# West Delaware November 2024

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

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### The Value of a "Model of Instruction"

Submitted by Tim Felderman, High School Principal

As part of West Delaware High School's ongoing commitment to providing your child with a high-quality education, we are excited to share a key approach we use to enhance teaching and learning in the classroom: the "Model of Instruction" from Robert J. Marzano's framework, *The New Art and Science of Teaching*. This is a part of our work related to High Reliability Schools (HRS) since 2022.

Marzano's model offers a comprehensive and research-based guide that helps teachers to plan and deliver lessons that engage students and deepen their understanding. It is built around the idea that teaching is both an art and a science, combining creativity with proven strategies. Here's why this model is so valuable for your child's education:

# **Focused Learning Goals**

Marzano emphasizes the importance of clear, focused learning goals. By having specific targets for each lesson or unit, teachers can guide students more effectively, helping them know exactly what is expected. This allows students to track their progress and take ownership of their learning, which builds confidence and motivation.

# **Engagement and Interaction**

A core aspect of the model is active student engagement. Marzano promotes strategies that encourage students to interact with the material, ask questions, and participate in meaningful discussions. These activities deepen their understanding of the subject matter while fostering critical thinking skills.

### **Personalized Instruction**

Marzano's model recognizes that every student is unique and learns at their own pace. Teachers are equipped with techniques to differentiate instruction, meeting the diverse needs of students. Whether through small group activities, individual feedback, or tailored assignments, this model ensures that all students are supported in achieving their potential.

### Feedback for Growth

Effective feedback is another key component. Marzano highlights the role of timely and constructive feedback, helping students understand where they stand and how they can improve. This process promotes a growth mindset, encouraging students to see challenges as opportunities for learning and development.

### **Developing Skills Beyond Academics**

In addition to academic achievement, Marzano's model emphasizes developing skills such as collaboration, communication, and problem-solving. These skills are essential for success both in school and in life, preparing your child for future challenges.

### **A Commitment to Excellence**

By implementing the *New Art and Science of Teaching* model, our school is ensuring that each class-room experience is both engaging and effective. This structured approach helps teachers use the best instructional strategies to maximize student success, while fostering an environment where curiosity and a love for learning can thrive.

We encourage you to stay involved and ask questions about the strategies and goals in your child's classroom. Together, we can help your child reach new heights and prepare them for a bright future!



**Hawk Highlights** 

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 social-

Vision: Challenging Academics, Relationships, 21st Century Skills

### **Board of Education**

Carl Johnson, President Steve Buesing, Vice Pres Luke Imsland, Director Jamie Vaske, Director Jon Worden, Director

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**Director of Student** Services

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High School Tim Felderman, Principal Matt Weis,

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

We prioritize the safety of our schools and strive to provide a comfortable learning environment for our students. The language students use influences feelings of physical and emotional safety for both students and staff. We reach out to you today to communicate our expectations for and procedural response to student communication related to acts of violence including threats of gun/knife/other violence, comments or "jokes" about weapons and shootings, and physical violence against others.

School shootings and other acts of violence are horrific realities for which we must work diligently to prevent in our schools today. Part of our prevention efforts include responding swiftly and decisively when threats or comments about guns, shooting, or other acts of physical violence are reported. We can not afford to ignore or minimize these comments. We must respond in order to protect our students and staff. It is our expectation that students do NOT utilize language or gestures that either directly or indirectly refer to gun violence or other forms of violence against students or staff.

Any time a student uses language or gestures associated with acts of violence, there is a potential for students or staff to feel physically or emotionally unsafe. At minimum, these comments or "jokes" pose a disruption to the learning environment and have no place in our schools. If a student uses this language:

- administrators will investigate and respond.
- the caregiver of the student who made the inappropriate comment will be con-
- disciplinary action will be taken which may include detention, suspension, or loss of privileges.

In order for our schools to be places where individuals feel both physically and emotionally safe, we all need to work together. Please help by telling your child to NOT make comments or "jokes" about violence at school or on social media. Avoid minimizing the impact of this type of language in schools. Continue to remind your student to "see something/hear something; say something" and report any concerns to adults.

Thank you for your partnership in providing an environment where our students feel safe and able to focus on learning.

Jen Vance, West Delaware Superintendent





# LAMBERT ART IS "SOARING WITH HAWK PRIDE"



Lambert art students are soaring with hawk pride after completing a collaborative mural for the Lambert Commons.

