be happy to provide them with one.

**Any questions?
Reach out to Mrs. Kelley
Brain Health Liaison**

makennakelley@w-delaware.k12.ia.us
563-927-3515 ext. 330




Notes from the Nurse


As many parents are aware, there has been an increase in GI (stomach bug) and respiratory illnesses in our community and school. As a reminder, please keep your child home if they have the following symptoms: repeated episode of diarrhea and vomiting, temperature greater than 100 degrees, or a cough that causes difficulty breathing. Students may return to school when they are fever free (less than 100 degrees) for 24 hours without the use of fever reducing medicine (Tylenol/Ibuprofen), they are free from diarrhea and/or vomiting for 24 hours, their symptoms are improving, and adequate time has passed per the guidelines provided by Iowa Department of Public Health and Centers for Disease Control and Prevention.


If your student is sent home ill by a member of the health office team, the day will be exempt and the absence will be excused. In some circumstances the next day is also excused. Please contact the health office for any questions or concerns. We are happy to help you!


Respiratory Virus Guidance Snapshot


**CORE STRATEGIES**


Core Prevention Strategies


Immunizations


Hygiene



Steps for Cleaner Air


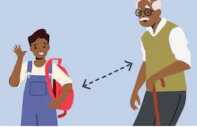
Treatment



Stay Home and Prevent Spread*


**ADDITIONAL STRATEGIES**



Additional Prevention Strategies

Masks


Distancing



Tests



***Stay home and away from others until,**

**and**

Your symptoms are getting better**You are fever-free (without meds)**

for 24 hrs

**Then take added precaution for the next 5 days**



Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

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Hawk Highlights

www.w-delaware.k12.ia.us

GUARANTEE YOUR YEARBOOK



High School Yearbook Deadline 2/01/2025

jostensyearbooks.com

Jostens®



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/





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

EARLY GRADUATION REQUESTS:

Seniors who wish to graduate at Term 3, 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 3 - March 5, 2025

CLASS OF 2025 SENIORS: We hope you are having a great start to the second half of your senior year and are ready to conquer the rest of the year! We also hope you are taking 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!

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.

2025-2026 COURSE REGISTRATION- Along with chilly temperatures, January and February brings with it class registration for incoming freshmen and grades 9-11 for the 25-26 school year. We encourage parents and students to talk about what classes they are interested in taking for next year. It is important to keep in mind college and/or career paths after high school and how their course selection impacts those plans.

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
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 eligibilitycenter.org. It is imperative 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 playnaia.org/eligibility-center. The NAIA requires all student athletes who have never played a championship sport in the NAIA to have their eligibility determined before they can play.

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!**



FEBRUARY LAMBERT PARENT NEWSLETTER

The Benefits of Music



BRAIN HEALTH

Music is good for brain health- It can help improve memory, mood and sleep quality, as well as reduce stress and anxiety. It can also help with cognitive abilities.



BENEFITS

Memory- Music can help people with mild or moderate dementia remember events from their past.

Mental Health- Music can help reduce anxiety and depression, and can improve mood.

Stress Management- Music can help people relax and manage stress.

Cognitive Abilities- Music can keep cognitive abilities sharp and memories alive.

Brain Stimulation- Music can stimulate new connections in the brain.



Happy Songs to Dance to

Ordinary & Happy

1 "So What" Pink	2 "Happy" Pharrell Williams	3 "Dancing Queen" ABBA	4 "Send Me On My Way" Rusted Root	5 "Signed, Sealed, Delivered (I'm Yours)" Stevie Wonder
6 "I'm a Believer" The Monkees	7 "Take on Me" A-ha	8 "Some Nights" fun.	9 "Livin' On A Prayer" Bon Jovi	10 "Don't Stop Me Now" Queen
11 "Call Me Maybe" Carly Rae Jepsen	12 "Alright" Supergrass	13 ★	14 "Shake It Off" Taylor Swift	15 "Walking On Sunshine" Katrina & The Waves
16 "Don't Stop Believin'" Journey	17 "Moves Like Jagger" Maroon 5 & Christina Aguilera	18 "Made You Look" Meghan Trainor	19 "On Top of the World" Imagine Dragons	20 "Mambo No. 5" Lou Bega
21 "Firework" Katy Perry	22 "Keep On Movin'" Sive	23 "Uptown Girl" Billy Joel	24 "Girls Just Want to Have Fun" Cyndi Lauper	25 "Wake Me Up Before You Go-Go" Wham!