Greg Preslicka, a graphic designer and muralist, came to Lambert Elementary during the second week of October as a part of his "Artist in Residence" program. Greg first starts by creating a mural concept with the grid method and draws the design on masonite tiles. Then, each student paints one square tile however they wish using a certain palette of colors. When the tiles are dry, Grea assembles the pieces in the correct order to create one unified image.

Within the 5'x17' mural titled "Soaring with Hawk Pride," you can see our Lambert mascot Lil' Hank soaring through a rural landscape reminiscent of a Grant Wood painting.





**Drying Tiles** 



Greg Hanging the Tiles



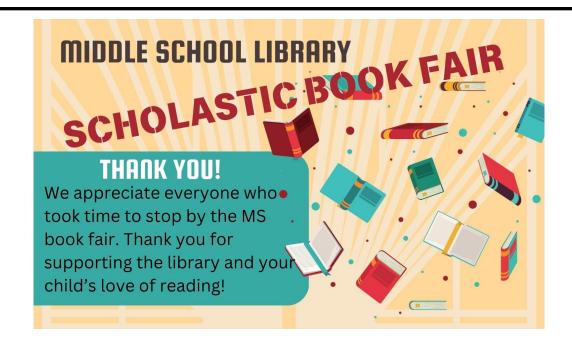
Greg Painting the Black Outline

**Hawk Highlights** 



West Delaware Middle School Winter Fundraiser is here! Please take a moment to view our online store. There are lots of great items that would make

perfect Christmas gifts! The online store closes November 10th and all items can be picked up at 5k Sports here in Manchester in time for the holidays! All money raised will go to support student field trips this spring.













MOST POPULAR AREAS OF THE

# **BRAIN HEALTH** RETREAT ROOM

Mrs. Kelley











# **Yearbook Sponsors 24-25**

# **Super Hawk Sponsors \$160**

- Brehme Drug
- Carr & Carr Attorneys
   (Mike, John & Steve)
- Citizens State Bank
- Cy and Charley's Firestone
- Dental Associates of Manchester
- Dolan Insurance Agency
- F&M Bank
- Gateway Appliance Sales & Service

- Georgen Auto
- GNB Bank
- J's Auto
- Lori Kartman Photography
- Lynch Roofing & Siding Inc.
- Manchester Dairy Queen
- Mueller Family Dentistry
- Manchester Signs
- Nancy Lubben Photography
- Scooter's Coffee

# **Gold Sponsors \$80**

- Bohnenkamp-Murdoch Funeral Home & Cremation
- Boubin Tire
- Gosling & Company, P.C.
- Hanson Law Office, PLLC
- Hart Ridge Club House

- Heritage Printing
- Northwestern Mutual
- State Farm Julie Smith

# Agency

• Three Rivers FS Co.

Thank you to all our yearbook sponsors!



# EAT BREAKFAST AT SCHOOL

School breakfast - Good for Kids and Good for Parents! For parents with busy schedules, it can be hard to make sure that kids are eating a healthy breakfast before they go to school in the morning. Sometimes children aren't hungry right after waking up, and its hard to find food they like to eat that is healthy. Also, some kids refuse breakfast at home but are



hungry when they arrive at school. At school, we have a great breakfast program for all students. If morning meals are difficult for your family, let the school breakfast program help you out!

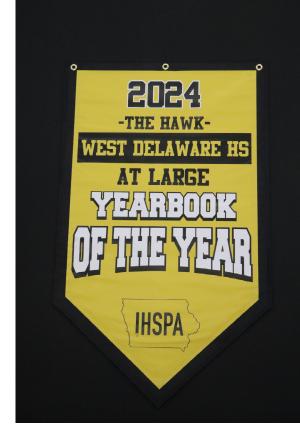
### Learn more about school meals at West Delaware!

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





The 2023-2024 yearbook staff earned the Yearbook of the Year Banner for Class A at the Iowa High School Press Association Conference on October 24th. Students also earned 35 individual honors!



# Welcome to the Counselor's Corner

**November Edition:** 



ays of Gratitude

Gratitude is defined as the feeling or expression of thankfulness and appreciation towards yourself, others, people, places and things. There are countless benefits to adopting gratitude into your daily routine. Join us in the month of November celebrating gratitude at home with your families using the Choose Love 30 days of Gratitude Challenges.

Follow them on social media on Facebook at @JLChooseLove, on Instagram Facebook @chooselovemovement, and TikTok @chooselovemovement

**Day 1:** Discuss what Gratitude Means Consider using Choose Love's "What is Gratitude?" video on YouTube

**Day 2:** Create a Gratitude Jar where each day you add what you a thankful for

Day 3: Watch Kid President "25 Reasons to be Grateful" on YouTube

**Day 4:** Write "Thank You" notes to someone you are appreciative for

**Day 5:** Do a guided grateful meditation Try "Guided Meditation for Gratitude | Meditation for Kids" on YouTube

**Day 6:** Write down 3 things you love about yourself and read them each day

**Day 7:** Great the day with Gratitude--start each day with a grateful thought

**Day 8:** Show appreciation to essential workers

**Day 9:** Talk about why gratitude is good for you

**Day 10:** Identify a space that makes you happy

Day 11: 5 Minuets of Meditation

Day 12: Use art to express gratitude

**Day 13:** Sing and Dance to music that brings joy

Day 14: Do a random act of kindness

**Day 15:** Develop a morning affirmation you can say each day

Day 16: Donate time to a good cause

Day 17: Reach out to a friend to ask them what they are grateful for

Day 18: Take time for a moment of breathing

**Day 19:** Reflect on one small thing that brought you joy today

**Day 20:** Using your senses, find things you are thankful for

Day 21: Who inspires you? Let them know!

Day 22: Think of something you are looking forward to

**Day 23:** Find a new way to say thank you to someone important to you

**Day 24:** Happy Thanksgiving! Be present as you celebrate with loved ones

Day 25: Be the good we need in the world

**Day 26:** Learn to say thank you in a different language

Day 27: Who/what inspires you to be kinder?

**Day 28:** Do something that makes you feel good

Day 29: Smiles are free--share yours!

**Day 30:** Reflect on the items you put in your gratitude jar

# **Brain Health Corner**

brainhealth-now.org

Gratitude helps people feel more positive emotions, cherish good experiences, improve their health, deal with adversity, and build strong relationships.



# DID YOU KNOW?

# At the high school...

Students are participating in The Core Project lessons,

Completed & upcoming lessons include:

**DOING GOOD** 

HIDDEN VALUES

**CULTIVATING GRATITUDE** 

CRITICAL THINKING

**BOUNCING BACK** 

**BEING PRESENT** 

**SETTING BOUNDARIES** 

The Core Project is a social-emotional learning (SEL) framework that helps integrate SEL practices into school by supporting students' social, emotional, and behavioral development.



When arriving at school late, leaving early, or returning from an appointment, students are expected to sign in and out of the high school office. This ensures students are safely where they are supposed to be. Thank you to our students and parents for following this procedure!





# **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

### High School Students Wanting to Participate in College Athletics:

<u>NCAA Eligibility Center</u>: 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.

# **2024-2025 ACT Test Dates**

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

TEST DATE	REGISTRATION DEADLINE
December 14, 2024	November 8, 2024
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 <a href="www.fafsa.ed.gov">www.fafsa.ed.gov</a>. 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: <a href="http://www.affordablecolleges.com/resources/fafsa/">http://www.affordablecolleges.com/resources/fafsa/</a>

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





- 1. Senior pictures must be received by the yearbook adviser by Nov. 1. Any photos received after that date will not be guaranteed to be included in the yearbook.
- 2. Senior photographs will be published in the high school yearbook, in the local newspaper, and in a senior composite given to the seniors at graduation. Please make sure your photographer allows for their photograph to be reprinted in these publications as some photography services retain copyright privileges, which limit the usage of a photograph.
- 3. Senior photos must be submitted digitally. Attach the image to an email to helentemeyer@w-delaware.k12.ia.us.
- 4. All photographs must contain a resolution of at least 300 DPI and be 5 x 7 inches in size. Each photograph must be a vertical, formal head-and-shoulders photograph. Full-body poses are not acceptable. Please avoid distracting backgrounds.
- 5. Pictures must contain only one person. Pictures must not contain props, such as cars, sports equipment, or pets. Hats, which cover or darken eyes, will not be allowed.
- 6. Tasteful, modest clothing is required, making off-the-shoulder and strapless clothing unacceptable. The annual staff and school administration will determine whether the attire is appropriate for publication.
- 7. If you do not plan to have your photographs taken by a professional photographer of your choice, please have your photo taken by Halverson Photography. They will take underclass photographs at the beginning of the school year. Halverson Photography does not require you to purchase any photographs, and the school will receive the digital image. See Helen Temeyer for other cost-free options.
- 8. Professional photos can take time. Following is a typical timeline: 3-5 weeks to schedule an appointment; 2 weeks to receive proofs of photographs; 3 weeks to select senior photographs; 4 6 weeks to process the order.
- 9. If you have any questions, please contact Helen Temeyer, yearbook adviser, West Delaware High School, 605 New Street, Manchester, IA 52057.(e-mail: helentemeyer@w-delaware.k12.ia.us)