UPCOMING DATES

6TH- WEAR YOUR

ORANGE SHIRT

14TH- HAPPY

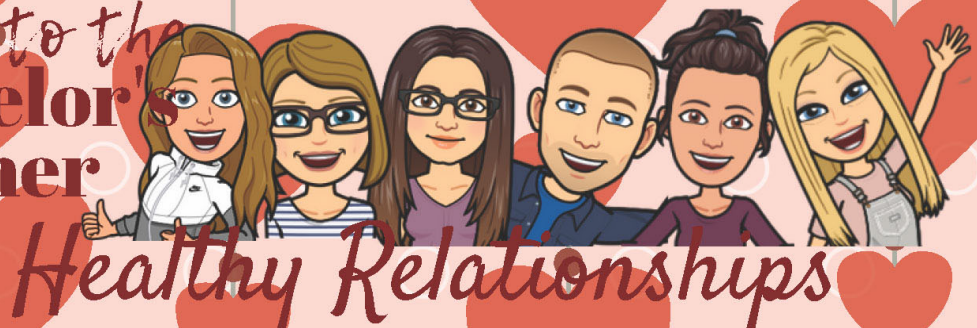
VALENTINES DAY

28TH- LIL' HANK DAY



Welcome to the Counselor's Corner

February Edition



Healthy Relationships

Healthy relationships are something all parents want for their children. From making friends in elementary school to your son or daughters first romantic relationship, talking with your child about healthy relationships helps prepare them for all the relationships they will encounter in their lives.

1. Define, model, and give examples of what a healthy relationship is.

There are several ways to discuss this, but emphasizing that all good relationships must have trust, honesty, respect, communication, and understanding is a good way to start. Defining each of these elements and showing them examples of what they look like is important. Ask your child, "what do you value in a relationship?" or "what do you want out of a friendship or relationship?" to get the conversation going.

2. Help them define boundaries

Personal boundaries are something every child at every age needs to establish. Whether it is in a friendship or romantic relationship, boundaries let each person in the relationship understand the other's values and what is okay and not okay. Work with your child to identify and articulate their personal values and boundaries. Revisit family values and how that translates to romantic relationships. While it is important for children and adolescents to understand their own boundaries, it is also important to understand that their friend/partner has boundaries that need to be respected.

3. Ask for Help

This applies to your child - and you. If your child is struggling with a relationship, encourage him/her to seek help from you, a trusted adult, or local resource. Additionally, if you need some support to start a conversation about healthy relationships with your child or you are worried they are in an unhealthy relationship, seek help. There are plenty of resources and people who can help. Contact the school counselor at your child's building for additional help/support.

Information from www.poehealth.org



DON'T FORGET!

FEBRUARY 6TH IS TOGETHER WE ARE THURSDAY



West Delaware Together We Are

just **DANCE** *FATHER/DAUGHTER DANCE*

Dads grab your Disco Girl and join us for an evening of dancing and fun!

Snacks, Photos and Face Painting included with admission

grandparents, moms, uncles, or any influential adult are all welcome to accompany students to this event

FRIDAY, MARCH 7TH
WEST DELAWARE MIDDLE SCHOOL
6:30-8 PM \$25 PER COUPLE
ALL AGES WELCOME

**ALL PROCEEDS GO TO WEST DELAWARES
TOGETHER WE ARE BRAIN HEALTH CAMPAIGN**



West Delaware Together We Are

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.

EAT BREAKFAST AT SCHOOL

When students need to take achievement tests, schools strongly urge them to eat breakfast first on testing days. Why? Because we know that when students eat breakfast, they perform better and are better able to concentrate. Yet on "normal" days, many students fail to eat breakfast: they're too busy, too tired, or just don't know what to eat. Let's help students to perform better every day, by making sure they eat a healthy breakfast at home or at school.



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.

Online Free/Reduced Application



*Save
the
Date*

Lambert Elementary will host their annual "Lambert Picnic Day" for students and families on Wednesday, May 21st.

More information and details will be sent home with students in April.

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

FEBRUARY

Wrap the World in the Warmth of Kindness
Hearts are filled when kindness is shared.
#Manchesterkind

**BOY SCOUT
BREAKFAST**

**Sunday,
March 2, 2025**

7:30 a.m. - 12:00 p.m.
Del. Co. Fairgrounds - Community Center
Manchester, Iowa

Serving Pancakes, Scrambled Eggs, Sausage, Yogurt,
Granola, Canned Fruit, Milk, Juice & Coffee
Plus a Bake Sale!