**Graduation Cap and Gown Orders Were Due October 30th.** LATE ORDERS Are Due NO LATER THAN WEDNESDAY, NOVEMBER 13.

# **2025 WEST DELAWARE HS**



NAME	HEIGHT	WEIGHT
CAP,GOWN,TASSEL UNIT \$45		
Cap Only \$13		
GRADUATE TASSEL \$12		
2025 Dog Tag, Heart Necklace, Bolo Bracele	et \$35	
Souvenir ICE Tassel \$18		
Senior T-Shirt \$20 S M L XL XXL 3X		-
Senior Hoodie \$30 S M L XL XXL 3X		
Senior Sweatpants \$25 S M L XL XXL 3X		
Proud Parent T-shirt \$20 S M L XL XXL 3X		
Sr. Key Chain \$10		
Total Shipping/ Tax included Che Free Proud Parent T-Shirt S,M,L,XL,2XL,3XL		
ORDER DAY WEDNESDAY OCT. 30th	OVER LUNCH	l @ SCHOOL
CASH CHECK# Mo	ney Order	
<b>HERFF JONES</b> 319-239-34	487 mnmcm	anus@cfu.net







# @'~ hmfi##

# PARENT NEWSLETTER

November 2024

November is a special time at our school. It's not just about turkeys and the Macy's Day Parade; it's a chance for us to explore and express our thanks in the most creative ways. Take the time as a family to talk about the things you are thankful for!

# VETERAN'S DAY

Veteran's Day is November 11th-Be sure to thank all the veterans in your life!

# SKILL OF THE MONTH

Each month we will focus on a different social skill. It is important for us as adults to model positive skills for our students and reinforce them when they demonstrate the skills appropriately.

Model and support your student/s to greet someone when they see them out in the community, when they wake up or come home from school, etc.

### Key Points for Parents:

- Make Eye Contact and Smile: Teach children to look at the person, smile, and say "hello" or "good morning."
- Responding to Greetings: Emphasize the importance of responding when someone greets them. Explain that not responding can make the other person feel unappreciated.
- Positive Reinforcement: Provide positive feedback when children greet someone appropriately. Help them observe how their greetings affect others by noticing their facial expressions and body language.

# Thankful Turkey

For our November Together We Are day on November 7th, students will decorate a feather to add to our Gratitude Turkey that will be hung across from the gym.

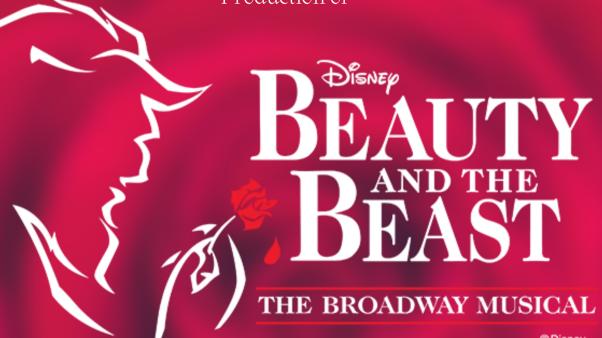
Reminder our Turkey Trot is on November 26th!!











ODisney

Music by ALAN MENKEN
Lyrics by HOWARD ASHMAN & TIM RICE
Book by LINDA WOOLVERTON

Originally Directed by Rob Roth Originally Produced by Disney Theatrical Productions
DISNEY'S BEAUTY AND THE BEAST is presented through special arrangement with Music Theatre International (MTI).
All authorized performance materials are also supplied by MTI. This production is licensed by Music Theatre International. www.mtishows.com

Thursday, November 7 @ 7pm Saturday, November 9 @ 1pm & 7pm Sunday, November 10 @ 2pm

Tickets go on sale at hansonauditorium.com on October 7















# FALL PICTURE RETAKE DAY FOR ALL SCHOOLS IS FRIDAY, NOVEMBER I







MIDDLE SCHOOL:
HTTPS://VANDO.IMAGEQUIX.COM/GIOOII36364



HIGH SCHOOL: HTTPS://VANDO.IMAGEQUIX.COM/GIOOII36363







# Notes from the Nurse

- ⇒ As the days are getting colder and shorter, please send warm, dry clothing to school with your student, including hats and gloves. The health office has some limited items when a student forgets something. If your student comes home in clothing or outerwear from the heath office, please send the item back.
- ⇒ Dental screenings will be performed for all 9th grade students who have not turned in the Certificate of Dental Screening from the Iowa Department of Public Health to the health office on November 13th, 2024.

As of July 1, 2008, it is mandatory that all students enrolled in 9<sup>th</sup> grade present documentation of a certificate of dental screening to their respective high school. The purpose of the dental screening requirement is to improve the oral health of lowa's children.

Students who have completed a screening within one year prior to 9<sup>th</sup> grade enrollment or a screening within 4 months after enrollment to 9<sup>th</sup> grade is acceptable.

The form attached must be completed by a dentist or dental hygienist only. If your child has been to the dentist or dental hygienist, please take the attached form back to the dentist/dental hygienist to have it signed and return the form to school.

- ⇒ If you have a kindergarten student and have not turned in your student's physical form, vision screening, or dental screening forms, please do so at your earliest convenience. If your student already had his or her physical done for the year, please send these forms back to their doctor or dentist and have them sign and date them.
- ⇒ Please make sure your preferred contact person and number are up to date in PowerSchool. With the cold and flu season approaching, 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!



# Certificate of Dental Screening

This certificate is not valid unless all fields are complete.

RETURN COMPLETED FORM TO CHILD'S SCHOOL.

### **Student Information (Please Print)**

Student Last Name:	Student First Name:	Birth Date (MM/DD/YY):						
Screening Information (health care provider must complete this section)								
Date of Dental Screening:								
Treatment Needs (Check ONE only ba	sed on screening results prior to treat	tment services provided):						
☐ <b>No Obvious Problems</b> —The child there is no apparent reason for the								
☐ Requires Dental Care— tooth dec or gum infection³ is suspected.	ay <sup>1</sup> or a white spot lesion <sup>2</sup> is susp	ected in one or more teeth,						
☐ Requires Urgent Dental Care— o evidence of injury or severe infection	• •							
<sup>1</sup> Tooth Decay: A visible cavity or hole	e in a tooth with brown or black colora	ntion or a retained root.						
<sup>2</sup> White spot lesion: A demineralized area of a tooth, usually appearing as a chalky, white spot or white line near the gumline. A white spot lesion is considered an early indicator of tooth decay, especially in primary (baby) teeth.								
<sup>3</sup> Gum infection: Gum (gingival) tissue	e is red, bleeding, or swollen.							
Screening Provider (Check ONE only; Ninth-grade screening must be provided by DDS/DMD or RDH.)								
□ DDS/DMD □ RDH □ MD/DO □ PA □ RN/ARNP								
Provider Name: (Please Print) Phone:								
Provider Business Address:								
Signature and Credentials of Provider or Recorder*: Date:								
*Recorder: An authorized provider (DDS/l this form from another health department.	DMD, RDH MD/DO, PA, or RN/ARNF The other health document should b	P) may transfer information on e attached to this form.						

A screening does not replace an exam by a dentist. Children should have a complete examination by a dentist at least once a year.

Iowa Department of Health and Human Services • Bureau of Family Health – Oral Health Section

1-866-528-4020 • <a href="https://hhs.iowa.gov/programs/programs-and-services/dental-and-oral-health">https://hhs.iowa.gov/programs/programs-and-services/dental-and-oral-health</a>

A designee of the local Board of Health or lowa Department of Health and Human Services may review this certificate for survey purposes.

Rev. 8/24





# West Delaware County Community School District Kindergarten Physical



Name:	Parent:
Age: Date of Birth	:Sex:
Height:	Weight:
Lead:	Blood Pressure:
Allergies:	
	following, $\sqrt{}$ = normal; describe impairments
Skin:	Ears:
Eyes:	Nose/Throat/Tonsils/Teeth:
Lungs:	Heart:
Abdomen:	Genitalia:
Bowel Pattern:	Urination:
Extremities:	Reflexes:
Coordination:	Balance:
Dental Screen:	
Vision Screen: Left eye:	Right eye: Correction:
	ENT, Eye, Ortho, Urology, etc) Yes No
Recommendations and Comments	s:
*Please send a completed copy of	of immunizations with the child
Signature: (Physician, Physician's Assistant,	Date:





# **Certificate of Vision Screening**

Pursuant with lowa Code Chapter 641.52 Return completed form to child's school

# **Student Information** (please print)

Student's Last Name:	Student's First Name:	
Student Address:	Zip Code:	
Date of Birth (M/D/YYYY):	Parent/Guardian Phone Number:	
below) or with a comprehensive eye	esting requirements can be accomplished either th exam (see other side). Screening provider must c creening results given to them by a provider.	
Date of Vision Screening:		
Result (Please check): Pass	☐ Fail	
Testing Method (Please check): [	Vision Screening Photo Screening	☐ Other
Visual Acuity (If available): 🗌 W	ith Correction	
Right Eye:	Left Eye:	
Referral to Eye Health Profession	nal (Please check):  Yes No	
	ng (Please print name of provider office; or na	
Provider Name (please print):	Phone:	
Signatura/Cradantials of Pravidar		Data

A parent or guardian of a child who is to be enrolled in a public or accredited nonpublic elementary school shall ensure the child is screened for vision impairment at least once before enrollment in Kindergarten <u>and</u> again before enrollment in the 3<sup>rd</sup> grade.

To be valid, a minimum of one child vision screening shall be performed no earlier than one year prior to the date of enrollment in Kindergarten and  $3^{rd}$  grade and no later than six months after the date of the child's enrollment in Kindergarten and  $3^{rd}$  grade.

# Eye Exam Section

Pursuant with Iowa Code Chapter 280.7A

To the Parent or Guardian: The lowa Optometric Association strongly recommends that to fully assess the health of your child's visual system and prevent future learning problems associated with undetected vision problems, regular professional eye exams are essential. Experts estimate that 80% of learning is obtained through vision. If you choose to take your child to an eye care professional for a comprehensive eye exam, this side of the form should be filled out and signed by the eye care professional and returned to your child's school nurse or teacher.

Visu	al Acuity	At Dista	nce			At Nea	ar	
	Without correction	R20/	L	20/		R20/		L20/
	With present correction	R20/	L	20/		R20/		L20/
	With new correction	R20/	L	20/		R20/		L20/
	rnal Eye Health Normal Other	[	I <b>nterna</b> Nor	l <b>Eye He</b> mal	alth	Other		
Visio R	on Analysis L							
	Normal Eyesight							
	Nearsighted (Myopia)							
	Farsighted (Hyperopia	)						
	Astigmatism							
	Amblyopia							
	Eye teaming difficulty	_						
	Crossed eyes (Strabismus)							
	Eye focusing difficulty							
	Sensitivity to light							
	Other							
Visio	n Correction Recommer	dations	To be	worn fo	r:			
	No correction necessary			Constant	t Wear			Near vision only
	No change in present pres	cription		Distance	vision	only		As needed
	New prescription needed							
To t	ne Eye Care Professional:	Please sig	n and da	te this ca	rd after	the exa	aminati	on.
Dr. N	Jame (Please Print)							
Date_	Signatur	e						



# Hawk Highlights

# Words on Wellness

# **Eat Protein for Aging Well**



As we get older, research shows sarcopenia or loss of muscle mass and strength can lead to falls and weakness. Causes for muscle loss include an inactive lifestyle, disease, and low protein intake. Older adults may eat fewer proteinrich foods due to cost, chewing ability, or preparation. People who eat mostly plant foods have lower intakes of an essential amino acid that helps build muscle. Sarcopenia can be prevented by getting enough protein and physical activity.

Recent studies show current guidelines for protein intake are lower than needed to prevent muscle loss. When planning protein intake, it's important to consider the individual health conditions and dietary needs. Most people should have a goal of at least 25–30g protein per meal while eating three meals per day.

Adults should aim for at least 150 minutes of physical activity per week or 30–60 minutes of moderate activity daily. Examples of moderate activity are walking briskly or vacuuming. Spend less time sitting and take short activity breaks throughout the day. Include light weights or resistance activities at least twice each week. Check out the Spend Smart. Eat Smart. videos for ideas on how to add more activity to your daily routine.