ADULT TICKET: \$10.00
KIDS TICKET (5-12): \$5.00
Under 5: Free

For advanced tickets,
contact Sara Breckenfelder
563-920-8534
Tickets can also be
purchased at the door

Thank you for supporting your local Boy Scouts!

**DROP
EVERYTHING
AND READ**

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

Join the Manchester Public Library staff on
Wednesday, February 26th, at 5:30 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!

Manchester Public Library
Join Us for Our New Event
Teen Travels
This Month we Celebrate the Rich Culture &
People of India.

February 12, 2025
2:00 - 3:30 pm

Try Indian Food
Explore & Try Chai Tea
Experiment Pranayama - Indian Breathwork
Create Indian Art (Henna Tattoos & Mandalas)
Check Out Bhangra Indian Dance

Teen
Travels

Manchester Public Library

**ALL THE
SCHOOL KIDS
CLUB -
CODE & GO
ROBOT MOUSE**

**FEB
26TH**

K-5TH GRADE

EVERY 4TH WED

2-3 PM

REGISTRATION REQUIRED!

REGISTER NOW: [MANCHESTERLIBRARYIA.ORG](https://manchesterlibraryia.org)

Middle School & Lambert Activities

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February

1
Special Olympics
Basketball Skills
at UNI 10:00

2	3 7/8 Girls Wrestling home 4:15	4 Boys Basketball vs Williamsburg 4:15 8th away 7th home	5 Early Out 1:25 PM MS & Lambert	6 Boys Basketball vs CPU 4:15 8th home 8th away	7	8
9	10 7/8 Girls Wrestling at Williamsburg 4:15 Boys Basketball vs Marion 4:15 8th away 7th home School Board Mtg 6:00 HS Library	11	12 Early Out 1:25 PM MS & Lambert	13 Boys Basketball vs Independence 4:15 8th home 7th away	14	15 Show Choir at Washington HS in Cedar Rapids
16	17 Boys Basketball vs West Dubuque 4:15 8th away 7th home	18 7/8 Girls Wrestling at home 4:15 Boys Basketball vs Mt Vernon 4:15 8th home HS Gym 7th away	19 Early Out 1:25 PM MS & Lambert	20	21	22
23	24	25 7/8 Girls Wrestling at Benton 4:15	26 Early Out 1:25 PM MS & Lambert	27 7/8 Girls Wrestling at Marion 4:15 1st Grade Music Concert 6:00 Hanson Aud	28	March 1 Show Choir at West Dbq



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Hawk Highlights

www.w-delaware.k12.ia.us

High School Activities

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1
Var Boys Wrestling at Benton 10:00

Special Olympics Basketball Skills at UNI 10:00

Boys Basketball at Monticello 2:00

Show Choir at Anamosa 12:45 Performance

2**3**

IHSMA State Show Choir Festival at Hanson Aud 4:00, WD performs at 8:00

4

Esports 4:00

B&G Basketball at Solon 4:30

Boys Wrestling Regional Dual Team Meet at home 6:00

5

Early Out 1:15 PM High School

FFA Iowa Degree Review Night at East Buchanan 1:30

6

B&G Bowling at Cedar Rapids 3:00

Esports 4:00

Girls State Wrestling at Coralville

7

B&G Basketball at CPU 4:30

Girls State Wrestling at Coralville

8

Large Group Speech State Contest

Boys Wrestling State Dual Team Tournament in Coralville

Var B&G Basketball at Independence 4:30

9**10**

School Board Mtg 6:00 HS Library

11

B&G Basketball at home 4:30

12

Early Out 1:15 PM High School

13**14**

B&G Bowling at Vinton 11:00

15

Girls Basketball 1st round regional

Var Boys Wrestling Districts at New Hampton 10:00

16**17**

Boys Basketball at Maquoketa 6:00

FFA Sub-District Contests at Postville (tentative date)

Girls Bowling regional tournament

18

Boys Bowling regional tournament

19

Early Out 1:15 PM High School

Parent/Teacher Conferences 3:30-6:30

Girls Basketball 2nd round regional

Boys Wrestling State Individual Tournament in Des Moines

20

Boys Wrestling State Individual Tournament in Des Moines

21

Boys Wrestling State Individual Tournament in Des Moines

22

Large Group All-State Festival in Ames

Girls Basketball Regional Final

Boys Wrestling State Individual Tournament in Des Moines

23**24**

Individual Speech WaMaC Contest at Marion 4:30

B&G Bowling State Tournament in Waterloo

25

B&G Bowling State Tournament in Waterloo

26

Early Out 1:15 PM High School

27**28**

March 1
Individual Speech District Contest at Independence

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

Address Service Requested