### Quick Protein Ideas:

- 3 oz. meat-21g protein
- 6 oz. Greek yogurt-14g protein
- 1 large egg-7g protein
- 8 oz. milk-8g protein

Sources: <u>lowa State University</u>, go.iastate.edu/KQFHYA
<u>NIH National Library of Medicine</u>, go.iastate.edu/WDNVISPMC8746908/

# Beef Stew

Serving Size: 1 1/2 cups | Serves: 5 Ingredients:

- 1 1/2 pounds stew meat (beef chuck)
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 cup onion, chopped (1 medium onion)
- 1 teaspoon garlic powder
- 1 can (14.5 ounces) reduced sodium beef broth
- 2 cups carrots, chopped (4 large carrots)
- 1 cup celery, chopped (2 large stalks)
- 2 cups potatoes, chopped (2 medium)
- 1 teaspoon dried rosemary
- 1/4 cup water
- 2 tablespoons cornstarch

### Directions:

- Heat a large stockpot over medium high heat. Spray with nonstick cooking spray. Add stew meat. Sprinkle salt and ground black pepper over the meat. Cook and stir for 3 minutes.
- 2. Add onion and garlic powder. Cook and stir for 2 minutes.
- Reduce heat to medium. Add broth, carrots, celery, potatoes, rosemary. Cover with a lid. Cook for 45–60 minutes, or until meat is cooked to at least 160°F internal temperature.
- Stir together water and cornstarch. Add to stew. Stir until thickened (1–2 minutes).

### Nutrition information per serving:

280 calories, 6g total fat, 2.5g saturated fat, 0g trans fat, 85mg cholesterol, 430mg sodium, 23g total carbohydrate, 4g fiber, 5g sugar, 33g protein This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit Spend Smart. Eat Smart., spendsmart.extension.iastate.



# **Poultry Food Safety**

While some people think washing raw poultry is necessary before cooking, research indicates that doing so can spread bacteria to other surfaces, including the sink. To prevent illness, cook poultry to a minimum internal temperature of 165°F and avoid cross-contamination with ready-to-eat foods. After preparing raw poultry, wash hands for at least 20 seconds followed by cleaning and sanitizing countertops and equipment. For more questions, call the USDA Meat and Poultry Hotline at 1-888-674-6854 or email questions to MPHotline@usda.gov. Hotline services are available in both English and Spanish.

www.w-delaware.k12.ia.us

Source: USDA Food Safety and Inspection Service, www.fsis.usda.gov/



### **Motivation to Move**

The weather is getting colder, but we can still find ways to stay active. Being active through the winter can improve our mood, lower stress, and promote better sleep. Think about how you can increase your physical activity through household chores and consider walking on a treadmill or using a stationary bicycle. Winter can be the perfect time to join a local fitness class and benefit from meeting new people. To create a personalized weekly plan, choose activities from Move Your Way®, health. gov/moveyourway. Explore information and videos to stay motivated and fit activity into a busy schedule.

Source: <u>U.S. Department of Health and Human Services</u>, health.gov/moveyourway

# Here for you. Now. Always.

# Iowa State University Extension and Outreach

### AnswerLine

Call 1-800-262-3804 extension.iastate.edu/answerline

<u>Spend Smart. Eat Smart.®</u> spendsmart.extension.iastate.edu

### **Human Sciences**

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





Share your thoughts with us! go.iastate.edu/BBYBJQ

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# NO MORE CLIPPING



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

# dren and Youth ntormation

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
- living in hotels, motels, trailer parks, or camping grounds due to a lack of
- 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.

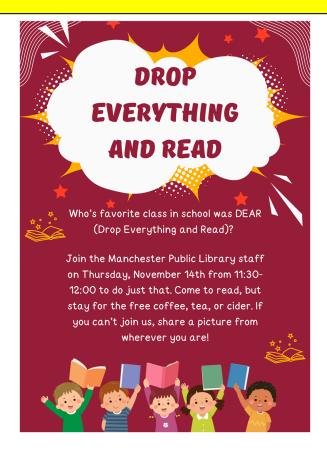


# **COMMUNITY EVENTS & ANNOUNCEMENTS**

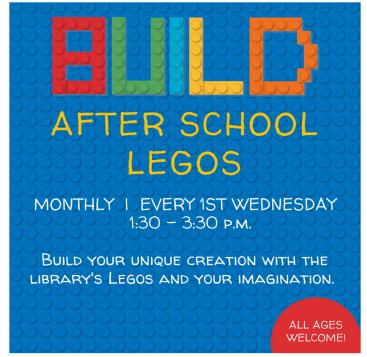
These announcements are provided as a courtesy to our community.

The events are not sponsored by nor affiliated with West Delaware Community Schools.









# **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.



**NOVEMBER** Fall into Kindness Be thankful for those who are kind to you. #Manchesterkind

Celebrating Kindness in Our Community

Technology Club

Are you in 4th - 8th grade and interested in all things tech? Then join us for the brand new Technology Club! From robots to circuits to drones, you will get hands-on to learn more about the technology YOU are interested in!

Who: This club is for youth currently in 4th - 8th grade

Where: We will meet the 2nd Tuesday of each month (Dec-May) from 3:15 - 4:15 at the Delaware Co. Extension Office

Cost: \$50 (financial assistance is available, contact our office for more informtaion)







If you are interested in joining Technology Club, contact Kaitlyn at the Extension Office no later than Nov. 25th. Email krausch@iastate.edu or call 563-927-4201.

The fees for service will be used to offset direct expenses and to support the 4-H Youth Development County Extension program. This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to <a href="https://www.extension.instrate.eut/dipersity/ext">www.extension.instrate.eut/dipersity/ext</a>







Join us to learn the skills it takes to be an in-demand babysitter: effective communication, understanding household routines, performing hands-on care tasks, decision making under pressure, and more! Youth will also receive basic first aid and CPR instruction from industry professionals!

Who: Youth currently in 3rd - 6th grade

When: Wednesday, November 27th from 8:00 a.m. - 3:00 p.m.

Where: Delaware County Extension Office, Manchester

Cost: \$30 (financial assistance is available)

To register: scan the QR code or visit our website at www.extension.iastate.edu/delaware/youth-programs Registration and payment is due by Nov. 20th.



Questions? Contact Kaitlyn at the Extension Office at 563-927-4201 or email krausch@iastate.edu

The fees for service will be used to offset direct expenses and to support the 4-H Youth Development County Extension program. This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to <a href="https://www.extension.instite.edu/diversity/ext">www.extension.instite.edu/diversity/ext</a>





Be part of a crew that makes unforgettable memories together. Join your local Girl Scout community today!

Manchester Library 304 N Franklin St Monday November 11th @5:30PM

Got questions? Reach out to Stacey at 563-583-9160!



Be a Girl Scout

Don't miss out on the fun and the opportunity to be part of something great. See you there!



GirlScoutsToday.org | 800-798-0833



#### **Middle School & Lambert Activities** Wednesday Sunday Monday **Tuesday Thursday Friday** Saturday 2 Picture Retake Day ovember 9 3 4 5 8 6 GBB vs Marion Early Out 1:25 PM 4:15 MS & Lambert 7th home 8th away 10 11 12 13 14 15 16 7/8 Boys Veteran's Day 7/8 Boys Wrestling GBB vs Benton Early Out Assembly 10:15 home 4:15 1:25 PM Wrestling at Solon 4:15 MS Gym MS & Lambert 7th home 4:15 8th away School Board Mtg 6:00 HS Library GBB vs CPU 4:15 7th away 8th home **17** 20 22 23 18 21 7/8 Boys Wrestling 7/8 Boys Wrestling GBB vs Early Out GBB vs Solon 4:15 Independence 4:15 home 4:15 1:25 PM 7th away at Marion 4:15 7th away MS & Lambert 8th home 8th home 24 25 **26** 27 28 29 **30** GBB vs Vinton **NO SCHOOL** NO SCHOOL **NO SCHOOL** 4:15 7th home 8th away



# **High School Activities**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	OV	en	nb	er	Picture Retake Day Girls State Cross Country 10:30 at Ft. Dodge	Esport Tournamen at Benton 8:30
3	4	5 State VB vs Davenport Assumption 12:25 Xtream Arena in Coralville	Early Out 1:15 PM High School State VB Semi- Finals 2:25 Xtream Arena in Coralville	7 Musical Beauty & Beast 7:00 Hanson Aud State VB Finals 2:30 Xtream Arena in Coralville	8	Musical Beauty & Beast 1:00 and 7:00 Hanson Aud FFA Ignite Amplify Transform Conference
10 Musical Beauty & Beast 2:00 Hanson Aud	School Board Mtg 6:00 HS Library WaMaC Honor Choir at Grinnell 7:00	12	Early Out 1:15 PM High School	14	15	16
17	JV Girls Wrestling at Independence 5:30 NHS Induction Ceremony 6:00 Hanson Aud	19 WaMaC Honor Band at Solon 7:00	Early Out 1:15 PM High School	21 All State Music Festival in Ames Var Girls Wrestling at South Tama 5:00	All State Music Festival in Ames B&G Basketball vs Maq Valley home games starting at 4:30	23 All State Music Festival in Ames Var Girls Wrestling at Independence 9:00
24	25	26 Var Girls Wrestling at Midland 3:30 JV/Var GBB at Monticello 6:00	27 NO SCHOOL Happy 7	28 NO SCHOOL Thanksgiving	29 NO SCHOOL 3 Break!	30

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

**Address Service Requested**